

**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.

***Lago d'Orta Ultra Trail (Italy)***

18 october 2014

*I, the undersigned Doctor of medicine,*

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*certify that the medical examination of Mr, Ms:*

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

*Born on the: \_\_\_\_/ \_\_\_\_/ \_\_\_\_\_,*

*is capable of running a ultramarathon trail race*

☐ 87 km with 6.000 D+ elevation gain

☐ 55 km with 3.200 D+ elevation gain

☐ 30 km with 1.900 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) \_\_\_\_\_*