

Follow Your Passion



MILANO TRI
FOLLOW YOUR PASSION

MILANO 10K
FOLLOW YOUR PASSION

Milano TRI

Olympic

Sprint

Milano 10K

10 km

20 | 04 | 2024

RACEBOOK

Welcome

Dear Triathletes, dear Runners,

It is with great pleasure that we open the spring/summer season of **FollowYourPassion**.

On **April 20th**, we will be back at Milan's Idroscalo with an unmissable double event:

MilanoTRI: a triathlon over sprint and Olympic distances. the not-to-be-missed event to kick off the racing season. One of the fastest races on the FollowYourPassion event calendar. New this year are the races dedicated to the youth sector in collaboration with the **UNATRI** society, which will make the event even more exciting and sporting.

Milano10K: the 10 km sunset run for all levels, both competitive and non-competitive. When the sun sets and the city slows down, it is time to lace up your shoes and get to the finish line before night falls. A lap and a half on a flat course completely closed to cars and any danger.

It will be an incredible day of sport for all fans, the best way to greet the arrival of fine weather!

Once again, we would like to thank the municipalities of Segrate and Peschiera Borromeo and the Idroscalo Park for supporting the event, for their hospitality and collaboration.

Thank you for your great participation, have a good race everyone and see you at the finish line!

The team

FollowYourPassion

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Event program

Friday, 19th April

- h 16.00-18.30 Bibs for the Sprint and Olympic distance are collected at the organisational secretariat located in the Idroscalo park on the grandstands side Porta Maggiore entrance.

