

RACE REGULATION MILANO10K - NON COMPETITIVE

Laguna Running SSDrl, in collaboration with MG Sport, is organising the 4th edition of the MILANO10K, an international event over a distance of 10 km to be held at Idroscalo, on **Saturday 3rd May starting at 19:15.**

CAN PARTICIPATE:

10 km non-competitive: with a "ludic-motor" characteristic, free passage and are open to all as long as holding a medical certificate of good health issued by a physician. Those who want to run the 10 km must have turned or turn 16 yrs on race year. The act of enrolment to the "Non Competitive" event, on a special form, constitutes handwritten statement that they hold as certificate and relieves the Organizing Committee from any liability.

At the time of registration, all those registered to **MILANO10K** accept the declaration of responsibility as per the text below:

DECLARATION OF RESPONSIBILITY:" I, the undersigned, aware of the penal sanctions provided for in case of untrue statements and falsity in documents (art.26 l. 15/68 and art. 489 penal code.) I declare: that I have read and consequently know, accept and abide by the regulations of " MILANO10K "; that I am aware that participation in sporting events is potentially a risky activity if one is not adequately prepared and in suitable physical condition; that I am aware that in order to register I have turned or turn 16 yrs on race; that I am registering voluntarily and assuming all risks arising from my participation in the event: falls, contact with vehicles, other participants, spectators or others, weather conditions including scorching heat, extreme cold and/or wet weather, traffic and road conditions, any type of risk well known and assessed by me. Being aware of the above, considering the acceptance of my registration, I, on my own behalf and in the interest of no one else, release and discharge the Organizing Committee of MILANO10K , Laguna Running ssdrl , MG Sport srl, the Fidal, the GGG, the Municipality of Segrate, Municipality of Milano, the Province of Milano, the Lombardy Region, the promoting bodies, all sponsors and organizational partners of the event, their respective representatives, successors, officers, directors, members, agents, collaborators and employees of the above companies, of all present and future claims or liabilities of any kind, known or unknown, arising from my participation in the event. Once registration for one of MILANO10K events has been accepted, the participation fee is non-refundable, even in case of cancellation and in case the race is cancelled and/or postponed to another date or not held due to force majeure and/or reasons not attributable and/or not attributable to the will of the Organizing Committee, including the revocation of the authorization to hold the event by the relevant public bodies. By registering for the event, I expressly authorize the Organizing Company, together with the legal entities with which it maintains professional and commercial relationships related and connected, to take images of the event, to acquire free of charge the right to use the still or moving images on which I may appear, taken on the occasion of my participation in the race on all visual media as well as on promotional and/or advertising materials produced and disseminated throughout the world and for the maximum time provided for by the laws, regulations, treaties in force, including any extension that may be made to the period provided. I also declare that I have read at the time of registration the privacy policy available at www.followyourpassion.it and that I have given my consent to the processing of personal data, in the manner provided. The data provided will be processed in accordance with the rules set forth in EU Regulation No. 2016/679 ("GDPR") and used exclusively for the purposes set forth in the information notice published on the website www.followyourpassion.it."



REGISTRATION AND PAYMENT:

Registrations are open online <https://followyourpassion.it/en/idroscalo-ten-k/> until Thursday 1st May at 23.59

FEES:

- 20.00 € until 31/01/25
- 25.00 € until 28/02/25
- 28.00 € until 31/03/25
- 30.00 € until registration closure
- 35,00 € on site

*These fees do not include admin fees, applied at checkout

For sports clubs with a minimum number of 10 athletes, can access to special promotions. For further information please send an e-mail to this address giuseppe@mgsport.it.

The **registration fee for the MILANO10K includes:** bib number, timing chip, race packet with official gadgets and sponsor products, refreshments along the route, final refreshments, services, insurance, finisher diploma downloadable from the website, technical and medical assistance.

No registration will be accepted without the athlete's full personal and running license, where required, a copy of the medical certificate for athletics.

It will be possible to register on site (for NON-Competitive events only) on Saturday 3 May at the Race Office located in the square next to the skate park, main entrance, west Riviera car park on the grandstands side.

The organising committee reserves the right to close registrations at its sole discretion, also before this date.

Confirmation of Entries

The Organising Committee will send a formal registration confirmation document by e-mail to all registered participants. If the confirmation e-mail does not reach the subscriber, the subscriber must contact the registration secretariat at info@followyourpassion.it.

Refund of the registration fee

The participation fee is not refundable under any circumstances for reasons attributable to the individual enrolled.

SAFETY PLAN

The Organising Committee has prepared an adequate health and safety plan in compliance with current legislation and in cooperation with local institutions, the Police, the White Cross and Civil Protection.

