

REGULATIONS

STRAMILANO HALF MARATHON

Men's and women's half marathon km 21.097

With the approval of FIDAL and World Athletics, on Sunday 3rd May 2026 the Stramilano Running Club S.S.D. a r.l. (FIDAL code MI938) is organizing the Stramilano Half Marathon, a 21.097 km international road race in Milan.

Stramilano 2026 – 21.097 km

Start at 8.30 from Piazza Castello

PARTICIPATION REQUIREMENTS

The competitive Stramilano Half Marathon is open to all athletes in the following categories:

1) Italian and foreign athletes who are members of clubs affiliated with FIDAL and compete in the "Juniors", "Promising Talents" and "Seniors" categories (from SF-SM to SF95-SM95 and beyond).

To athletes with a medical certificate not valid as of 3rd May 2026, we remind that their registration will not be considered valid until the club they belong to has validated the update of the certificate on the FIDAL portal.

It will not be necessary to send any documentation demonstrating the membership, which will be verified directly from the FIDAL portal.

2) foreign athletes who are members of foreign federations affiliated with World Athletics and in possession of their registration document:

- foreign athletes from the EU authorization from their Federation or copy of the card of the sports club to which they belong valid for 2026 or self-certification of membership;
- foreign athletes not from the EU in addition to what is indicated for foreign EU athletes, an Italian "Permit to Stay" or an entry visa.

This documentation must be sent by email to the address stramilano@evodata.it

N.B. Athletes members of a foreign Federation affiliated with World Athletics who are not registered by their Federation or Club must sign a self-certification that bears witness to their membership.

3) Italian and foreign athletes who are members of a club affiliated to a Sports Promotion Body (in athletics) approved by FIDAL for the 2026 season, with an Italian Runcard EPS. Italian and foreign citizens, with at least 20 years old (2006), who are in possession of a Runcard EPS and a medical certificate for competitive athletics, both valid on the day of the event.

This documentation must be sent by email to the address stramilano@evodata.it

4) Italian and foreign athletes, who reside in Italy, in possession of a Runcard Standard. Italian and foreign athletes who reside in Italy, with at least 20 years old (2006), who are in possession of a Runcard Standard that has been released by FIDAL (info@runcard.com) and of a medical certificate for competitive athletics, both valid on the day of the event.

It will not be necessary to send any documentation demonstrating the membership, which will be verified directly from the FIDAL/Run- card portal.

The foreign athletes not from the EU must send a copy of the Italian "Permit to Stay" or an entry visa by e-mail to the address stramilano@evodata.it

5) Italian and foreign athletes, who do not reside in Italy, in possession of a Runcard Standard. Italian and foreign athletes who do not reside in Italy, with at least 20 years old (2006), who do not belong to a FIDAL-affiliated club or to a foreign athletics club affiliated with World Athletics or to a club affiliated to a Sports Promotion Body (in athletics) approved by FIDAL, can compete if they are in possession of a Runcard Standard that has been released by FIDAL (info@runcard.com) and of a medical certificate for competitive athletics, both valid on the day of the event.

It will not be necessary to send any documentation demonstrating the membership, which will be verified directly from the FIDAL/Run- card portal. The foreign athletes not from the EU must send a copy of the Italian "Permit to Stay" or an entry visa by e-mail to the address stramilano@evodata.it

N.B. The athletes who participate with a Runcard (Standard or EPS) shall be regularly included in the race's rankings, but will not be able to receive any refund, bonus, voucher, or prize money.

N.B. The Runcard (Standard or EPS) membership is renewable, and it has an expiration date. The athlete cannot compete if it is revealed that his/her Runcard has expired during the membership check on the day of the event unless proof of the on-line renewal is produced.

IMPORTANT:

The participation shall nevertheless be subject to the presentation of a medical certificate for competitive athletics that is valid in Italy. Foreign athletes can present a medical certificate issued in their own country, as long as it complies with the diagnostic tests required by the Italian law. In accordance with Ministerial Decree 18/02/1982, every person who participates in sport competitions must undergo prior and regular fitness checks that are specific to each sport.

The Italian law requires that the participants undergo the following health checks:

- medical visit;
- test of urines (urinalyses);
- electrocardiogram at rest and stress test;
- spirometry.

