

# PATRYSBERG MTB & TRAIL RUN

## Saturday 4 May 2019

Patrysberg Farm:  
14km outside Vredenburg on the St Helena Bay Road

Entry forms available on  
[www.patrysbbergfarm.co.za](http://www.patrysbbergfarm.co.za)

For more information, Contact Annelie on 082 381 6333 or [kobuslock@telkomsa.net](mailto:kobuslock@telkomsa.net)

SELECT WHICH DISTANCE YOU WANT TO ENTER WITH (X)

5 KM TRAIL RUN / BLUE ROUTE	R40	
10 KM TRAIL RUN / RED ROUTE	R40	
5 KM KIDDIES MTB	R40	
15 KM MTB (310 M) / BLUE ROUTE	R150	
40 KM MTB (985 M) / RED ROUTE	R150	
60 KM MTB (1750 M) / BLACK ROUTE (16 yrs + ONLY)	R150	



NAME & SURNAME: \_\_\_\_\_

ID NUMBER: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

EMERGENCY NO: \_\_\_\_\_

### Waiver & Indemnity

I hereby warrant that my general health is good and that there is nothing which renders me unfit to undertake this mountain bike and trail run event. I warrant that I have valid travel and medical insurance for duration of event.

That I understand and appreciate fully that there may well be risks, hazards and dangers involved to which I could be subjected, more particularly:

- I will be cycling/running/walking on gravel roads. Motor and other transport will also be using these roads and it is my responsibility to cycle/run/walk safely on these roads. Gravel roads are uneven and rocks and other foreign objects may be on the roads. There may be holes and sand on the roads. It is my responsibility to make sure that I cycle/run/walk safely under any circumstances.
- I will always cycle with a quality approved cycling helmet
- I am aware that due to bad weather, cycling/running/walking becomes dangerous and that the event guide will cancel cycling/running/walking under such circumstances.
- **JA LOCK INVESTMENTS CC 1999/033095/23** cannot be held responsible for refunds or postponement of the event.

I accept and voluntarily assume the risk inherent in taking part in such an event and I, together with my heirs, executors and administrators hereby release **JA LOCK INVESTMENTS CC 1999/033095/23** its owners, servants, agents and representatives, from any duty or care towards me, in connection with my participation in any event, and from liability from any claims that could accrue to me or my heirs, executors and administrators arising out of my participation in the event or any related activity irrespective of whether such claim or claims arise through the negligence of any person, or from any of the risks, dangers of hazards inherent in a mountain bike event in South Africa, or of any loss of, or damage to, any property from any cause whatsoever and I further indemnify and hold harmless associated persons against any claims howsoever the same may arise.

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SIGNATURE OF PARTICIPANT

.....  
SIGNATURE OF GUARDIAN FOR PARTICIPANTS YOUNGER THAN 18YRS

.....  
DATE