



- 1) The declaration of honour must be completed, dated and signed by the runner
- 2) The medical certificate must be completed, dated and signed by the doctor, who also shall stamp or indicates his work number
- 3) The complete original document, completed by the runner and the doctor must be sent (downloaded application form) to the organization before the 15st September 2019.

Declaration of honour:

I, the undersigned (e)

To the next race *:

**(Check the appropriate box test)*

- UTAT (105 km) Marathon de l'Atlas (42 km)
- Trail de la Virée d'Ikkiss (26 km) Amazigh Trail (12 km)
- Challenge du Haut Atlas - Marathon de l'Atlas (42 km) + Trail de la Virée d'Ikkiss (26 km)

Déclares on their honor :

1. Having read the rules UTAT 2019 and accept all the terms without exception
2. Not to take doping product to participate in this race
3. Be aware of the length and specificity of the test, which takes place in a mountain environment, in (cold night wind, rain or snow) weather that can be very difficult, requiring very good training and a real ability to personal autonomy
4. Have informed the doctor who wrote the medical certificate below the specifics of this event
5. Being informed about medical contraindications that could relate to me and therefore relieve the organization of any medical problems that may arise during the event
6. Commit myself to keep with me all of the required equipment for the duration of the race
7. To be covered by insurance covering the rescue costs in Moroccan mountain rescue, hospitalization and repatriation to my country.

Date :

Signature of runner :