RACE PROGRAM * (*CAN BE SUBJECT TO CHANGES*)

FRIDAY 2 May

From 4:00 p.m. to 6:30 p.m.: Collection of bibs and race package at the race office located in the Parc Idroscalo on the grandstands side Porta Maggiore entrance



SATURDAY 3 May

From 2.00 p.m. to 6.35 p.m.: Bib collection for the competitive and non-competitive races of the Milano 10K at the race office located in the square next to the skate park.

It will be possible to register on site for the NON-competitive races, upon availability.

6.50 p.m.: Grid opening

7.15 p.m.: Start of the competitive races followed by start of the non-competitive race.

8.30 p.m.: End of races and awards ceremony

Bib collection

Race bibs can be collected on Friday and Saturday from 14:00 to 18:30 at the Race office located at the square next to the skate park, main entrance, West Riviera car park on the grandstands side. The bib number will be assigned progressively according to the date of registration (those who register earlier will have a lower bib number).

Race packs will be handed along with bibs.

The bibs may also be collected by third parties, with a written proxy and a copy of a valid identity document of the athlete. In the case of groups registrations, they can be collected by the representative of the club if this option has been indicated on the form.

The race bib is strictly personal, cannot be tampered with and is not transferable to anyone. Anyone found on the racetrack with a bib number assigned to another athlete or without a regular bib number or with a forged bib number will be held liable for damage to property and persons, including themselves, as well as incurring the sporting sanctions of the federal bodies and the penalties provided for by current legislation.

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.

Refuelling and sponging

A refreshment will be at 5km and a final refreshment service will be provided in the finish area.

Time limit

The time limit is 70'.

Pacer service

Not foreseen due to course conformation

Results

It is a non competitive event with no official ranking however timing will be registered and personal results will be available on the event website.

Health service

The organizing committee will provide an adequate medical assistance service along the route and at the starting and finishing points.

Registration cancellation, modification and transfer



Athletes who have purchased the FLEXI option at the time of registration will be able to transfer to an FYP circuit race, transfer to the following year's edition and change distance free of charge by Monday 21 April 2025 by contacting ticket@followyourpassion.it by e-mail. The name change can be changed independently via the Personal Dashboard by Monday 21 April 2025. In the event of a change of distance and transfer to a race on the FYP circuit, any difference in the entry fee will have to be paid. No refunds will be given for lower fees.

An athlete who has not purchased the FLEXI option will be able to make a change of distance or transfer to the new year's edition by paying a service fee of €15 by Monday 21 April 2025. A transfer to another race on the FYP circuit will not be possible. All requests for change or transfer, regardless of the chosen fare, must be sent by e-mail to ticket@followyourpassion.it. Also in this case, payment of any difference will be required for the change of distance. There is no refund for lower fees.

Privacy and Image Rights

Pursuant to EU Regulation no. 2016/679 ("GDPR"), before registering the athlete is required to read the documentation regarding the protection of privacy, available on the website www.followyourpassion.it and to express his/her consent to the processing of personal data, in the prescribed manner. The data provided will be processed in compliance with the rules established by EU Regulation no. 2016/679 ("GDPR") and used exclusively for the purposes set out in the information published on the website www.followyourpassion.it.

By registering for "MILANO10K", the athlete expressly authorizes the Organizing Company together with the legal entities with which he maintains professional and commercial relationships relating to and connected to the shooting of images of the event, to the free acquisition of the right to use the images fixed or moving on which I may appear, taken on the occasion of your participation in the competition on all visual media as well as on promotional and/or advertising materials produced and disseminated throughout the world and for the maximum time allowed by laws, regulations, by the treaties in force, including any extension that may be made to the envisaged period.

Failure to carry out

In the event that the race is cancelled and/or postponed to another date, or in any case not carried out due to causes of force majeure and/or reasons not attributable and/or not referable to the will of the Organisation, including the revocation of the authorization to carried out by the competent public bodies, the member will have nothing to claim from the Organizing Committee and/or from Laguna Running SSDrl and MG Sport Srl, neither for the refund of the registration fee, nor for reimbursement of any expense incurred or to support. The submission of the registration application constitutes acceptance of this clause and express waiver of any claim resulting from the cancellation and/or postponement of the race.

Attention: the organizing committee reserves the right to modify these regulations at any time for reasons it deems appropriate for the purpose of better organization of the race. The event will take place in all weather conditions.

INSURANCE

The organization has stipulated policies for RCT and individual accidents.

TECHNICAL RULE 5 – RACING SHOES

As regards the use of competition shoes, athletes must comply with the provisions of Technical Rule 5 - Competition shoes.

Milan, January 2025.

