



## **ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM**

I have read and understood the information, terms and conditions regarding SAHYADRI ULTRA MARATHON 2025, and I agree to participate in this event at my own risk.

I know that participating in this event is a night run involving potentially hazardous activity, which could cause serious injury, death or property loss.

I am aware of the risks involved, some of which have been summarised in the 'Risk Factors' handed over to me, and I hereby acknowledge the same.

I am aware that the risks involved are not limited to the Risk Factors, and I assume all the risks involved in running this event.

I agree to comply with the rules and directions of the organiser and race officials. I agree to abide by any decision of a race official regarding any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever.

I hereby acknowledge and agree to waive, release, keep indemnified and discharge all persons, corporations, associations and bodies involved or otherwise engaged in organising, promoting or staging this event and their servants, agents, representatives, officers and employees. This includes but is not limited to race officials, agents, volunteers, event organisers, guests and sponsors whether or not the loss, injury or damage is attributed to the act or neglect of any one or more of them.

I understand that competing in this event will involve running and walking on remote wilderness road with and up and down steep terrain. I assume all risks associated with running in this event, including but not limited to: steep drops on or near the course, challenging terrain, rocks, roots, adjacent streams, water bodies, motor vehicle traffic, slippery surfaces, loose rocks, soft sand, adverse weather conditions, heat exhaustion, dehydration, hypothermia, venomous snakes, wild animals etc., all such risks being known and appreciated by me.

I hereby allow and permit the use of my image(s), photograph(s), motion picture(s), recording(s) and/or any other record of this event to be used in the media and for marketing purposes of this event.

I hereby attest and confirm that I am physically fit and am sufficiently trained to participate in this event. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event.

I understand that all medical and/or emergency evacuation costs for participants or crew will be borne by such participants or their heirs. The race organisers or anyone on behalf of organisers are in no way liable or responsible for medical costs or emergency evacuation.

I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

## **I agree to the following rules and regulations:**

Following are the Rules and Regulations for participating runners:

1. All participants must abide by the rules and regulations of Sahyadri Ultra Marathon.
2. The Race Director's and other associates of WGRF's decision is final in any case.
3. All participants must have completed 18 years of age on or before 12/10/2025.
4. Eligibility criteria: to participate in 20 Miles and 30 Miles, you must have completed at least 1 half marathon or an ultra distance race on or before 1 October 2025. No eligibility criteria for 10 Miles runners, however every participant should be physically and medically fit for the race.
5. All participants must understand and participate in Sahyadri Ultra Marathon at their own personal risk. All participants must be physically fit and mentally able to participate in Sahyadri Ultra Marathon. Medical certificate must be available with all participants and agree to provide upon demand by the organisers.
6. You release and waive WGRF, their volunteers, and partners from liability for all losses, damages, injury, claims, demands, expenses, and any other liability, physical, psychological, or otherwise, directly or indirectly arising out of your participation in Sahyadri Ultra Marathon.
7. You will be present personally at the pre-race briefing meet where you will be collecting your marathon bib on time. Marathon bib will strictly not be provided any time after the meet.
8. While collecting your bib and number, you will produce a photo identity proof like Aadhar card/ passport and your receipt of registration at the bib collection counter for verification purpose.
9. Individual numbered bibs will be provided to each and every participant, which should be worn and visible in the front part of every runners body. Do not hide your bib numbers with clothing.
10. On race day all participants must arrive and report at the venue 1 hour prior to the start of Sahyadri Ultra Marathon.
11. All participants must possess all the necessary gear for road running with them during the marathon. The compulsory items include mobile phone with our helpline number saved, road running shoes and socks, choice of running apparel, bandana (buff), gloves, wind proof/ rain jacket, minimum half liter of water, electrolyte powder or tablet, compulsory headlamp with extra batteries, 1 or 2 fruits, energy bar/gels.
12. You must be aware that the property you will be running on is the property of Maharashtra State Forest Department, State Public Works Department, Village Gram Panchayat limits, and that you will respect the environment you are passing through at all times.
13. You will manage to deal with any difficulties that arise with you by yourself during Sahyadri Ultra Marathon, without outside help, with regards to climatic and geographical conditions at high altitude in challenging terrain.
14. You will manage yourself with physical and mental problems that arise during Sahyadri Ultra Marathon from small injuries, muscle and articular pains, fatigue, nausea, digestive problems. Be totally aware that WGRF will not be able to help you manage these problems.
15. We reiterate that during Sahyadri Ultra Marathon you will be present in a very fragile eco-system, we require you to have prior ultra distance running training/experience to have the required presence of mind during the marathon.
16. All participants must stay on the official marked course during their run of the marathon.

17. The entire course will be well marked, ensure to keep an eye on the volunteers stationed at various points who will caution you to go slow. There are points on road having ditches, so in order to avoid accidents it is mandatory for the runners to look before you proceed.
18. The course is marked on the route, summits, passes, forks, junctions, hazardous locations. Keep your eyes open for marked signs along the way.
19. In case of emergency or injury to you or fellow participant, contact our helpline numbers and mention your current location and type of assistance required. Participant must have valid insurance for the race and you agree to provide the proof of it upon demand of organisers.
20. Participants must not throw trash/rubbish/garbage outside of 50m radius of an aid station. There will be a timing penalty for throwing trash/rubbish/garbage that you possess anywhere on the marathon route.
21. There will be disqualification from the marathon if you shortcut the route by not following the signage, voluntarily or involuntarily.
22. There will be disqualification if you do not pass through compulsory check points.
23. There will be a straight disqualification from the marathon if you have caused physical harm and injury to any of the fellow participants.
24. You will give your full consent to the medical staff for providing you medical treatment during the marathon.
25. Competitors must give assistance to fellow participants who may injured or distressed. We will take into account the time spent on this assistance.
26. Any retirement (self or forced) from Sahyadri Ultra Marathon must take place only at a check point by informing the race officials only. If you think you cannot go any further, we strongly recommend you to take retirement, albeit sportingly, and come back stronger in the next edition, there will always be another time.
27. You agree to pay the registration fees in full at the time of registration, and understand there will not be any refund for paid amount in any circumstance.
28. You agree that there will be no transfer of registration to any other person apart from you, in any circumstance.
29. You have read the important race guidelines mentioned on our website [www.wgrf.in](http://www.wgrf.in).
30. You have read and agreed the terms and conditions before registration in Sahyadri Ultra Marathon 2025.