

## **RACE REGULATION POWERADE MILANO HALF MARATHON COMPETITIVE RACES**

Laguna Running SSD a RL, in collaboration with MG Sport Srl, organizes POWERADE MILANO HALF MARATHON an international event on the distance of 10 km and 21,097 km taking place in **Milan, Sunday, November 22, 2026**, starting at 08:45 a.m.\*provisional

### **CAN PARTICIPATE**

#### **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 old)
  - Promesse (20/22 years old)
  - Seniores (from SF-SM to SM-SF95 and beyond)
- 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 old)



- Promesse (20/22 years old)
- Seniores (da SF-SM a SM-SF95 and beyond)

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 old)
- Promesse (20/22 years old)
- Seniores (da SF-SM a SM-SF95 and beyond)

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 FOREIGN ATHLETES WHO DO NOT RESIDE 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.

Upon registration done with specific forms, all those wishing to participate in POWERADE MILANO HALF MARATHON accept the declaration of liability, as reported:

*DECLARATION OF RESPONSIBILITY: " I, the undersigned, aware of the penalties applicable in case of false statements and false documents (art 26 l. 15/68 and art. 489 cp) declare: I have read*



*and consequently know, accept and respect the rules of "POWERADE MILANO HALF MARATHON "; be aware that participation in sporting events is potentially a risky if you are not properly prepared and in suitable physical condition; to be aware that to register you must be in possession of a medical certificate of fitness competitive athletics valid; to enroll voluntarily and assume all risk arising from my participation in this event falls, contacts with vehicles, with other participants, spectators or otherwise, any weather conditions including extreme heat, and / or damp cold, traffic and road conditions, any well-known type of risk and evaluated by me. Being aware of this, considering my application accepted, I, for myself and on behalf of anyone else, relieve the Organizing Committee of POWERADE MILANO HALF MARATHON, Laguna Running SSD a RL, MG Sport Ltd, the FIDAL the GGG, the City of Milan, the Province of Milan, the Lombardy Region, the promoters, all sponsors and organizational partners of the event, the respective representatives, successors, officers, directors, members, agents, partners and employees of the above companies of all present and future claims or liability of any kind, known or unknown, deriving from my participation in the event. Upon acceptance of your registration in one of the events of POWERADE MILANO HALF MARATHON, the fee is non-refundable, even in the event of cancellation and If the race is canceled and / or postponed to another date or place for reasons of force majeure and / or reasons beyond and / or not related to the will of the Organizing Committee, including the withdrawal of the performance by the organs public expertise. By subscribing to the event, expressly authorizes the Organizing Company, together with legal entities with whom it has professional and commercial relationships related and connected, the resumption of pictures of the event, the acquisition of the free right to use still or moving images on which I will appear, took during my participation in the competition on all visual media as well as promotional materials and / or advertising products and spread throughout the world and for the maximum time allowed by the laws, regulations, treaties in force, including all extension options It may be made to the period foreseen. I also declare that I have read the Privacy Declaration available on the site [www.followyourpassion.it](http://www.followyourpassion.it) and having expressed my consent to the processing of personal data in the manner provided. The data provided will be treated in accordance with the rules laid down EU Regulation no. 2016/679 ("GDPR") and exclusively for the purposes set out in information published on the site [www.followyourpassion.it](http://www.followyourpassion.it). "*

For a summary of the participation requirements, please also refer to the link below [PARTECIPATION REQUIREMENTS](#).

## REGISTRATION AND PAYMENT

Online registrations will close on November 19, 2026, at 11:59 PM, or upon reaching the maximum number of participants. It is possible to register online through the website [followyourpassion.it](http://followyourpassion.it).

### Registration fees\* 21.097 km Competitive and 21.097 km with Tourist-Sporting goals

- 45 € until March 31, 2026
- 55 € until June 30, 2026
- 65 € until October 31, 2026
- 75 € until registration closes

### Registration fees\* for 10k competitive

- 25 € until March 31, 2026
- 30 € until June 30, 2026
- 35 € until October 31, 2026
- 40 € until registration closes



\*Fees above do not include commission fees

- **50 €** on site (for 10 km non-competitive) on the 21<sup>st</sup> and 22<sup>nd</sup> November, **upon bib availability**

Special enrolment fees are reserved for sports clubs. These organizations are asked to contact by e-mail [giuseppe@mgsport.it](mailto:giuseppe@mgsport.it)

**The entry fee includes** bib with timing chip, race package with official technical t-shirt and sponsor products, refreshments and sponges on the route, final refreshments, insurance, finisher's medal, finisher's diploma downloadable from the website, technical and medical assistance.

We do not accept registrations without the athlete's complete details, records and membership, and, where required, a copy of the medical certificate of athletics athletic eligibility.

The organizing committee reserves the right to close registration still at its sole discretion, even before this date.

