



**COMPULSORY MEDICAL CERTIFICATE
for competitive sport activity**

The certificate is in accordance with the Italian law (DM 18/02/1982).
It's compulsory to use this form in order to make sure the organization can treat all the certificates, sent from different countries, correctly.
This medical certificate has to be filled in using capital letters, dated and signed by the doctor, who stamps it and specifies his/her professional number.
Nobody will attempt the race without the medical certificate

**Vibram® Ultra Trail Lago d'Orta (Italy)
14, 15 and 16 October 2022**

I, the undersigned Doctor of medicine,

certify that the medical examination of Mr, Ms:

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

Born on the: ___/___/____,

is capable of running a following trail race

- 100Km with 5.470 D+ elevation gain
- 55Km with 3.000 D+ elevation gain
- 31Km with 1.720 D+ elevation gain
- 18Km with 1.100 D+ elevation gain
- Vertical race 5Km with 1.030 D+ elevation gain

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

Date of visit: ___/___/____

Doctor's signature and stamp (compulsory) _____