



**ARIESCOMO**  
ATHLETIC TEAM

## **SYNLAB COMO LAKE HALF MARATHON** **21K – COMPETITIVE RACE**

**COMO – 06 DECEMBER 2026 H. 08.30**  
**RULES AND INFORMATION**

The A.S.D. ARIES COMO ATHLETIC TEAM organises the road running event, homologated and certified in the national calendar, with the authorisation of the Italian Athletics Federation (FIDAL) and in cooperation with the Municipalities of Como, Cernobbio, Moltrasio, Carate Urio and Laglio.

### **PROGRAMME TIMETABLE**

The event will take place on 06.12.2026  
Meeting from 7:30 a.m. in Como, **Villa Olmo park**  
Start at 8:30 a.m. from Como, **Villa Olmo park**  
Arrival at the same starting point.

### **ROUTE**

The Synlab Como Lake Half Marathon is a competitive road running race that takes place on completely asphalted municipal and provincial roads. The authorities in charge (Province of Como and Prefecture) will ensure the total/partial closure to traffic between Cernobbio (Pizzo) – Carate Urio - Laglio (until the turnaround). As the race course will consist of an outward/return route, participants will have to run on the left 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.

Athletes participating in male and female categories will run along a 21.097 km distance, certified by the Italian Athletics Federation (FIDAL). The event will take place in the Como, Cernobbio, Moltrasio, Carate Urio and Laglio municipalities.

### **PARTICIPATION REQUIREMENTS**

The following athletes may participate:

1. Athletes (Italian and foreign) registered with **FIDAL-affiliated clubs** for the year 2026 and belonging to the categories Juniores - Promesse - Seniores (from SM-SF 23 to SF-SM 95 and over);
2. Italian and foreign athletes of the same age members of clubs which have signed an agreement with FIDAL, as long as they possess a valid RUNCARD-EPS (whose validity date should not be expired).



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NB such athletes must present and hand over to organisers a **copy of their medical certificate of competitive fitness for athletics**.

*Such athletes, while regularly appearing in the ranking, will not be eligible for bonus - refunds and will not have access to monetary prizes or generic vouchers.*

3. **RUNCARD holders.** Participation is open to Italian and foreign citizens aged at least old 20 years (born in 2006 at the latest), who are not members a FIDAL-affiliated club, nor a foreign athletics club affiliated with the IAAF, nor an athletics club affiliated to a sports promotion body granting access to a valid RUNCARD, issued directly by FIDAL and whose date should not be expired (for any further information, please contact: info@runcard.com).

NB: the RUNCARD is renewable. The expiry date is indicated on the RUNCARD. If controls on the day of the event reveal that the card has expired, the athlete may NOT be able to participate, unless they present a proof of online renewal of the card.

Their participation is in any event subject to the presentation of their **medical certificate of fitness for athletics**, valid in Italy. The organising body will retain a copy of the medical certificate on file for each event where RUNCARD holders participate.

These athletes will be regularly included in the general and category rankings and may receive prizes in kind, but they will not be eligible for refunds and bonuses, nor will they have access to monetary prizes or generic value vouchers.

4. Foreign athletes who are members of clubs of foreign federations affiliated to WA may participate. EU athletes require authorisation from their Federation or Club; non-EU athletes, in addition to authorisation from their Federation, must also show their residence permit or entry visa.

N.B.: athletes registered with a Foreign Federation affiliated to the WA who are not registered to this race by their own Federation or Club or Assistant must sign a self-certification attesting to their registration.

5. **RUNCARD holders resident abroad**, if they are aged at least 20 years old (born in 2006 at the latest), who are not members of a FIDAL-affiliated club, nor a foreign WA-affiliated club, nor an EPS club affiliated with FIDAL, as long as they possess a **valid RUNCARD** (whose date should not be expired). Their participation is in any case subject to the presentation of a medical certificate of agonistic fitness for athletics valid in Italy. They may also present a medical certificate issued in their own country but complying with the diagnostic examinations required by Italian regulations to carry out agonistic activity. This must be presented in original and the organising body reserves the right to retain a copy.

Below is a link to the medical certificate for foreign athletes in French and in English:

[http://www.fidal.it/upload/files/Organizzazione/2019/Running/francese\\_3.pdf](http://www.fidal.it/upload/files/Organizzazione/2019/Running/francese_3.pdf)

[http://www.fidal.it/upload/files/Organizzazione/2019/Running/inglese\\_4.pdf](http://www.fidal.it/upload/files/Organizzazione/2019/Running/inglese_4.pdf)



## ARIESCOMO ATHLETIC TEAM

In accordance with current legal requirements (Ministerial Decree 18/02/1982), athletes practising competitive sports must undergo a specific fitness check for athletics beforehand. Italian regulations require the following health checks:

- medical examination
- complete urine examination
- spirometry
- electrocardiogram at rest and after effort.

