



ARIESCOMO
ATHLETIC TEAM

SYNLAB COMO LAKE HALF MARATHON

21 k – NON-COMPETITIVE RACE

COMO – 01 DECEMBER 2024 H. 08.30

Exclusively for Italian non-affiliated athletes (formerly identified as “free athletes”)

The A.S.D. ARIES COMO ATHLETIC TEAM organises the **non-competitive 21 km road running event**, in cooperation with the Municipalities of Como, Cernobbio, Moltrasio, Carate Urio and Laglio, for **Italian athletes not affiliated with any sports club**.

Non-competitive Como Lake Half Marathon

The event will take place in Como on Sunday 01 December 2024, as part of the “SYNLAB COMO LAKE HALF MARATHON” event.

PARTICIPATION REQUIREMENTS:

Only athletes who will be aged 18 years old or over on 1 December 2024 will be able to attend.

ONLY Italian athletes not affiliated to any federation will be able to attend.

Athletes must present a medical certificate of COMPETITIVE fitness for ATHLETICS, as certificates for other sports will not be considered as valid.

Certificates must be valid on 1 December 2024 (i.e., their deadline should not be expired).

Technical information

The **21K NON-competitive race takes place on** completely asphalted municipal and provincial roads. Local authorities (i.e., the province of Como and Prefecture) will ensure the partial/totale closure of the road to the traffic on the Como-Cernobbio section of the course. Participants will be required to rigorously abide by street regulations, utilising pavements and, where possible, to **ALWAYS** run on the side of the street close to the lake. As the race course will consist of an outward/return route, participants will have to run on the right side (with the lake on their right) during the first part of the race and on the left side (with the lake on their left) during the second part. The organising committee will ensure adequate security service during the parts of the race course without pavement.



ARIESCOMO

ATHLETIC TEAM

PROGRAMME - TIMETABLE

The event will take place on 01.12.2024
Meeting from 7:30 AM in Como, Villa Olmo Park
Start: 8:30 AM in Como, Villa Olmo Park
Finish at the same location as the start.

REGISTRATIONS AND PAYMENT

- On-line on the website: www.endu.net

If you experience any issue with registration, please contact via email: synlabcomolake@evodata.it

REGISTRATION FEES

- Individual registration: € 20,00 for the first 24 hours after registrations open
€ 27,00 until 31.05.2024
€ 31,00 from 01.06.2024 to 30.09.2024
€ 35,00 from 01.10.2024 until registration close
€ 50,00 Charity bib*

For group registrations, please enquire synlabcomolake@evodata.it

- Group registrations, 10-19 athletes: € 23,00 until 31.05.2024
€ 26,00 from 01.06.2024 to 30.09.2024
€ 31,00 from 01.10.2024 until registration close
- Group registrations, > 20 athletes: € 20,00 until 31.05.2024
€ 23,00 from 01.06.2024 until 30.09.2024
€ 28,00 from 01.10.2024 until registrations close

Registration fees include:

race package, race bib, disposable chip, official gadget, insurance, technical and medical assistance.
Medals for all finishers.

*registration fees collected from charity bibs will be entirely donated (except for administrative expenses) and will not grant any right to receive the race pack or the official gadget.

REGISTRATION DEADLINE

Registrations will close on 28.11.2024 at 23:59.

The organising committee reserves the right to close registrations early **after reaching 1000 participants.**



ARIESCOMO
ATHLETIC TEAM

Should the limit of 1000 registrations not be reached by 28.11.2024, the organising committee reserves the right to **re-open registrations on Saturday 30 and Sunday 01 December 2024. Late registrations will cost 40.- € plus 5 € for administrative fees.**

N.B. athletes not collecting their bib for personal grounds will not have the right to the refund of the registration fee. Registrations may however be postponed to the 2025 edition via a dedicated request to iscrizioni@ariescomo.it (such request must be submitted by **28 November 2024 at 23.59**).

It is only possible to postpone to the following edition once.

REGISTRATION TRANSFER

Athletes who have regularly registered but are unable to attend the race may transfer their registration to another athlete meeting the participation requirements under this Regulation. It is mandatory to communicate the change by **Thursday 28.11.2024** at: synlabcomolake@evodata.it. The transfer will involve a **5 €** (five/00) administrative fee, which will need to be paid when the athlete will collect the bib.

BIB COLLECTION

In accordance with the health regulations in force on the day of the race, race bibs may be collected **on Saturday 30 November 2024 from 14.00 to 19.00 and on Sunday 01 December 2024 from 06.30 to 08.00 in Como at the Villa Olmo Park**. Any further requirements (including any derogations linked to any FIGC calendar requirements) will be posted in due course **on the website and social media channels**.

The bib is strictly personal, it cannot be given away and cannot be damaged. Those found liable will be disqualified. The bib must be appropriately pinned on the chest during the race.

Third parties may collect the bib as long as they present a valid authorisation form signed by the delegating person and a copy of their ID.