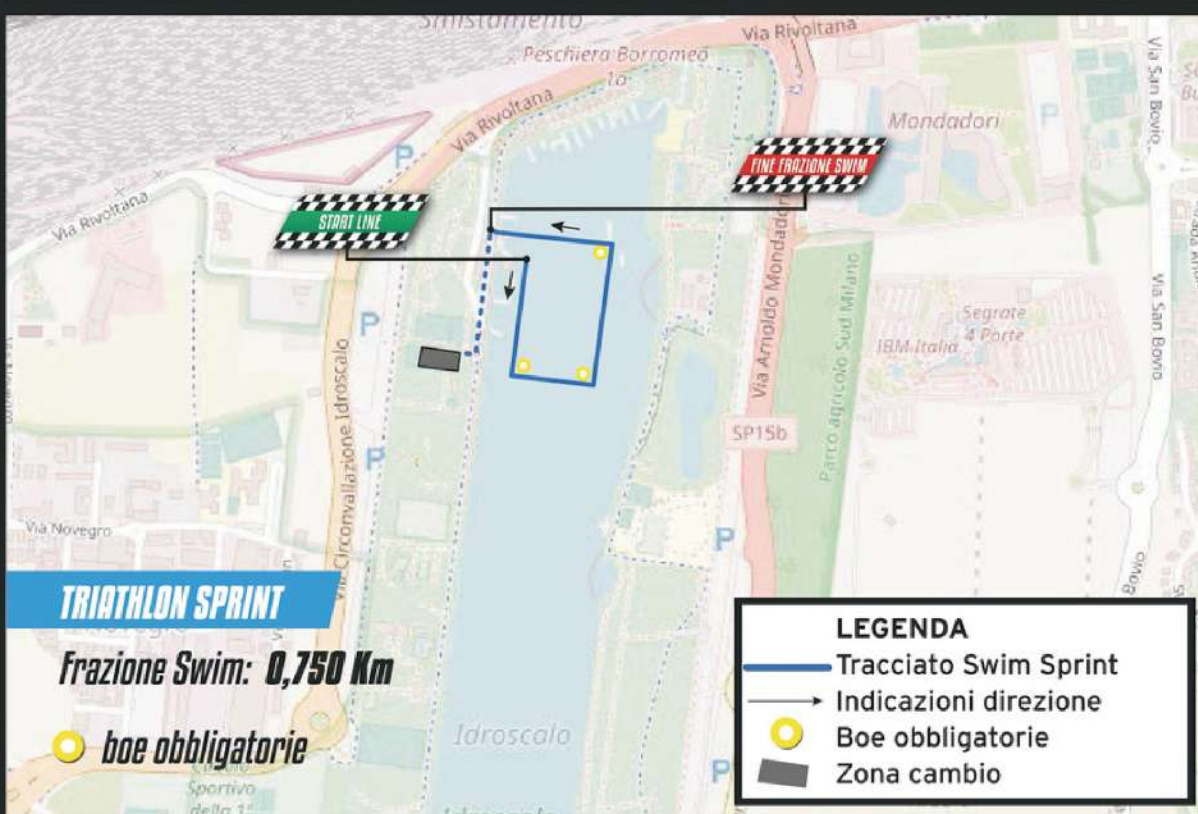
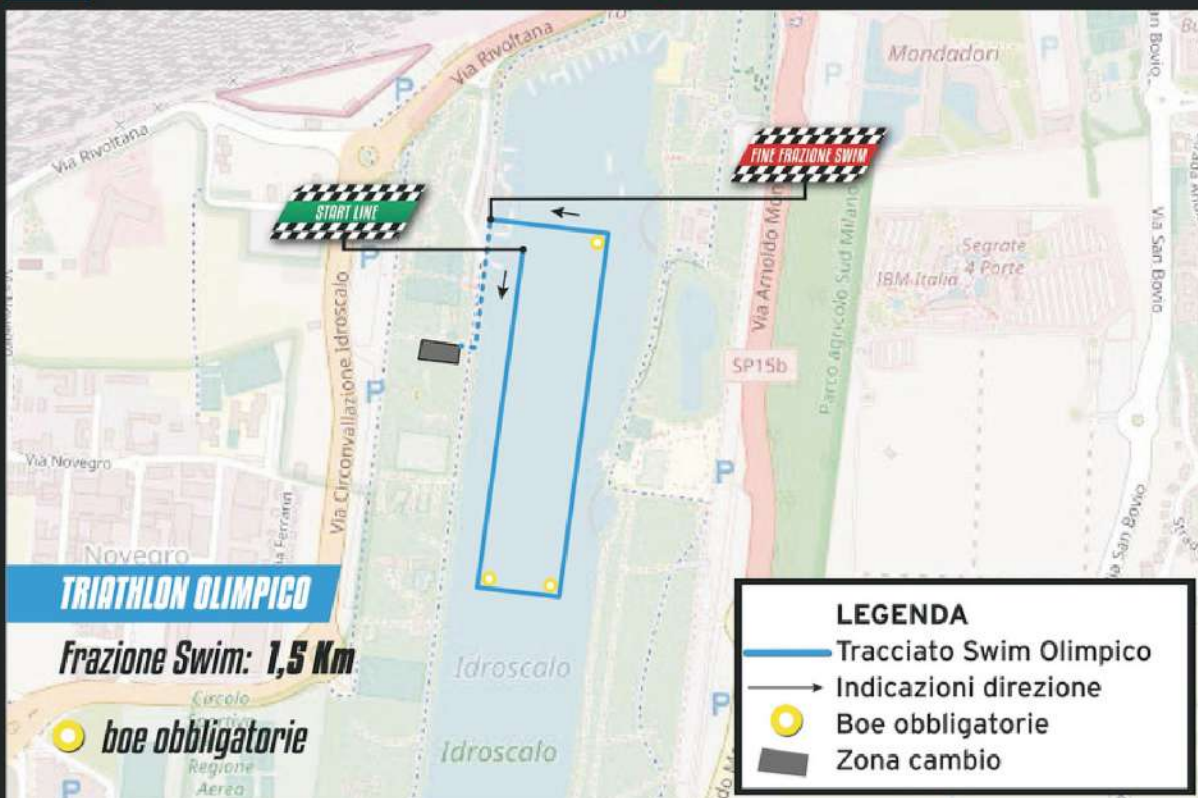
Saturday, 20th April

- h 7.00-8.15 Bib collection for the **Sprint** distance at the secretariat located in the Idroscalo park on the grandstands side entrance Porta Maggiore
- h 7.00-14.00 Bib collection for the Olympic distance at the organising secretariat.
- h 8.00 Opening of transition area for women's Sprint
- h 8.45 Closure of transition area for women's Sprint
- h 8.50 **Start of women's Sprint**
- h 9.30 Opening of transition area for men's Sprint
- h 10.10 Closure of transition area for men's Sprint
- h 10.20 **Start of men's Sprint**
- h 13.00 Sprint races awards
- h 14.20 Opening of transition area Olympic races
- h 15.20 Closure of transition area Olympic races
- h 15.25 **Start of women's Olympic**
- h 15.45 **Start of men's Olympic**
- h 19.15 Olympic races awards

