**2019荔波喀斯特马拉松风险提示**

马拉松是一项高负荷、大强度、长距离的竞技运动，对参赛者身体状况有较高的要求，建议参赛者根据自己的身体状况和实际能力，选择马拉松、半程马拉松、欢乐健康跑三个组别中的一个项目报名参赛。

为了参赛选手的身体健康，谢绝有以下疾病患者参加比赛：

（1）先天性心脏病和风湿性心脏病患者

（2）高血压和脑血管疾病患者

（3）心肌炎和其他心脏病患者

（4）冠状动脉病患者和严重心律不齐者

（5）血糖过高或过低的糖尿病患者

（6）比赛日前两周内患过感冒

（7）其他不适合运动的疾病患者

（8）其他不适合参加比赛者（如孕妇、赛前疲劳者、过度饮酒者等）

Marathon is an athletic sport which requires great mental stamina and good endurance over long distances. It is also a high risk athletic sport with high physical requirements on participants. Those who desire to participant in marathon race must be in good health condition, have running experience and training record over a long time period. Participant may register in any one race event based on his/her own physical condition and capacity.
**Anyone suffering from any of the following diseases is not recommended to participate in the race:**
i) Congenital heart disease and rheumatic heart disease.
ii) Hypertension and cardio-vascular disease.
iii) Myocarditis and other heart diseases.
iv) Coronary artery disease and server irregular heartbeat.
v) Diabetes.
vi) Having cold symptoms two weeks prior to the race.
vii) Other illness that is not suitable for sports.

viii) Pregnant, drunk and other status unfit for sports.