



Medical Clearance Statement

(Athlete's Name) _____,

a triathlete, has entered an ultra-distance triathlon that is being conducted by USA Ultra Triathlon on 5-7 October, 2012 at Lake Anna State Park, Virginia, USA. To my knowledge, this athlete is in good health, and has no known medical contraindications to participation in this ultra endurance event.

The Double IRON consists of a 4.8 mile swim (or 16 mile paddle), 224 mile bike, and 52.4 mile run with a time limit of 36 hours; and the Triple IRON consists of a 7.2 mile swim (or 24 mile paddle), 336 mile bike, and 78.6 mile run with a time limit of 60 hours.

Signed _____(Physician)

Name _____

Address _____