

# THE MEDICAL CERTIFICATE

I, undersigned, Dr \_\_\_\_\_

address: \_\_\_\_\_

certifies that Mrs/Mr \_\_\_\_\_

born on \_\_\_\_\_

has a normal clinical examination, and has no medical contraindications to participate in a running competition in a mountain environment, of a distance of :

**ULTRA CABO VERDE TRAIL**

**120 KM**

**LONG CABO VERDE TRAIL**

**80 KM**

**CABO VERDE TRAIL**

**40 KM**

Weight: \_\_\_\_\_ Size : \_\_\_\_\_

Resting blood pressure : \_\_\_\_\_ Heart rate: \_\_\_\_\_/min.

## **Medical and surgical history**

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## **Usual or current medical treatment**

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## **Allergies**

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**Cardiovascular risk factors - to be completed**

- Myocardial infarction before the age of 55 in the father or 65 in the mother C.V.A. of a close relative before the age of 45
- History of sudden death (unexplained death) of a close relative before the age of 45
- Smoking
- Diabetes
- High blood pressure
- Hypercholesterolemia
- Obesity (BMI > 30) or overweight (BMI = 25-30)

If an icon is ticked, even more monitoring will be carried out by the TREG medical team.

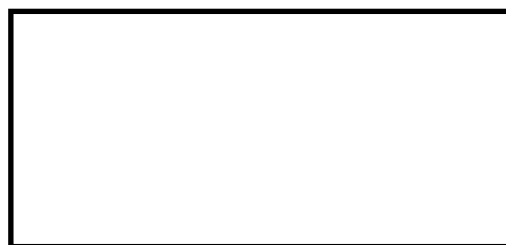
To be completed only for competitors registered for the 120km event:

Mme / Mr \_\_\_\_\_

- who registered for the 120 km race and is under 40 years of age, provided a resting electrocardiogram dated less than two years prior to the start of the race which showed no abnormalities.
- who registered for the 120km race and is over 40 years of age, provided a stress test less than three years old prior to the start of the race that showed no abnormalities.

Done at \_\_\_\_\_

Docteur \_\_\_\_\_



*Doctor's stamp and signature*