



REGULATION

RUN FOR LIFE 2025

COMPETITIVE RACES 21km and 10km

MARCH 9, 2025 – MONZA RACETRACK

Gamber de Cuncuress, in collaboration with Socialtime Odv and the Silvia Tremolada Aps Association, with the approval of FIDAL Regional Committee of Lombardy and the Province of Milan, is organizing the tenth edition of Run for Life. The event, organized to coincide 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, net of organizational costs, 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 competitive 10km.

ELIGIBLE FOR PARTICIPATION:

The following can participate in the competitive events:

- Italian and foreign athletes resident in Italy registered with Fidal affiliated clubs in the following categories:
 - Students (16/17 years old) only for the 10K
 - Juniors (18/19 years)
 - Promises (20/22 years)
 - Seniors (SF-SM to SM-SF95 and beyond)
- foreign athletes registered with a foreign Athletics Society affiliated with WA. For EU athletes, authorization from their Society or Federation is required; non-EU athletes, in addition to authorization from their Federation, must also show a residence permit or entry visa.
NB: Athletes registered with a Foreign Federation affiliated to WA who are not registered by their own Federation or Company or Assistant must sign a self-certification attesting to their membership.
- Holders of Runcard, Italian citizens and foreigners residing in Italy limited to persons aged 20 years (years of age, date of birth up to and including 2005) and over, not registered with a company affiliated with FIDAL nor with a foreign Athletics Company affiliated with WA, nor with a Company affiliated (Athletics discipline) with a Sports Promotion Body in possession of a valid RUNCARD (not expired date), issued directly by Fidal (www.runcard.com).
NB. The RUNCARD card is renewable. The expiry date is indicated on the RUNCARD card. If on the day of the event, during the card check, it is found that the card has expired, the athlete CANNOT participate, unless the renewal has been presented online.



- Italian and foreign athletes registered with Sports Promotion Bodies (Athletics discipline) who have signed the agreement with FIDAL, only if in possession of a valid RUNCARD-EPS (validity date not expired).

NB They must present the original medical certificate of fitness for competitive sports, showing the

wording "Athletics", a copy of which will be given to the organizers.

These athletes will be regularly included in the race rankings, but will not be able to enjoy refunds, bonuses and access to the prize money and/or generic value vouchers.

Their participation is however subject to the presentation of a medical certificate issued in their own country, but compliant with the diagnostic tests required by Italian law to be able to carry out competitive activity, which must be shown in original, leaving a copy, to the organizers.

In accordance with the current laws (DM 18/02/1982), those who practice competitive sports must undergo preventive and periodic checks of their specific suitability for the sport. Italian law requires that the interested parties must undergo the following health checks:

- medical visit,
- complete urine test,
- electrocardiogram at rest and after exercise
- spirometry.

All statements and test reports must be authentic or true to the originals.

A copy of the medical certificate must be kept in the records of the Organizing Company of each event in which the athlete in possession of a RUNCARD participates. These athletes will be regularly included in the race ranking, but will not be able to enjoy reimbursements, bonuses and access to the prize money and/or generic value vouchers.

Participants in events may be subjected to doping tests. They are also subject to the provisions of article 25 of the Rules for the Organization of Events 2021, if they are already subject to disciplinary suspension.

THE FOLLOWING CANNOT PARTICIPATE:

The following cannot participate in competitive events:

- Athletes registered with other Federations (e.g. Triathlon)
- Athletes registered with Sports Promotion Bodies recognized by CONI but not affiliated with FIDAL, who have not signed up to the RUNCARD
- Holders of "Mountain and Trail Runcard"
- Medical certificates of fitness for competitive sports containing wording 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 stating "Athletics" will be accepted.

FOR THE 21KM WITH TOURIST-SPORTS PURPOSE (reserved only for foreigners NOT resident in Italy):

Only foreign athletes can participate, without sending a medical certificate as they are "non-registered foreign citizens", but they are required to duly complete the Liability Waiver Form when registering online.



These are foreign athletes "non-registered foreign citizens" and will be placed in an alphabetical order of arrival distinct from the rankings of the competitive event and will not be able to benefit from prizes in kind, in money, value vouchers, bonuses, wages, expense reimbursements of any kind .

