

Race Regulation BERGAMO21 21km and 10km Competitive Races

The 11th edition of the BERGAMO21, organized by Laguna Running ssdrl in collaboration with MG Sport, is an international race on distance 21,097 km and 10 km. It will take place in Bergamo - Sentierone, on Sunday 4th February 2024, at h 9.00 am (10 km) and at 9.40 am (21 km).

ENTRY REQUIREMENTS:

Competitive runs:

- Italian and foreign athletes who are FIDAL members in the following categories:
 - Juniores (18/19 years)
 - promesse (20/22 anni)
 - seniores (da SF-SM a SM-SF95 e oltre)
 - **Allievi (16/17 years old) – who can take part only in the 10km race**
- Foreign athletes who are WA members and can provide:
 - an authorization by their national athletics federation to compete in races abroad (EU athletes)
 - an authorization by their national athletics federation to take compete in races abroad in addition to a proper visa (for non EU athletes)

Please note: Athletes who are WA members but do not register to the race through their federation or club must self-certify affiliation to WA.

- RUNCARD holders, Italian citizens and foreigners living in Italy limited to persons aged from 20 years old (thousandth of age) onwards, non-members for a company affiliated with FIDAL or for a foreign Athletics Club affiliated to the WA, or by an associated company (discipline Athletics) to a Sports Promotion Board possess a valid RUNCARD (not expired), issued directly by the FIDAL (www.runcard.com)

The RUNCARD card is renewable. The validity period is shown on the card. If, during the control of the card, this is expired the athlete cannot participate, unless he is able to show the receipt of on-line renewal of the RUNCARD.

Their participation is still subject to the presentation of a medical certificate of for competitive Athletic activity, valid in Italy that need to be presented in hard copy to the organizers. A copy of the medical certificate will be handed over to the Organizer of the event in which the athlete holding the RUNCARD participates. These athletes will be regularly entered in the race standings, but will not enjoy refunds, bonuses and enter the prize money and / or prize in kind. Female athletes Italian / foreign / registered / for Society of Public Sports Promotion (Athletics discipline) that have signed a convention with FIDAL, only if in possession of a valid RUNCARD-EPS card (not expired)

NB They will have to submit the original medical certificate bearing the words "Athletics", a copy of which will be delivered to the organizers. These athletes will be regularly entered in the race standings, but will not enjoy refunds, bonuses and enter the prize money and / or prizes in kind.

In accordance with the current legislation (DM 18/02/1982) those who practice competitive sports activities, must periodically check if they are suitable to the sport. Italian law requires that the parties involved must undergo health checks with following tests:

- medical examination,
- Complete urine examination,
- electrocardiogram at rest and after effort
- spirometry.

All statements and reports of examinations should be authentic or conform to the originals.

A paper copy of the medical certificate and RUNCARD needs to be delivered to the Organizer at the race office during bib collection. These athletes will be regularly entered in the race standings, but will not enjoy refunds, bonuses and enter the prize money and / or prize in kind.



Participants in the events may be subject to doping control, they are also subject to the provisions of Article 25 of the Regulations for the Organization of Events 2020, where they are already subject to disciplinary suspension.

CAN NOT TAKE PART:

At sport event cannot participate:

- Athletes (male or female) registered to other federations (e.g. Triathlon)
- Athletes (male or female) registered to Entities of Sporting Promotion companies recognized by CONI but not affiliated with FIDAL, which have not signed the RUNCARD
- Holders of "Mountain and Trail RUNCARD"
- Medical certificates of competitive fitness bearing texts, such as running, running, running, marathon, triathlon, running etc. They are not valid for participation
- Medical certificates of athletic eligibility for other sports are not valid for participation: will be accepted only those who expressly be marked with "Athletics"

All entrants taking part in the BERGAMO21 must accept and sign the following Waiver of Responsibility:

RELEASE, WAIVER OF LIABILITY AND AUTHORIZATION: "I declare under penalty of perjury (art. 26 l. 15/68 and art. 489 c.p.) that: I have read and understood the 'BERGAMO21' race rules; I recognize that participation in the event is a potentially hazardous activity and I willingly assume all risks associated with such participation; I am aware that in registering to the event I must provide an active medical certificate for competitive athletics and be 18 years old on race day (16 for the 10 km); I am voluntarily entering and I hereby assume all of the risks of participating in this event: falls, contact with vehicles, other participants, spectators or other traffic, the effects of the weather, including heat and/or humidity, cold temperature, traffic and other conditions of the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for the BERGAMO21, I, for myself and anyone entitled to act on my behalf, waive and release Laguna Running ssdl, MG Sport srl, Fidal, il GGG, il Comune di Bergamo, la Provincia di Bergamo, la Regione Lombardia, other partners, sponsors and their representatives, successors, shareholders, directors, officers and employees of the foregoing entities, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in the event.

