

Follow Your Passion



MILANO 21
FOLLOW YOUR PASSION



Choose your distance

21 km

10 km

26 / 11 / 2023

RACEBOOK

Welcome

Dear **Runners**,

welcome to **Milan!**

It is with great pleasure that we welcome you to the **Milano21**, a Sunday dedicated to sport and our passion for running.

The **FollowYourPassion** season closes in style with the most important and popular race of the circuit.

The stage is the city of Milan, traversed in all its most iconic places with a fast and flat route that favours those runners who are always ready to challenge themselves and others at a fast pace.

Two distances are planned: **21km** and **10km**.

We thank the municipality of Milan and the Lombardy region for their hospitality and patronage.

Our aim is to offer you all an unforgettable and safe experience to experience the emotions of the competition first-hand. Thank you for your presence and have a great race everyone, see you at the finish line!

The team

FollowYourPassion

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Event Program

Friday 24th November

- h **15.00** Opening secretariat at Expo Village at Allianz MiCo, viale Scarampo Gate 4 (metro stop M5 Portello), for race packet and bib pick-up. Possibility of registration on site.
- h **19.00** Secretariat closure.

Saturday 25th November

- h **10.00** Opening secretariat at Expo Village at Allianz MiCo, viale Scarampo Gate 4 (metro stop M5 Portello), for race packet and bib pick-up. Possibility of registration on site.
- h **19.00** Secretariat closure.

Domenica 26 Novembre

- h **7.00** Opening of the secretariat at Expo Village, for race packet and bib collection ONLY for residents outside the province of Milan. Possibility of registration on site.
- h **7.30** Opening of bag deposit at MiCo.
- h **8.15** Closing of the secretariat.
- h **8.40** Closing of bag depot. Opening of grids in Via Arona.
- h **9.00** Departure of competitive races followed by departure of non-competitive races in Via Arona.
- h **10.30 AWARDS** 10 Km.
- h **12.00** (approximate time) race end and final refreshment; **AWARDS**.

