

PLEASE NOTE:

This is the ONLY certificate that will be accepted from foreign runners.

It needs to be filled in, signed and stamped by a doctor.

Please bring a copy with you at the bib pick up. Organization will ask for a copy of it.

You won't be able to race without a valid certificate.

Failure to provide it to the organization, will cancel your registration with no refund.

TGS Team



**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.

**Trail Grigne Sud (LC - Italy) 28 september 2024**

I, the undersigned Doctor of medicine,

\_\_\_\_\_

certify that the medical examination of Ms / Mr:

Surname \_\_\_\_\_ First Name \_\_\_\_\_

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

Is capable of running a following trail race:

42 km with 3.700 D+ elevation gain

22 km with 1.800 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) \_\_\_\_\_

\_\_\_\_\_