

Follow Your Passion

Natural Mineral Water
Ganten

MONZA 21



Distances

5 Km

10 Km

21 Km

30 Km

15 / 09 / 2024

RACEBOOK

Welcome

Dear Runners,

Welcome to Monza in one of the largest belted parks in Europe, the Reggia di Monza Park! It is with great pleasure that we welcome you to **Monza21**, a Sunday dedicated to sports and our passion for running.

Emotions and adrenaline will play an important role for a race with a strong emotional impact, capable of evoking unique moments of sports immersed in nature.

The scheduled distances: 30km; 21,0975km; 10km and 5km.

We would like to thank the Monza Reggia Park and the Autodromo Nazionale di Monza for their hospitality, the City of Monza and the patronage of Regione Lombardia.

Our goal is to offer you all an unforgettable and safe experience. 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

Saturday, 14 September

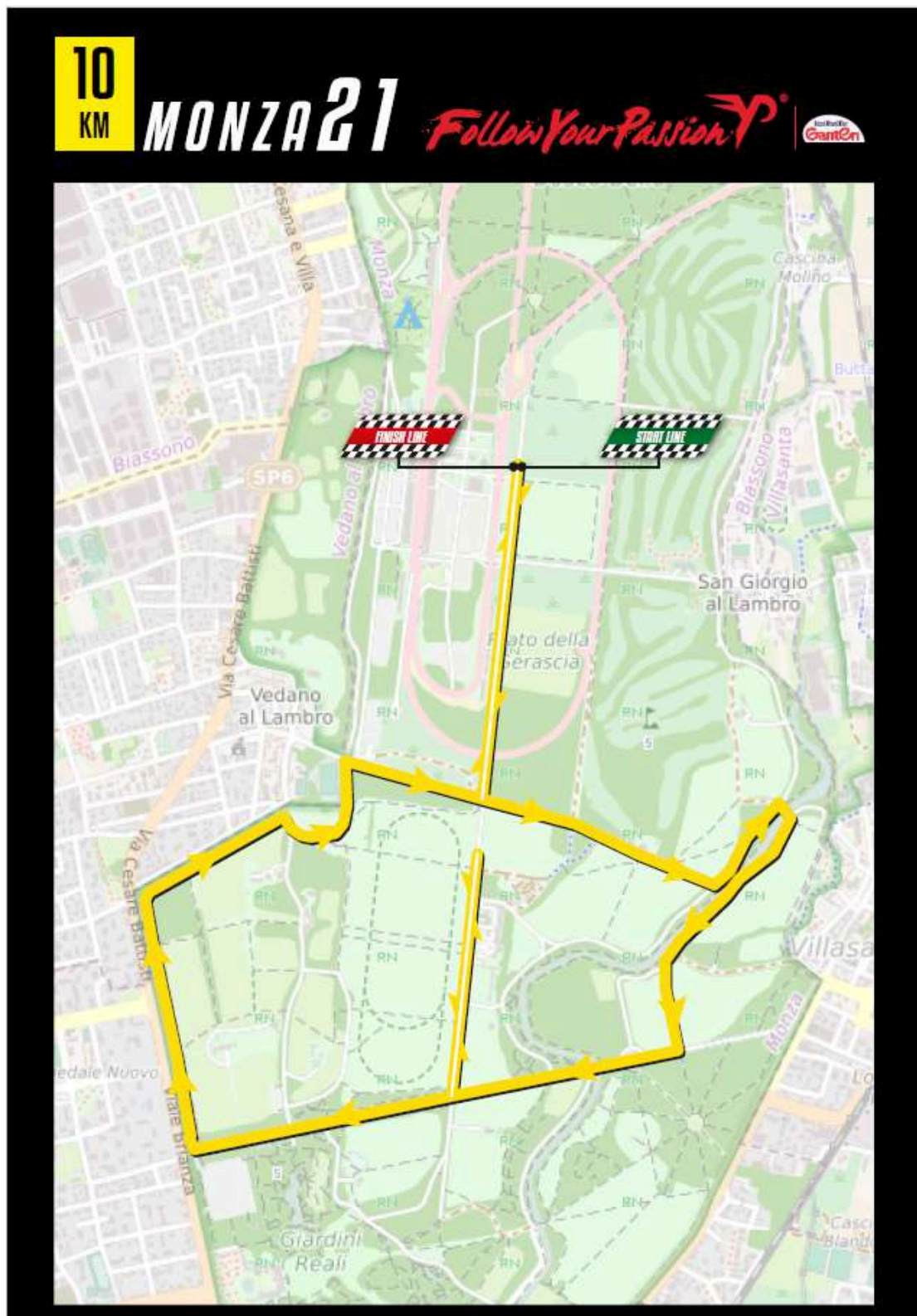
- **2.00 PM** Opening secretary's office at Expo Village, for **race pack and bib** pickup.
The secretary's office is located inside the Autodromo Nazionale di Monza (ex go kart track). On-site registration available **ONLY** for NON-competitive races.
- **6.30 PM** Expo village's closing.