*The organising copy must retain a copy of the medical certificate on file. These athletes, while regularly appearing in the classification, may not benefit from Bonus or refunds, nor can they access monetary prizes or generic value vouchers.*

Participants to events may be subject to doping controls. They must also comply with Article 25 of the FIDAL rules, if they are already subject to disciplinary suspension.

N.B: THE FOLLOWING ATHLETES MAY NOT PARTICIPATE:

- Athletes affiliated with OTHER SPORT FEDERATIONS (e.g. Triathlon).
- Athletes affiliated with other Sports Promotion Authorities recognised by CONI, who have not subscribed to the "EPS Runcard".
- MOUNTAIN AND TRAIL RUNCARD holders.

Only medical certificates of competitive fitness **'for athletics'** will be valid. Certificates for running, running, marathon, half marathon, triathlon or for other sports will not be considered valid for participation.

### NON-COMPETITIVE PARTICIPATION FOR TOURISTIC/SPORT REASONS

In accordance with the other rules of this regulation and with the explicatory statement by the Minister of Health of 17.06.2015 related to the Decree also dating 17.06.2015, athletes not affiliated to an Italian sport club and not possessing a medical certificate may participate to the non-competitive race for touristic/sport reasons outside the remit of the Italian Athletics Federation. Such athletes, registering for turistic/sport reasons, will have to fill in and sign an ad-hoc form which can be downloaded at: [www.runincomo.it](http://www.runincomo.it). It is mandatory to upload it on the registration portal or to hand it in upon the collection of the bib.

*NB: athletes choosing this option will have a distinct bib and will be added in a dedicated so-called "open" ranking, which will be different from the regular competitive ranking. Such athletes will also see their timings listed in alphabetical orders and will not be eligible for monetary prizes or prizes in kind.*

**Commentato [FA1]:** Per coerenza con gli altri regolamenti, ho aggiunto questo DOPO la sezione su chi non è idoneo a partecipare. Ho però un dubbio: perché questo viene inserito nel regolamento della competitiva e non in quello della non competitiva, se questa modalità di partecipazione è non competitiva? Ignora pure il commento se irrilevante :-)



## ARIESCOMO ATHLETIC TEAM

### REGISTRATIONS AND PAYMENT

- On-line at: [www.endu.net](http://www.endu.net)

If you experience any issues with registration, please contact: [synlabcomolake@evodata.it](mailto:synlabcomolake@evodata.it)

### REGISTRATION FEES

- Registrations for individual athletes: € 20,00 for the first 24 hours after registrations open  
€ 28,00 until 31.05.2026  
€ 32,00 from 01.06.2026 to 30.09.2026  
€ 40,00 from 01.10.2026 until registrations close  
**€ 55,00 Charity bib\***

Per group registrations, please enquire [synlabcomolake@evodata.it](mailto:synlabcomolake@evodata.it)

- Group registrations, 10-19 athletes: € 24,00 until 31.05.2026  
€ 26,00 from 01.06.2025 to 30.09.2026  
€ 31,00 from 01.10.2026 until registrations close.
- Iscrizione gruppo da > 20 atleti  
€ 20,00 until 31.05.2026  
€ 24,00 from 01.06.2026 to 30.09.2026  
€ 28,00 from 01.10.2026 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

Registration will be closed on **Thursday 26.11.2026 at 23:59**.

The Organising Committee reserves the right to close registrations **upon reaching 1'300 participants**. Should the limit of 1'300 registrations not be reached by 04.12.2025, the organising committee reserves the right to re-open registrations on Saturday 05<sup>th</sup> and Sunday 06<sup>th</sup> December 2026. Late registrations will cost € 45.- plus € 5.- for administrative costs.

N.B. Athletes who register but do not collect his bib for personal reasons will not be refunded his registration fee. However, participants who cannot attend may **postpone** their bib to the 2027 edition via a dedicated request to [iscrizioni@ariescomo.it](mailto:iscrizioni@ariescomo.it) (such request must be submitted **by 26 November at 23.59**). Participants may only **postpone to the following edition once**.

A.S.D. ARIES COMO ATHLETIC TEAM  
SEDE LEGALE Via Recchi 2 – 22100 Como (CO) –  
Codice Societario: CO682 – P. I.V.A. 03274620131 - Codice Fiscale: 90030790134  
Web: [www.ariescomo.it](http://www.ariescomo.it) E-mail: [info@ariescomo.it](mailto:info@ariescomo.it)



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#### REGISTRATION TRANSFER

Athletes who have regularly registered but are unable to attend the race may transfer the registration to another athlete meeting the participation requirements under this Regulation. It is mandatory to communicate the change by **Thursday 26.11.2026** at [synlabcomolake@evodata.it](mailto:synlabcomolake@evodata.it). The transfer will involve a **5. euro-** (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 at Villa Gallia (Via Lino Gelpi entrance) **on Saturday 05 December 2026 from 1.30 p.m. to 07.00 p.m., Sunday 06 December 2026 from 06.30 a.m. to 08.00 a.m.** 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.

