



2019 Arab Potash Dead2Red Running Race – Solo Category

Medical Certification

This medical certificate and electrocardiogram at rest must both be signed and dated less than 30 days before the start of the race on March 14, 2019 and must be presented to the organizing committee by March 7, 2019.

FULL NAME

ALLERGIES

MEDICAL/SURGICAL HISTORY

SPORTS INJURIES INTERFERING WITH YOUR RUNNING

REGULAR OR CURRENT MEDICATIONS. (Name the active ingredients and not the commercial trademark. This is important for medical purposes).

I certify that the above information is true and complete.

Place

Competitor's signature

Date

I, the undersigned, Dr.

Address

Certify that Mr./Mrs./Miss

Born on

Has undergone a thorough clinical examination with a weight of _____ kilograms

Blood pressure of _____ and a pulse of _____ per minute, a normal electrocardiogram.

This ECG report at rest must be shown along with this certificate.

And does not indicate any medical objection to participating in a running race of about 200 kilometers, or an endurance trek in an extremely arid climate with temperatures of up to 45°C.

Over the age of 40, an ECG during effort is strongly recommended in addition to the ECG at rest. The results can be attached to the medical certificate.

Place

Signature and stamp of doctor

Date