Maps

Route map - 21 km

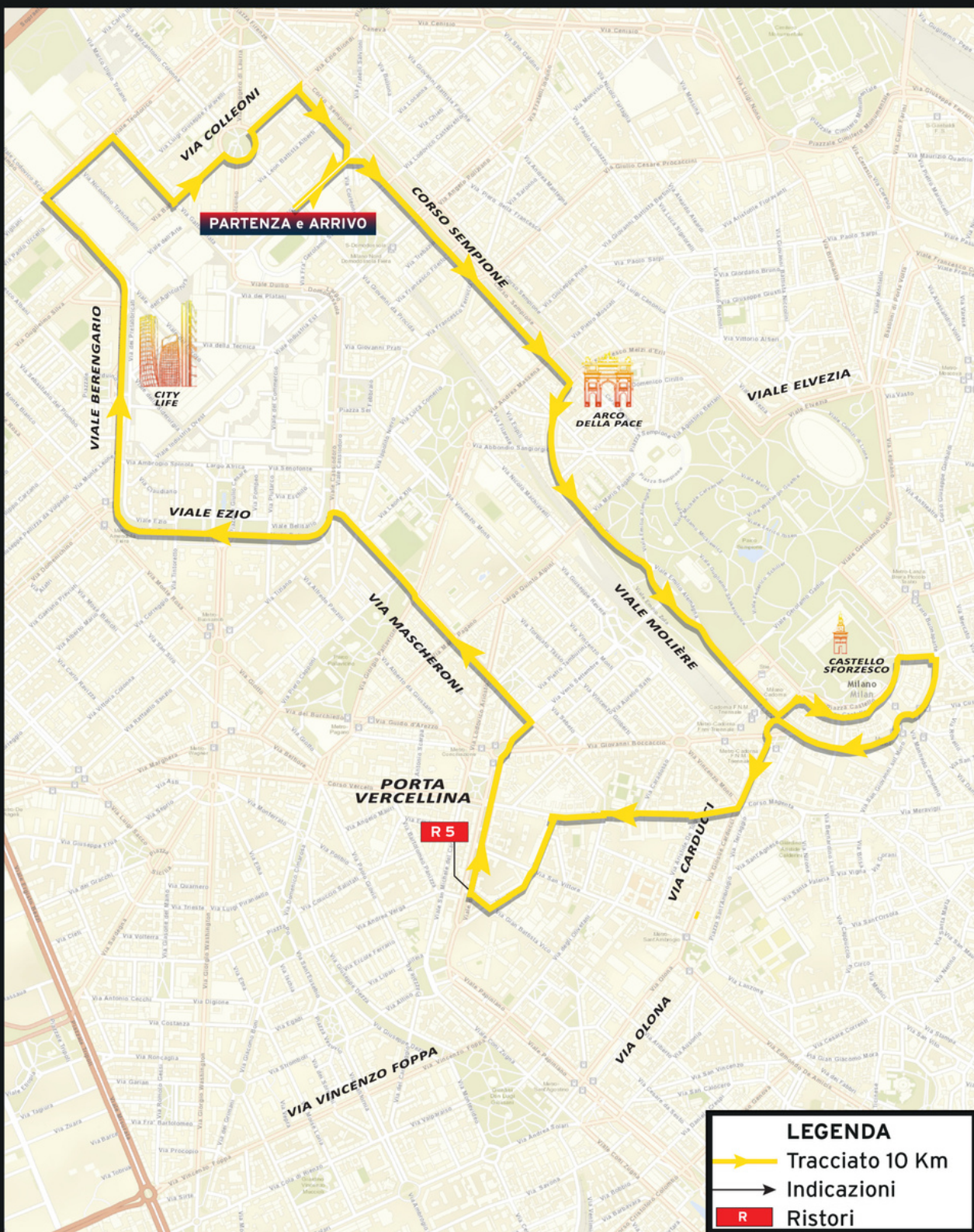


Route Map - 10 km

10
KM

MILANO21

FollowYourPassion



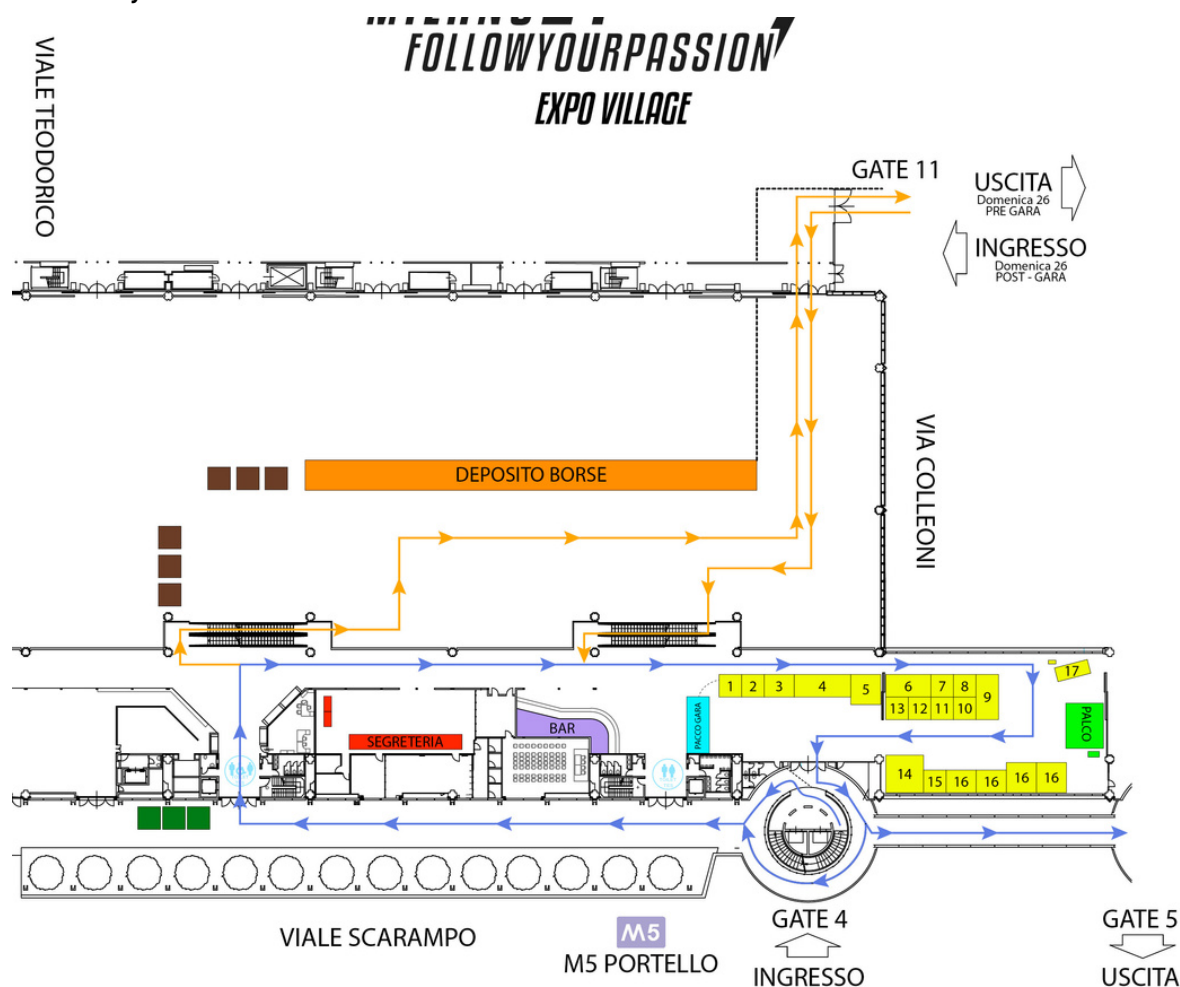
Maps

Expo Village map

The Expo Village will be set up at the Allianz MiCo (Milan Congress Centre), with access from Viale Scarampo Gate 4 (metro stop M5 Portello).

It will be open on the following days and times:

- Friday 24 from 15.00 to 19.00.
- Saturday 25 from 10 a.m. to 7 p.m.
- Sunday 26 from 7 a.m.



LEGENDA

- ESPOSITORE
- SEGRETARIA
- PACCO GARA
- PALCO
- BAR
- DEPOSITO BORSE
- SQUADRE
- SPOGLIATOI
- FLUSSO
- FLUSSO DOMENICA 26

ESPOSITORI

- | | |
|---------------------------|---------------------------|
| 1 - Almostthere | 11 - RunCzech |
| 2 - Referee Run | 12 - Aosta21k |
| 3 - Urban Runners | 13 - Venice Marathon |
| 4 - Otso Sport | 14 - Compex + Sport&Rehab |
| 5 - Sport Senza Frontiere | 15 - B&B Hotels |
| 6 - Sportenergia | 16 - Brooks |
| 7 - Neversecond | 17 - Clerici Auto |
| 8 - Verdepisello | |
| 9 - EthicSport | |
| 10 - Ibiza Marathon | |

General info

Race packet and bib collection

Race bibs may be collected at the secretariat inside the Expo Village located at the Allianz MiCo (**Gate 4** entrance, viale Scarampo) on the following days and times:

- Friday 24 November from 3.00 pm to 7.00 pm
- Saturday 25 November from 10.00 a.m. to 7.00 p.m.
- Sunday 22 October from 07.00 to 8.30*.

***In order to guarantee the best possible flow and avoid unpleasant inconveniences on race day, the collection of the bib number and race package on Sunday is only permitted to residents outside the province of Milan.**

The bib number will be communicated by **ENDU** via e-mail.

