

REGULATION

STRAMILANO 10 km and STRAMILANINA 5 km

Stramilano 2026 – 10 km

Departures at 10:00 from Piazza Duomo

Stramilanina 2026 – 5 km

Departure at 10:30 from Piazza Duomo

Stramilano Running Club S.S.D. a r.l. organizes in Milan, sunday 3 May 2026, 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. Participation is not allowed with skates, scooters, bicycles, or other wheeled vehicles except for strollers and wheelchairs.

Registration fee

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

The registration fee do not include any service charges applied by the companies that process the bank transfer or the online transaction via credit card.

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 to be insurance covered during the event.

NEWS! BABY FEE

The Baby fee is reserved for a parent who will participate in Stramilano 10/5 km with their child aged between 0 and 4 years. The fee is available while stocks last in the following ways: online until April 30th and at the Stramilano Centre, Piazza Duomo, from April 29th to May 3rd.

The combined registration fee is **€ 25** and includes for the parent the regular Stramilano bag complete, in adult size, and for the child only a t-shirt (baby size) along with the daily registration with a Sports Promotion Agency for the child's insurance during the event.

The collection must be done at the Stramilano Center at the times indicated below in the paragraph 'Race Pack collection'.

Opening/closing of ON-LINE Registration:

- payment by credit card or Pay Pal: from 7th July 2025 to 30th April 2026:
- payment by bank transfer: from 7th July 2025 to 19th April 2026.

Registration at the Official Registration Points: from 1st April 2026 to 2nd May 2026.

Registration at the Stramilano Centre: from 29th April 2026 to 3rd May 2026.

In case of exhaustion of the registration slots, registrations will be closed earlier.

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) ON-LINE on the www.stramilano.it website:

payment by credit card (VISA or MasterCard circuit), Pay Pal, Bank Transfer (to be made by 19th April 2026).

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 website attivazioneiscrizioni.stramilano.it

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 by cash / credit card the fee from 29th April to 2nd May 2026 from 10 am to 8 pm and on 3rd May 2026 from 6:30 am to 10:30 am. After the purchase it is necessary to activate the registration on the website attivazioneiscrizioni.stramilano.it

Activation of the subscription

Registration in the Points of Sale and at the Stramilano Centre must be activated by connecting to the website attivazioneiscrizioni.stramilano.it

This activation is mandatory for insurance reasons.

Only on-line 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 3rd May 2026 will be canceled and no refunds will be given.

Race pack collection

Online registrants, with payment made by credit card, PayPal, or bank transfer, can collect their registration bag by presenting their confirmation email at the following locations and times:

- At **FIOR DI ROCCIA**, Via Repubblica Cisalpina 3 (Arena Civica), 20154 Milano. **From Saturday, April 25th to Tuesday, April 28th, from 10:00 am to 8:00 pm.**
- At the **STRAMILANO CENTRE** in Piazza Duomo. **From Wednesday, April 29th to Saturday, May 2nd, from 10:00 am to 8:00 pm and Sunday, May 3rd, from 6:30 am to 10:30 am.**

N.B. For those who registered online from April 25th to 30th 2026, collection is available starting one hour after purchase.

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 on-line.

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 finish line will be at Arco della Pace, Piazza Sempione. The departure is scheduled at 10:00 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 finish line will be at Arco della Pace, Piazza Sempione. The departure is scheduled at 10:30 am and arrival must be by 1 pm. Each participant is free to walk the route at the pace he deems most suitable.

REFRESHMENTS

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 on www.stramilano.it, for those who register for the sporting event by filling out the on-line 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

Head office: Stramilano Running Club S.S.D. a r.l. Via Lorenzo Valla 16 – 20141 Milano - Italy

Phone (+39) 02.84742380

Secretary's office opening times:

Monday to Friday, from 9:30 am to 12:30 am. From 26th January to 3rd May 2026: Monday to Friday, from 9 am to 5 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.

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AFFILIAZIONI



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