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Chatkopar Jolly Gymkhana Marathon & Fitness Sub-Committee



SEASON : 2023 - 2024

FOR MEMBERS ENROLMENT CUM SELF DECLARATION

Name of Participant: _____

Please ☒ : Life Member ☐ / Associate Member ☐

Sr.No	CREDENTIALS		TATA MUMBAI MARATHON 2023 (TMM 2023) TIMING, if ran by you, ELSE TICK <input checked="" type="checkbox"/> NA			
			HALF	FULL	NA	
1	Membership No.		Marathon <input checked="" type="checkbox"/>			
2	Sex <input checked="" type="checkbox"/>	Male / Female	Timing (hr:mts:sec)	____:____:____		
3	Date of Birth (dd/mm/yyyy)	____ / ____ / ____	Age Category as per TMM 2023 rules	____ to ____ Years		
4	Age as on 1 st February 2023	____ Years				
5	Mobile No.					
6	Email id.					
7	Payment of Fee Details	Cheque No / Cash :	Bank :	Rs. 5000/-		

Please ☒ the Training Programme you wish to undergo during the current Season
2023-2024:

Full Marathon 42Kms <input type="checkbox"/>	Half Marathon 21Kms <input type="checkbox"/>	FITNESS <input type="checkbox"/>
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Health related self-declaration: Please answer the question in the box below:

During the last 5 years, have you ever had a surgery &/or suffered from a decease/medical condition like heart attack, high blood pressure, anaemia, leukaemia, chest pain, shortness of breath, epilepsy/fits, migraines, hernia/rupture, hepatitis, cirrhosis, speech defects, hearing impairment, nervous or mental condition, stress / depression, back / neck / shoulder / leg / feet pain / injury, arthritis, allergies, psoriasis, eczema, &/or lost time from effective work / school / college due to fatigue / sleeplessness/injury/hazardous work environment &/or made any claim against the employer/availed superannuation due to injury, &/or occasionally taken illicit or stimulants/sedatives/drugs/alcohol regularly/occasionally, or aware of any of your condition that affect your perform your duties

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Member's General Self-Declaration:

I _____, hereby declare that (i) the above information is based on my medical report and are TRUE and CORRECT to the best of my knowledge and belief, (2) I am also fully aware that I may be exposed to undergo rigorous physical training including long distance practice runs and some qualifier races as may be required during the year for the training programme I opted for, (3) I am solely responsible for my decision to opt & undergo the above training programme and (4) I shall not hold Ghatkopar Jolly Gymkhana &/or the Coach/es or others responsible for any of my health-related issue or otherwise that may arise whenever and/or wherever before and/or during and/or after the above training programme sessions.

Place :

Date:

Signature of the Member participant