Bibs may also be collected by third parties, with a written proxy and a photocopy of a valid identity document.

Athletes are requested, in order to guarantee them maximum safety and assistance, to fill in the back of the bib number with the information indicated: blood group and emergency number.

Starting grids and bib colours

COMPETITIVE RACES And 21km Turistic-Sporting goals

The starting sector for each athlete is assigned on the basis of the best personal time declared at the time of registration, and will be indicated by the appropriate identification colour of the bib. Four starting grids will be set up:

Grid 1 **BLUE**, Griglia 2 **YELLOW**, Griglia 3 **RED**, Griglia 4 **WHITE**

However, the organising committee reserves the right to possibly move some athletes from one sector to another according to organisational contingencies.

10KM NON COMPETITIVE RACE

For non-competitive events, a dedicated starting grid will be set up by the organisers at the end of the competitive events, identified by the colour **GREEN**.

BIB COLOURS

21 KM competitive: **RED** bib, **21KM** tourist-sporting: **BIANCO** bib,

10 KM competitive: **YELLOW** bib, **10 KM** non competitive: **VERDE** bib.

Refreshments

The following refreshments and sponges are provided:

21 km: km 5: water; km 10: salts, banana, supplements; km 12.5: sponging;
km 15: salts, banana, supplements; km 17.5: sponging; km 20: water and salts.

10 km: km 5: water and salts.

There will also be a final refreshment service after the finish area, with liquids, salts, sweet and salty solid food, fruit.

