



REGULATION STRAMILANO 10 KM AND STRAMILANINA 5 KM

Stramilano 2025 – 10 Km
Departures at 9:30 from Piazza Duomo

Stramilanina 2025 – 5 Km
Departure at 10:00 from Piazza Duomo

Stramilano Running Club S.S.D. a r.l. organizes in Milan, sunday 23 March 2025, the amateur, non-competitive sports events at free pace, Stramilano and Stramilanina, respectively of Km 10 and Km 5.

REGISTRATION

Participation

There are no restrictions on participation in the two sporting events: people of all ages and abilities can participate.

Registration fee

The registration fee is € 18.00 and is not refundable under any circumstances.

With the registration, the participant will receive the Stramilano bag containing the official medal, the official T-shirt, the numbered bib, the magazine, useful information, programs, the sponsors' gadgets and the daily membership with a Sports Promotion Body that is obtained with the activation of the registration itself by connecting to the website www.stramilano.it section: Races, Stramilano 10/5 Km, How to participate.

Opening/closing of registrations

- ONLINE Registration:

- payment by credit card or Pay Pal from 4th October 2024 to 13th March 2025
- payment by bank transfer from 4th October 2024 to 9th March 2025

- Registration at the Official Registration Points: from 1st March 2025 to 22nd March 2025

- Registration at the Stramilano Centre: from 15th March 2025 to 23rd March 2025

Registrations will still be closed when the registration bags are exhausted.

The Organizing Company, at its sole discretion, reserves the right to anticipate the closure of registrations or to accept registrations beyond the scheduled closing dates.

How to register

a) **ONLINE** on the www.stramilano.it website. Payment by credit card (VISA or MasterCard circuit), Pay Pal, Bank Transfer (to be made by 9th March 2025).

b) in **the Official Registration Points**: by delivering the registration form signed and completed in all its parts and paying the registration fee in cash / credit card. After the purchase it is **necessary** to activate the registration on the www.stramilano.it website.

The list of official registration points shall be published:

- on the website of the event;
- on *posters and leaflets*.

c) at **the Stramilano Centre**: Milan, Piazza Duomo, delivering the registration form signed and completed in all its parts, paying in cash / credit card the fee from 15th to 22nd March 2025 from 10 am to 8 pm and on 23rd March 2025 from 6:30 am to 10 am. After the purchase it is necessary to activate the registration on the www.stramilano.it website.



Activation of the subscription

Registration in the Points of Sale and at the Stramilano Centre must be activated by connecting to the website www.stramilano.it in the section: Races, Stramilano 10/5 Km, How to participate.

This activation is mandatory for insurance reasons.

Only **online** subscribers do **NOT** have to go through the registration activation procedure.

Important

The registration form of a minor person must be signed by a person exercising parental authority.

Subscriptions paid and not collected by 11 am on 23rd March, 2025 will be canceled and no refunds of any kind will be given.

Withdrawal of the registration bag

Online members, with payment made by **credit card or Pay Pal or bank transfer**, can collect the registration bag **exclusively** at:

- the Stramilano Centre, Milan, Piazza Duomo, presenting the confirmation e-mail:
from Saturday 15th to Saturday 22nd March 2025, from 10 am to 8 pm;
Sunday 23rd March 2025, from 6:30 am to 10 am.

To those who register at the Official Points or directly at the Stramilano Centre, the participation bag will be delivered at the same time as registration and payment.

N.B. the collection of the bags at the Official Points **is not allowed** to those who have booked the bags online.

DEPARTURE AND ARRIVAL

STRAMILANO 10 Km – The run starts in Piazza Duomo and winds its way through the city streets shown on the 10 km Route map. The place of arrival is being defined. The departure is scheduled at 9:30 am and the arrival must take place by 1 pm.

Each participant is free to walk the route at the pace he deems most suitable.

STRAMILANINA 5 Km – The run starts in Piazza Duomo and winds its way through the city streets shown on the 5 km Route map. The place of arrival is being defined. Departure is scheduled at 10 am and arrival must be by 1 pm.

