



# REGULATION

## RUN FOR LIFE 2025

### COMPETITIVE RACES 21km and 10km

**MARCH 9, 2025 – MONZA RACETRACK**

Gamber de Cuncress, in collaboration with Socialme Odv and the Silvia Tremolada Aps Association, with the approval of FIDAL Regional Committee of Lombardy and Province of Milan, organizes the tenth edition of Run for Life. The event, organized in conjunction with Women's Day, intends to promote respect as a necessary condition for civil coexistence between men and women.

The initiative is for charity: the proceeds, in addition to the costs of the organization, will be invested in the replanting of an area of the Monza Park.

The event, included in the Fidal National calendar, on the distances of 10 km and 21.097 km (approved) will be held in the Monza park on Sunday 09 March 2025 with departure from the racetrack at 9:00 for the 21km and for the 10km competitive.

#### **PARTICIPATION REQUIREMENTS**

##### **A) REGISTRATION FOR ITALIAN OR FOREIGN ATHLETES RESIDENT IN ITALY**

The following can participate in the competitive events:

- Italian or foreign athletes residing in Italy membership card for clubs membership card for clubs affiliated with Fidal in the categories:
  - Athletes from the student category (16/17 years old) can participate only in the 10km
  - juniors (18/19 years)
  - promising athletes (20/22 years)
  - seniors (from SF-SM to SM-SF95 and over)
- Foreign athletes with membership card for foreign Athletics Federations affiliated to the WA by presenting the following at the registration office:
  - foreign EU athletes: authorization from their Federation to compete abroad
  - non-EU athletes: in addition to the authorization of the Federation to which they belong, the residence permit or entry visa
- Runcard holders, Italian citizens and foreigners residing in Italy limited to people aged 20 and over (date of birth up to and including 2005), not a member of a club affiliated with FIDAL nor of a foreign Athletics Club affiliated with WA, nor of a Club affiliated (Athletics discipline) to a Sports Promotion Body in possession of a valid RUNCARD (date not expired), issued directly by Fidal ([www.runcard.com](http://www.runcard.com)). Participation is however subject to the presentation of a medical certificate for competitive Athletics valid in Italy.



- Italian and foreign athletes registered with Sport Promotion Board Company (Athletics discipline) who have signed the agreement with FIDAL, only if in possession of a valid, unexpired RUNCARD-EPS. Participation is in any case subject to the presentation of a medical certificate for competitive Athletics valid in Italy.

## **B) REGISTRATION FOR ITALIAN ATHLETES RESIDENT ABROAD**

The following can participate in the competitive events:

- Athletes in the student category (16/17 years old) can participate only in the 10km
- Juniors (18/19 years)
- Promising (20/22 years)
- Seniors (from SF-SM to SM-SF95 and above)

They must possess one of the following requirements:

- Be a Fidal member through an affiliated company
- Be a member of Foreign Athletics Federations affiliated with World Athletics
- Be in possession of the FIDAL RUNCARD (in this case they must be over 20 years old) combined with a medical certificate for competitive athletics specific "HEALTH FORM" downloadable from the race website.

Italian athletes residing abroad without one of the above requirements are not allowed to participate.

## **C) REGISTRATION FOR FOREIGN ATHLETES NOT RESIDENT IN ITALY**

### **1. 21KM AND 10KM COMPETITIVE**

The following can participate in the competitive events:

- ONLY athletes in the student category (16/17 years old) can participate in the 10km
- Juniors (18/19 years)
- Promising (20/22 years)
- Seniors (from SF-SM to SM-SF95 and above)

They must possess one of the following requirements:

- Be a member of a Foreign Athletics Federation affiliated with World Athletics
- Be in possession of the FIDAL RUNCARD (in this case they must be over 20 years old) combined with a medical certificate for competitive athletics specific "HEALTH FORM" downloadable from the race website.

### **2. 21KM FOR TOURISTIC-SPORTING PURPOSES (FORMULA RESERVED FOR FOREIGNERS ONLY NON-RESIDENTS IN ITALY):**

Only foreign athletes who have turned 18 years of age on the date of the event can participate, without sending a medical certificate as they are foreign citizens who do not have a membership card and are not residents in Italy and are required to duly complete the Liability Waiver Form during registration.

