



Medical Clearance Statement

(Athlete's Name) _____,

a triathlete, has entered an Ultra-Distance Triathlon that is being conducted by USA Ultra Triathlon on 9-16 October, 2016 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 ANVIL 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.

The Triple ANVIL 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.

The Quintuple ANVIL consists of a 12 mile swim, 560 mile bike and 131 mile run with a time limit of 132 hours.

Signed _____(Physician)

Name _____

Address _____

Date _____