Sunday, 15 September

- **7.00 AM** Opening secretary's office at Expo Village, for race pack and bib pickup. On-site registration available **ONLY** for NON-competitive races.
- **8.30 AM** Closing secretary's office.
- **9.00 AM** Competitive race starts followed by non-competitive race starts.
- **10.30 AM AWARDS** 10KM
- **12.30 AM** End of the race & **AWARDS** 21KM and 30km

Maps

Course Map - 10km



GRUPPO
AUTOTORINO
SPA

Concessionaria Ufficiale

BYD

ENTRA NEL MONDO DELLA NUOVA
MOBILITÀ ELETTRICA
CON AUTOTORINO E BYD

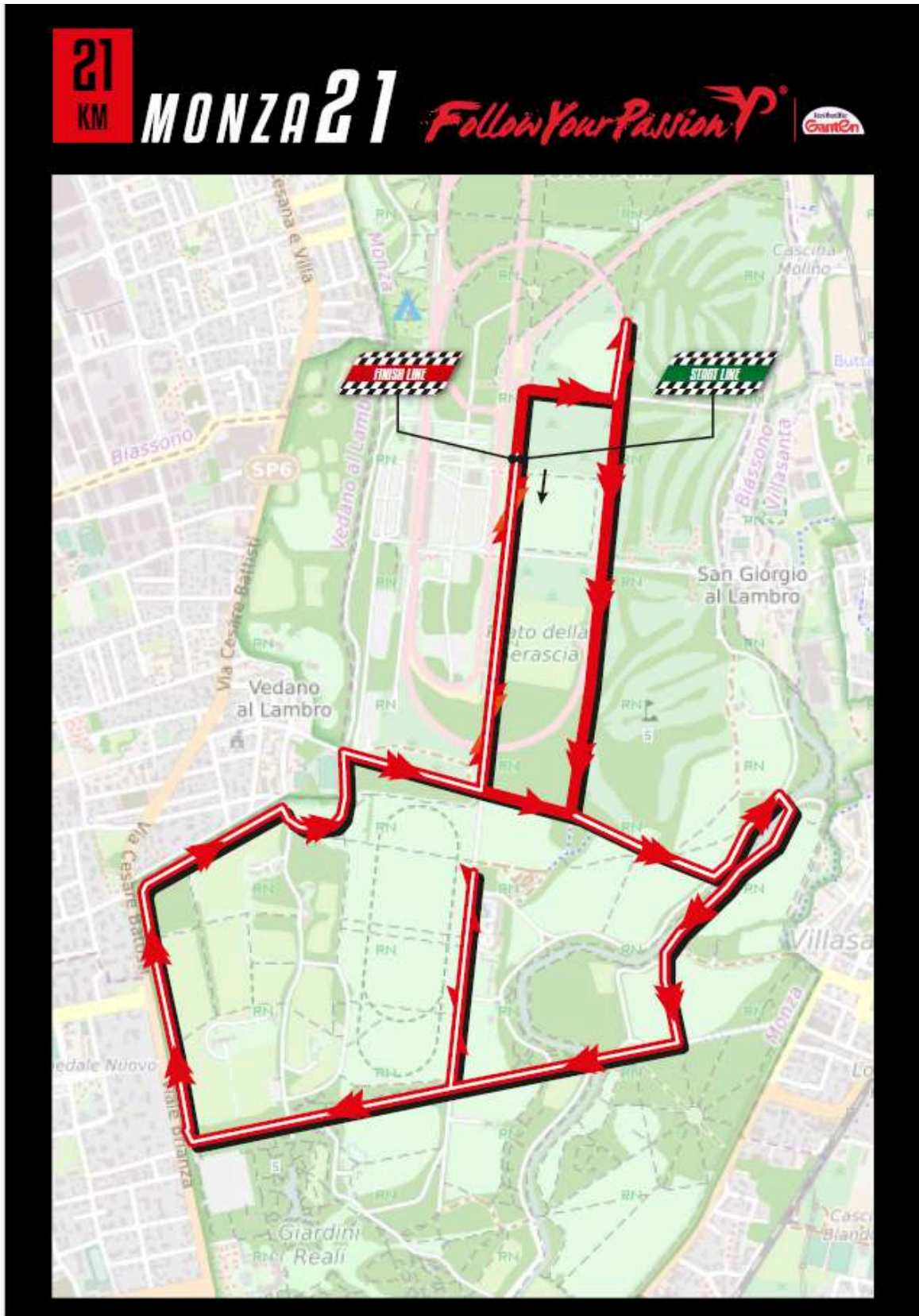


FINO A **7.000€** DI BONUS
SULLA GAMMA ELETTRICA

autotorino.it



Course map - 21 km



BPER:

bper.it



NON PERDERE IL CONTO, APPROFITTA DELLA PROMO PER AVERE CONTO E CARTA A **ZERO**.