All the statements and results from the exams must be authentic and conform to the original. The original certificate, with signature and print of the certifying Doctor, must be shown to the event organizers. A copy of the medical certificate shall be kept in the event organizers' documents of each race where the athlete, which is in possession of a Runcard, participates.

- Medical certificate competitive sport activity;
- Certificat medical activités sportives compétitives.

6) Italian and foreign athletes who are members of FISPES (the Italian Paralympic Sport Association) according to FIDAL/FISPES protocol.

Starting from November 2019, simultaneously to the competitive Stramilano Half Marathon, it is now possible to organize a non-competitive race, not under the aegis of FIDAL, only for foreigners (without membership and medical certificate) with tourist-sporting goals. Participants in this non-competitive race:

- will have to register on-line, and at the time of collecting the race pack they will have to sign the appropriate liability waiver form;
- will start in the starting sectors of the competitive race, but wearing dedicated bibs;
- will be listed in an alphabetical order of arrival, with their times, distinct from the Official Stramilano Half-Marathon ranking;
- will not be able to receive any refund, bonus, voucher, or prize money.

IMPORTANT- CANNOT PARTICIPATE TO THE RACE:

- athletes with RUNCARD Mountain & Trail;
- athletes who are members of Sports Promotion Bodies recognized by CONI (the Italian Olympic Association), but not approved by FIDAL;
- athletes who are members of other sport Federations (for example: Triathlon, cycling, etc.);
- athletes with "hand bike", wheelchair, stroller or any other wheeled vehicle.

IMPORTANT:

- Italian citizens enrolled on the Register of Italians Resident Abroad (A.I.R.E.) are considered as foreign residents;
- medical certificates for competitive athletics must state the word "athletics". Those that report the following words, such as: "running", "jogging", "marching", "marathon running", "triathlon racing", "half marathon", etc. are not valid for the purpose of participation. Medical certificates for other sports are not valid for participation;
- participants in the events can be subjected to doping controls. They are also subject to the provisions of Article No. 25 of the FIDAL Regulations, if already subjected to disciplinary suspension;
- the competition shoes to be used must comply with the provisions of the International Technical Regulations (RT 5).

THERE ARE NO FURTHER CRITERIA FOR PARTICIPATION

REGISTRATION FEES:

Individual registration fees

€ 30.00 – from 7th July 2025 to 30th November 2025;

€ 35.00 – from 1st December 2025 to 31st January 2026;

€ 40.00 – from 1st February 2026 to 31st March 2026;

€ 45.00 – from 1st April 2026 to 24th April 2026;

€ 50.00 – from 25th April 2026 to 2nd May 2026.

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.

VIP PASS LIMITED EDITION € 100.00

Exclusive entry including the following benefits: priority bib collection at the Stramilano Center, personalized bib with name, access to the 1st starting sector with the top runners, invitation to the two official Stramilano press conferences with the possibility to take photos together with the champions, reserved bag storage for VIP PASS holders, Stramilano wind jacket and keychain.

The VIP Pass can only be purchased on-line until 22nd April 2026. For more information on the VIP PASS please contact us at: info@stramilano.it

NEW! TO CUSTOMIZE THE RACE NUMBER WITH YOUR NAME € 5.00

After completing the registration procedure, you can choose to personalize the race number with your name, which must be indicated in the appropriate box during the process. This option will be available online only until 22nd April 2026.

Club registration fees

Clubs that are affiliated with FIDAL or a FIDAL-approved Sports Promotion Body, in accordance with the race regulations, can register their athletes in the on-line designated registration area. For clubs affiliated with FIDAL-approved Sports Promotion Bodies, this registration method is available only for athletes with valid RUNCARD-EPS. This registration method is valid only to clubs that are registering a minimum of eight athletes, whose fee pro-athlete is:

€ 30.00 – from 7th July 2025 to 31st December 2025;

€ 35.00 – from 1st January 2026 to 28th February 2026;

€ 40.00 – from 1st March 2026 to 30th April 2026.

Registration is free for FISPES athletes. Please, write us an e-mail at: info@stramilano.it

START AND END OF THE REGISTRATION PERIOD

- **Individual on-line registrations:** until 30th April 2026. <https://join.endu.net/entry?edition=92843>
- **Club on-line registrations:** Until 30th April 2026. <https://join.endu.net/entry?edition=92843>
- **Registrations at Stramilano Centre:** from 29th April to 2nd May 2026.