Route map



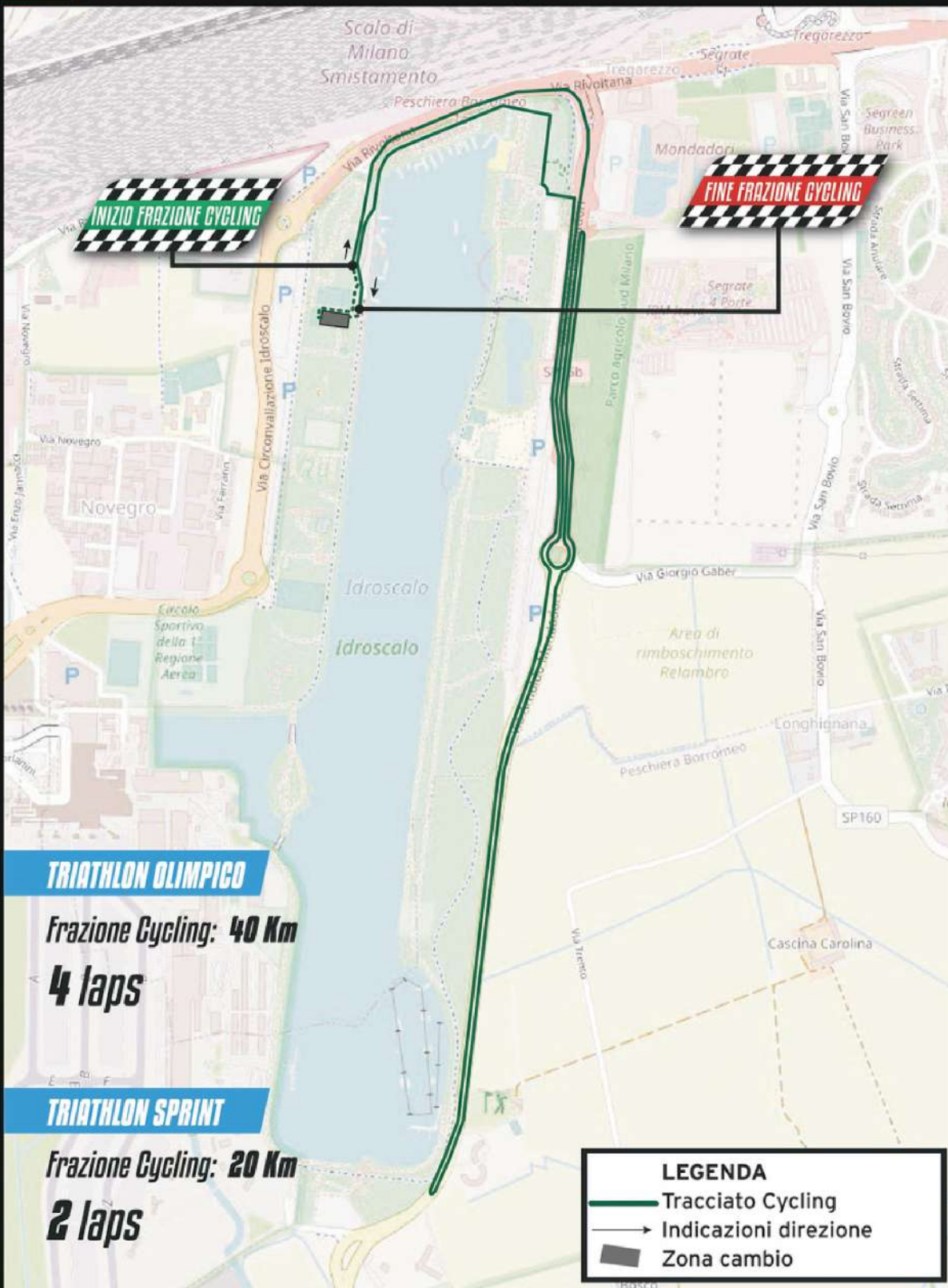
MILANO TRI FollowYourPassion[®]



