

# FOREIGN RUNNERS ENTRY REQUIREMENTS

**Date:** Sunday, 25 November 2018

**Where:** Milan, Italy

**Events:**

Half Marathon competitive (21,097 km)

10 Km competitive

21 km non competitive

10 km non competitive

**Race course:** A brand new course that has its start and finish in the midst of the City Life modern district and takes in Milan's most iconic landmarks, including the world-famous Duomo. The same area will host the Expo, the bag check and the post-race recovery station.

**Time limit:** half marathon 3 hours, 10 km 90'.

**Registration deadline**

**Competitive races:** open online until Wednesday, November 21, h 24,00 (on the official website [www.followyourpassion.it](http://www.followyourpassion.it)). No registration open on race day.

**Non-competitive runs:** open online until Thursday, November 22, h 24,00 (on the official website [www.followyourpassion.it](http://www.followyourpassion.it)). Open at the Expo until race day at h 8,30.

## ENTRY REQUIREMENTS

### HALF MARATHON AND 10 KM (COMPETITIVE RACES)

- being a member of a foreign Sports Federation recognized by IAAF: athletes must be 18 years old on race day, provide a copy of the membership card and the Federation authorization to take part in races abroad. Athletes from non EU countries are required to provide their residency permit or entrance visa to Italy.

or

- own or apply for a FIDAL RUNCARD (for information [www.runcard.com](http://www.runcard.com)): in compliance with the Italian laws for safety in sports, athletes must be 20 years old on race day and provide a proper Health Certificate, that can be issued in the country of origin as long as it provides the same diagnostic tests foreseen by the Italian legislation on health protection in competitive sports. Please download the official form from the Fidal website [http://www.fidal.it/upload/files/Organizzazione/2017/inglese\\_3.pdf](http://www.fidal.it/upload/files/Organizzazione/2017/inglese_3.pdf) or request it through the email address [info@followyourpassion.it](mailto:info@followyourpassion.it).

**NB: Foreign athletes who are Italian residents are subjected to the same rules as Italian citizens. For further details, please see the Italian version of the registration rules.**

### NON-COMPETITIVE RUNS

- **21 KM:** the non-competitive 21 km is open to 18 years old and older who can provide a valid Health Certificate (the same required for competitive races, see above).
- **5 and 10 KM:** the 10 km is open to 16 years old and older; the 5 km is open to entrants of all ages and abilities, no health certificate required.

**How to register:** online through the official website [www.followyourpassion.it](http://www.followyourpassion.it).

#### **ENTRY FEES:**

##### **Competitive Half Marathon**

euro 25 - through 31 May 2018  
 euro 30 - from 1 June to 31 August 2018  
 euro 34 - from 1 September to 31 October  
 euro 38 - from 1 November 2018

##### **Competitive 10 km**

euro 16 - through 31 May 2018  
 euro 17 - from 1 June to 31 August 2018  
 euro 19 - from 1 September to 31 October  
 euro 20 - from 1 November 2018

##### **Non-competitive runs:**

Euro 38 - non-competitive 21 km  
 Euro 20 - non competitive 10 km and 5 km

**Registration fee includes:** race number with timing chip, timing, official race materials, race bag, refreshment and sponge stations along the course and post-race, finisher's medal, bag check, official finisher's certificate download, toilets, insurance and medical assistance.

**Start corrals:** runners are assigned to start corrals based on predicted times specified during registration. Corrals are designated by the race number colour (and not by the number itself, which is assigned in chronological order):

**1st corral BLUE BIB** – competitive 21,097 km and 10 km: top athletes and runners with a PB up to:

- 10km: 39'59"
- 21,097 km: 1h29'59"

**2nd corral YELLOW BIB** - competitive 21,097 km and 10 km runners with a PB between:

- 10km: 40'00" - 46'59"
- 21,097km: 1h45'00"

**3rd corral RED BIB** – competitive 21,097 km and 10 km runners with a PB between:

- 10km: 47'00" - 56'59"
- 21,097km: 1h44'00" – 1h56'59"

**4th corral WHITE BIB** – competitive 21,097 km and 10 km runners with a PB over:

- 10km: 57'00"

- 21,097km: 1h57'

**5th corral GREEN BIB:** non-competitive runs

**Race number pick-up (Piazza Tre Torri, City Life district, Milan):**

- Friday, 23 November h 15,00 – 20,00
- Saturday, 24 November h 10,00 – 19,00
- Sunday, 25 November h 7,00 – 9,00

On race day, pin your number in order to be clearly noticeable by the race referees. The race number is strictly personal and cannot be altered, damaged or transferred. Runners taking part with no Milano 21 Half Marathon race number, with an unofficial race number or a race number belonging to another participant, will be responsible for any damage caused to any other participant, to the organizers or to third parties.

**Timing:** race number includes a timing chip, please do not remove it.

**Competitive races:** official and real-time finish tracking, intermediate time tracking.

**Non-competitive runs:** final time tracking.

**Refreshment stations:** refreshment stations (water and energy drinks) are located at km 5, 10, 15, 20 and after the finish line, according to Fidal/IAFF rules.

**Sponge stations** are available at km 7,5, 12,5 and 17,5.

**Parking:** City Life shopping district parking lots

**Official Hotel:** B&B Hotels, [www.hotel-bb.com](http://www.hotel-bb.com)

**Entry fee refunding policy:** entry fee is not refundable.

**Cancellation of the event:** the registration fee will not be refunded in the event the race is cancelled or postponed due to force majeure or to other reasons not caused by the organization, including the authorization withdrawal by the institutions.

**Image rights:** by registering to the Milano 21 Half Marathon, entrants authorize the organization, as well as all the other subjects with whom the organization has professional and/or business relations, to use, free of charge, pictures or videos in which they may appear. Authorization is unlimited and may be used worldwide for promotional and/or advertising materials, publications and videos.

**Liability and Privacy:** in registering to the Milano 21 Half Marathon events, entrants hereby declare that they know and accept all the provisions provided for by the current Registration Rules. Athletes must respect the Italian Road Traffic Act. According to D.Lgs. N° 196 of 30/06/2003 (Testo Unico sulla Privacy/Privacy Law) the organization informs all participants that the personal data collected will be only used for the participants list, the ranking and the historical archive, to deliver the services of the event, to send promotional or advertising material concerning the event or its partners.

For further information, please call: +39 344 1100265