



COMPULSORY MEDICAL CERTIFICATE
for sport

The certificate is in accordance with Italian law. However in order to make sure that we treat all the certificates sent from different countries correctly, it is compulsory to use this form, no other will be accepted. This medical certificate has to be filled in, dated and signed by the doctor, who usually stamps it or specifies his professional number.

Vibram® Ultra Trail Lago d'Orta (Italy)
18, 19 and 20 october 2019

I, the undersigned Doctor of medicine,

certify that the medical examination of Mr, Ms:

Surname..... First name.....

Born on the: ___/___/____,

is fully capable of running the following trail race

- 140Km with 7.300 D+ elevation gain
- 100Km with 6.200 D+ elevation gain
- 60Km with 3.320 D+ elevation gain
- 34Km with 2.200 D+ elevation gain
- 17Km with 600 D+ elevation gain

and does not present contraindications to the practice of running (athletics), in competition.

Date of visit: ___/___/____

Doctor's signature and stamp (compulsory) _____