

## RACE REGULATION BERGAMO21

### 21km, 21 km for tourist-sporting goals and 10km Competitive Races

race bib – timing – refreshment stations along the course – race pack – post-race refreshment – T-shirt – finisher medal – medical assistance

The BERGAMO21, organized by Laguna Running ssdl 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 8<sup>th</sup> February 2026, 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](http://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 ssdrl, 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](http://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](http://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 6th February 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

35 € until october 31, 2025  
40 € until december 31, 2025  
45 € until January 31, 2026  
50 € until registration closes

10 km Competitive:

22 € until october 31, 2025  
25 € until december 31, 2025  
26 € until January 24, 2026  
30 € 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](mailto: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 10 a.m. to 5 p.m.  
Sunday: from 7 a.m. to 8:15 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](mailto: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 26 January 2026 by contacting [ticket@followyourpassion.it](mailto:ticket@followyourpassion.it) by e-mail.

The name change can be changed independently via the Personal Dashboard by Monday 26 January 2026.

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 26 January 2026. 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](mailto: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 10 a.m. to 5 p.m.

Sunday: 2 from 7 a.m. to 8:15 a.m.

At the Expo Area located near the Sentierone. **For residents of Bergamo and its province, bib number collection for the Bergamo21 is mandatory on Saturday.**

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 processing of rankings will be carried out with a transponder chip system. For statistical purposes only, the time of each athlete will be recorded electronically from his passage on the start line at the start of the race, to his arrival with passage on the Finish line and with



the partial times at certain kilometres (REAL TIME). For inclusion in the federal rankings and for the OFFICIAL classification, the time will be recorded GUN TIME (at the gunshot). There will be special grids based on the crediting time. Those who start from a grid other than the one assigned will be liable for this violation and will be cautioned and monitored for any subsequent editions of the race in which they take part. Athletes must participate in the race with the bib and the relevant Chip provided by the Organising Committee. If an athlete takes part in the race with someone else's bib and chip, or if he/she carries other chips along the route, he/she will be liable to disqualification and a report to the Federal Authorities.

## **Results and rankings**

The processing of the rankings will be carried out by means of the SINGLE-USE chip that each athlete will receive attached to the bib. The ranking will be drawn up on the basis of GUN TIME and the result will be entered in the federal rankings. For statistical purposes only, the REAL TIME, the actual time taken from crossing the start line to the finish line, will be recorded.

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

## **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 SERVICE CAN BE USED ONLY BY HANDING IN THE MESH BAG PROVIDED AT RACE PACK COLLECTION.**

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 drop will be set up near the start and finish areas of the races.

**Opening** **hours:**

Sunday, 7:30 a.m. – 1:00 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:

Sunday, 7:30 a.m. – 1:00 p.m.

**Shower: not available**

## **Refreshment**

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.

## **AWARDS:**

Prizes will be awarded as follows:



- **Competitive Half Marathon:**  
Cash prizes for the first 5 male and female finishers, and prizes in kind for the first 3 male and female athletes in each age category.
- **Competitive 10 km:**  
Prizes in kind for the first 3 male and the first 3 female overall finishers, and for the first 3 male and female athletes in each age category.

## **Half Marathon Cash Prize Money**

*(Top 5 overall male and female finishers)*

- 1st place M/F: €300.00
- 2nd place M/F: €200.00
- 3rd place M/F: €100.00
- 4th place M/F: €80.00
- 5th place M/F: €50.00

## **Cash Prize Money Reserved for Italian Male and Female Athletes:**

- 1st Place M/F €90.00
- 2nd Place M/F €57.50
- 3rd Place M/F €35.00

These prizes may be collected after the official publication of the results and during the awards ceremony. They must be collected in person by the eligible athletes, who must present their **FIDAL membership card**.

Prizes not collected during the awards ceremony will not be sent afterwards.

Athletes holding a **RUNCARD** will be regularly included in the race results but will not be entitled to reimbursements, bonuses, or access to the prize money.

## **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.

## **Insurance**

The organisation has taken out insurance policies for third-party liability and individual accidents.

## **Technical rule 5 – competition shoes**

The requirements for shoes used in competition must correspond to the Athletics Shoe Regulation WA. For compliance with the regulations, the GGG carries out spot checks on the shoes used in the event. If the shoe is not certified in the WA Shoe Compliance List or has not been identified the result remains unofficial pending further investigation (in which case the shoe may be withdrawn by the Judges). Subsequently, if the shoe is not approved, the result must be cancelled and the athlete may be disqualified.

Bergamo, January 2026