Each participant is free to walk the route at the pace he deems most suitable.

RISTORI

STRAMILANO 10 Km – There will be refreshment stations on Viale di Porta Vercellina and after the finish line.

STRAMILANINA 5 Km – There will be refreshment stations on Via Marina and after the finish line.

HEALTH SERVICE

The first aid service is prepared and approved by A.R.E.U. (Azienda Regionale Emergenza Urgenza) in accordance with the provisions of DGR 2453 of 7th October 2014 of the Lombardy Region, relating to the "Health Organization in scheduled events and events".

CHARTS

There are no rankings, since it is an amateur sporting event, non-competitive, at a free pace.



ACTIVITIES ON THE IMAGES ACQUIRED DURING THE EVENT

As reported in the Information on the protection of personal data collected with the registration to the Stramilano 10 Km and the Stramilanina 5 Km, during the performance of the sporting event Stramilano Running Club S.S.D. a r.l. will acquire images in the form of photographs or videos, which will be used for information purposes of the various moments of the event on the Stramilano website, on the promotional material of the event, on social media and in the specialized press. Both photographic images and videos will be stored in computer archives by Stramilano Running Club S.S.D. a r.l. and by external data processors, duly appointed by it. By registering for the Stramilano 10 Km and the Stramilanina 5 Km, the participant grants his authorization to use any of his images relating to participation in the event for any legitimate use without remuneration.

RESPONSIBILITY and PROTECTION OF PRIVACY

By registering for the Stramilano 10 Km and the Stramilanina 5 Km, the participant or the operator of the parental authority, in the case of a minor, declares: to know in full and to accept this regulation; to be physically suitable for the characteristics of the event; to register voluntarily; to be aware that the event takes place on the streets of the city; to be aware that, since it is a free rhythm event, it freely decides the pace to be used; to assume all risks arising from your participation in the event such as falls, contact with other participants and / or spectators, with vehicles or other contacts, hot / cold weather conditions, rain / humid, traffic and road conditions, risks well known and evaluated by you. Participants must comply with the rules of the Highway Code.

The participant relieves the Organizing Committee from any civil or criminal liability for damage to persons and / or things caused by him or derived by him from participation in the event itself.

The Information pursuant to art. 13 of Regulation (EU) 2016/679, can be viewed [HERE](#), for those who register for the sporting event by filling out the online *form* through the www.stramilano.it website, and directly on the leaflet, for those who register by paper form.

FAILURE TO CARRY OUT

If the race is canceled and / or, in any case, not carried out for reasons not dependent and / or not attributable to the will of the organizers, including the revocation of the authorization to carry out by the competent Public Bodies, the member will have nothing to claim from Stramilano Running Club S.S.D. a r.l. or from other co-organizers, not even by way of reimbursement of expenses incurred and those to be incurred, valuing the signing of the application for registration also as a waiver of any claim for compensation for damage and / or compensation and / or any claim to supplement and / or satisfies any financial prejudice suffered and suffered.

VARIATIONS

The events will take place according to the protocols of the Sports and Health Authorities in force on the date of the events.

The organizers may, at any time, modify these regulations for the better organization of the event and / or for reasons of force majeure. Any changes in schedules, services and places will be communicated to participants on the official website of the event www.stramilano.it.

INFORMATIONS

Event website: www.stramilano.it

E-mail: info@stramilano.it

Seat

Stramilano Running Club Società Sportiva Dilettantistica a responsabilità limitata

Via Lorenzo Valla 16 – 20141 Milan

Phone (+39) 02.84742380

Secretarial opening hours:

Monday to Friday, from 9:30 am to 12:30 am;

From 27th January to 23rd March 2025: Monday to Friday, from 9:00 am to 5:00 pm.

By signing the registration form, the participant declares to know and accept the regulations of the Stramilano of 10 km and the Stramilanina of 5 km.