The Event Organizer may, at its sole discretion, anticipate the closing of registrations or accept registrations after the scheduled closing dates. Registration will not be accepted on the day of the event.

Payment by:

- Credit card;
- PayPal;
- Sofort;
- Satispay;
- bank transfer (until the 19th April 2026).

IMPORTANT: the registration fee will not be refunded in any circumstances or for any reason.

REGISTRATION CHANGE

Organization provides the opportunity to transfer the registration fee to another registered athlete, to move to the Stramilano 10/5km 2026 or to the Stramilano Half Marathon 2027 edition, exclusively by 22nd April 2026, in the following ways:

- **By selecting the SMART rate € 5.00 during registration (NEW!)**
It's now possible to add the Smart rate during the regular registration process, which allows athletes to postpone or transfer their registration at no additional cost. To take advantage of the registration change, you simply need to request via email at info@stramilano.it the access code to be entered in the appropriate online completion procedure, by 22nd April 2026, at the dedicated page www.endu.net/it/events/cambio-nome-o-posticipo-stramilano-half-marathon/
- **Without the Smart rate, at the cost of € 15.**
Those who did not purchase the Smart rate at the time of registration will be able to carry out the deferral or transfer procedure by filling out the appropriate online form by 22 April 2026, on the dedicated page www.endu.net/it/events/cambio-nome-o-posticipo-stramilano-half-marathon/

All athletes who postpone to the 2027 edition must update their registration data and medical certification according to the instructions they will receive from Endu in 2027.

After 22nd April 2026, it will no longer be possible to make any changes regarding registration.

N.B. Registrants who utilize the postponement or transfer procedure of registration to another athlete or to Stramilano 10/5km 2026 CANNOT REQUEST MORE THAN ONE change per purchased registration. If this procedure is performed more than once, in the checks that will be carried out after 24th APRIL 2026, they will be ignored, and no refunds will be provided.

Registration includes: a race bib, RCT insurance, a race pack with the official T-shirt, refreshments and security service, a timing chip, the official program, information, as well as, for those athletes who complete the race, a commemorative medal and a participation certificate, which can be downloaded following the instructions subsequently provided.

Details on how to check your registration and print your confirmation letter will be published on the website www.stramilano.it

BIB ASSIGNMENT

Once registration is complete (payment made, membership and other required documentation sent or delivered), a bib number will be assigned automatically and progressively. The color of the bib will distinguish the starting grid and will be attributed at the sole discretion of the Organizing Company, taking into consideration the time indicated by the athlete during registration, as well as the ranking obtained in the two previous editions of the event. Athletes who leave the "Best Time" section of the registration form empty or incomplete will be assigned a bib for the last group. Bibs from the last group will also be assigned to anyone whose stated time is found to be incorrect.

Bibs are strictly personal and must be displayed in their entirety. Athletes must not give them to other people or tamper with them. Anyone who fails to comply with these requirements will be disqualified. Once a bib number has been assigned, it cannot be changed.

Registered athletes are responsible for taking possession and the safekeeping of their bibs, which give them the right to use all of the services described in the regulations and in subsequent notifications. In addition to being liable for any damage to themselves and other people or things, anyone who takes part in the race without officially registering and/or with a counterfeit bib may face criminal charges and sporting disciplinary measures from the relevant federation bodies. Any offences of this nature may only be verified by examination of photographic and/or video evidence.

COLLECTING BIBS AND RACE PACKS

The athletes can pick up your bib and race kit at the following locations and times:

- At **HOKA STORE MILANO**, Corso Garibaldi 1 (corner Via Pontaccio), 20121 Milan: **Saturday, April 25th and Sunday, April 26th, from 10:00 am to 8:00 pm Monday, April 27th and Tuesday, April 28th, from 11:00 am to 8:00 pm.** For collection at the Hoka Store, it is mandatory to book bib collection, even for a delegated person, at the following link <https://stramilanobibcollection.splashtat.eu/>
- 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 07:45 am.**

ONLY Registered athletes who reside outside the Province of Milan, and are unable to collect their race packs and bibs on the above-mentioned dates, can collect them also on **Sunday 3rd May 2026 between 6:30 am and 7:45 am** at the Stramilano Centre, in Piazza Duomo, Milan. To avoid any unfortunate misunderstandings, the actual place of residence of those collecting the bibs will be checked.

