



To participate in the Ayabe Suigen-no-Sato Trail Run 50K/15K, you are required to sign this waiver. Please read the waiver carefully, and also check the “Health Condition Confirmation” and “Mandatory Equipment Checklist” on the reverse side. If you agree to all terms, please sign your name by hand.

Pledge Agreement

【Terms of Pledge】

1. I agree to and will comply with the participation requirements, precautions, and consent provisions described on the official event website.
2. I will pay due attention to my health, confirm that I have no heart disease or any other serious medical condition, ensure that I am in good physical condition, and undergo sufficient training before participating in this event.
3. I have no objection to receiving first aid if I am injured, involved in an accident, or become ill during the event. Furthermore, I acknowledge that any compensation provided to me shall be limited to the coverage of the insurance policy obtained by the event organizer.
4. If I sustain an injury or cause injury to another person, I acknowledge that I shall bear full responsibility and will not make any claim against the organizer for any related costs, damages, or compensation.
5. I acknowledge that, in the event of unforeseen circumstances such as natural disasters including earthquakes, adverse weather, illness, incidents, or accidents, the organizer may, at its discretion, change or shorten the course, or cancel the event.
6. I will not object to the organizer’s decision to request assistance from the police or fire department. Furthermore, I will not make any claim against the organizer for rescue costs, damages, or any other compensation.
7. I will not allow another person to participate in my place.
8. I will participate in the event carrying the mandatory equipment specified by the organizer.
9. I will endeavor to protect the natural environment, remain on the trail, and comply with rules such as the prohibition on overtaking in areas where such restrictions are necessary for nature conservation.
10. I acknowledge that I may be disqualified if I violate any of the terms of this pledge.

As a participant, I understand the terms of this pledge and agree to participate in the event.

Date: _____ April 2026

Name	Bib number	Name of parent/guardian ※If you are under 20 years old



- The submitted information will not be used for any purpose other than its intended use without the submitter's consent.
- It will be disposed of approximately one month after the end of the event.
- If there are no abnormalities in your health, please mark "✓" in the box.

Health Condition Check

Item	
I do not have any cold symptoms, such as coughing or a sore throat, and I am not feeling unwell.	<input type="checkbox"/>

Mandatory Equipment Checklist

* Items ① to ⑭ must be carried during the race.
* Once you have prepared each item, please check the corresponding box () with a ✓.

【 Caution】

If any mandatory equipment is found to be missing, you will be disqualified regardless of the reason and will not be permitted to continue on the race course.

- ① Mobile phone with the number registered at the time of entry
- ② Portable cup (150 cc or more)
- ③ At least 1L of water (when starting the race and when leaving each aid station)
* The use of flasks or bottles is recommended.
- ④ Food necessary for each individual
* Reference: Required energy intake = race time × 2 – number of aid stations
- ⑤ Survival blanket (at least 130 cm × 200 cm)
- ⑥ Whistle
* Whistle (including a simple whistle on your trail running pack)
- ⑦ Athletic tape (at least 80 cm × 3 cm)
- ⑧ Portable toilet
* If used, a replacement is available at aid points.
- ⑨ Course map
* Please download it from the event website. A smartphone or GPS watch is also acceptable.
- ⑩ Hooded rainwear (jacket)
* Must be seam-taped and made of waterproof and breathable material.
- ⑪ First-aid kit (bandages, disinfectant, etc.)
- ⑫ For foreign nationals: Passport (original) (We recommend purchasing overseas travel insurance as a precaution.)
- ⑬ Light and spare batteries (Ayabe 50K only)
* Spare batteries may be mobile batteries, but the light must be able to remain on while charging.
* This item is mandatory only for Ayabe 50K participants. It is not mandatory for Ayabe 15K participants.
- ⑭ Backpack that can be carried on both shoulders and can hold the mandatory equipment and personal items
* Waist pouches and shoulder bags are not permitted.

Name (If you are printing on one side, please write your name here as well.)