

TE MIRO TUSSLE TRAIL RUN

Sunday 16 August 2026 • Te Miro Mountain Bike Park, Waikato, New Zealand

Entry Form, Waiver and Acknowledgement of Risk

This form can be completed on screen — click each box, type your answers, then save the file and email it back. No printing or scanning required. If the participant is under 18 years of age, a parent or legal guardian must also complete Section 7. Please read the whole form carefully before signing — it affects your legal rights.

1. PARTICIPANT DETAILS

Full name	
Course entered	

Tiny Tussle 2 km • Short Tussle 5 km • 10 km • Ultimate Tussle 21 km

Date of birth		Age on race day	
Mobile phone		Gender (optional)	
Email address			
Home address			
Club / team (optional)			

2. EMERGENCY CONTACT AND MEDICAL INFORMATION

Emergency contact name		Relationship to you	
Emergency contact phone		Alternative phone	
Medical conditions, allergies or medication our first aid team should know about (write NONE if not applicable)			

3. ACKNOWLEDGEMENT OF RISK

I understand that the Te Miro Tussle is an off-road running event held on shared mountain bike and walking tracks in a rural park, and that participation carries risks that cannot be eliminated. These include, but are not limited to:

- Uneven, narrow, steep, slippery, muddy or rutted tracks, and hazards such as tree roots, rocks, stumps, steps, boardwalks, bridges and water crossings.
- Collision with other runners, mountain bikers, walkers, dogs or livestock, or with trees, posts, fences, gates or other obstacles.
- Weather that may change quickly, including heat, cold, wind, rain, fog and sun exposure.
- Falls and injuries ranging from cuts, sprains and fractures to concussion and, in rare cases, serious injury or death.
- Sections of the course that are remote or difficult to access, which may delay first aid, evacuation or medical treatment.
- Physical exertion leading to dehydration, exhaustion, hypothermia, heat illness or aggravation of an existing medical condition.
- The acts, omissions or errors of other participants, spectators, volunteers, marshals, landowners and event organisers.

I accept these risks voluntarily and take responsibility for my own safety and decisions during the event.

4. PARTICIPANT DECLARATION

By signing this form I confirm that:

- 1 I am entering this event of my own free will and am not being required to take part.
- 2 I am sufficiently fit, healthy and prepared for the course I have entered, and I know of no medical condition that would make my participation unsafe for me or for others. If in any doubt, I have sought medical advice.
- 3 I will follow the marked course, obey all instructions from event organisers, marshals and first aid staff, and carry any compulsory gear required for my course.
- 4 I will withdraw from the event if I become injured or unwell, and I will notify a marshal, the finish line or the organisers so that I am not recorded as missing on the course.
- 5 I accept that the organisers may stop, shorten, delay, reroute or cancel the event, or withdraw any participant from the course, if they consider it necessary for safety or for any other reason.
- 6 My entry is personal to me. I will not transfer my race number to another person without the organisers' written approval.
- 7 I consent to the organisers arranging first aid, ambulance transport or emergency medical treatment for me if I am unable to consent at the time, and I accept responsibility for any resulting medical costs not otherwise covered.
- 8 I am responsible for my own vehicle, clothing, equipment and other belongings, and the organisers are not responsible for loss of or damage to them.
- 9 To the fullest extent permitted by law, I release the organisers of the Te Miro Tussle, their volunteers, officials, sponsors, and the owners and occupiers of the land the event is held on, from all claims, demands and proceedings arising out of my participation in the event.

Nothing in this form limits any rights I have under the Accident Compensation Act 2001, or any liability that cannot lawfully be excluded, including under the Health and Safety at Work Act 2015, the Consumer Guarantees Act 2003 and the Fair Trading Act 1986.

5. PHOTOGRAPHY, RESULTS AND PRIVACY

Results, including my name, race number, course and finishing time, may be published by the organisers.

Photographs and video taken at the event may be used by the organisers to promote the event and Te Miro Mountain Bike Park, in print, online and on social media:

I consent to my image being used in this way: ☐ ☐

The personal information on this form is collected by the event organisers and used for entry processing, results, participant safety and event communications. It is held securely and is not sold or passed to third parties except where needed for medical treatment or as required by law. Under the Privacy Act 2020 you may ask to see the information we hold about you and ask us to correct it. Contact: temiromtclub@gmail.com or 027 248 7117.

6. SIGNATURE

I have read and understood this form, including the acknowledgement of risk in Section 3 and the declaration in Section 4, and I agree to be bound by it. Typing my full name below has the same effect as my handwritten signature.

Signature (type your full name)			
Print name		Date	

7. PARENT OR LEGAL GUARDIAN — PARTICIPANTS UNDER 18

To be completed by a parent or legal guardian if the participant is under 18 years of age on race day.

I am the parent or legal guardian of the participant named above. I have read and understood this entire form and I explain and accept its terms on the participant's behalf as well as my own. I consent to the participant taking part in the Te Miro Tussle, and I consent to the organisers arranging first aid or emergency medical treatment for the participant if I cannot be contacted at the time.

Guardian signature (type full name)			
Print name		Relationship	
Contact phone		Date	
Will you be on site during the event?			

RETURNING THIS FORM

Fill in the boxes above, then **save the file** (File > Save, or Ctrl/Cmd+S) and email the saved copy to **temiromtbclub@gmail.com** by Saturday 15 August 2026. You can also hand a printed copy in at registration on race day. Your entry is already confirmed — this waiver is a separate requirement, and participants cannot start without one.

Te Miro Tussle Trail Run • Te Miro MTB Club • Te Miro MTB Park • 027 248 7117 • temiromtbclub@gmail.com