



# HORIZONTES

TURISMO DESPORTIVO

---

*This medical certificate has to be filled in, dated and signed by the doctor, who usually stamps it or specifies his professional number (if he is not an Portuguese doctor).*

*This certificate must be consigned at the Bib number collection.  
Nobody will attend the race without the medical certificate.*

## MEDICAL CERTIFICATE

---

I, the undersigned doctor \_\_\_\_\_

certify that the medical examination of:

**Surname:** \_\_\_\_\_

**First name:** \_\_\_\_\_

**Born on the:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_, does not reveal any contraindication to the practice of competitive running.

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

---

*Professional stamp and signature*