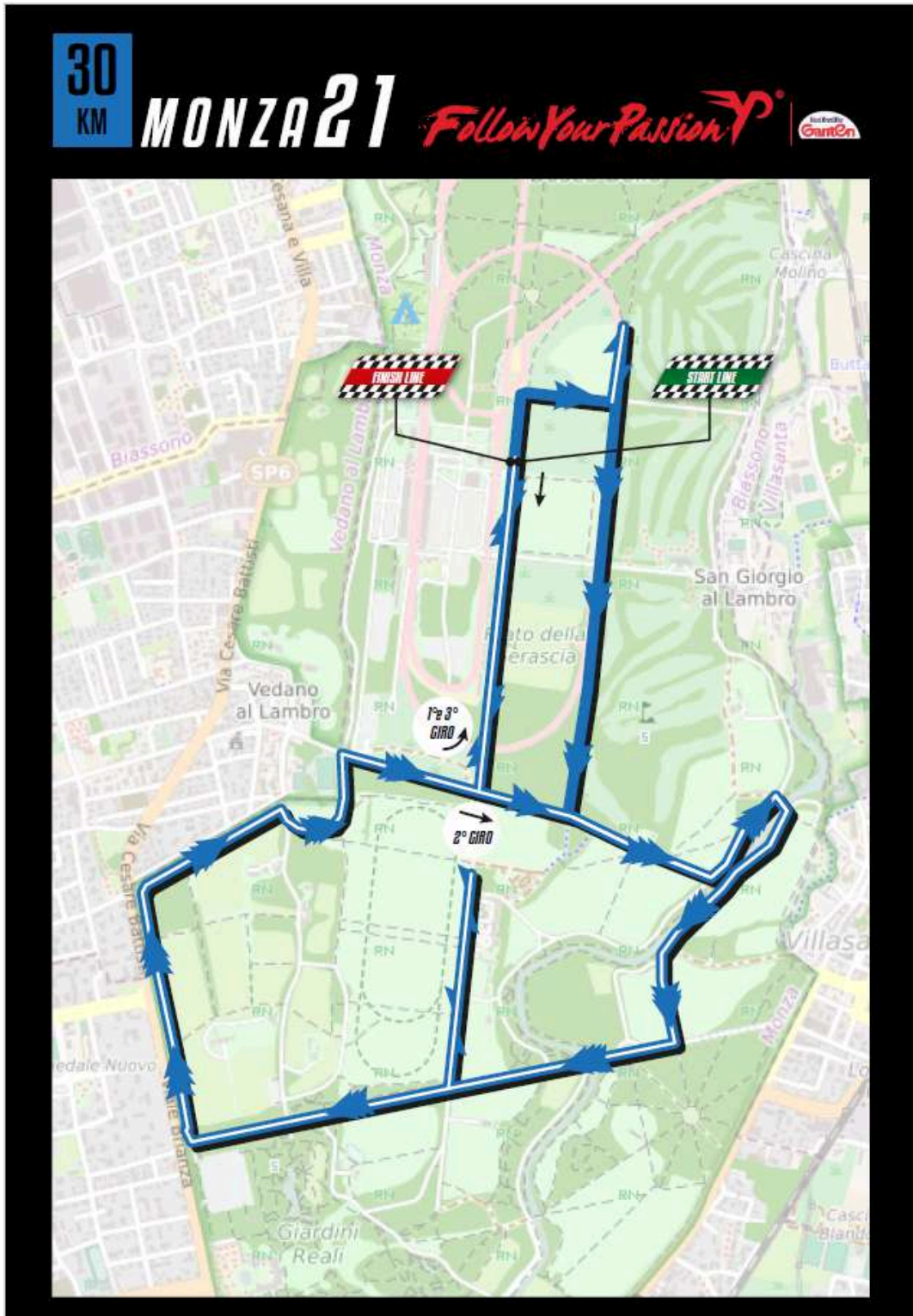
Apri il conto online e hai **carta di debito plus** e **conto a canone 0€** 8,40€.
In più hai a tua disposizione dei consulenti sia online che in filiale.

Messaggio pubblicitario con finalità promozionale. Per tutte le condizioni contrattuali ed economiche si rinvia ai fogli informativi a disposizione della clientela su bper.it. Offerta valida solo per nuovi clienti. Per persone over 35 il canone conto a 0€ se accrediti stipendio / pensione o bonifico mensile di 1.000€. Se non accrediti lo stipendio, dopo i primi 3 mesi ti saranno addebitati 4,90€ al mese. Per gli under 35 canone a 0€ fino al compimento di 35 anni. La Carta di Debito Plus ti permette di eseguire operazioni di pagamento e/o di prelievo di contanti su circuito internazionale. La Carta è emessa e distribuita da BPER Banca. Offerta valida fino al 31/12/2024, dopo questa data il prodotto sarà offerto a condizioni standard salvo proroga o chiusura anticipata della promozione. La Banca si riserva di poter effettuare modifiche unilaterali delle condizioni ai sensi dell'articolo 118 TUB.



Course Map - 30 km*

Due to a road closing ordinance for the flooding of the Lambro River, the 30 km route could not be certified, and it is reduced to 29.2 km.



IL RITMO DELLA TUA CITTÀ

disco
RADIO

ASCOLTA BELLI SVEGLI

DALLE 7 ALLE 10

FM 96.5

CI TROVI ANCHE SU DISCORADIO.IT E SULL'APP

General Info

Race pack & bib pickup

Race bibs can be picked up at the secretary's office inside the Expo Village located at the ex-go-kart track located inside the Monza Autodromo (Porta di Vedano entrance) as follows:

- Saturday, Sept. 14 from 2 p.m. to 6:30 p.m.
- Sunday, September 15 from 7 a.m. to 8:30 a.m.

The **Monza21** Expo Village will be set up at the ex-go-kart track located inside the Autodromo of Monza, entrance from Vedano gate.

