

Race Regulation BERGAMO21 21km and 10km Competitive Races

The 12th 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, on Sunday 2th February 2025, at h 9.00 am (10 km) and at 9.40 am (21 km).

PARTICIPATION REQUIREMENTS

A) REGISTRATION FOR ITALIAN OR FOREIGN ATHLETES RESIDENT IN ITALY:

In competitive events, the following may participate

- Italian and foreign athletes who are FIDAL members in the following categories:
 - **Allievi (16/17 years old) – who can take part ONLY in the 10km race**
 - Juniores (18/19 years)
 - promesse (20/22 anni)
 - seniores (da SF-SM a SM-SF95 e oltre)
- 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; 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, issued directly by the FIDAL (www.runcard.com). Participation is, however, subject to the presentation of competitive sport certificate for athletics issued in Italy.
- Athletes (Italian or Foreigners), 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). Participation is, however, subject to the presentation of competitive sport certificate for athletics issued in Italy.

B) REGISTRATION FOR ITALIAN ATHLETES LIVING ABROAD

In competitive events, the following may participate:

- **Allievi (16/17 years old) – who can take part ONLY in the 10km race**
- Juniores (18/19 years)
- promesse (20/22 anni)
- seniores (da SF-SM a SM-SF95 e oltre)

They must meet one of the following requirements:

- Be registered with FIDAL through an affiliated club.
- Be registered with foreign athletics federations affiliated with World Athletics.

- Hold a FIDAL RUNCARD (in this case, they must be over 20 years old) accompanied by a competitive sport certificate for athletics, the specific “HEALTH FORM” available for download on the event’s website.

Italian athletes residing abroad without one of the above-mentioned requirements will not be allowed to participate.

C) REGISTRATION FOR FOREIGN ATHLETES NOT RESIDENT IN ITALY

1. 21.097KM AND 10KM COMPETITIVE

In competitive events, the following may participate:

- **Allievi (16/17 years old) – who can take part ONLY in the 10km race**
- Juniores (18/19 years)
- promesse (20/22 anni)
- seniores (da SF-SM a SM-SF95 e oltre)

They must meet one of the following requirements:

- Be registered with foreign athletics federations affiliated with World Athletics.
- Hold a FIDAL RUNCARD (in this case, they must be over 20 years old) accompanied by a competitive sport certificate for athletics, the specific “HEALTH FORM” available for download on the event’s website.

2. 21KM Tourist-Sporting goals FOR FOREIGNER ATHLETES ONLY, NOT RESIDING IN ITALY

Foreign athletes, non-residing in Italy and not registered to any foreign Athletics Federation, who participate at the 21Km race for Tourist-Sporting goals can take part at the event without sending a medical certificate, but have to fill the **Liability Waiver Form** within the registration form.

They must be 18 or older on the day of the race.

These participants will be placed in an alphabetical order of arrival distinct from the classifications of the 21km competitive event and will not be able to benefit from prizes in kind, cash, value vouchers, bonuses, engagements, reimbursements of expenses of any kind.

All entrants taking part in the BERGAMO21 accept 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 ”.

ABOUT THE RUNCARD

The RUNCARD card is renewable. The validity period is shown on the card. If, during the control of the card, it is determined that the card has expired, the athlete may NOT participate, unless he is able to show the receipt of on-line renewal.

The participation with a RUNCARD, is subject to the presentation of a medical certificate. A paper copy of the medical certificate will need be handed over to the Organizer at the Race office during bib collection. For foreigners: only the medical form downloadable on the race website will accepted. These athletes will be regularly entered in the race standings, but will NOT enjoy refunds, bonuses and enter the prize money or money coupons.

Italian participants will have to submit the original medical certificate bearing the words "Athletics". A paper copy of the medical certificate will need be handed over to the Organizer at the Race office during bib collection. For foreigners: only the Health Form downloadable on the race website will be accepted.

These athletes will be regularly entered in the race standings, but will NOT enjoy refunds, prize money or money coupons.

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.

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"

REGISTRATION AND ENTRY FEE:

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

Registration online will close on 31th January at 23.59 or when the maximum number of participants is attained.

Athletes are reminded that the starting grid is guaranteed until January 30th, 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 and for tourist-sporting goals

30 € until october 31, 2025
35 € until december 31, 2024
40 € until January 24, 2025
45 € until registration closes

10 km Competitive:

20 € until october 31, 2024
24 € until december 31, 2024
26 € until January 24, 2025
28 € until registration closes

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.

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: from 2 p.m. to 6 p.m.
Sunday: from 7 a.m. to 8:30 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.

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 20 January 2025 by contacting ticket@followyourpassion.it by e-mail.

The name change can be changed independently via the Personal Dashboard by Monday 20 January 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 20 January 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.

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: from 2 p.m. to 6 p.m.

Sunday: 2 from 7 a.m. to 8:30 a.m.

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 the times and the elaboration of the ranking will be carried out with transponder chip system.

The time of each athlete will be recorded electronically from his or her passage on the starting line at the start of the race, to his or her arrival with passage on the Finish line and with the partial times at certain kilometres. Any athlete who starts from a grid other than the one assigned will be liable for this offence and will be cautioned and monitored for any subsequent editions of the race in which he or she takes part. Athletes must participate in the race with the bib and the relevant Chip provided by the Organising Committee. Should an athlete participate with the bib and chip of someone else or should he/she also If an athlete takes part with someone else's bib and chip, he/she will be liable to disqualification and a report to the Federal Authorities.

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.

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 4 p.m -9 p.m

Sunday 7.30 a.m – 1 p.m

Changing rooms

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 4 p.m -9 p.m

Sunday 7.30 a.m – 1 p.m

Shower: not available

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 and rankings

The processing of the rankings will be carried out via the SINGLE-USE chip that each athlete will receive attached to their bib.

The rankings will be drawn up according to Real Time, i.e. on the actual time taken from crossing the start line to the finish line. For elite athletes only, they will be processed according to GUN TIME.

Athletes who have the following credited times in the last two years are considered Elite athletes:

- Men: on the half marathon time less than 1h10'00, 10 km less than 32 minutes
- Women: half time less than 1h22'00, 10 km less than 37 minutes

The results will be available on the event website. They will be validated by the Technical Delegate Judge/Appellate Judge.

AWARDS:

21 km competitive race:

Overall first 5 athletes – men and women

First 3 athletes in each age group category - men and women

10 km competitive race:

Overall first 5 athletes – men and women

First 3 athletes in each age group category - men and women

The awards ceremony will take place on the awards stage upon official results. Prizes will not be given before or after the awards ceremony

MONEY PRIZES

Money prize to first overall 5 athletes – men and women

1° Class. M/F 300,00 €

2° Class. M/F 200,00 €

3° Class. M/F 100,00 €

4° Class. M/F 80,00 €

5° Class. M/F 50,00 €

Money prize to Italian athletes – men and women

1° Class. M/F 90,00 €

2° Class. M/F 57,50 €

3° Class. M/F 35,00 €

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 AWARDS*

Prizes will be awarded to the first three classified companies. The rankings will be based on the number of participants from the same club over the competitive 21.097km and 10 km distances.

1° Club M/F 400,00 €

2° Club M/F 200,00 €

3° Club M/F 100,00 €

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.

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, December 2024

