

VIBRAM-MAREMONTANA TRAIL Memorial Cencin De Francesco 12° edition  
Loano, Ligurian Riviera, Italy - 24-25-26 march 2023



**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**

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

- 60 Km with 3.640 D+ elevation gain
- 45 Km with 2.650 D+ elevation gain
- 25 Km with 1.348 D+ elevation gain
- 14 Km with 663 D+ elevation gain
- 8 Km with 261 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) .....