The bib number will be assigned **progressively according to the date of registration** (those who register earlier will have a lower bib number). Bibs may also be picked up by third parties with a written proxy and photocopy of a valid ID.

Athletes are requested, to ensure their maximum safety and assistance, to fill out the back of the bib with the indicated information: blood type and emergency number.

Griglie di partenza e colori pettorali - TBD

COMPETITIVE RACES

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

BLUE Grid 1, **YELLOW** Grid 2, **RED** Grid 3.

However, the Organizing Committee reserves the right to possibly move some athletes from one sector to another based on contingent organizational needs.

NON-COMPETITIVE RACES

For non-competitive events, a dedicated starting grid will be set up by the organizers at the end of the competitive events, identified with the color **WHITE**.

BIB COLORS

30 km: BLUE background; **21 km:** RED background; **10 km:** YELLOW background; **5 km:** GREEN background; TOURIST-SPORT COMPETITIONS (30 km and 21 km): WHITE background.

Time limits

The following time limits are stipulated for the scheduled races:

- 30 km: **4 hours**
- 21 km: **2 hours and 30 minutes**
- 10 km and 5 km: **1 hour and 30 minutes**

Timekeeping and chips

The measurement of times and processing of rankings will be done by disposable transponder chip system.

Services available

PACER: present

BAGS DEPOSIT: present; you will be allowed to use the service **ONLY** with the special netted bag provided by the organization.

CHANGING ROOMS: NOT present

SHOWERS: NOT present

Rankings

Monza21 rankings and order of finish will be available on the website www.endu.net in real time, at <https://www.endu.net/it/events/monza21-halfmarathon/results>

