



# MONTE BISBINO TRAIL – 19 APRIL 2026

## OFFICIAL RULES

*(translation from Italian original)*

The A.S.D. ARIES COMO ATHLETIC Team, with the Patronage and collaboration of the Municipality of Cernobbio (CO), and with the approval of the Lombardy Region FIDAL Committee and the Como/Lecco Province FIDAL Committee, organizes the **MONTE BISBINO TRAIL**, a Regional competitive trail running event in Cernobbio (CO). The race will take place on Sunday **19 April 2026**, with start and finish in Piazza Risorgimento, Cernobbio (CO).

### ART. 1

#### TECHNICAL FORMAT AND COURSE

The race will take place over two distances:

**13 km course:** open to all categories. Approx. 13 km with a **positive elevation gain of approx. 1,250 m**, mainly on mixed mountain trails with predominantly unpaved terrain.

The first section (about 1.5 km) is on paved road, where athletes must respect the Highway Code. There will be no road closures nor parking restrictions.

From Asnigo, the route follows the trail towards Monte Bisbino (1,325 m a.s.l.) for about 4.5 km. After reaching the peak, runners descend approx. 1 km toward Ca' Bossi, then continue on the trail for approx. 2 km toward Madrona. Via the mule track towards Rovenna and Cernobbio, the route joins the road and returns to the starting point.

**26 km course:** open to the categories listed in Art. 2.

Approx. 26 km with a **positive elevation gain of approx. 1,590 m**, mainly on mixed mountain trails with predominantly unpaved terrain. The first 1.5 km are on paved road, requiring compliance with the Highway Code, with no road closures nor parking restrictions.

After the peak, runners descend approx. 1 km to Ca' Bossi, then continue to approx. km 12 taking the trail towards Rifugio Bugone (1,119 m a.s.l.). The route passes Colma del Crinco, Rifugio Murelli (1,200 m a.s.l.), Il Roccolo, and climbs to the little church of San Bernardo (1,340 m a.s.l.). From here, a loop leads through the Mortirolo trail, Rifugio Murelli, and Rifugio Bugone (approx. km 16.5), descending to Rovenna via Monte di Liscione, Monte di Lenno, and Scarone.

From Rovenna, via the mule track to Cernobbio, the route rejoins the road back to the starting point.

GPS tracks of both routes will be published on [www.runincomo.it](http://www.runincomo.it) as soon as available. **Any technical changes due to force majeure will be communicated before the start (via announcements/social media and/or on race day).**

## ART. 2 PARTICIPATION REQUIREMENTS

The event is open to the following athletes:

- Italian and foreign athletes registered with FIDAL-affiliated clubs, belonging to the Promesse, Seniores (from SF/SM to SF95/SM95 and above) categories for the year 2026, and Juniores (M/F) for the 13 km race.
- Italian and foreign athletes (of the same ages allowed by FIDAL categories) registered with Sports Promotion Bodies (Athletics discipline) that have signed a convention with FIDAL and comply with its rules. Their membership card must clearly indicate “Athletics” and “Year 2026”.

Note: By presenting a copy of a valid medical certificate for competitive athletics, these athletes will be regularly listed in the race results but will not be eligible for reimbursements, bonuses, prize money, or vouchers.

- Runcard holders. Participation is open to Italian and foreign citizens residing in Italy or abroad, aged 20 years or older (birth year 2006), who:
  - are not registered with a FIDAL-affiliated club;
  - are not registered with a foreign athletics club under World Athletics;
  - are not registered with a Sports Promotion Body (Athletics discipline).

They must hold a valid RUNCARD issued by FIDAL ([info@runcard.com](mailto:info@runcard.com)).

**Note: The Runcard is renewable and must be valid on race day. If expired at check-in, the athlete cannot participate unless proof of online renewal is shown.**

Runcard athletes must present a valid medical certificate for competitive athletics (“Atletica Leggera”) issued in Italy. A copy of the certificate must be kept on file by the organizers. They will be regularly ranked but will not be eligible for refunds, bonuses, prize money, or vouchers.

**Note: The Runcard is renewable and must be valid on race day. If expired at check-in, the athlete cannot participate unless proof of online renewal is shown.**

Athletes residing abroad must also provide a competitive medical certificate valid in Italy for Athletics OR a certificate issued in their home country, compliant with Italian diagnostic requirements for competitive sports, presented in original with a copy left to the organizers.