#### MEMBERSHIP CHECK ON THE DAY OF THE COMPETITION

In accordance with the rules laid down in Articles 8-9 of the General Activity Rules, the organising committee may check the athletes' registration and identity.

#### 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.

#### TIMING AND RANKINGS

The timing and the processing of rankings shall be carried out by EvoData srl and validated by the Technical Delegate Judge/Appeals Judge. In case of multiple starts, there will be a REAL TIME classification. In case of single start, there will be a GUN TIME classification, with REAL TIME statistics. Results will not be displayed and rankings will only be visible online.



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### 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.

### AWARDS

Prizes will be awarded by the Organising Committee to the first 3 (three) athletes and the first 3 (three) female athletes, regardless of their category. Such **in-kind prizes** will be equal and not discriminate against gender.

Prizes will also be awarded to the first 3 (three) athletes classified in the following categories:

- **Juniors and promising juniors, merged with the categories Seniors M 23-34 years and Seniors F 23-34 years**
- Seniors M from M35 to M75 every 5 years
- Seniors F F35 to F75 every 5 years

### Special bonus:

**A Prize of Euro 200 (two hundred/00) to the first classified woman athlete who takes less than 1:19:37 and to the first classified man athlete who takes less than 1:07:00.**

As the race course has recently obtained a new certification, the Organising Committee has determined the new minimum times for the special bonus at his own discretion.

**A further prize will be awarded to the largest Team (of at least 15 participants).**

**Prizes not collected at the award ceremony will not be recognised, reassigned or delivered.**

No monetary prizes (or similar prizes, generic value vouchers, bonuses, engagements, reimbursement of expenses of any kind and for any reason whatsoever) may be awarded to 'Runcard' and 'Runcard EPS' holders.

Prizes are not cumulative.

### COMPLAINTS

Any complaints must be made in accordance with the FIDAL and R.T.I. rules.

First Instance: verbally to the G.G.G. (Gruppo Giudici Gare).

Second Instance: in writing to the Appeal Jury, accompanied by the Complaint Fee of €100.00 (refundable if the complaint is accepted).



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### FINAL WARNINGS

The Organising Committee reserves the right to amend these regulations at any time for any reasons it deems appropriate, including for the improvement of the organisation of the race, or for public safety requirements as requested by the local administration and/or the Police. For all matters not covered in these regulations, the FIDAL and the G.G.G. technical statutory regulations shall apply. Any changes to services, venues and times will be duly notified to registered athletes by e-mail or will be reported on the website [www.runincomo.it](http://www.runincomo.it) and on FB and IG social media channels. Any documentation containing essential information concerning the participation to the race will be delivered by the organisation along with the bib.

### RACE DEPARTURE

The start will take place on the day of the race following FIDAL protocols; if necessary, the Organising Committee may arrange a staggered start depending on the number of registered participants.

### CHANGING ROOMS - SHOWERS – DEPOSIT FOR BAGS

Toilets will be available inside the Villa Olmo park; 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.

Showers are located to Sinigaglia swimming pool in G. Sinigaglia 2 street.

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

### REFRESHMENTS

Refreshments will be provided along the route in accordance with the regulations.

A FINAL refreshment point will be set up in the start/finish area.

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**.

### AWARDS

Rankings will follow the REAL-TIME principle (in case of staggered start) or the GUN TIME principle in case of single start. Prizes will be awarded once the classifications are available.

If the athletes are not present at the prize-giving, the organisation will **not arrange late delivery of the prizes**.



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**THE G.G.G. CAN CARRY OUT THE MEMBERSHIP CHECK IN ACCORDANCE WITH ART. 8-9 OF THE GENERAL ACTIVITY RULES (VADEMECUM)  
FOR ALL MATTERS NOT COVERED BY THE ABOVE, FIDAL TECHNICAL AND STATUTORY REGULATIONS SHALL APPLY.**

**RACE CANCELLATION**

In the event that the race is cancelled and/or postponed to another date, due to force majeure and/or other reasons not attributable to the Organisation and/or any other reasons, including the withdrawal of authorisation to hold the race by the competent public bodies, the participant shall have no claim against the Organising Committee for the refund of the registration fee, or for the reimbursement of any expenses incurred or to be incurred. Registration to the race shall constitute acceptance of this clause and express waiver of any claim resulting from the cancellation and/or postponement of the race.

**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.'

**The Organising Committee**

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

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**SYNLAB COMO LAKE HALF MARATHON – 06 DECEMBER 2026**

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 \_\_\_\_\_

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