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

It is also possible for athletes to delegate someone to collect their race packs and bibs:

- **Individuals:** delegates must present a photocopy of the athlete's passport/identity card, a letter of proxy and the documentation indicated in the participation requirements, if any.
- **Clubs:** club representatives who are delegated to collect bibs must present a letter of proxy from the club president and authorization to collect the bibs. The letter of proxy must be accompanied by a photocopy of the president's passport/identity card.

Registrations of athletes who do not collect their race packs by 8 am on 3rd May 2026 will be cancelled and race pack pick up will be no longer possible.

START

UPDATE Time: The start of athletes in the **1st, 2nd, 3rd, 4th, and 5th sectors** (starting sector, red sector, blue sector, green sector, yellow sector) is scheduled for **8:30 am at Piazza Castello**, Milan. The start of athletes in the **6th and 7th sectors** (orange sector and white sector) is scheduled for **8:45 am at Piazza Castello**, Milan. There may be slight variations to the time, due to television coverage requirements. The departure will take place in accordance with the FIDAL guidelines on events of this nature, in force at the time of the event.

Starting sectors:

1st starting sector: top athletes, with their names on their bibs;

2nd sector (red): athletes with times of up to 1:19:59 and athletes with bibs assigned at the organizer's discretion;

3rd sector (blue): athletes with times from 1:20:00 to 1:29:59;

4th sector (green): athletes with times from 1:30:00 to 1:39:59;

5th sector (yellow): athletes with times from 1:40:00 to 1:49:59;

6th sector (orange): athletes with times from 1:50:00 to 1:59:59;

7th sector (white): athletes with times of 2:00:00 or more.

FINISH

The finish line for the race is in Piazza Castello in Milan. After the finish line there will be an initial refreshments area serving drinks. There you will also find the Athletes' Village with changing and bag storage tents and a refreshment area. All athletes are recommended to flow down the funnel and not to create crowds.

TIME LIMITS

The maximum race time is **3 hours 30 minutes**. Two gates will be set up: one at 10 km for athletes who do not pass within 1 hour 30 minutes and one at 15 km for athletes who do not pass within 2 hours 15 minutes. All of the athletes who arrive after these times will be asked to stop by the staff. All runners who finish within the maximum time limit will be given a medal at the finish.

BAG STORAGE

A free bag storage service will be provided in the Athletes' Village, in Piazza Castello. Athletes must use the bags provided by the event organizer and label them with the sticker included in the bag containing their bib. The bags must only contain a change of clothes for after the race. While the bags will be collected and returned with the utmost care and attention, the event organizer will accept no responsibility for any missing, lost and/or stolen items.

MEDICAL ASSISTANCE

The first aid service is prepared and approved by A.R.E.U. (Azienda Regionale Emergenza Urgenza - Regional Emergency Urgency Company) in accordance with the DGR 2453 of 7 October 2014 of the Lombardy Region, concerning the "Health Organization during events and scheduled exhibitions".

REFRESHMENT

In accordance to the World Athletics - FIDAL Regulations, refreshment will be located along the route.

TIMING SERVICE

The timing service will be provided by the Italian Timekeepers Federation. EvoData Srl will process the times and draw up the rankings using the chips provided, which must be utilized in accordance with the enclosed instructions. There will be splits at 5 Km, 10 Km and 15 Km. Additional checks may also be made to ensure that the rankings are drawn up correctly. The race time will be measured with gun time (at the shot) and real time (for statistical purposes).

PACERS

The event organizer will provide groups of pacers who will run the half marathon at a steady pace, in order to help participants to reach the finish line in their desired time.

RESULTS AND PLACINGS

The rankings will be based on their Official Times. Any complaints must be made in accordance with the procedure described in the "COMPLAINTS" section below. The rankings for the race will be published in the "Results" section of the EvoData Srl website. For what is not expressly stated, please refer to the World Athletics - FIDAL Regulations.

PRIZES

Immediately after the arrival, in Piazza Castello, the first three overall men and the first three overall women and the first three Italian

women of the 53rd Stramilano Half Marathon will be rewarded as per the prize pool shown below. Furthermore, after the event, a recognition prize will be sent individually to the first placed male and first placed female in the Seniors Master age group categories.