Registration fee must be paid online with credit card while entering the registration.

### **VIP Entry**

Athletes who wish to take advantage of exclusive services during the event can opt for VIP entry available for both distances of the race. Spots limited.

VIP entry includes the following benefits (under definition, possibility of modifications):

- Fast track for bib pickup
- Dedicated locker rooms and bag storage
- Access to post-arrival Hospitality Area
- Reservation of t-shirt size and customization service
- **Possibility to collect the bib on Sunday morning** from 7:15 to 8:00 a.m.
- Exclusive gadgets
- Reserved restrooms

### **Registration Confirmation**

A confirmation email will send to all registered athletes. If the confirmation email does not reach the participant, they must contact the registration office at [running@followyourpassion.it](mailto:running@followyourpassion.it).

### **Reimbursement of the registration fee**

The participation fee is not refundable under any circumstances for reasons attributable to the single person

### **Registration cancellation, modification and transfer**

The athlete may change the race distance free of charge until **Monday, November 9, 2026**, by



contacting [running@followyourpassion.it](mailto:running@followyourpassion.it) via email.

The name change can be carried out independently through the personal Dashboard until **Monday, November 9, 2026**, at a cost of **€10**. In the event of a distance change and transfer to a race within the **FYP circuit**, any difference in the registration fee must be paid. No refunds will be issued for lower entry fees.

### **Safety plan**

The Organizing Committee has prepared adequate health and safety plan in accordance with national regulations and in cooperation with local institutions, Police, Red Cross and Civil Defense.

### **Bibs and race package collection \*provvisorio**

Race bibs can be collected inside the expo area, at the race office, on the following days:

- Friday, November 20, from 10:00 a.m. to 7:00 p.m.
- Saturday, November 21, from 9:30 a.m. to 7:00 p.m.

**IMPORTANT: It will not be possible to collect the race bib on Sunday.**

The race pack will also be handed, together with the bib.

The numbers can also be collected from third parties with written authorization and a photocopy of a valid ID card. In the case of Club registrations, received by the Secretary, they should be withdrawn altogether by the representative of the club (if this option was indicated on the form). In this case the individual bibs cannot be collected by single athletes.

The race number is strictly personal; it cannot be tampered with and is not transferable to anyone. Whoever is found inside the race with a bib number of another athlete or without a regular bib or a counterfeit one, he will be held responsible of damage to property and people, including himself, in addition to incurring the sports sanctions by federal bodies and the penalties provided by current legislation.

**The starting grid** (assigned based on personal best time stated at the time of registration) will be marked with the special color, identified on the bib.

The start is divided between the half marathon course and the 10 km course (competitive and non-competitive).

\*to be defined

### **Race Program (provisional program, subject to changes)**

Friday, November 20, 2026

- **From 10:00 a.m. to 7:00 p.m.:** Expo Village and race office open for bib and race kit collection.

Saturday, November 21, 2026



- **From 9:30 a.m. to 7:00 p.m.:** Expo Village and race office open for bib and race kit collection.

Sunday, November 22, 2026

- **From 7:15 a.m.:** Bag drop opens until 8:30 a.m. (service available only with the designated mesh bag provided at race kit collection).
- **08:20 a.m.:** Start pen gates open
- **08:45 a.m.:** Race start on Viale Eginardo
- **10:30 a.m.:** 10 km Awards – Overall
- **10:50 a.m.:** 21.097 km Awards – Overall
- **11:40 a.m.:** 21.097 km Awards – Categories
- **01:00 p.m.:** Bag drop closes

### Timing

The timing and the processing of the results will be carried out using a transponder chip system. For statistical purposes only, each athlete's time will be recorded electronically from their crossing of the start line at the beginning of the race, at the finish line, and at intermediate checkpoints (REAL TIME). For inclusion in the official federation rankings and the OFFICIAL results, the time will be recorded as GUN TIME (from the start signal).

There will be designated start corrals based on the registered time. Any athlete starting from a corral other than the one assigned will be responsible for this infraction and will be warned and monitored for participation in future editions of the race.

Athletes must participate in the race wearing the bib and the corresponding chip provided by the Organizing Committee. If an athlete participates using another person's bib and chip or carries additional chips during the race, they may be disqualified and reported to the Federation Authorities.

### Refreshment station

Along the 21 km course, refreshment stations will be available approximately at the 5th, 10th, 15th, and 20th kilometer, in accordance with WA/FIDAL regulations.

Along the 10 km course, a refreshment station will be available approximately at the 5<sup>th</sup> kilometer.

A final refreshment station will also be provided in the finish area.

### Time limit

The time limit is 2:45' for the Half Marathon, while for the 10km time limit is 90'. Beyond this time, the organizing committee will not be able to guarantee the total closing of the racecourse.

