



RELEASE & INDEMNITY FORM
SUNGAI MENYALA FOREST TRAIL 2019 (SMFT)
7 April 2019
Participant Waiver

In consideration of my entry to the **Sungai Menyala Forest Trail 2019**, I agree to this release of claims, waiver of liability and assumption of risk.

I know that trail running is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained for this event. I agree to abide by any decision of a race official relative to 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 attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail, all such risks being known and appreciated by me. I understand that bicycles, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the **SUNGAI MENYALA FOREST TRAIL 2018**, the **DEPARTMENT OF FORESTRY NEGERI SEMBILAN**, and **MALATRA VENTURES**, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Full Name:		
Identification Card No/Passport No:		
Signature:		Bib No.
Date:		