



## REGULATIONS

### StaiSano! RUN – 10th May 2026

Laguna Running ssdrl, in collaboration with the University of Milan, is organizing on Sunday, 10th May 2026 at the Idroscalo of Milan, a non competitive road race called StaiSano! RUN, over distances of 6.2 km or 12.4 km (1 or 2 laps of Idroscalo Park).

#### **PARTICIPATION REQUIREMENTS**

The race is non-competitive and open to anyone who wishes to take part.

Participants under 18 may take part only if accompanied by an adult and with a specific registration.

The course will be timed, but no official ranking will be published.

Each participant can choose to walk or run, going at a pace that feels comfortable for them, according to their level of physical condition.

Participation is open to everyone, provided that the participant has a valid medical certificate of good health issued by a general practitioner. It is not necessary to present the certificate at the time of the registration; signing the registration form is a declaration that the participant holds this certificate and releases the Organizing Committee from any liability.

#### **REGISTRATION DEADLINE**

Online registration is open until 8th May 2026 at 6 pm.

#### **REGISTRATION FEES**

The registration fee includes the race bib, event t-shirt, race pack with sponsor gifts, final refreshment, medical assistance, and insurance.

The registration fees are as follows:

- €15 for all participants until 15th April (excluding under-18 participants);
- €20 from 16th April until 8th May;
- €15 for University of Milan students;
- €12 for under-18 participants;
- €18 for ARCUS members starting from 16th April;
- Discounts are available for groups of 10 or more participants.

A €3 processing fees applies to all registration.

## **WHERE TO REGISTER**

Registration is possible:

- Online via the website <https://staisano.unimi.it/attivita/staisano-run/> until Friday, 8th May at 6 pm, or until the maximum number of 3.000 participants is reached.
- On-site at the StaiSano! RUN Village at Idroscalo, Porta Maggiore entrance, on Saturday, 9th May, only if bibs are still available.

*REGISTRATION WITHOUT PAYMENT OR WITH INCOMPLETE PERSONAL INFORMATION WILL NOT BE ACCEPTED. ONCE REGISTERED, THE FEE IS NON-REFUNDABLE UNDER ANY CIRCUMSTANCES. THERE WILL BE NO BAG DROP SERVICE AVAILABLE.*

## **BIB COLLECTION**

- Wednesday, May 6 from 11:00 AM to 7:00 PM at the main campus of the State University, located at Via Festa del Perdono 7, Milan (MI)
- Saturday, 9th May from 10 am to 6 pm, at the StaiSano! RUN Village, Idroscalo – Porta Maggiore entrance.
- Sunday, 10th May from 8 am to 9 am, at the StaiSano! RUN Village, Idroscalo – Porta Maggiore.

## **START**

The race is scheduled to start at approximately 10:30 AM in the Tribune area of Idroscalo (Porta Maggiore entrance). Participants may complete the chosen distance at their own pace.

Participants under 18 must be accompanied by an adult.

The schedule may be subject to changes due to organizational needs or health and safety requirements. Any updates will be promptly communicated to the e-mail address provided during registration.

## **FINISH**

Idroscalo – Tribune area.

## **MEDICAL SERVICE**

A first aid service will be available.

## **TIME LIMIT**

The time limit is 2 hours and 45 minutes.

## **RESULTS**

As this is a non-competitive event with a self-paced format, no rankings or official results will be published. The course will still be timed.

## **AWARDS**

[to be defined]

## **AUTHORIZATION FOR PARTICIPATION OF MINORS**

If a minor is registered, by accepting these Regulations, the parent or legal guardian declares that they authorize the minor to participate in the StaiSano! RUN and fully accept the liability waiver\* related to participation.

They also authorize any doctor, emergency medical personnel, hospital, or other healthcare facility to treat the minor and to take any action necessary to treat or relieve any injury resulting from participation in the event, including performing any procedures considered medically advisable.

