

THE TREME ULTRA RUN

MEDICAL FORM:

BreathTakingXtreme Ultra Race 2020 / August 17, 2020 South Africa

The medical form must be completed dated in July 15th 2020 . Fully completed and signed medical form must be sent to info@breathtakingxtreme.com.

To be completed by the doctor:

Date: ____/____/20____

Name: _____

Date of Birth: ____/____/____

Weight (kg): _____

Blood Pressure: _____ Pulse (per/min): _____

After taking the medical history and performing a clinical examination I found no contra indications for Mr. / Ms. _____

to participate in a 265 km endurance race

Examining doctor's

name: _____

Address: _____

Signature: _____ Date: ____/____/20____

Stamp: _____

To be completed by the participant:

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Allergies: NO / YES

If yes, list here _____

Current medical treatment and / or medication: NO / YES

If yes, list here _____

If known: blood type _____

I, hereby confirm that the above information is correct and up-to date.

Signature: _____ Date: ____/____/20____

Please scan and mail when complete to: info@breathtakingxtreme.com

Dear Doctor

The Xtrme Ultra Run takes place in South Africa in August 2020.

Participants run 265 in 5 days, carrying a back bag of max 3 kg over challenging terrain including river crossings, hill climbs and grassland trails.

Due to the nature of the event health risks such as (but not exclusive) heat problems, dehydration, musculoskeletal traumata, gastrointestinal upset, adverse wildlife encounter ... can occur.

During the event an experienced medical support team is available working together with the local hospitals. Transportation to a hospital may however take hours due to the remoteness of the race.

To maximize the participant's chance of success and to reduce the risks of incidents, a medical form is required from the participant stating he/she is fit to participate. We would be very grateful if you could review the participants medical history and perform

a physical examination and if no clear contra indication exist to participate fill in his/her medical form.

We like to thank you in advance for your assistance.

**Dr Geert Meese
Head of medical team BreathTakingXtreme**