I understand that the BERGAMO21 entry fee is not refundable, not even in the event of the race cancellation or postponement, or due to any reason that cannot be attributed to the organizers, including revocation by public authorities.

In registering to the event, I agree to allow my photo, video or film likeness to be used for any legitimate purpose by organizers, sponsors and assigns.

I certify that I have read the privacy document available on the official website www.followyourpassion.it and I that I have given consent to the use of personal data. Collected data will only be used for the purpose provided in the privacy document above, available on www.followyourpassion.it ”.

REGISTRATION AND ENTRY FEE:

Online registration on the website: <https://followyourpassion.it/iscrizioni-bergamo21/>

Athletes are reminded that the starting grid is guaranteed until January 24th, upon declaration of time of the race during registration. Any entries received after that time will automatically be placed in the queue without the possibility of modification.

21km Competitive:

- 25,00 € to 15th October
- 28,00 € from 16.10 to 10.11
- 30,00 € from 11.11 to 30.11
- 38,00 € from 1.12 to 31.01.2024

10 km Competitive:

- 17,00 € to 15th October
- 19,00 € from 16.10 to 10.11
- 21,00 € from 11.11 to 30.11
- 25,00 € from 1.12 to 31.01.2024

*these fees are net of commission fees



For sports clubs with group above 10 participants, there are special rates. To have further information contact giuseppe@mgsport.it

The registration fee to the BERGAMO21 includes: race bib, timing chip, race bag with official merchandise, sponsors merchandise, refreshment and sponging stations along the course and at the end of the race, toilets, parking, insurance, finisher's medal, finisher's certificate download, technical and medical assistance.

If an athlete register in the last week before the event, the organization does not guarantee the race pack.

Entries will not be accepted without the athlete's complete data. Registration will close on Jan. 31 at 11:59 p.m.

It will be possible to register on-site (only for NON-Competitive formula) at the organizing secretariat located adjacent to the Sentierone, according to availability, on:

Saturday, Feb. 3 from 2 p.m. to 7 p.m.

Sunday, Feb. 4 from 7 a.m. to 8:45 a.m.

The organizing committee reserves the right to close registration before the above dates.

Registration Confirmation

Entrants will receive an email registration confirmation. In case entrant does not receive any confirmation email, please contact info@followyourpassion.it

Registration fee refund

Registration fee is not refundable.

SAFETY PLAN

The Organizing Committee has taken steps to prepare adequate health and safety plan in compliance with current regulations and in cooperation with Local Institutions, Police Forces, the Red Cross and Civil Defense.

RACE SCHEDULE:

Race bib pick-up

Saturday, February 3 - h 14.00 – 18.00

Sunday, February 4 - h 7.00-8.45

At the Expo Area located near the Sentierone.

The race bib will be delivered together with the race goodie bag.

Race bib can be picked-up by a third person, providing a written authorization and ID copy. Running clubs who make registrations through a collective form can request (at registration time) a collective race bib pick-up by a club representative; in this case race bib will not be delivered to single participants.

Race bib is strictly personal, cannot be transferred to anyone. Any participant found in the race course with a race bib assigned to another athlete or without any bib or with a forged one will be responsible for damage to himself, other people or items, and will incur in a sanction by the athletics federation officials.

TIMING

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

REFRESHMENT AND SPONGING

As in use by WA/FIDAL regulations. A final refreshment is provided in the finish area.

Bag Deposit

Together with the bib you will receive a sticker with your race number, which must be affixed to the athlete's bag/bag (in the case of relay races on the bag of the athlete who will run the last leg and which must contain only the participants' personal clothing to be used for changing after the race).



