

Statement and safety notice

of 2019 135-mile Mount Everest extreme cross-country race

1. All competitors of 2019 135-mile Mount Everest Extreme Cross-Country Race (hereinafter referred to as "competitors"), members of the working group, video team, medical care team and special guests (hereinafter referred to as "supporting staff") shall understand that outdoor competitions entail risks. The organizing committee has taken necessary security measures and on-site medical staff is ready to provide help. Due to individual differences and unexpected circumstances, accidental injuries in outdoor activities cannot be completely avoided. Competitors should be fully aware of possible physical injuries and risks in such outdoor activity. In the process of the competition, competitors need to ensure that they are psychologically and physically prepared before participating in the competition.

2. Competitors with the following diseases are disqualified from participating in risky outdoor activities: congenital heart attack, rheumatic heart disease, hypertension, cerebrovascular disease, myocarditis, coronary artery disease, severe arrhythmia, diabetes with too high or too low blood sugar and altitude stress. Competitors should have a full understanding of their own physical conditions before the competition. If unqualified competitors participate in the competition by hiding their real health conditions, they shall be fully responsible for any injury caused to themselves and/or others and bear all corresponding legal liabilities for losses caused to the organizing committee or any third party.

3. If competitors conceal any health condition that disqualifies them from participating in the competition, or fail to provide relevant registration information truthfully, or violate relevant regulations set by the organizing committee and disrupt the on-site order, or cause losses to the organizing committee or a third party due to other improper behaviors, they shall bear all legal liabilities.

4. All competitors must be at least 18 years old and no more than 60 years old.

5. In ultra-long distance cross-country race, hallucinations may occur due to insufficient sleep, physical overdraft and physical consumption. In this case, competitors should take appropriate rest to supplement their physical energy.

6. Those who cannot participate in the competition due to personal reasons after paying the registration fee shall make a statement to the organizing committee, but the registration fee shall not be refunded.

Risk taking and security statement

I voluntarily participate in the 135-mile Mount Everest Extreme Cross-Country Race and make the following statement:

1. To maintain impartiality of the competition and dignity of all competitors, I promise to register and participate in the activity in my own name and provide my identity information truthfully.

2. I fully understand and accept the relevant regulations formulated by the organizing committee and voluntarily abide by them.

2019 135-mile Mount Everest Cross-Country Race- Participation statement

3. Before the start of the competition, I promise that I have received a comprehensive

physical examination and my physical and mental health guarantee that I am eligible for this high-intensity outdoor activity and that I have no disease mentioned in the safety notice. The personal information and medical history I filled in the registration form are true and effective without any concealment. I am fully responsible for any consequence caused by any discrepancy.

4. I fully understand that the activity requires strong physical and mental capabilities and entails certain risks, including bad weather, inability to get rescue and medical services in urban areas, and possible delay of about 24 hours when hiking in rugged and high-altitude areas. I have normal judgment, foresight and concern about these potential risks. I am willing to bear the personal or property damage caused by change of weather and geographical environment. I will not hold the organizing committee responsible for any action properly taken by the organizing committee and its staff.

5. This competition is dangerous to some extent, and some unpredictable accidental injuries may occur in the process. I am fully aware of this and willing to bear all consequences. The possible accident risks include but are not limited to: traffic accidents, tumble, collisions, falling rocks, animal attacks, flooding, lightning strikes, etc. I am fully aware that the organizing committee is unable to fully foresee and prevent such risks, and I understand that the risks listed above are only some of the risks that may be encountered in the competition. I agree that the organizing committee shall not be held responsible when risks (not limited to the above risks) occur.

6. I fully understand that the organizing committee has fully informed the participants of the physical, equipment and technical requirements. I fully understand the risks of outdoor sports and am willing to take all risks that may be caused by participating in such activities. I

have taken necessary preventive measures and prepared necessary preventive equipment by myself. Any damage or loss caused by preventive measures or facilities and equipment shall be borne by me.

7. During the activity, I will obey the command, order and requests by the organizing committee and its staff, including but not limited to the schedule. Any adverse consequences (including personal or property damage to myself or others) caused by violation of the requirements of the organizing committee or this statement or the arrangements of the competition, as well as actions without authorization, shall be borne by me. The organizing committee reserves the right to cancel my qualification and shall not assume any responsibility.

8. I understand the prohibition of alcohol during the whole course of this activity (from the date of registration to the date of finishing the race). I shall be fully responsible for all consequences (including personal injury or property damage to myself or others) caused by drinking.

9. I agree to receive the on-site medical treatment provided by the organizing committee during the activity and abide by the decision of the working group and medical staff to withdraw me from the competition. If I conceal my injury or illness or do not obey the decisions of the working group and medical staff, I shall bear all the consequences. I agree and guarantee that if I think I am not suitable to participate in or continue the competition due to my psychological and physical conditions, I will immediately withdraw from the competition and will not require refund by the organizing committee.

10. I agree to purchase insurance by myself and provide the insurance policy to the organizing committee for record. In case of loss or injury, I will contact the insurance

company by myself. I agree and accept any personal accident insurance purchased by the organizing committee on my behalf during the competition.

11. In the process of the activity, if any damage or loss is caused to me by other people not relevant to the organizing committee, I will independently claim compensation from the offender or the insurance company.

12. If I lose consciousness during the competition, I will automatically entrust the medical and first-aid staff of the organizing committee to take all means to give first aid, including but not limited to CPR(cardiopulmonary resuscitation), AED(external defibrillation), and rapid transport by convenient and safe means. I guarantee that the legal liability arising therefrom and the relevant expenses shall be borne by me.

13. I agree that the organizing committee and its staff have the right to determine the list of competitors and even change or cancel the activity plan based on weather, equipment, physical strength and other factors. I will not hold the organizing committee accountable.

14. Any dispute between the competitors and the organizing committee shall be settled through friendly consultation with the organizing committee in advance. If consultation fails, either party shall file a lawsuit to the people' s court where the organizing committee is located for settlement.

15. I have read this statement, and the execution hereof shall be deemed that I have understood all the contents of this statement and accepted the statement in full. This statement shall also be valid for my heirs, relatives, executors, administrators and personal representatives.

16. The invalidity and unenforceability of any provision of this statement shall not affect or

impair the validity, effectiveness and enforceability of any other provision.

Competitor portrait and intellectual property rights statement

I voluntarily participate in the 135-mile Mount Everest Extreme Cross-country Race and make the following statement:

1. I authorize the organizing committee to use the portraits, names, personal speeches, sounds and other personal pictures, images and video materials provided by me (or formed in the process of the activity) free of charge for the communication, organization and promotion of similar activities hereafter by the organizing committee.
2. Individuals enjoy the right to use the photos, videos and films related to me reasonably in non-commercial activities.
3. The copyright of the photographic works taken by individuals during the competition shall be owned by the photographer himself/herself. Both the organizing committee and the photographer shall enjoy the right of use. The organizing committee should respect the author's right of authorship.
4. I have read this statement, and the execution hereof shall be deemed that I have understood all the contents of this statement and accepted the statement in full. This statement shall also be valid for my heirs, relatives, executors, administrators and personal representatives.

Name (please write in block letters):

Competitor (signature)

Date: _____