Route map



MILANO TRI Follow Your Passion



TRIATHLON OLIMPICO

Frazione Cycling: **40 Km**

4 laps

TRIATHLON SPRINT

Frazione Cycling: **20 Km**

2 laps

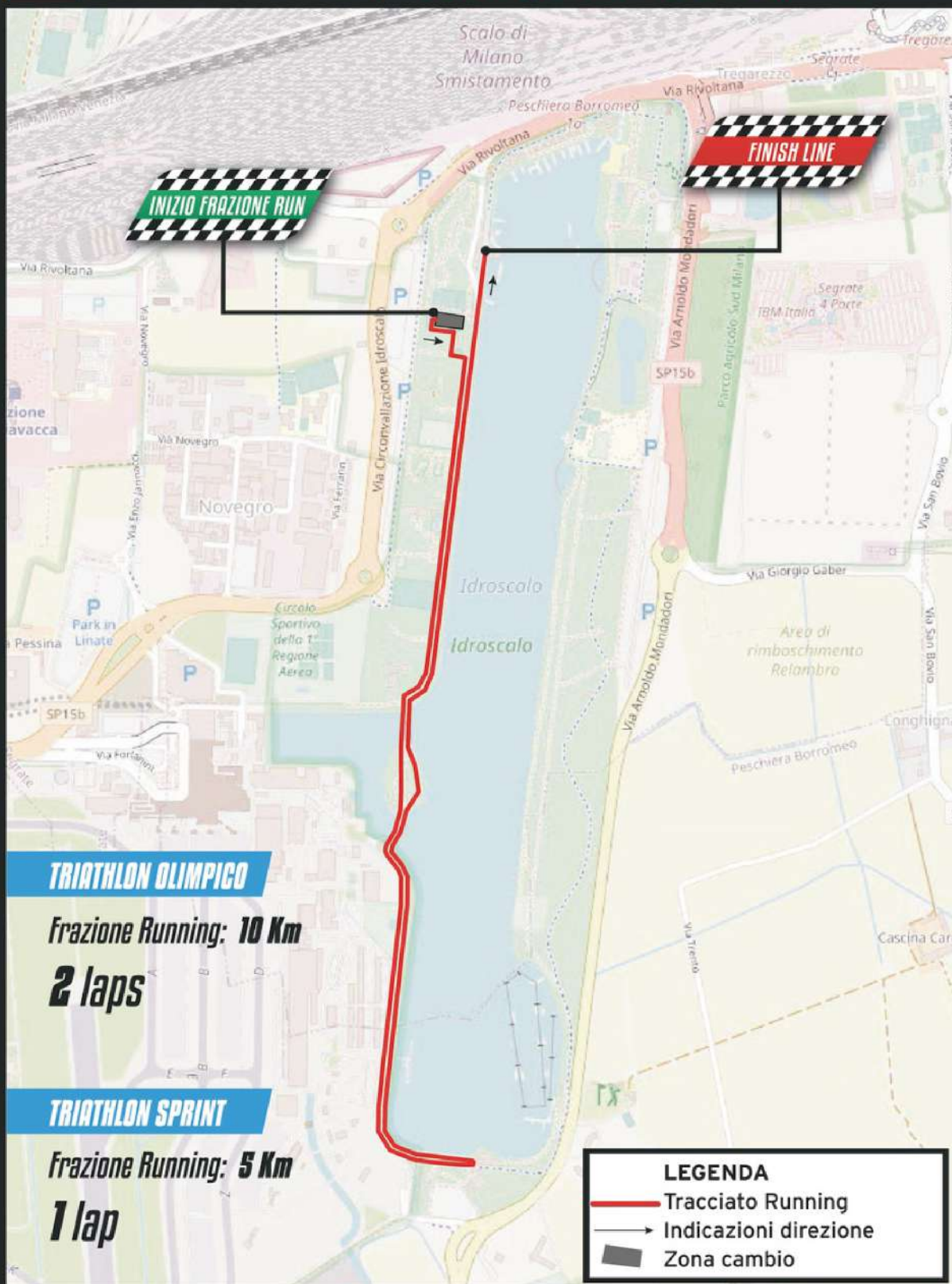
LEGENDA

- Tracciato Cycling
- Indicazioni direzione
- Zona cambio

Route map



MILANO TRI *FollowYourPassion*



General infos

Bib and race pack collection

The collection of the race numbers for the various fractions, chips and welcome pack can be made at the secretariat located in the Idroscalo park on the grandstands side Porta Maggiore entrance.