Upon registration, for which the appropriate forms must be used, all those who wish to participate in the RUN FOR LIFE 2025 must sign the declaration of responsibility, as per the text below:

DISCLAIMER:

I, the undersigned, aware of the criminal sanctions provided for in the event of untruthful declarations and false documents (art. 26 l. 15/68 and art. 489 cp) declare: to have read and consequently know, accept and respect the "RUN FOR LIFE 2025" regulations; 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, with other participants, spectators or others, weather conditions, including scorching heat, extreme cold and/or humidity, traffic and road conditions, every type of risk well known and assessed by me. Being aware of the above, considering the acceptance of my registration, I, on my behalf and in the interest of no one else, release and discharge 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 promoting bodies, all sponsors and organizational 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 liabilities 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 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 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 related and connected, to take images of the event, to acquire free of charge the right to use the 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 entire 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 I have read the privacy information available on the site at the time of registration www.runforlifeitaly.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 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 site www.runforlifeitaly.it



REGISTRATIONS AND PAYMENTS:

Registrations are open and you can sign up via the link on the page runforlifeitaly.it

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

21km competitive & Touristic Sporting distance:

- €22.00 until December 31, 2024
- €25.00 from 01 January to 31 January 2025
- €27.00 from 1 February to 05 March 2025

10km competitive:

- €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 net of administration fees

For sports clubs with a minimum of 10 athletes, 1 free registration is provided for every 10 registered based on the quota for the period. The form can be downloaded online from the website www.runforlifeitaly.it. Clubs are requested to send the form, fully completed, to the email address info@runforlifeitaly.it.

The RUNFORLIFE 2025 registration fee includes: bib, timekeeping chip rental, race pack with official gadgets and sponsor products, supplies along the route, final refreshments, services, insurance, finisher medal, technical and medical assistance.

In case an athlete should register 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 and, where required, a copy of the medical certificate of fitness for competitive athletics will not be accepted.

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 all registered participants the formal registration confirmation document via email. If the confirmation email does not reach the registered participant, the interested party must contact the registration secretariat at the address info@runforlifeitaly.it

REGISTRATION FEE REFUND

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

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

Race bibs can be collected on Friday 7 March 2025 from 2.00 pm to 6.30 pm, Saturday 8 March 2025 from 10.00 am to 6.30 pm and Sunday 9 March 2025 from 7.00 am to 8.30 am at the organizational secretariat located in the EXPO Area in the Monza racetrack.

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

Clubs and athletes from the province of Monza must collect their bibs on Friday 7 March and Saturday 8 March 2025.

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

Anyone found on the race track with a bib assigned to another athlete or without a regular bib or a counterfeit bib will be held responsible for damage to property and people, including themselves, in addition to incurring the sporting sanctions under the jurisdiction of the federal bodies and the sanctions provided for by current legislation.

TIMING

The timing and rankings will be processed using a disposable transponder chip system with GUN TIME (at the shot) and REAL TIME (for statistical purposes) detection.

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. They will be validated by the Technical Delegate Judge/Appeal Judge.

BAGS DEPOSIT

Together with the bib, you will be given an adhesive label 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 thefts.

ATTENTION: ONLY BAGS DELIVERED BY THE ORGANIZATION WHEN COLLECTING THE RACE PACK WILL BE ACCEPTED AT THE BAG STORAGE AREA

AWARDS:

The following will be awarded:

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

Half Marathon Cash Prizes for Top 3 Male and Female:

1st Class M/F €150

2nd Class M/F €75

3rd Class M/F €40

Cash prize money for half marathon for first 3 ITALIAN male and female finishers:

1st Class M/F €50

2nd Class M/F €25



3rd Class M/F €10

These prizes can be collected after the official announcement of the rankings and must be strictly collected by those entitled to it, who must present themselves with their Fidal 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.

COMPANY PRIZE MONEY BY QUANTITY

The first 3 classified companies will be awarded. The rankings will be obtained considering the number of members of the same company on the 21 and 10km competitive 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 presented verbally in the first instance to the arrival judge, in the 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 itself.

Identity check

The GGG can check the membership and identity of the athlete according to the provisions of the Fidal regulation (Art. 8-9 2019 Activity Rules). If, during the check, an athlete is found to be without the federal card or the 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 registered but unable to participate in the race have the possibility of transferring their registration to another athlete who meets the participation requirements set out in 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 when collecting the bib. 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 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 and to express their consent to the processing of personal data, in methods provided. The data provided 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.

By registering for the "RUN FOR LIFE 2025", the athlete expressly authorizes the Organizing Company together with the legal entities with which it maintains professional and commercial relationships relating and connected to the shooting of images of the event, to the free acquisition of the right to use the still or moving images in which I may appear, taken on the occasion of its 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 entire maximum period provided for by the laws, regulations, treaties in force, including any extension that may be made to the expected 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 out the race by the competent public bodies, the registered participant 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 expense incurred or to be incurred. The submission of the application for registration is considered 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 organizing the race, subject to authorization by Fidal. The event will take place in any weather conditions. For anything not covered by these regulations, the rules of the International Technical Regulations and the Fidal statutes apply.



RULE RT 5 RACE SHOES

The racing shoes to be used must comply with the provisions of the International Technical Regulations (RT 5)

INSURANCE

The organization has taken out policies for RCT and individual accidents.

Monza, October 2024