Time limits

For the scheduled races, the following time limits apply:

- 21 km: **2 hours 45 minutes**
- 10 km: **1 hour 30 minutes**

Services present

PACERS: present on 21km, from 1.20h to 2.30h every 5 minuti.

BAGS DEPOSIT: located inside the Allianz MiCo; the service can be used service ONLY with the special netted bag provided by the organisation.

The bag depot will close at 8.40 a.m, we invite athletes to calculate well the time needed to reach the start (300 metres away, in Via Arona)

CHANGES ROOMS & WC: present inside the Allianz MiCo. **20 chemical toilets at the start.**

SHOWERS: NOT present

MASSAGES: present in the Expo Area on Sunday, and on Saturday by appointment (info@sportandrehab.it , 3517808668)

Timekeeping and rankings

The measurement of times and processing of rankings will be carried out using a transponder chip system.

The rankings and the order of arrival of the **Milano21** will be available on the website www.endu.net in real time, at the page <https://www.endu.net/it/events/milano21/results>



See rankings

Awards

Prizes will be awarded by the organising committee:

- **Competitive 21Km:** prizes in kind for the first 5 absolute men and 5 absolute women, and prizes in kind for the first 3 men and women in each category

JU women, SF35, SF40, SF45, SF50, SF55, SF60 and SF65 and above.

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

- **Competitive 10Km:** in-kind prizes for the first 5 absolute men and 5 absolute women

Teams prizes

QUANTITY CLASSIFICATION

Prizes will be awarded to the first five classified teams. The rankings will be obtained by taking into account the number of registered participants of the same club over the competitive 21 and 10 km distances. The following prize money will be awarded

1st Team Class. M/F € 400.00
2nd Team Class. M/F 225,00 €
3rd Team Class. M/F 150,00
4th Team Class. M/F 125,00
5th Team Class. M/F 100,00

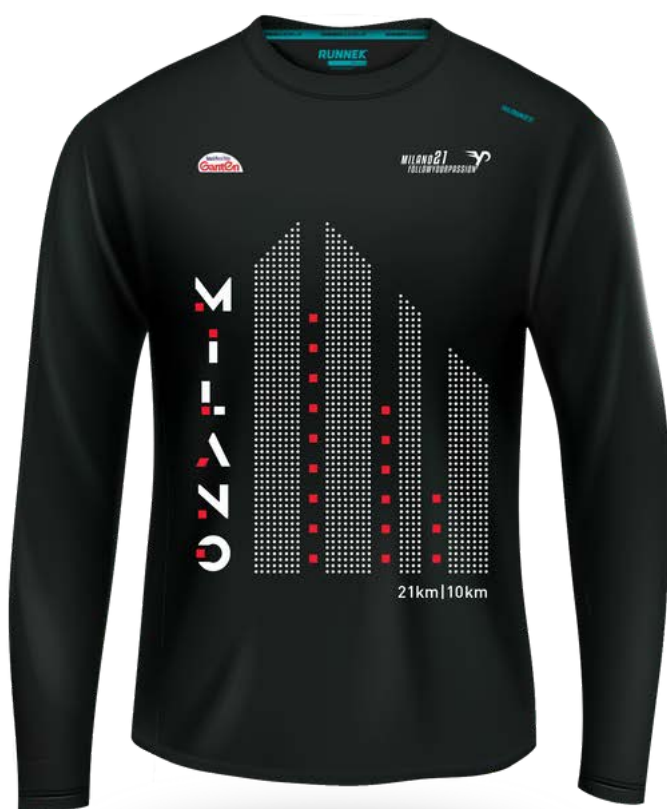
TIME CLASSIFICATION - 21 KM ONLY

Prizes will be awarded to the first 5 classified companies. The rankings will be obtained by adding up the 5 times obtained by the first 4 male athletes plus the first female athlete from the same club. The following prizes will be awarded

1st Team Class. M/F € 400,00
2nd Team Class. M/F 225,00 €
3rd Team Class. M/F 150,00
4th Team Class. M/F 125,00
5th Team Class. M/F 100,00

Merchandising

Discover the new **Milano21** T-shirt! Included in the race pack for participants, there will also be the possibility for everyone to purchase it, subject to availability on Sunday, after the start.



Finisher medal

And for you who complete the **Milano21**, 21km and 10km, the exclusive finisher's medal, made of 95% recycled wood and produced using sustainable processes, awaits you at the finish line.



