

To be sent back with your payment (swift in Euro to **EL NINO ***), the medical file,
and the discharge of responsibility by mail or by post to

Mr Marchal Bernard

1196/2 Avenue de Pibonson, 06250, Mougins, France

bmarchal@lafranstica.org

FILL IN CAPS PLEASE

Name : First Name :

Sex : M F Date of birth : / / 19.... Nationality :

Passport N° Date of validity :

Course: Extreme Adventure

T-shirt Size XS S M L XL

How did you know us : Internet Magazine Race

Others :

Sporting Records :

Have you : never practiced trail few practiced
 regularly practiced good level national level

Are you able to swim : Yes No

Address :

Zip Code : City :

Phone : e-mail :

I accept the race regulation published by **CG Sport Event and El Niño**

Date : Signature :

Registration Fees and Terms

Prices in Euros per person, base TWIN or TRIPLE (3 beds) room

La Transtica 2016 10 days / 10 nights From November 23 ^r (evening) to December 3 rd (morning), 2016	Price per person
Registration before 31/05/2016	1 850 €
Registration from 01/06/2016 to 30/09/2016	2 000 €
Registration after 30/09/2016	2 150 €

Initial of deposit of 600 € is requested to confirm registration
Balance to be paid before October 1st, 2016.
Cancellation policy, read races rules page 8.

THE PRICE INCLUDES

- Hotels and bivouacs (camps) accommodations.
- Bivouacs breakfasts, light meals and dinners, lunches on transfer stages.
- Opening ceremony in San José.
- Podium ceremony in Puerto Viejo.
- Supply of water and food at the check points.
- All private bus transfers mentioned in the program, airport transfers.
- All luggage transfers between each stage.
- Medical aid from our doctor.
- Physiotherapist massages at the end of each stage.
- Tee-shirts of the race.
- Access fees to the parks and reserves mentioned in the program.

THE PRICE DOES NOT INCLUDE

- Flight ticket to Costa Rica.
- Dinner of the 24th (evening off).
- Cancellation and luggage insurances.
- Tips in hotels or activities.
- Extra drinks.
- Airport Taxes- (US\$29 to date)

**DISCHARGE OF RESPONSABILITY
AND RACE REGULATION ACCEPTANCE**

- CG SPORT EVENT and EL NIÑO are organizing the “Costa Rica Trail, La Transtica” in Costa Rica in November every year.
- The undersigned, for his own account or the account of his legal representative, his employees and assistants, his heirs or heiress, agents, irrevocably grants discharge of any responsibility to the organizers, CG SPORT EVENT and EL NIÑO as well as the public authorities and their legal representatives.
- The undersigned and his representatives agree that this discharge is including any kind of damage without any limit, as injuries, death, material damage or economic loss, partial or total, occurring during the participation of the undersigned in the “Costa Rica Ultra Trail, La Transtica” or any other linked activity.
- This general discharge of responsibility is agreed voluntarily and unconstrained by the undersigned who admits that while signing, it is not the subject of any pressure, promise or any influence from CG SPORT EVENT and EL NIÑO.
- **IMAGE RIGHTS:** I expressly authorize the organizers of the “Costa Rica Trail, La Transtica” or their representatives such as partners and media to use free of charge and rights any media (photo or video) on which I could appear during my participation in the “Costa Rica Ultra Trail, La Transtica”, on any kind of supports including the promotional and/or advertising documents, in the whole world and for the for an unlimited period of time.
- **CNIL :** In accordance with the French law on data-processing and freedom (January 6th, 1978), you have full right of access and correction regarding your personal data's. On our behalf, you may receive proposals from other companies or associations. If you do not wish this, you just have to send us a request with your name, first name and addresses.
- The competitor commits to respect the “Costa Rica Trail, La Transtica” regulation and recognize to have received and read it.

Place: Date:/...../ 2016

Name in Caps:

Signature:

The organization imposes to each runner to carry all along the race a safety kit and a first aid kit:

1/ Mandatory Safety Kit:

- A backpack adapted to the trail or equivalent with a bladder or cans with 2 litres capacity, to be filled of water at the start of each stage.
- Energy complements (bars, cereals, gels and energy drink).
- Eco Cup
- Headlight with new batteries.
- Emergency survival blanket.
- Whistle.
- Knife.
- Cap.
- Light waterproof and breathable jacket

2/ Mandatory first aid Kit:

- Antiseptic solution.
- Sun protection set
- Compresses, band of gauze, sticking plaster.
- Individual dressing.
- Elastoplast.
- Scissors, needles.
- Double skin (such as biofilm, urgomed) for bulbs.

Additionally we also recommend the following equipment:

- Long gloves and long spindle or leggings for some stages.
- Under clothes.
- Clock with GPS

On another hand it is reminded that sleeping bag and inflatable mattress (ideally self inflating) are compulsory for bivouacs (camps).

The organization will forward your luggage (duffle bag or backpack, maximum capacity 100 litres, waterproof if possible) from one camp to the other .