



Pink Half Marathon

7th October, 2018, Lucknow

Organized by : King George Medical University, Lucknow
Uttar Pradesh Athletics Association

Registration Form



Name

Father's Name

Mother's Name :

Gender : M F

Date of Birth : / /
dd / mm / yyyy

Unit/Occupation/Club/ :

Address :

Contact no. :

e-mail :

Event : Half Marathon Cross Country Walkathon

Best Performance :

Name :

Father's Name :

Unit/Occupation/Club/ :

Signature :



Contact for any queries :
Prof. Anand Mishra, Org. Sec. 9415007913
Dr. Sudha Bajpai, Chief co-ordinator 9415835522
Mr. B.R. Varun, Sec, District Athletics Association, Lucknow 9415027942

Declaration of Health

1. I, the undersigned, hereby declare that I intend on participating in a sporting event necessitating substantial physical exertion.

I hereby declare that I am healthy and able to run the marathon, and trained appropriately in advance.

I understand that my participation – in the event that I'm not amply physically ready – could endanger my health.

If you've suffered or if you suspect that you've suffered in the week leading up to the marathon from any illness whatsoever, including fever, gastrointestinal disturbance or a cold, consult with a doctor before participating and attain approval for the physical strain.

2. I hereby waive any claim against the event producer, "Israel Marathon" and any party acting on its behalf, in regard to any damage that may be caused, from physical damage before the marathon, the marathon itself or thereafter, including property damage and/or equipment loss.

I agree that the organizers will be authorized to make any and all decisions regarding cancellation or changing of the time of the marathon, its course, or all-out or partial cancellation in accordance with weather conditions anticipated before the marathon; whether or not they materialize, I waived all claims hence.

I, the undersigned, commit to not suing or making any tort claim against the aforementioned parties.

Signature of Participant

()

During the Marathon

1. Drink water at the drinking stations, at least every 15-20 minutes, 1-2 cups each time. If a bottle of water is available, you can take it and drink on the way.

2. In case of fever, also pour water on your head and body and cool off using the water sprayers (if set up) along the track.

3. The amount drunk needs to be commensurate with that sweat off, as per the training calculation. Don't drink more than that due to the risk of abnormally low blood sodium levels (Hyponatremia).

4. The recommended drinking pace is 7ml/kg/hour for men (for a man weighing 70 kg it's approximately half a liter per hour) and 6ml/kg/hour for women.

5. Add approximately 100-300 ml per hour, in accordance with your sweating rate and weather conditions.