They agree to the administration of anesthesia if necessary during treatment. They acknowledge that there may be risks, complications, and unforeseen consequences in any medical treatment and therefore assume such risks on behalf of the minor. They further acknowledge that no guarantees can be given regarding the outcome of any medical treatment provided.

## **EVENT CANCELLATION**

If the race is cancelled, postponed, or not held due to force majeure or reasons beyond the control of the Organizing Committee, including the withdrawal of authorization by the relevant public authorities, participants will not be entitled to any claim against the Organizing Committee, Laguna Running SSDRL, or MG Sport.

The registration fee will not be refunded, and no reimbursement will be provided for any expenses.

Submitting the registration form implies acceptance of this clause and a waiver of any claim related to the cancellation or postponement of the race.

## **REGISTRATION CANCELLATION**

Registration fees are non-refundable. No refund will be issued in case of event cancellation due to reasons beyond the control of the Organizing Committee.

## **ATHLETE RESPONSIBILITY**

Each participant is responsible for the ownership and safekeeping of their race bib, which entitles them to access all services described in these Regulations and subsequently communicated.

- a) Anyone participating without a valid registration and without a race bib will be held responsible for any damage caused to people or property, including themselves, and may face sports sanctions imposed by the relevant authorities, as well as potential legal consequences.

- b) Anyone participating without a valid registration using a counterfeit or improperly assigned race bib will be subject to the same sanctions mentioned above, including possible sports and legal consequences.

In cases a) and b), violations may be verified through photographic and/or video evidence.

## **LIABILITY WAIVER**

By registering for the StaiSano! RUN, the participant acknowledges that they have read and will comply with the Regulations. They understand that participating in the StaiSano! RUN, and in sporting events generally, involves inherent risks.

The participant registers and assumes all risks associated with the event, including but not limited to: falls, contact with vehicles, other participants, spectators, or any other people, weather conditions including extreme heat, cold, or humidity, traffic, road conditions, and any other risks that are known or reasonably foreseeable.

Being fully aware of the above, and in consideration of their registration, the participant, on their own behalf and not on behalf of any other person, hereby releases and holds harmless the StaiSano! RUN Organizing Committee, Laguna Running SSDRL, MG Sport S.r.l., the University of Milan, the promoting organizations, the Municipality of Milan, the Metropolitan City of Milan, all event sponsors, and their respective representatives, successors, officers, directors, members, agents, and employees, from any and all claims or liabilities of any kind, known or unknown, arising from participation in the event.

## **DATA PROCESSING**

In accordance with Article 13 of Regulation (EU) 2016/679 (GDPR), participants are informed that:

- a) The data provided in the registration form are required for registration, preparing the participant list, managing timing/results archives, providing the services described in the Regulations, and sending information about the StaiSano! RUN and future events or communications from its partners.
- b) Failure to provide the required data will result in the participant not being admitted to the event.
- c) Participants have rights regarding the processing of their personal data, as listed in Articles 12 and following of the GDPR. At any time, participants may access, correct, or delete their data free of charge by contacting the Data Controller.

## **PRIVACY AND IMAGE RIGHTS**

By registering for the StaiSano! RUN, the participant expressly authorizes the recording of their image through television, film, photography, or any other means during their participation in the event. By submitting this declaration, the participant confirms this authorization, granting the broadest right (without obligation) to record, reproduce, print, publish, project, distribute, and otherwise use their image by any means currently known or to be invented in the future, without time or territorial limits, worldwide, and to assign such rights to third parties, including for promotional and/or advertising purposes.

The participant also declares that they have no claims against Laguna Running SSDRL, MG Sport S.r.l., the University of Milan, or their successors or assignees, and generally against anyone who

uses or exploits their image, acknowledging that the opportunity to participate in the event constitutes full consideration for the use of their image.

## **FINAL NOTES**

The Organizing Committee reserves the right to modify these Regulations at any time for reasons it deems necessary to ensure the best possible organization of the race. Any changes to services, locations, or schedules will be communicated to registered participants or published on the website <https://staisano.unimi.it/attivita/staisano-run/>.

Milan, March 2026