SECURITY SERVICE

The Organising Committee declares that it has followed the procedures and instructions regarding Safety & Security and will comply with all the prescriptions that the competent Authorities may require in order to authorise the competition, with particular reference to Art. 32 of the 'Rules for the organisation of events' regarding safety, as specified in the 'Safety Plan for public events' by the Comitato Regionale Lombardo.

The Organising Committee has signed a Civil Liability insurance policy for damages to Third Parties resulting from all activities linked to the event.



ARIESCOMO
ATHLETIC TEAM

TIMING AND RANKINGS

EvoData SRL will be in charge of the timings and of drawing up rankings exclusively for statistical purposes.

MAXIMUM TIME

The time limit is **2 hours 35 minutes.**

Beyond this time, the Organising Committee will no longer be able to guarantee services on the course and declines all responsibility.

CHANGING ROOMS - SHOWERS – DEPOSIT FOR BAGS

Toilets will be provided inside the stadium.

Unless otherwise indicated, showers and changing rooms will be provided, except in case of force majeure circumstances, **not dependent on the organising committee**, which will be duly communicated in advance.

There will also be an unattended bag storage service inside the stadium. The organising committee declines any responsibility in case of theft/loss.

REFRESHMENTS

Refreshments will be available along the race course in accordance with the regulations.

There will be a FINAL refreshment point next to the start/finish.

The event adheres to the “I don't throw my rubbish” campaign: those caught abandoning material and/or rubbish on the route, outside the established points, will be **disqualified.**

Declaration of Responsibility and Privacy Authorisation in accordance with Art 13 D.Lgs. 196/2003 on Privacy Protection

By signing this form I accept the conditions contained in the regulations.

I hereby declare that I am aware of and that I will abide by the regulations. I will waive the Organising Committee of the SYNLAB COMO LAKE HALF MARATHON and 5K, the Organising Company, the F.I.D.A.L. Comitato Provinciale di Como, the Promoting Bodies, the Administrations of the Municipalities involved, all the Sponsors of the event, their respective representatives, successors, officials, directors, members, agents and employees of the above-mentioned companies, from all present and future claims or responsibilities of any kind deriving from my participation in the event. I grant my permission to all listed entities to use photographs, tapes, videos, website images and anything related to my participation in the event for any lawful use without remuneration. Personal information will be treated in accordance with the Personal Data Protection Code.'



ARIESCOMO
ATHLETIC TEAM

Authorisations:

Participants authorise the Organising Committee through their registration to use the images to promote the event on all national and international social media.

The Organising Committee

A.S.D. ARIES COMO ATHLETIC TEAM

Additional mandatory documentation, to be filled in upon registration, follows hereby.



ARIESCOMO ATHLETIC TEAM

SYNLAB COMO LAKE HALF MARATHON – NON-COMPETITIVE 21 KM – 01 DECEMBER 2024

Participant information

Surname..... Name.....

Date and place of birth.....

C.F.

WAIVER OF RESPONSIBILITY BY THE ORGANISING COMMITTEE

1. The Participant declares, under his own responsibility, to be in good health and to exonerate the Organisation from all liability, both civil and criminal, relating to and resulting from the verification of the aforementioned fitness;
2. The Participant declares that he/she is aware of the regulations of the Event and undertakes, under penalty of exclusion from the event, to behave in accordance with the principles of fairness and correctness and not to behave in any way contrary to the law and the rules of the regulations that may endanger his/her own or others' safety;
3. The Participant relieves the Organisation of any direct or indirect liability for any material or non-material damage and/or expenses (including legal expenses) that may be incurred by him/her as a result of his/her participation in the event, including as a consequence of his/her behaviour;
4. The Organisation is not responsible for the accuracy of the data provided by individual participants;
5. Finally, Participants, by signing this form, assumes all liability that may arise from the exercise of the sporting activity in question and relieves the Organisation of all civil and criminal liability, including objective liability, as a consequence of injuries caused to themselves or to third parties and illnesses occurring during the entire duration of the event, or as a consequence of the use of the infrastructures. They also relieve the Organisation of all liability related to theft and/or damage to any personal item.

Pursuant to and for the purposes of Articles 1341 and 1342 of the Italian Civil Code, the Participant declares that he/she has carefully examined all the clauses contained in the Organisation's Disclaimer and specifically approves all the points listed therein. This present declaration must be read, approved and signed by the Participant in the event, or by the parents legally responsible if the Participant is under 18 years old.

Location and date

Signature

Authorisation to the processing of personal data

Having regard to Article 13 of Legislative Decree No 196 of 30 June 2003, the Participant authorises the processing and communication to the Organisation of his/her personal data, for the purposes related to the realisation of the sporting event. The Participant expresses his or her consent to the processing of the data specified in the information notice, authorising the sending of information material relating to subsequent events or various initiatives proposed by the organisers. The participant authorises any photographic and filming for the creation of videos, notice boards, publication in print and on the web (including downloads).

Signature _____