Logistic info

How to arrive

The **Milano21** Expo Village will be set up at the Allianz MiCo

The start and finish are located in Via Arona, a few minutes' walk from the Expo Village.

BY METRO (recommended)

The start/finish line and the Expo area are easily reached by metro stop **Portello**, Metro 5 **LILLA**.

BY TRAIN

From Central Station (FS) and Garibaldi Station (FS) it is possible to reach the departure/arrival point and the Expo area by taking the metro line LILLA M5 Portello stop.

BY CAR

There are no affiliated car parks.

For those coming from outside Milan we recommend leaving your car at the ATM car parks near the main metro stops:

M1 Red Line: Molino Dorino, Lampugnano, Bisceglie

M2 Green Line: Famagosta, Romolo, Crescenzago, Cascina Gobba, Cologno Nord, Gessate.



Access to MiGo

Accommodation

B & B Hotel Milano Cenisio Garibaldi

The B&B Hotel Milano Cenisio-Garibaldi is strategically located just a few kilometres from the centre of Milan, close to the Garibaldi railway station and within walking distance of the M5 lilac metro, perfect for sightseeing. Milan Linate Airport and Milan Malpensa Airport are less than an hour away. All rooms include a private bathroom, unlimited, free, superfast Wi-Fi and a 43" Smart TV with integrated Chromecast and free Sky channels. B&B Hotel Milano Cenisio-Garibaldi also has a covered car park for a fee.

BOOK WITH A SPECIAL RATE!

Code **HALFMAR10** already active

(The code is valid on the flexible rate, only for athletes and their families, for stays from 24/11 to 26/11)

CONTACTS

B&B Hotel Milano Cenisio Garibaldi

Via Messina, 38 , 20154 Milano, Italia

+39 02 314059 – mi.cenisio@hotelbb.com



hotelbb.com

Access plan



Photo service

With GetPica your race's photos immediately on your smartphone

With the GetPica service, all participants will be able to receive their photos directly on their smartphone, immediately after the race and in full respect of privacy. The photos will be available during and immediately after the race. Once you have logged in to the app (or the getpica.com website) and entered the code shown on the bib, you will be able to see and purchase them.

The photos purchased will initially be in lower resolution to have the possibility of immediately sharing them online with your friends and relatives (in any case in a good and clearly visible resolution), the following day the photos will be available in high resolution (obviously without any additional cost).

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

What should the athlete do?

1. Wear the code

Wear the sticker code that is provided to you or that is printed on your bib.

2. Run

Stay focused but smile when, during the race, you meet one of the photographers present.

3. Download the app

Download the GetPica© app to immediately receive your photos on your smartphone. Pica: app available both on the App Store and on Google Play, and on the website www.getpica.com

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.





BUILD FROM SCRATCH OR REFURBISH WE DO IT FOR PASSION

For over forty years we have been operating with seriousness, competence and professionalism to guarantee our customers high quality standards. To this end, each production phase is constantly under observation: from the initial design to the careful selection of suppliers and materials, from support in the authorization process to assistance after delivery.

***LAGALLA COSTRUZIONI is sponsor
of Milano21,
supporting with professionalism and competence
FollowYourPassion events.***



Find YOUR run.
➤ **BROOKS**

RUN HAPPY 5K
con Tito Tiberti

25 novembre 2023
ore 10:00

MILANO21
FOLLOWYOURPASSION

MiCo Allianz
Gate 4 davanti
alla fermata metro Portello

The **Find Your Run Tour** by **Brooks** arrives in Milan on the occasion of the Milano21.

On 25 November at 10:00 a.m. don't miss the opportunity to train with Tito Tiberti - coach of the FIDAL National Teams - in a 5km run testing the new Brooks shoes to the rhythm of music. Sign up and take part in the event to get the official event T-shirt now and receive advice from the Tech reps, Brooks' product experts, on the new technologies and footwear models. Test the new Brooks models on the run now and toast the race with us and get a special gadget to collect in your local shop in the days following the event! The free event is open to everyone.

Run and register at:

https://www.brooksrunning.com/it_it/find-your-run-tour/

It will also be possible to test Brooks shoes in the race on 26 November.

Book your shoes now at:

<https://www.trippus.net/brooks/milano21>

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



hotelbb.com

RUNNER'S WORLD



Comune di
Milano



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

MILANO21
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