

I-HELP FOUNDATION GOA PRESENTS

I-Run Goa Marathon 2026

Terms & Conditions and Waiver Policy

1. General Terms:

- i. By registering for the I-Run Goa Marathon 2026 (“Event”), participants agree to comply with all rules, regulations, and instructions issued by the organizers, **I Help Foundation Goa**.
- ii. Registration is **non-transferable** and **non-refundable** under any circumstances.
- iii. Bib numbers are mandatory. No duplicate bibs will be issued. Participants found running without a valid bib will be disqualified.
- iv. The organizers reserve the right to deny entry or remove any participant who violates the rules or engages in misconduct.

2. Eligibility:

- i. Age requirements:

Race Categories-

- **32 KM Timed Run** – Below 45 / Above 45
- **21 KM Timed Run** – Below 45 / Above 45
- **10 KM Timed Run** – Below 45 / Above 45
- **5 KM Timed Run** – Below 45 / Above 45
- **5 KM Fun Run** – Open to all
- **2 KM Charity Run** – Open to all

- i. Physically challenged athletes are welcome and encouraged. Necessary support requirements must be communicated to the organizers in advance.
- ii. All participants below 18 years must provide parental/guardian consent.

3. Health & Safety:

- i. By registering, participants declare they are physically fit and medically cleared to participate in the Event.
- ii. Organizers, sponsors, and partners are **not liable** for any medical conditions, injuries, or accidents arising before, during, or after the Event.
- iii. Medical aid stations, ambulances, and hydration points will be provided along the race routes.
- iv. Participants are advised to carry personal medication if required.

4. Race Rules:

- i. Participants must follow the official route and instructions of marshals/volunteers.
- ii. Any unsporting conduct, obstruction of fellow runners, or littering may result in disqualification.
- iii. Timing chips (where applicable) must be correctly worn. The organizers are not responsible for loss of timing data due to mishandling.
- iv. Pets, wheeled devices (except for approved wheelchairs/assistive devices), and unauthorized vehicles are not permitted on the course.

5. Photography & Media Consent:

- i. By participating, runners consent to the use of their name, photographs, video recordings, or likeness for event publicity, media coverage, and promotional purposes without additional approval or compensation.

6. Cancellation & Postponement:

- i. The Event may be postponed, rescheduled, or canceled due to unavoidable circumstances such as natural disasters, pandemics, government orders, or safety concerns.
- ii. In such cases, registrations will be carried forward to the next edition. No refunds will be issued.

Waiver & Release of Liability

By registering for the I-Run Goa Marathon 2026, I hereby acknowledge and agree:

- i. I understand that participation in a running event carries risks including, but not limited to, injury, dehydration, accidents, illness, or even death.
- ii. I voluntarily assume all risks associated with participation and release **I Help Foundation Goa**, event organizers, sponsors, partners, volunteers, and officials from any liability arising from my participation.
- iii. I confirm that I am medically fit and solely responsible for my health and safety during the Event.
- iv. I agree to abide by all rules, regulations, and instructions provided by the organizers.
- v. I understand that failure to comply with the terms may result in disqualification without refund.
- vi. I grant full permission to the organizers to use my participation details, images, or recordings for legitimate purposes connected with the Event.

By completing my registration, I confirm that I have read, understood, and agreed to the above Terms & Conditions and Waiver Policy.