- **Friday**, 19th April from **4.00** p.m. to **6.30** p.m.
- **Saturday**, 20th April from **7.00** to **8.15** a.m. for Sprint and until **2.00** p.m. for Olympic

Race numbers and chips are personal and cannot be given away and/or exchanged. They must be worn according to the technical regulations in such a way that they are fully and always visible; they may not be folded and must remain intact. Bibs and race packs can be collected by written proxy by sending a confirmation email and an identity document of the delegating party.

Race behaviour

In order to ensure the SAFE execution of the competition, in the cycling and running sections to be covered in both directions, it is strictly forbidden to cross the centre line, under penalty of immediate disqualification. Race numbers and chips are personal and may not be transferred and/or exchanged. They must be worn as stipulated in the technical regulations in such a way that they are always fully visible; they cannot be folded and must remain intact.

Start times, refreshments and gates

START

SPRINT: h **8.50** women's heat: bib 701-800, **ORANGE** cap

h **10.20** men's first heat: **BLUE** cap

h **10.23** men's second heat: **YELLOW** cap(bib 1-400)

OLYMPICO: h **15.25** women's heat: bib 601-700, **PINK** cap

h **15.45** men's first heat: **GREEN** cap

h **15.48** men's second heat: **RED** cap (pettorali 1-550)

REFRESHMENTS

The following refreshments will be available during the race:

Fraction Run: every 2.5km with water, salts, fresh fruit, supplements in bars and gels.

2 in the sprint and 4 in the Olympic.

Finish: water, salts, fresh fruit, sweet and savoury food. All participants will be guaranteed a beer at the finish line using the voucher in the technical bag.

GATES

SPRINT

Closing of the swimming + T1 gates: after **35'** from the start of the last heat.

Maximum time: **2h40'**

OLYMPIC

Closing of the swimming gates + T1: after **55'** from the start of the last heat.

Maximum time: **3h30'**.

BAG DEPOT

It will be possible to deposit one's bag near the secretariat and transition area according to the timetable in the transition area.

Supplement plan

Discover the supplement plan proposed by our partner **EthicSport**: the best way to tackle your race and manage your strength for the best performance.

TRIATHLON OLIMPICO STRATEGIA DI GARA



Medical and anti-doping assistance

The organising committee will provide an adequate medical service on the course and at the finishing point. The event's medical team will have the final say as to whether or not a competitor is fit to continue the competition. The use of so-called doping substances, i.e. those capable of improving performance, and/or alleviating fatigue or for any other purpose, is prohibited. Surprise and unannounced doping tests will be carried out.

Timing service & chip

The timing and processing of the rankings will be carried out using a system based on an active transponder (CHIP) which will be handed out when collecting the welcome pack. The device must be worn for the duration of the event on the ankle or in a position that is otherwise close to the ground. The partial times of each split and the transition intervals in the transition area will be recorded for each athlete. The chip must be handed back to the staff at the entrance of the transition area when collecting the bike. Athletes who have not started or have withdrawn must also return the Chip in the same way. **Failure to return the Chip will result in a charge of € 40.00.**

Awards

Athletes will be awarded prize money according to the number of participants and the percentages laid down in the Fitri 2024 competition circular letter. Prizes will be based on overall ranking and will not be awarded until all doping test results have been confirmed. In addition, prizes will be awarded to the top 3 men and women in each Age Group category. The categories are divided as follows: YB(16-17) (sprint distance only), JU(18-19), S1(20-24), S2(25-29), S3(30-34), S4(35-39), M1(40-44), M2(45-49), M3(50-54), M4(55-59), M5(60-64), M6(65-69), M7(70-74), M8(75-79), M9(80+).

TROFEO MADUNINA

For the 2024 edition of MilanoTRI, the Organisation is once again proposing the special ranking TROFEO MADUNINA. Teams based in the city of Milan and in the province of Milan, with at least 10 entries for the OLYMPIC triathlon, will compete for this special classification. The ranking will be drawn up on the basis of the average time of the athletes arriving as a team: the trophy will therefore be awarded to the team with the lowest average time. In addition, 1 minute will be deducted from the team's average time for each woman who reaches the finish line. The winning team will be awarded the dedicated trophy.