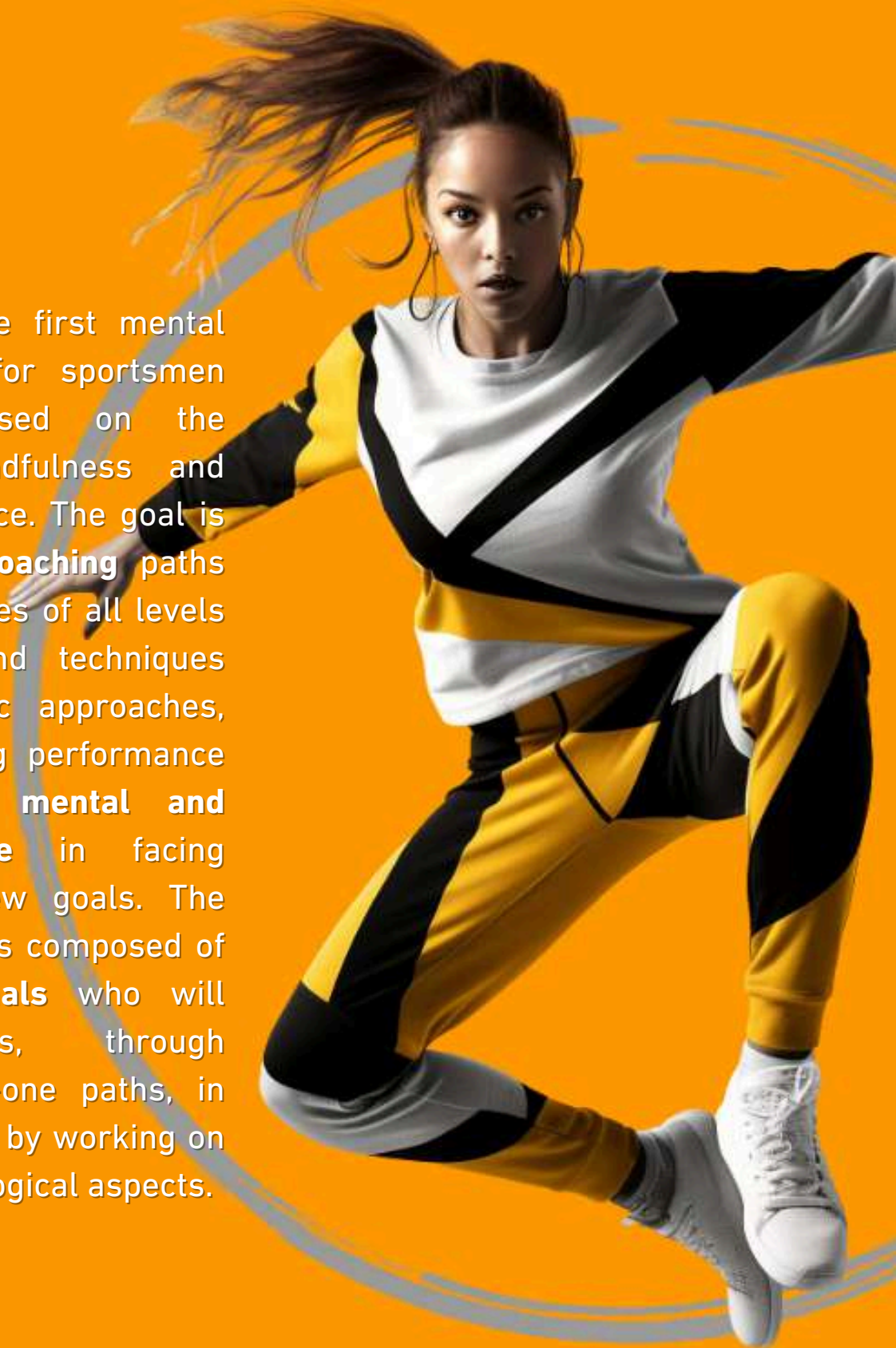


See the rankings



SPORTFULNESS

Sportfulness is the first mental training platform for sportsmen and athletes based on the principles of mindfulness and modern neuroscience. The goal is to make **Mental Coaching** paths accessible to athletes of all levels with strategies and techniques based on scientific approaches, aimed at improving performance and, in general, **mental and emotional attitude** in facing challenges and new goals. The sportfulness team is composed of several **professionals** who will support athletes, through customized one-to-one paths, in athletic preparation by working on mental and psychological aspects.



**RUN WITH YOUR LEGS
WIN WITH YOUR HEAD**

Refreshments

Refreshments are provided along the route about every 5 km starting from the 5th km. These points, may be used by athletes for eating and drinking.

There is also a refreshment service at the end of the race, in the finish area, with drinks, mineral salts, solid food both sweet and salty, and fruit. In addition, a dedicated refreshment service for **celiacs** is available at the **AIC Lombardy** gazebo for those who have booked during registration.

Integration plan for 21.0975 km

HALF MARATHON RACE'S STRATEGY



The suggested supplementation plan is to be considered a guideline and can be adapted to personal needs. For an optimal planning of supplementation, it would be advisable to take in consideration the actual needs, training degree, usual times and running speed. Take fluids frequently near refreshments.

Awards - TBC

Prizes will be awarded by the organizing committee:

- **30km**: in-kind prizes for the first 5 absolute men and 5 absolute women
- **21Km**: cash prizes for the first 3 absolute men and 3 absolute women, and in-kind prizes for the first 3 men and women in each category
Women JU, 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 top 5 overall men and 5 overall women

Cash prizes for the Half Marathon: first 3 male and female finishers:

- 1st man / woman €300.00
- 2nd man / woman 200,00€
- 3rd man / woman 100,00€

Italian only prize money:

- 1st man / woman 75.00€
- 2nd man / woman 50,00€
- 3rd man / woman 25,00€

These prizes can be picked up after the official results of the rankings and must be strictly collected by the eligible participants, who must show up with their Fidal card. Prizes not collected during the awards ceremony will not be sent later.

Persons in possession of the RUNCARD will be included regularly in the race ranking, but will not be eligible for refunds, bonuses or access to the prize money.