These are foreign athletes "foreign citizens without a membership card" and will be placed in an alphabetical order of arrival different from the rankings of the competitive event, will not be able to benefit from prizes in kind, in cash, value vouchers, bonuses, engagements, expense reimbursements of any kind.



**THE FOLLOWING CANNOT PARTICIPATE:**

The following cannot participate in competitive events:

- Athletes registered with other Federations (e.g. Triathlon)
- Athletes registered with Sports Promotion Companies recognised by CONI but not affiliated with FIDAL, who have not signed up for the RUNCARD
- Holders of "Mountain and Trail Runcard"
- Medical certificates of fitness for competition include words such as running, jogging, walking, marathon, triathlon, running etc. are not valid for participation purposes
- Medical certificates of fitness for other sports are not valid for participation: only those expressly bearing the wording "Athletics" will be accepted.

At the time of registration, for which you must use the appropriate forms, those who wish to participate in the Run for Life must sign the declaration of responsibility, as per the text below:

**DISCLAIMER:**

I hereby declare, aware of the criminal sanctions provided for in the event of untrue statements and false statements in the documents (art.26 l. 15/68 and art. 489 cp): to have read and consequently know, accept and respect the rules of "RUN FOR LIFE 2025"; to be aware that participation in competitive sporting events is potentially a risky activity if one is not adequately prepared and in suitable physical condition; to be aware that to register one must be in possession of a valid medical certificate of fitness for competitive athletics and to be 18 years old on the date of the event (16 years old for the 10 km); to register voluntarily and to assume all risks arising from my participation in the event: falls, contact with vehicles, other participants, spectators or otherwise, weather conditions, including scorching heat, extreme cold and/or humidity, 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 release the Organizing Committee of the RUN FOR LIFE 2025, SocialTime, I Gamber de Cuncuress, Silvia Tremolada, Fidal, the Municipality of Monza, the Consorzio Villa Reale, the Lombardy Region, the promoters, all sponsors and organizing partners of the event, their respective representatives, successors, officials, directors, members, agents, collaborators and employees of the companies mentioned above, from all present and future claims or responsibilities of any kind, known or unknown, arising from my participation in the event.

Once the registration for RUN FOR LIFE 2025 has been accepted, the participation fee is not refundable, even in the event of cancellation and in the event that the race is cancelled and/or postponed to another date or not carried out 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 carry out the race by the competent public bodies.



By registering for the event, I expressly authorize the Organizing Company, together with the legal entities with which it has professional and commercial relationships, to take images of the event, to acquire free of charge the right to use still or moving images in which I may appear, taken during my participation in the race on all visual media as well as on promotional and/or advertising materials produced and distributed 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 expected period. I also declare that at the time of registration I have read the privacy information available on the website [www.runforlifeitaly.it](http://www.runforlifeitaly.it) and that I have given my consent to the processing of personal data, in the ways provided for. The data will be processed in compliance with the provisions of EU Regulation no. 2016/679 ("GDPR") and used exclusively for the purposes set out in the information published on the website [www.runforlifeitaly.it](http://www.runforlifeitaly.it)

### **REGISTRATIONS AND PAYMENTS:**

Registrations are open and you can sign up via the link on the page [runforlifeitaly.it](http://runforlifeitaly.it)

Athletes are reminded that the starting grid is guaranteed until March 5, 2025 upon declaration of the race time during registration. Any registration received after that date will be automatically added to the queue without the possibility of modification.

21km was completed and touristic-sportive goals:

- €22.00 until December 31, 2024
- €25.00 from January 1 to January 31, 2025
- €27.00 from February 1 to March 5, 2025

10 km:

- €15.00 until 31 December 2024
- €18.00 from 01 January to 31 January 2025
- €20.00 from 01 February to 05 March 2025.

\*The fees are to be understood excluding of secretarial fees

For sports clubs with a minimum of 10 athletes, 1 free registration every 10 based on the period fee and a 15% discount with minimum of 20 participants.

The registration form can be downloaded online from the website [www.runforlifeitaly.it](http://www.runforlifeitaly.it).

Clubs are asked to send the form, fully completed, to the email address [info@runforlifeitaly.it](mailto:info@runforlifeitaly.it).

The registration fee for RUNFORLIFE 2025 includes: BIB, time recording chip, race pack with official gadget and sponsor product, refreshments along the route, final refreshment, services, insurance, finisher medal, technical and medical assistance.

