



## DISCLAIMER AND KLASSMARK FITNESS CERTIFICATE

By means of the present document I HEREBY DECLARE:

1. **That I have read and fully accept the rules and regulations of the Sporting events organized by KLASSMARK.**
2. These rules can be found published on the official website: [www.klassmark.com](http://www.klassmark.com) y [www.thetraka.com](http://www.thetraka.com)
3. That I am sure that I am physically and psychologically well prepared to perform the test. That I follow the appropriate medical controls to ensure that I am in good health and that I do not suffer from any disease, allergy, physical defect, injury or cardiorespiratory condition that would discourage my participation.
4. That I am fully aware of the hardness of the race, the route, profile and distance of the same, which I have previously consulted on the website of the race.
5. That I am aware that this type of race involves a risk for the participants. Therefore, I attend voluntarily and under my own responsibility, assuming all the risks and consequences of my participation. Therefore, I exonerate the organization, collaborators, sponsors and other participants from any responsibility for any physical or material damage that may occur to my person. I waive the right to file a complaint or lawsuit against the aforementioned.
6. That I have sufficient knowledge and technical skills to ensure my own safety, taking into account the natural environment and the conditions of autonomy of the race.
7. That I have the sporting and safety equipment required by the organization in the rules. I guarantee that the material is in good condition, that I have the knowledge to use it properly, and that I will carry it with me throughout the race.
8. That I undertake to comply with the rules and safety protocols established by the organization, as well as maintain a responsible behavior that does not increase the risks to my physical or mental integrity. I will follow the instructions and abide by the decisions taken by those responsible for the organization (judges, doctors and organizers).
9. That I authorize the Medical Services of the race to perform any treatment or diagnostic test that they deem appropriate at any time during the race, whether I have requested it myself or not. Upon their request, I agree to abandon the test and allow my hospitalization, if they deem it necessary for my health.
10. That I authorize the organization of the race to take and use any photograph, filming or recording that is made, as long as it is exclusively related to my participation in this event, and not to receive any type of compensation in return.
11. That before or during the race I will not consume prohibited substances, considered as doping by the cycling and mountain federations. The organization can pass anti-doping control to any participant.
12. That I am aware that my bib is personal and non-transferable, so I will not give or sell it to any other person. This includes the case that I am unable to attend the race.
13. That I agree to follow the general guidelines of respect for others and the environment, which are listed below:
  - a. To ride with prudence and according to the rules of the road, on pistes and roads open to traffic.
  - b. To drive slowly in the presence of people, animals or vehicles.
  - c. Not to provoke alterations in the processes and natural functioning of ecosystems.
  - d. Not to deteriorate biotic, geological, cultural, or general environmental resources.
  - e. Avoid or avoid environmentally sensitive areas.
  - f. Perform the physiological needs in appropriate places, or in any case, away from water points and away from places of passage or gatherings of people.
  - g. Not to light fires or cause fire hazards.
  - h. Not to use or install any type of structure or element that leaves a permanent mark on the environment.
  - i. Not to throw or abandon objects or solid or liquid waste outside the sites expressly designated for the collection of these.
  - j. Not to leave the marked route.
  - k. To close the fences or wires for livestock, which I am forced to open on my way.
  - l. I am fully aware that The Traka is a **NON COMPETITIVE** bike ride.
  - m. That I am fully aware that I must respect the rules of the road, on the roads, on the paths and during the entire route.
  - n. That I am fully aware that the roads, highways and all roads on which The Traka travels are open to all other traffic.
  - o. That I am fully aware that riding in a group is dangerous and can lead to accidents, falls and collisions.

• **For participants in The Traka Adventure 560K:**

- a. The Traka Adventure is a non-competitive bike ride, where the organization provides a route and is exempt from any responsibility on the participant.
- b. I am aware that, in adverse weather situations such as rain, wind, cold or heat, I should confine myself and stop and not put my physical integrity at risk.
- c. I am fully aware that all responsibility rests with me.
- d. I am fully aware that in the face of an adverse situation I must act like any other person.
- e. I am fully aware that, in the event of river floods, fires, traffic accidents, road works or similar, I will act responsibly as any other person and recalculate the route in order to be able to continue if possible.
- f. I am fully aware that any accident or breakdown I may have is my responsibility.
- g. I am fully aware that if I leave I have to return with my own means, looking for the most appropriate public transportation or that of a friend or family member.
- h. I am fully aware that wheel riding is prohibited.
  - The Traka Adventure is an outing in which all traffic regulations and local laws, day and night, must be complied with. In case of abandoning the tour, it is totally forbidden to drive on highways and freeways. REMEMBER! Leaving in the high mountain area, to return to Girona vehicles send them by the highways N-260 TÚNELS DE COLLABÓS and A-26 Olot in Besalú.
  - On the route you may experience and encounter unexpected situations, some of them risky and others not, e.g. fires, traffic accidents, road works... It is important to be aware that you must be one of them and respect the indications of the authorities and competent persons at this moment. If you leave the route and recalculate the route due to some adversity of this type, nothing happens.
  - The outing will take you through high mountain, mid-mountain, coastal and plain areas. Keep in mind that the weather is very varied depending on the area you are in. The difference between the highlands and the coast can vary up to 20 degrees and at night up to 30 degrees. Therefore, you must take into account that during the hours you are on the road you may encounter adverse weather conditions such as: rain, snow, granite, thunderstorms, high temperatures or unexpected river flooding.
  - The Traka Adventure is a couple or individual adventure, so you are not allowed to ride with another rider unless it is your partner.
  - The adventure does not have any refreshment area, you must be self-sufficient with yourself, you can stop to recharge and buy, but external assistance is not allowed. It is not allowed to make reservations prior to the event in accommodation or restaurants. It is also not allowed to receive help from another participant to be pulled down with rubber bands, ropes or propelling by hand.
  - In case of medical emergency or breakdown of your bike, you can take the transport you consider necessary. Remember that if you continue you must do so from the same point you left the route.
  - In the pairs category you can support, but in no case you can be dragged by a rope, control or rubber. If one of the 2 components abandons, the partner may continue, but will not be classified at any time.
  - In The Traka Adventure the organization will not provide any insurance and is not responsible for any damage that may occur directly and/or indirectly to you or third parties. It is mandatory to have insurance, and therefore, you must take into account that it must cover you:
- i. Biking 24 hours a day.
- j. Keep in mind that all responsibility rests with you.
- k. The insurance must have explicitly: death and good medical coverage for a minimum of 6 months.
- l. In case of being from a country outside the event, the insurance must cover extradition and repatriation.
  - Our office will be open 24 hours a day during the 4 days, examining every movement of each participant, so it is mandatory to have your phone on, in case we need to contact you.
  - Also a security team will be ready 24 hours for any emergency, but remember that if you have a mechanical problem and fatigue you will have to be self-sufficient to get back to Girona.
  - In the bib number you have a phone number of the organization that you can call in case of emergency 24 hours a day, or we have ambulances of the organization distributed along the route, but if we can help you in activating the emergency and rescue service.
  - If you do not take risks, you have ahead of you a challenge that will leave moments engraved in your mind for life, at least we have worked for this to happen, so that our main objective is the security that everyone returns home, after making you live unique moments.

**In Girona from 1 to 5 May, 2024**

**SIGNATURE:**

**NAME:**

**DISTANCE:**

**BIB NUMBER:**