

Race Number: .....



## ACKNOWLEDGMENT and WAIVER



[www.10to4.org](http://www.10to4.org)

a) I understand and accept that participating in any of the races comprising the 10to4 Mountain Bike Challenge (the "Event") is a potentially hazardous activity. I agree not to enter and participate unless I am in sound medical condition and have an appropriate level of fitness. I agree to abide by any decision of an event official relating to my ability to safely participate in the Event. I am voluntarily entering and assume all risks (whether to person, body or property, including my bike and equipment) associated with participating in the Event, including but not limited to falls, dangers posed by animals or other persons, death and personal injury, the effects of weather (including heat), theft of possessions, traffic and obstacles, and the conditions of the course(s), all such risks being known and appreciated and accepted by me.

b) Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for entry in the Event, I, for myself and anyone entitled to act on my behalf, waive and release the promoters, the '10to4' committee, local landowners and local communities, and each and all of the Event sponsors and their respective officials, staff, representatives and agents from present and future claims of liability of any kind, known and unknown, arising out of my participation in the Event, or in the related activities, or in camping and using the land on which the Event takes place.

c) Except for any liability that cannot be excluded by law, the promoters, the '10to4' committee, local landowners and local communities, and each and all of the Event sponsors and their respective officials, staff, representatives and agents exclude all claims (i) in negligence, (ii) for death or any personal injury, and (iii) any loss or damage to property, whether direct, indirect, special or consequential, arising in any way out of the Event or the related activities or in camping and using the land on which the Event takes place.

d) I agree to bring the above Acknowledgement and Waiver to the attention of all persons in my party who accompany me during the Event as spectators and/or supporters. This Acknowledgement and Waiver shall apply equally to all such persons.

e) This Acknowledgement & Waiver is exclusively governed by Kenyan law.

f) I have read the Event Rules and agree to be bound by the terms and conditions in them.

g) I agree that any photographs, films or recordings of the Event in which I might appear may be used for broadcast and promotional purposes.

Name: .....

Signature: .....

Date: .....

*\* If the competitor named above is less than 18 years this form must be signed by the parent or guardian by way of acceptance of the terms stated above.*