



Medical Clearance Statement

(Athlete's Name) _____,

an athlete, has entered an ultra-distance triathlon, aquavelo or duathlon that is being conducted by USA Ultra Triathlon™ on 2 to 3 October 2020 at Lake Anna State Park, Spotsylvania, Virginia. The Double Anvil Triathlon™ consists of a 4.8 mile swim, 224 mile bike, and 52.4 mile run with a time limit of 36 hours; the Triple Anvil Triathlon™ consists of a 47.2 mile swim, 336 mile bike, and 78.6 mile run with a time limit of 60 hours, The Quintuple Anvil Triathlon™ consists of a 12 mile swim, 560 mile bike, and 131 mile run with a time limit of 132 hours. The aquavelo is minus the run portion and the duathlon does not include the swim.

To my knowledge, this athlete is physically healthy and from my professional opinion as a medical doctor, he/she presents no signs of any significant health issues warranting that he/she abstain from taking part in the Double, Triple, Quintuple Anvil™ triathlon, aquavelo or duathlon.

This medical clearance statement must be dated no more than one year from race check in (3 October 2020); and has to be either mailed in or brought to race checkin. Without the medical clearance statement, the athlete will not be allowed to participate in the race. This is part of the International Ultra Triathlon Assc rules: Article 4.

Signed _____(Physician)

Name _____

Employer _____

Address _____

City, State, Zip _____

Date _____