In case an athlete registers in the last week before the event, the organization does not guarantee the race pack.

Registrations without the athlete's complete, personal and membership data will not be accepted, and, where applicable, required, a copy of the medical certificate to compete in athletics.

Registrations will close on March 5, 2025 at 11.59 pm.



The organizing committee reserves the right to close registrations at its sole discretion, even before that date.

The registration fee must be paid upon online registration by credit card.

#### CONFIRM REGISTRATIONS

The Organizing Committee will send an email to the formal document confirming registration via all registered participants. If the confirmation email does not reach the registered participant, the interested party must contact the registration secretariat at [info@runforlifeitaly.it](mailto:info@runforlifeitaly.it)

#### REGISTRATION FEE REFUND

The participation fee is not refundable in any case for reasons attributable to the individual registrant.

#### SAFETY PLAN

The Organizing Committee has prepared an adequate health and safety plan in compliance with current legislation and in cooperation with Local Institutions, Law Enforcement and the Red Cross.

#### RACE PROGRAM:

##### BIB Collection

The race participants can be registered on Saturday 8 March 2025 from 10.00 to 18.30 and Sunday 09 March 2025 from 7.00 to 8.30 at the organizing secretariat located in the EXPO Area in the Monza racetrack.

BIB may also be collected by third parties, with written authorization and photocopy of a valid identification document of the person for whom the BIB is collected. In the case of company registrations, received by the secretariat on acumulative form, they must be collected together by the representative of the sports company if this option has been indicated on the form; individual BIBs may not be requested individually by the cardholder.

Clubs and athletes from the province of Monza will have to collect the BIB on Saturday 08 March 2025.

The race number is strictly personal, cannot be tampered with and is not transferable to anyone.

Anyone found on the race track with a number assigned to another athlete or without a regular number or a counterfeit number will be held responsible for damage to property and persons, including himself, in addition to incurring the sanctions imposed by the federal bodies and the sanctions provided for by current legislation.



### **TIMING**

The measurement of times and the processing of rankings will be carried out with a transponder chip system. Only for statistical purposes, the time of each athlete will be detected electronically from his passage on the starting line at the start of the race, upon his arrival with passage on the Finish line and with the partial times at certain kilometers (REAL TIME). For the insertion in the federal rankings and for the OFFICIAL ranking, the time will be detected GUN TIME (at the shot). There will be specific grids based on the accreditation time. Anyone who starts from a grid other than the one assigned will be responsible for such infringement and will be warned and monitored for any subsequent editions of the race in which he/she may take part. Athletes must participate in the race with the personal number and the relative Chip provided by the Organizing Committee. If an athlete participates with someone else's personal number and chip or if he/she also carries other chips on the course, he/she will be liable to disqualification and reporting to the Federal Authorities.

### **SUPPLIES AND SPONGING**

As per WA/FIDAL regulations. A final refreshment service is planned in the finish area and intermediate refreshments and sponges.

### **TIME LIMIT**

The time limit is 2h45' for the 21km while for the 10km the time limit is 70'. Beyond this time the organizing committee will no longer be able to guarantee the complete closure of the race course.

### **RESULTS**

An arrival order and category rankings will be drawn up and will be available on the event website. These will be validated by the Technical Delegate Judge/Appeal Judge.

### **BAGS DEPOSIT**

Together with the bib, you will be given an adhesive tag with your race number which must be applied to the bag/sack of the athlete who will complete the last leg and which must contain only the personal clothing of the participants (to be used for the post-race change).

The bag, duly numbered, will be collected, stored and returned at the end of the race, at the space reserved "BAG STORAGE", duly marked. It is recommended not to leave personal effects (cell phone, wallet, etc.) inside the bags. The organization will not be responsible for any theft.

**ATTENTION: ONLY BAGS DELIVERED WILL BE ACCEPTED AT THE BAG STORAGE FROM ORGANIZATION TO RACE PACK COLLECTION**



## **AWARDS:**

The following will be rewarded:

- competitive half marathon: with cash prizes for the first 3 athletes, men and women, and the first 3 men and women in each category with prizes in kind.
- 10 km competition: with prizes in kind for the first 3 male and female athletes to arrive women and the first 3 male and female athletes in each category

Half Marathon Cash Prizes for Top 3 Male and Female Rankings:

1st Class M/F €150

2nd Class M/F €75

3rd Class M/F €40

Cash prize money for half marathon for top 3 ITALIAN male and female rankings:

1st Class M/F €50

2nd Class M/F €25

3rd Class M/F €10

These prizes can be won after the official announcement of the rankings and must be the runner who must show up with their Fidal membership card.