### Pacer Service

On the half marathon distance, a pacer service will be available to guide participants to the finish in 1:25, 1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, and 2:10.



## Results and rankings

The results will be processed using the SINGLE-USE chip that each athlete will receive attached to their bib.

The ranking is based on GUN TIME (from the start signal), and the result will be included in the official federation rankings. For statistical purposes only, REAL TIME will be recorded, which is the actual time taken from crossing the start line to the finish line. For the first corral, Elite athletes are considered those who have achieved the following qualifying times in the past two years:

- 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

The following will be awarded by the Organizing Committee:

- **21.097 km**

- **OVERALL:** Cash prizes for the first 5 overall men and the first 5 overall women. (Only the top three will be awarded on stage) \*to be defined

The values of the prizes indicated in the prize money will be awarded for times under 1h02'00 for men and 1h10'00 for women; in the case of longer times, the prizes will be reduced by 50%; the prize money will not be awarded for performances over 1h11'00 for men and 1h23'00 for women

The amount of the prizes shall be gross of the withholding taxes provided for by Italian tax regulations.

Participants holding a RUNCARD will be included in the official race results but will not be eligible for refunds, bonuses, or prize money.

- **CATEGORY:** Prizes in kind 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.

- **10 km competitive**

- Prizes in kind the top 5 athletes arrived men and top 5 women (Only the top three will be awarded on stage)

Prizes can be collected during the awards ceremony, after the formalization of the ranking and must absolutely be withdrawn by the claimants, who must appear with FIDAL card.



Prizes not collected during the award ceremony will not be sent later.

RUNCARD holders will be included regularly in the ranking, but will not enjoy refunds, bonuses or access to the prize pool.

- **PRIZES (in money or purchase vouchers) FOR LARGEST TEAMS**

The first 3 sport club will be awarded with money prizes. The ranking will be obtained by taking into account the total number of entrants of the same club over the distances, 21km and 10km competitive.

\*to be defined

## **GENERAL INFORMATIONS:**

### **Complaints**

According to the rules of RT FIDAL claims must be exposed verbally in the first instance to the arrival judge, in the second instance in writing, within 30 'from the publication of the results, the court of appeal, accompanied by the sum of € 100.00 (one hundred) refundable if the complaint is accepted.

### **ID Check**

The GGG can perform control of the athlete's identity and membership in accordance with FIDAL Regulation (Art. 8-9 Activities Regulations 2019). If during the inspection, an athlete is found lacking the membership card or receipt of online membership or identity document, a declaration of membership will be needed to be completed by the athlete's company affiliation.

### **Health Service**

The organizing committee will guarantee an appropriate medical assistance along the race course, the start and finish line.

### **Services**

Bag deposit: present

Changing rooms: present

Showers: not present

### **Technical rule 5 – Competition Shoes**

Regarding the use of competition shoes, athletes must follow the provisions of Technical Rule 5 - Competition Shoes. <https://www.fidal.it/content/Regola-Tecnica-5-Scarpe-di-Gara/132125>

### **Privacy and Image Rights**

According to EU Regulation no. 2016/679 ("GDPR"), before registering the athlete is advised to take note of the documentation relating to privacy protection, available on the website [www.followyourpassion.it](http://www.followyourpassion.it) and to express their consent to the processing of personal data in due manner. The data provided will be treated in accordance with the rules laid down in EU Regulation no. 2016/679 ("GDPR") and exclusively for the purposes set out in information published on the site [www.followyourpassion.it](http://www.followyourpassion.it).



By subscribing to " POWERADE MILANO HALF MARATHON", the athlete expressly authorizes the Organizer together with legal entities with whom it has professional and business reports and associated with taking the pictures of the event, the acquisition of the free right to use still or moving images on which I will appear, taken at of their tenders of all visual media as well as promotional materials and / or advertising products and spread throughout the world and for the maximum time allowed by the laws, regulations, treaties in force, including the extension options to be made to the period provided.

### **Event cancellation**

If the race is cancelled and / or postponed to another date, or in any case, do not turn to force majeure and / or reasons beyond and / or not related to the will of the Organization, including the withdrawal of the performance by the competent public authorities, the registered athlete will have nothing to expect from the Organizing Committee and / or Laguna Running SSD a RL and MG Sport Srl, nor for the return of the registration fee, or as reimbursement of any expenses incurred or to sustain. The submission of the application form has the value of acceptance of this clause and expressly renounces any claim resulting in the cancellation and / or postponement of the race.

**Final Warning:** the Organizing Committee reserves the right to modify these rules at any time for reasons it deems appropriate for a better organization of the race, with the approval of FIDAL. The event will take place with any atmospheric condition. For matters not covered by these regulations, the norms of the International Technical Regulations and Bylaws of the FIDAL.

Milan, May 2026

