



## Gausdal Maraton 2024

### Self-declaration

I.....

I hereby declare that I am familiar with the regulations laid down by the NHFs for the exercise of the sport, and acknowledge my duty to follow these regulations during the competition.

I accept that all participation takes place at my own risk, and that I myself am the closest to judging whether I am able to carry out the competition without risk under the prevailing conditions at any given time.

I waive any claim against the organizer due to damage or inconvenience caused to myself, my dogs and my equipment, as long as the organizer carries out the event according to the current regulations and complies with its obligation to inform the participants. I am familiar with the current doping regulations.

I am aware that refusing or failing to attend a mandatory doping control, or behaving in such a way that the prerequisites for doping control are not met, is to be considered a violation of the doping regulations.

I accept to pay NOK 1,000 in the event of failure to submit GPS tracking tags. Gausdal  
12.01.24

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Participant's signature