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

People in possession of the RUNCARD will be regularly included in the race ranking, but will not be able to enjoy refunds, bonuses or access the prize pool.

## **TEAMS PRIZE MONEY BY QUANTITY**

The first 3 classified companies will be awarded. The rankings will be made considering the number of registered members of the same company on the 21 and 10km distances.

1st Class. Company M/F €200

2nd Class. Company M/F €150

3rd Class. Company M/F €100

## **GENERAL INFORMATION:**

Complaints

According to the rules of the RT Fidal, complaints must be verbally presented to the judge in the first instance of arrival, in second instance in writing, within 30 minutes of the publication of the results, to the appeal judge, accompanied by the sum of €100.00 (one hundred) refundable in the event of acceptance of the complaint.



### **Identity check**

The GGG can carry out the check of the membership and identity of the athlete as provided for from the Fidal regulation (Ar. 8-9 2019 Sports Regulations). If, during the control, an athlete is found without a federal card or online membership receipt or identity document, a membership declaration must be filled out by the athlete's club.

### **Health service**

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

### **Transfer of registration**

Athletes who are already regularly registered but unable to participate in the race have the possibility of transferring the registration of another athlete in possession of the participation requirements required by this regulation.

It is also possible to change the race by transferring the registration already made to a different distance. In this case, any increase in the registration fee must be paid at the end of the course. Differences in the registration fees will not be refunded.

The change of name and/or race must be reported to the secretariat by March 5, 2025 at the [info@runforlifeitaly.it](mailto:info@runforlifeitaly.it) mailbox which will send the procedure through which it is possible to make the substitution.

### **Privacy and Image Rights**

In accordance with EU Regulation no. 2016/679 ("GDPR"), before registering the athlete is required to read the documentation regarding privacy protection, available on the website [www.runforlifeitaly.it](http://www.runforlifeitaly.it) and to express his/her consent to the processing of personal data, in methods provided. The data will be processed in compliance with the provisions of EU Regulation no. 2016/679 ("GDPR") and used exclusively for the purposes set out in the information published on the website [www.runforlifeitaly.it](http://www.runforlifeitaly.it).

By registering for the "RUN FOR LIFE 2025", the athlete expressly authorizes the Organizing Company together with the legal entities with which it has professional and commercial relationships relating to connected to the shooting of images of the event, to the free acquisition of the right to use still or moving images in which I may appear, taken on the occasion of his participation in the competition on all visual media as well as on promotional and/or advertising materials produced and distributed throughout the world and for the maximum time foreseen by the laws, regulations and treaties in force, including any extension that may be made to the foreseen period.

### **Failure to perform**

In the event that the race is cancelled and/or postponed to another date, or in any case, not carried out due to force majeure and/or reasons not attributable and/or not attributable to the will of the Organization, including the revocation of the authorization to carry it out by the competent public bodies, the member will have no right to claim anything from the Organizing Committee and/or from SOCIALTIME Odv or from Gamber de Cuncuress.





The refund of the registration fee, nor as a reimbursement for any expenses incurred or support. The submission of the application for registration constitutes acceptance of this clause and express waiver of any claim resulting from the cancellation and/or postponement of the competition.

Warning: the organizing committee reserves the right to modify these regulations at any time for reasons it deems appropriate for the purpose of better organizing the race, subject to prior Fidal authorization. The event will take place in all weather conditions. For anything not covered by this regulation, the rules of the International Technical Regulations and the Fidal statutes apply.

#### **RULE RT 5 RACE SHOES**

The requirements of the shoes used in the race must correspond to what is foreseen by the Athletics Shoe Regulation WA. To comply with the rules, the GGG carries out random 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 this case the shoe can be withdrawn by the Judges). Subsequently, in the event of non-approval of the shoe, the result must be cancelled and the athlete can be disqualified.

#### **INSURANCE**

The organization has sifted through RCT and individual accident policies.

**Monza, January 2025**