

# SELF-DECLARATION FORM

TMC Ultra 50K and TMC HalfUltra 25K 23.08.2025

Your safety is our priority. Please fill out this form truthfully before the race.

## Personal details

- Name: \_\_\_\_\_
- Bib number: \_\_\_\_\_
- Mobile (carried during race): \_\_\_\_\_
- Emergency contact (name and phone number): \_\_\_\_\_

## Race (check one):

☐ Ultra 50K – I participate at my own risk and I am trained to complete 50 km in the terrain.

☐ HalfUltra 25K – I participate at my own risk and I am trained to complete 25 km in the terrain.

## Confirmations:

- ☐ I have knowledge of map and compass use / GPS navigation.
- ☐ I have read and accepted the mandatory gear list (50K Ultra only).
- ☐ I have read and accepted the race regulations.

## Medical information (optional, but important for your safety):

- Allergies: \_\_\_\_\_
- Medical equipment (e.g. asthma inhaler, insulin pump, EpiPen):  
\_\_\_\_\_
- Other information the organizer should know:  
\_\_\_\_\_

**I consent to the organizer contacting my emergency contact or medical personnel if necessary.**

Date: \_\_\_\_\_

Signature: \_\_\_\_\_