LOWE ALPINE MOUNTAIN MARATHON

**The Connoisseurs Mountain Marathon**

# Indemnity Form

When I set off on the Lowe Alpine Mountain Marathon I will be accepting full responsibility for my safety and any injury I sustain during the event. These are not the responsibility of the event organiser. I know my limitations and will retire from the event rather than jeopardise my own safety.

I have made a realistic assessment of my capabilities and am undertaking a course which best reflects my mountain skills and fitness. I am prepared for the worst possible conditions and understand that the competition area is very isolated and these hills are exposed to serious weather. I agree that although the organisers will ensure that the event is as safe as possible, my safety is ultimately my own personal responsibility, just as it is with any trip into the hills.

Signature 1 …… Name 1 ……

Signature 2 …… Name 2 ……

**Please hand in this form at LAMM Registration**