BIB NUMBER:……

Vietnam Mountain Marathon (VMM) 2026
Acknowledgement, Release and Indemnity

This is an important document which affects your legal rights and obligations.
All competitors must sign this form

1. In consideration of the Topas Travel / VMM organisation (the "Event Organisers") accepting my participation to Vietnam Mountain Marathon held on 17-20 September 2026 (the "Event") I agree to this release of claims, waiver of liability and assumption of risk.
2. I have read and understood the race rules and information relating to the Event.
3. I understand the demanding physical nature of the Event. I declare, as a condition of entry to the Event, that I have sufficiently trained for this Event and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death whilst participating in the Event.
4. In the event that I become aware of any medical condition or impairment, or I am sick or injured prior to or during the Event, I will withdraw from the Event.
5. I acknowledge that participating in the Event is a dangerous activity and that by such participation I am exposed to risks.
6. I acknowledge and understand that whilst participating in the Event:
   - I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, heat stroke, cardiac arrest, slips, trips or falls, accidents with other participants, spectators and road users, or accidents caused by my own actions;
   - My personal property may be lost or damaged;
   - I may cause injury to other persons or damage their property;
   - The conditions in which the Event is conducted may vary without warning;
   - I will be in a remote, isolated location where access to medical support will be limited and take significant time to reach me;
   - There may be no or inadequate facilities for treatment or transport if I am injured;
   - I will be in areas with limited or no phone signal;
   - I assume the risk and responsibility for any injury, death or property damage resulting from my participation in the Event.
7. I agree that if I am injured or require medical assistance, the Event Organisers can, at my cost, arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my own medical and ambulance insurance cover.
8. I agree to release, indemnify and hold harmless the Event Organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders and sponsors, from and against any and all claims, demands, right or cause of action, suits, expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event.
9. I also agree that in the event I am injured or my property is damaged I will bring no claim, legal or otherwise, against the Event Organisers in respect to that injury or damage.
10. I agree to allow my name, photographs, videos, multi-media or film likeness to be used for any legitimate purpose, including advertising and promotion, by the Event Organisers or their official partners without payment or compensation by the Event or their official partners. I understand that the copyright for these images and videos is owned by the Event Organisers and I do not have rights for inspection or approval of their use. I agree that my results, name, age, bib number, club and nationality will all be published and this information will remain public following the event.
11. I agree to abide by the Event rules and the directions of all Event officials.
12. I acknowledge that the Event Organisers may change the advertised course without notice if the Event Organisers deem this necessary. I also acknowledge that the Event Organisers may cancel the Event due to, but not limited to, terrorism, war, public health emergency, epidemic, pandemic, civil unrest, weather conditions, 'acts of god' and that in such circumstances my entry fee will be non-refundable.

Your Name:…….....

Your Race distance:…….....

Your contact person in case of emergency:…….…

His/her phone number incl. country code:…….....

Your Signature:…….....

MANDATORY EQUIPMENT

No.	Item	100 miles/ 100km	70km	50km	21km	10km
1	Your own race bib	✓	✓	✓	✓	✓
2	Race pack / vest (not belt/shorts)	✓				
3	Means of carrying all kit		✓	✓	✓	
4	1.0L liquid capacity	✓	✓	✓	✓	0.5L
5	Headlamp	✓	✓	✓	✓(1)	
6	Spare batteries for headlamp (rechargeable headlamps exempt)	✓				
7	Second back up headlamp	✓				
8	Waterproof jacket with hood (2)	✓	✓	✓	✓	
9	Additional top layer (long sleeve) (3)	✓				
10	Mobile phone (with power for full event, on local network)	✓	✓	✓	✓	✓
11	Emergency blanket	✓	✓	✓		
12	Food (4)	✓	✓	✓	✓	
13	Hat / Buff	✓	✓	✓	✓	
14	Whistle	✓	✓	✓	✓	
15	Basic first aid kit	✓	✓	✓	✓	

(1) Necessary to pass CP M3 from 13:30 (because passing after this means you will be on course after dark)

(2) Sufficient to keep you dry in case of heavy rain (i.e. not a windproof-only jacket; not cheap, thin poncho).

(3) Total top layers = 3: normal layer + second, long sleeve warm layer + jacket.

(4) We recommend you carry 200 calories for every hour you will race. Any mandatory kit check that takes place will take into account where you are on course at the time of the check.

Top 3 VMM Runners will have **mandatory kit** inspections.
Other kit inspections are carried out at random, including at the start line.
Lack of mandatory kit will result in disqualification.

I have read and understood the mandatory kit list and rules.

Your Name:…… Your Signature:……