Rental of materials

SWIM: Advance

info@advancedeurope.com

Sig. Emidio tel: [348 7001654](tel:3487001654)

BIKE: La Lombarda

a.venturini@lombardaciclo.com

tel. 02 26921544 348 3128042

Changing rooms and showers

For all **MILANOTRI** participants there will be showers and changing rooms at the Idroscalo Club, 200 m from the arrival gate, throughout the day.

Race Waste Management

In the three fractions, special areas will be set up for the recovery of empties (glasses, flasks, various packaging); maximum cooperation is requested in the use of these areas, which will be appropriately signposted and always positioned after the refreshment areas.

Merchandising

Discover the new **MILANOTRI** jersey , which is included in the race pack for all participants and can be purchased by accompanying persons depending on availability.



Milano10K

Race program

FRIDAY, 19th APRIL

- h 16.00-18.30 Bib collection for the Milano10K at the organisational secretariat located in the Idroscalo park on the grandstands side Porta Maggiore entrance.

SATURDAY, 20th APRIL

- h 14.00-18.45 Bib collection for the Milano10K at the organisational secretariat.
- h 18.40 Opening grids
- h 19.15 Competitive **race start** , followed by **NON-competitive start**
- h 20.30 Awards

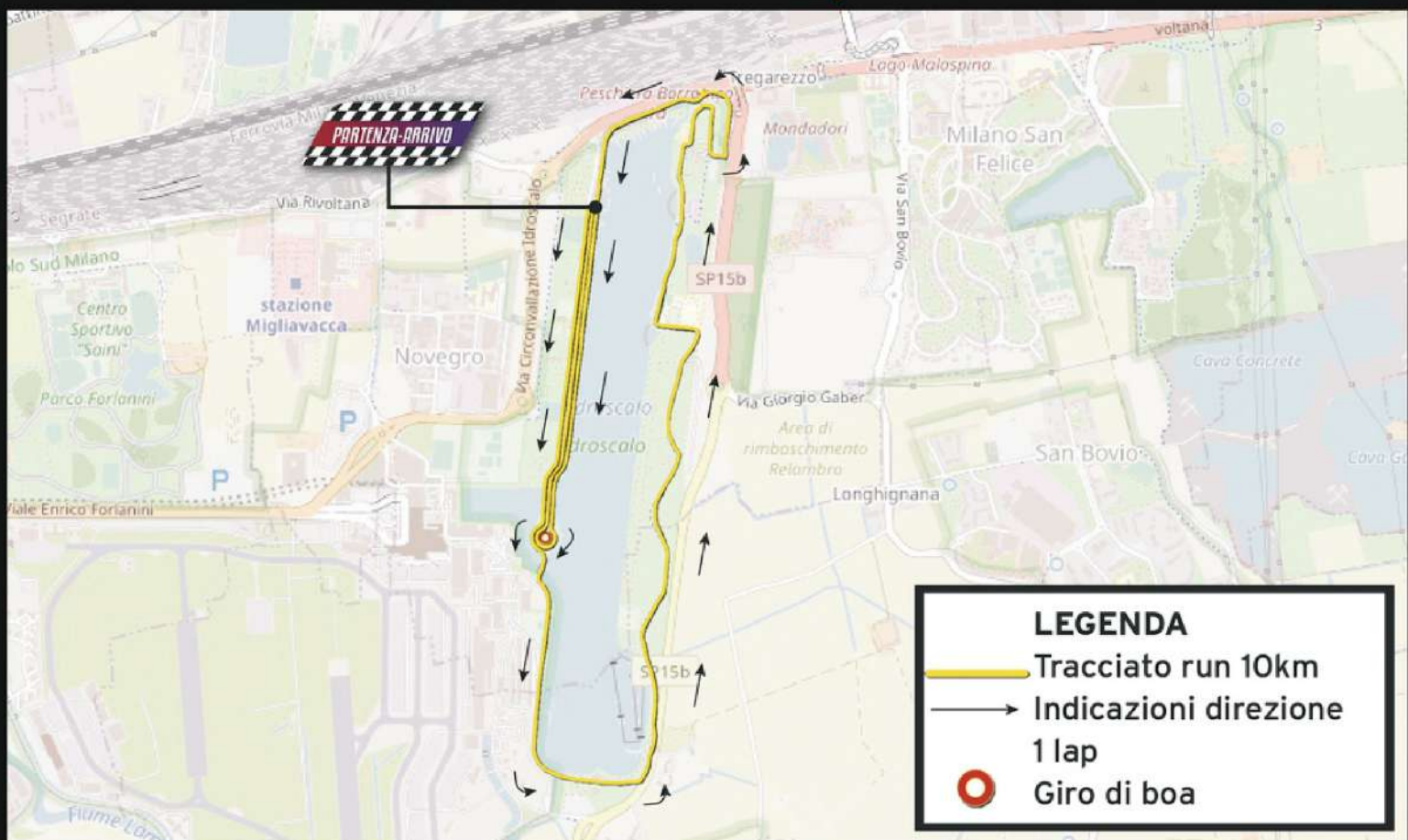
Route map



10
KM

MILANO10K

Follow Your Passion



Race pack and bib collection

Race bibs can be collected on the following days and times

- Friday, 19th April from 16:00 to 18:30
- Saturday, 20th April from 14.00 to 18.45

at the organisers' secretariat located in the square next to the skate park, main entrance, West Riviera car park on the grandstand side.

At the same time as the bib number is handed over, the race pack will also be handed over.

The bibs may also be collected by third parties, with a written proxy and photocopy of a valid identity document of the athlete. In the case of company registrations, which are received by the secretariat on a cumulative form, they must be collected all together by the representative of the sports club if this option has been indicated on the form; individual bibs may not be claimed individually by registered athletes.

On-site registration will only be possible for the NON-competitive race.

General infos

TIMING

