



**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
Omegna VB (Italy) - 13, 14 and 15 October 2023**

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 5270 D+ elevation gain
- 55Km with 2860 D+ elevation gain
- 34Km with 2000 D+ elevation gain
- 21Km with 980 D+ elevation gain
- 12Km with 360 D+ elevation gain
- Vertical race 5Km with 1030 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) _____