The bag, duly numbered, will be collected, kept and returned at the end of the race at the "DEPOSIT BAGS" area. You are advised not to leave any personal belongings (mobile phone, wallet, etc.) inside the bags. The organisation will not be liable for any theft.

The bag depot will be set up at

Liceo Artistico Statale Giacomo e Pio Manzù, Via Torquato Tasso, 18, 24121 Bergamo, 150 m from the start and finish of the races

Timetable:

Saturday 16:00-21:00

Sunday 7:30-13:00

Changing rooms and showers

Will be available at Liceo Artistico Statale Giacomo e Pio Manzù, Via Torquato Tasso, 18, 24121 Bergamo. 150 m from the start and finish of the races

Timetable:

Saturday 16:00-21:00

Sunday 7:30-13:00

Refreshment and sponging stations

As per WA/FIDAL rules. A final refreshment is also provided at the end of the race.

Time limit

21km: 2h45'. For 10 km: 70'. After this time the organizing committee will not be able to guarantee the course on closed roads.

Results

Will be available at the end of the race on the event official website.

AWARDS:

21 km competitive race: first 5 athletes – men and women and first 3 athletes – men and women – in each category

10 km competitive race: first 5 athletes – men and women and first 3 athletes – men and women – in each category

The awards ceremony will take place on the awards stage upon official results.

PRIZES

Money prize to first overall 5 athletes – men and women

1st athlete M/W 300€

2nd athlete M/W 200€

3rd athlete M/W 100€

4th athlete M/W 80€

5th athlete M/W 50€

Money prize to Italian athletes – men and women

1st athlete M/W 90€

2nd athlete M/W 57,50€

3rd athlete M/W 30€

These awards can be picked-up at the prize ceremony by winners only, that must provide the FIDAL membership card. Awards not picked-up at this time will not be delivered later.

RUNCARD members will be included in the results but will not be granted money prize awards.

TEAMS CLUB WITH MOST PARTICIPANTS (on the 21km + 10km competitive races)

Money prize to top 5 running clubs that have the most number of participants (total of women+men)

1st club M/W 400€

2nd club M/W 225€

3rd club M/W 150€

4th club M/W 125€

5th club M/W 100€

GENERAL INFORMATION

Claims

Claims must be submitted verbally to the referee, or in writing, by 30' from the results publication, together with a € 100,00 (one hundred) fee that will be refunded in case the claim is accepted.

ID check

The referee can check the athlete's FIDAL membership card and ID. In case the athlete is not able to provide any documents, a membership declaration form must be filled in by the athlete's running club, that can be signed by adult athletes.

Medical assistance

The organizing committee will provide a proper medical assistance service on the course and at the start and finish.

Registration transfer

Registration can be transferred to another athlete that meets registration requirements.

Registration can also be transferred from one distance to another. In case the fee is higher than the previous one paid, the imbalance must be paid at bib pick-up. In case the fee is lower, no refund will be provided.

Registration transfer must be requested **by 15 January 2024** to info@followyourpassion.it and entails 7€ fee that is due at race bib pick-up.

Privacy and image rights

According to D.Lgs. N ° 196 of 30/06/2003 (Testo Unico sulla Privacy/Privacy Law), personal data collected will only be used in the participants list, the ranking and the historical archive, to deliver the services of the event, for sending promotional or advertising material concerning the event or its partners. By registering to the BERGAMO21, entrants expressly authorize the organizers, as well as all legal subjects with whom the organization has professional and/or trade relations, to use free of charge pictures or videos in which they may appear. Authorization is unlimited and may be used worldwide and at any time.

Event cancellation

The registration fee will not be reimbursed in case the event is cancelled, postponed or not carried out due to force majeure or reasons not attributable to the organization, including the withdrawal of authorizations by the institutions. There will be no refund of the registration fee as well as of any other expenses incurred to the participant. This clause is accepted by the entrant in registering to the race.

Please note: the organizing committee reserves the right to change these rules at any time for reasons that will consider appropriate in order to provide a better race, upon FIDAL agreement. The event will take place with any weather conditions. Please refer to 'Regolamento Tecnico Internazionale e statutario della FIDAL e del G.G.G.' for further rules non included in this guide.

Bergamo, September 2023