The measurement of times and the processing of rankings will be carried out using a disposable transponder chip system with GUN TIME (at the gunshot) and REAL TIME (for statistical purposes) detection.

REFRESHMENTS

Mid-course refreshments with gel, water and salt. Final refreshment bag provided.

TIME LIMIT

The time limit is set at **70'**.

BAG DEPOT

It will be possible to deposit one's bag from 6.30 p.m., near the Porta Maggiore entrance.

AWARDS

Prizes will be awarded by the organising committee:

- **10 km competitive:** with prizes in kind for the first 3 men and the first 3 women.
- Prizes in kind will also be awarded to the first 3 finishers in the following categories

Women: SF35, SF40, SF45, SF50, SF55, SF60 and SF65 and over.

Men: SM35, SM40, SM45, SM50, SM55, SM60, SM65, SM70, SM75 and above.

Prizes not collected during the prize-giving will **NOT** be sent afterwards.

People in possession of the RUNCARD will be regularly included in the race classification, but will **NOT** be eligible for refunds, bonuses or access to the prize money.

Merchandising

Discover the new **MILANO10K** jersey, which is included in the race pack for all participants and can be purchased by accompanying persons depending on availability.



Logistic infos

How to arrive

CAR

Follow directions to Segrate, and then to Idroscalo.

TRAIN

The nearest station is Segrate, which can be reached by the S5 and S6 lines, with transits every half hour. From the station, it is possible to reach the Idroscalo on foot or by bicycle with the cycle paths or ATM line 923.

BUS

See the ATM website.

PLANE

The Idroscalo is located next to Milan Linate Airport.

Parking Car Pass

Throughout the day of the event, on April 20th, it will be possible to park your car free of charge in all the car parks adjacent to the Idroscalo, **ONLY and EXCLUSIVELY** by displaying the car pass on your dashboard, which can be downloaded from the event page: <https://followyourpassion.it/milanotri/>

Accomodation

Discover the convention with the 4-star hotel **Belstay Milano Linate**.

Reliability. Liveliness. Sharing.

New and proudly peripheral hospitality.

Book now your stay at **Belstay Milano Linate** with a discounted rate! Use the code **MILANOTRI** to get an immediate **20%** discount on your room!

