

SOLO KHUMBU TRAIL IV - DAWA SHERPA RACE 2012

Application Form for the Runners

FAMILY NAME: _____ **First Name:** _____

Date of Birth: _____ Age: _____ Gender: _____

Organization or Company: _____

Category: _____ Occupation: _____ Blood Group: _____

Address: _____ Tel. No: _____ Tel. No: _____

Mountain Race Experiences (Location, year, distance, maximum altitude, difference in altitude(dénivelé), time and place) _____

Maximum Altitude experienced : _____ (Place) : _____ (Year) _____

Experiences on step by step Race (location, year, distance, duration and place): _____

Alpinism Experience: _____

Maximum Altitude experienced : _____ (Place) : _____ (Year) _____

Duration of Marathon: _____ (location & year): _____

Time per 100 Km: _____ (location & year): _____

Other Speed Indicators: _____

Other sports done: _____

Have you already taken the First Aid worker training: _____ (location & year): _____

Please explain in few words what the mountain race, Nepal & the Himalayas represent to you: _____

Conditions for the Selection

- Mountain Race experiences
- Step by step Mountain race experiences
- High altitude experiences (4800 m) or the Hypoxia test done in the laboratory for an altitude of 5000 m.
- Significant performance in the Trail, steep mountains (solo, duo, in team) or the mountain races.
- Experiences in the race or the orientation of the direction (Map reading as well as compass reading ability).

If one of the above conditions is not met, you must promise to fulfil these conditions before the application deadline and send a handwritten letter thereby attesting that these conditions would be met before the due date. Special cases would be studied by the selection committee.