Sport club prizes

Prizes will be awarded to the top 5 ranked companies. Rankings will be obtained by considering the number of registered members of the same company on the competitive **30, 21** and **10km** distances. The following prize money is provided:

- 1st Club M/F € 400.00
- 2nd Club M/F 225.00 €
- 3rd Club M/F 150.00 €.
- 4th Club M/F 125.00 €.
- 5th Club M/F 100.00 €

Creativity has **no BORDERS**

DISCOVER ALL BACHELOR, THREE-YEAR AND
MASTER COURSES IN DESIGN, FASHION, GRAPHIC,
COMMUNICATION, MANAGEMENT AND BRANDING



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Design
Institute

rafflesmilano.it

Finisher's medal

An exclusive medal for finishers will be waiting for you at the finish line. Made from sustainably sourced recycled wood, renewable energy and zero-emission inks.



Merchandising

Check out the new **Monza21** T-shirt! Included in the race pack for participants, there will also be an opportunity for everyone to purchase it, subject to availability, during the event days at the secretary's office.



Logistic Info

How to arrive

The **Monza21** Expo Village will be set up at the entrance to the Autodromo, in the ex-go-kart track. Entrance from the Vedano gate.

The start and finish are located at 400m from the Expo Village.

BY CAR.

A4 highway exit Monza Centro. Entrance to the Autodrome: Vedano gate.

FREE PARKING: There will be parking available at the Autodromo and parking lots managed by designated staff. To reach the parking lots, enter through Porta di Vedano and follow the signs for the Autodromo (Viale di Vedano 5, Monza).

BY TRAIN.

Monza station is 5km from the Autodromo Nazionale di Monza.

BY AIRPLANE.

Milan Linate Airport is 25km from the Autodromo Nazionale di Monza and can be reached by the A51.



WALK RUN ROLL

21-22 SETTEMBRE
MILANO ARCO DELLA PACE

7.24 Km

SARAI DEI NOSTRI?

CORRI A ISCRIVERTI SU RUNFORINCLUSION.COM



Access plan



Autodromo's access



SAPEVI CHE A **MONZA21**
POTRAI AVERE IL TUO **CUSTOM REEL?**



COME FARE?

QUANDO VEDI UNA TELECAMERA,
SORRIDI COME SE FOSSE UNA PASSEGGIATA ;)



scopri di più

WWW.JUBATUS.IT

Photo service

How to get your race photos with GetPica

During the race, smile for photographers along the route. Photos will be available on getpica.com or the [getpica](#) app. To get your the photos, you must register on getpica.com and enter the 9-digit code found next to the Qr code on your bib.

1. Make sure your bib number and QR code are clearly visible throughout your race.
2. Save your bib or take a photo to remember your GetPica code listed next to the QR code. You will need it to access your personal album.
3. Go to getpica.com or download the app, and create your account. All your race pictures will be stored in one place.
4. Post-race, log into your account, enter the 9-digit code printed next to the QR code, and access your gallery! We will also send you a reminder email.



Share your feelings on social media and be part of the community. Tag us on [Instagram @followyourpassion_it](#) and on [Facebook @Follow Your Passion](#)

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

FollowYourPassion^Y



GANTEN IS TITLE SPONSOR OF THE FOLLOWYOURPASSION RACE CIRCUIT.

Ganten Water, a group specializing in mineral water production in China, is the title sponsor of the FollowYourPassion circuit, with a three-year partnership. The naming of the 16-race circuit will feature the Ganten brand. Ganten Food & Beverage Co. Ltd., already a sponsor of Juventus, the International Basketball Federation, Volleyball and the Australian Open Tennis Championships, has always focused on production and distribution of water from quality. In the heart of the ancient glacial basin of the Lombard Prealps, cradled by the protected and unspoiled beauty of the Alto Garda Natural Park, pure Ganten gushes forth. The brand will be present at all FollowYourPassion events, expos, and race refreshment stations to support and refresh all participants.





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



con il Patrocinio di



COMUNE DI
MONZA



*Thank you to all participants
See you in Monza*

MONZA21
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