Belstay Milano Linate

Via Bruno Buozzi, 2, 20068 Peschiera Borromeo (MI)

+39 02 553601

linate@belstayhotels.it



*Idroscalo di Segrate
Porta Maggiore entrance*

Photo service

How to access your race photos with GetPica

GetPica with the Phototoday agency will be at your side at all FollowYourPassion events to capture your race memories!

Photos will be available during and immediately after the race. Once you have logged into the app (or getpica.com) and entered the code on your bib, you will be able to view and purchase them.

The photos purchased will initially be in a lower resolution so that you can immediately share them online with your friends and relatives (in any case in a good, clearly visible resolution), on the following day the photos will be available in high resolution (obviously at no extra cost).

During the event PhotoToday will photograph all runners along the route several times and at the finish line.

What should the athlete do?

1.

At the startline, place your bib number well and frontally. Make sure that your bib number and graphic code are clearly visible throughout your race.

2.

Keep your bib number or take a photo to remember your [GetPica](#) code written on the side of your race number. You will need it to access your personal album.

3.

Go to getpica.com or download the app, and create your account. All your competition photos will be kept in one place.

4.

Post-race, log into your account, enter the 9-digit code printed next to your race number and access your gallery! We will also send you a reminder e-mail a few hours after the end of the event.

It doesn't end here. Keep sharing the excitement. Tag us on [Instagram](#) e [Facebook](#) and make your every step unforgettable.

Sign up for the [FollowYourPassion](#) newsletter so you don't miss out on news and updates on your favourite events.

FollowYourPassion



Join the new **FollowYourPassion** club on **Strava!** Take part in the community and share your activities, workouts and races

Club: **FollowYourPassion**

<https://www.strava.com/clubs/1175862>

Race calendar 2024

Stay up to date with the rich calendar of events by **FollowYourPassion!**

MilanoTRI is the first event of the triathlon series by **FollowYourPassion**, which will be followed by **ChiaTRI**, **LovereTRI** and **PeschieraTRI**. The rich **Alè** prize money is up for grabs for the teams.

The **FollowYourPassion** running season continues with **Chia21**, **Monza21** and **Milano21**.

Also, follow us on social media and visit our website for all the other news of 2024, soon to be announced new fantastic events, **STAY TUNED!**

StaiSano! Run

Come back at the Idroscalo on May 5th for the **StaiSano! Run**, the non-competitive run open to all of 6.2 or 12.4 km at Milan's Idroscalo.

📅 5 May

📍 Idroscalo di Milano

🏃 6,2 km o 12,4km (1 or 2 laps of Idroscalo park)

The **StaiSano! RUN** is part of the **StaiSano!** project, born on the occasion of the 100th anniversary of the University of Milan, Statale, with the aim of promoting a healthy and sustainable lifestyle.

This year's edition will be the first edition of an event that aims to become an annual tradition for the city of Milan.



FollowYourPassion^Y



GANTEN IS TITLE SPONSOR OF THE FOLLOWYOURPASSION CIRCUIT.



Ganten Water, a group specialized in the production of mineral water in China, is the title sponsor of the FollowYourPassion circuit, with a three-year partnership. The naming of the 14-race circuit will include the presence of the Ganten brand. Ganten Food & Beverage Co. Ltd., already a sponsor of Juventus, the International Federation of Basketball, Volleyball and the Australian Open tennis, has always focused on the production and distribution of quality water. In the heart of the ancient glacial basin of the Lombard Prealps, cradled by the uncontaminated and protected beauty of the Alto Garda Natural Park, pure Ganten flows. The brand will be present in all FollowYourPassion events, in the Expos and in the refreshment points during the race, to support and refresh all participants.





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BigMat La Viscontea is always at the side of building professionals and private individuals to support them in their projects.

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Thanks to our experience and technical expertise, we always guarantee professional answers and customised services for each of your projects.

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LA VISCONTEA

- Via Treviglio, 42 - 24053 - BRIGNANO GERA D'ADDA (BG) - T. 0363 814379
- Via Milano, 86 - 20062 - CASSANO D'ADDA (MI) - T. 0363 323499

laviscontea@bigmat.it | laviscontea.bigmat.it



*We thank you for your collaboration in making this
race special:*



LA VISCONTEA S.P.A.



Con il patronato di



Regione Lombardia



Città metropolitana di Milano

Istituzione Idroscalo di Milano



*Thanks to all participants.
See you next year.*

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