Prize money

OVERALL MEN'S RESULTS

1st € 1.000,00 – 2nd € 700,00 – 3rd € 500,00

OVERALL WOMEN'S RESULTS

1st € 1.000,00 – 2nd € 700,00 – 3rd € 500,00

ITALIAN MEN'S RESULTS

1st € 250,00 – 2nd € 200,00 – 3rd € 150,00

ITALIAN WOMEN'S RESULTS

1st € 250,00 – 2nd € 200,00 – 3rd € 150,00

IMPORTANT:

Combining prizes: the prizes for the male and female general and Italian rankings can be combined.

Eligibility for monetary prizes: athletes who have a FIDAL RUNCARD, Standard or EPS, cannot receive monetary prizes or refunds. Foreign participants with tourist-sporting goals are also excluded from receiving monetary prizes or refunds.

Payment of prizes: the amounts awarded for the prizes and bonuses are subject to deductions under the Italian tax system. The money will be paid within 90 days of the results being announced for the anti-doping drug tests.

COMPLAINTS

Any complaints concerning the Official Time rankings must be made within 30 minutes of the official rankings being displayed at the Timing and Race Officials tent, next to the finishing line. A verbal complaint must initially be made to the Finishing Official and it must be followed up by a written complaint to the Appeals Official. Written complaints must be accompanied by payment of € 100.00, which will be returned if the appeal is upheld. The Race Officials may disqualify athletes who do not pass through the tracking points along the course.

CHECKS

Federation membership card checks and athlete identity checks will be carried out in accordance with current FIDAL Regulations.

ABOUT IMAGES ACQUIRED DURING THE EVENT

As reported in the Personal Data Protection Policy of Stramilano Running Club S.S.D. a r.l. on the data transmitted for signing up to Stramilano Half Marathon, during the sporting event, photographic images and videos will be acquired and used by Stramilano Running Club S.S.D. a r.l. for informational purposes of the various moments of the event itself, on the Stramilano website, on the event's promotional material, on social media and trade press. Both photographic images and videos will be stored in IT archives by Stramilano Running Club S.S.D. a r.l. and by External Data Processors, duly authorized by the latter.

DISCLAIMER, ACCEPTANCE OF THE REGULATION AND PRIVACY POLICY

By registering for the Stramilano Half Marathon, the participant states: to have read and, consequently, to know, to accept and to respect this Regulation; they hold the organizers, the sponsors, FIDAL, the G.G.G. and the media partners, free from all civil and criminal liability for harm to persons and/or things caused directly or indirectly by the athletes themselves; to be physically fit 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, being a competitive race under the aegis of FIDAL, it must be in possession of the requirements requested by the Federation; to

assume all the risks deriving from my participation in the event such as: falls, contacts with other participants, spectators, with vehicles or other contacts; hot/cold, rain/wet weather conditions; traffic and road conditions, risks well known and evaluated by me. Participants must comply with the Italian Highway Code. For those registering to the sporting event by filling out the on-line form via www.endu.net website, the Privacy Policy referred to Article 13 of the Regulation (EU) 2016/679 on the protection of personal data is published on website www.endu.net and www.stramilano.it

CHANGES

The race and registration procedures, as well as the collection of bibs and the deposit of bags must comply with the protocols of the Sports and Health Authorities in force on the date of the events.

The event organizer reserves the right to change this regulation at any time (after notifying the FIDAL Regional Committee for Lombardy) in order to improve the organization of the event or comply with changes to FIDAL regulations or by disposition of the "competent authorities". The amended regulation will be published on the official website for the event (www.stramilano.it) and will fully replace the previous version.

CANCELLATION

If the race is cancelled and/or does not go ahead for reasons beyond the control of the organizers and/or despite their wishes (including if the relevant public authorities retract their authorization for whatever reason), registered participants will have no right to make any claims against Stramilano Running Club S.S.D. a r.l. or other joint organizers and no right to reimbursements for any past or current expenses. By signing a registration application, they waive the right to compensation and/or damages and/or any claims for indemnification and/or settlement for any past or current financial loss.

FINAL REMARKS

For what is not provided for in this regulation, the International Technical Regulations and the statutory and technical rules of the World Athletics, FIDAL and the Race Officials shall apply.

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.

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AFFILIAZIONI



Comitato Organizzatore

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