Italian law (D.M. 18/02/1982) requires the following medical tests:

- Medical examination
- Complete urinalysis
- Resting and post-exercise ECG
- Spirometry

All documents must be authentic or certified copies.

A copy of the medical certificate must be kept on file by the Organizing Association for each event in which the athlete holding a RUNCARD participates. **These athletes will be regularly included in the official race results; however, they will not be eligible for reimbursements, bonuses, or access to cash prizes and/or any form of prize vouchers.**

**Participants in the events may be subject to anti-doping controls. They are also subject to the provisions set forth in Article 25 of the FIDAL Regulations, should they already be under disciplinary suspension.**

PENDING APPROVAL

**NOT ALLOWED to participate (all categories):**

- Athletes registered with other federations (e.g., Triathlon)
- Athletes registered with Sports Promotion Bodies not affiliated with FIDAL and without Runcard
- Medical certificates bearing terms such as “running”, “road running”, “walking”, “marathon”, “triathlon”, etc. are not valid for participation
- Medical certificates for other sports are not valid for participation. Only certificates explicitly stating “Athletics” are accepted.

**ART. 3**

**REGISTRATION AND ENTRY FEES**

Registration must be made exclusively on the website [www.endu.net](http://www.endu.net) and will close on **13 April 2026 at 23:59**, or once the limit of **totally 300 participants** is reached.

For registration issues: [montebisbinotrail@evodata.it](mailto:montebisbinotrail@evodata.it)

If the maximum number of participants is not reached, the Organizing Committee may reopen registrations **on race day**, at a special price **€ 50** (both distances) plus € 5 administration fee.

**Note: Registered athletes who, for personal reasons, do not collect their race bib will not be entitled to any refund of the registration fee. Transfer of the registration to a subsequent edition of the event is NOT permitted.**

**13K ENTRY FEES**

- **€ 18.00 – opening day only**
- € 26.00 – until 15 March 2026
- € 33.00 – from 16 March 2026 until registration closing

**26K ENTRY FEES**

- **€ 25.00 – opening day only**  
€ 35.00 – until 15 March 2026 (*translation from Italian original*)
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- € 45.00 – from 16 March 2026 until registration closing

**Registration includes:**

- Race gadget
- Finishers medal
- Insurance
- Final refreshment station
- Medical assistance along the route and at the finish line

**ART. 4**

**TRANSFER OF REGISTRATION**

Registered athletes unable to participate may transfer their registration to another eligible athlete, according to the regulations.

The name change request must be submitted by **Monday 13 April 2026** to [montebisbinotrail@evodata.it](mailto:montebisbinotrail@evodata.it) . A **fixed service fee** equal to **€5** must be paid when collecting the race bib.

**PENDING APPROVAL**

## ART. 5

### MEETING POINT, BIB PICK-UP AND START

On race day (19 April 2026):

07:00am–08:30am: **Bib and race pack distribution** at the **Elementary School, Via Regina 5, Cernobbio (CO)**.

08:30am: Pre-race briefing at the start area in Piazza Risorgimento, Cernobbio (CO).

09:00am: **Race start.**

## ART. 6

### TOILETS / SHOWERS / CHANGING ROOMS / BAG DROP

Toilets are available inside the **Elementary School, Via Regina 5, Cernobbio (CO)**. Unless otherwise indicated, showers and changing rooms will also be available.

The bag drop is located inside the school and is unattended. The Organizing Committee declines any responsibility for any theft or lost items.

## ART. 7

### ASSISTANCE AND REFRESHMENT STATIONS

The race operates in semi-self-sufficiency for food and water. Refreshment stations will be available along the course; locations will be communicated during the pre-race briefing.

The event adheres to the campaign "*I don't throw away my waste*": Athletes littering outside designated areas will be **disqualified**. No cups provided at refreshment stations. Personal assistance on the course is prohibited. Running with non-registered persons is not allowed.

FINAL REFRESHMENT: at the finish line, Piazza Risorgimento.

## ART. 8

### MANDATORY EQUIPMENT AND PHYSICAL CONDITIONS

By registering, each athlete declares to be physically and mentally fit and agrees to carry, for the entire race and under penalty of disqualification, the following **mandatory equipment, subject to random checks by the staff and/or Judges at start, finish or along the course**:

- Trail running shoes and appropriate technical clothing
- Windproof/rain jacket
- Mobile phone must be switched on, with saved emergency number: **+39 371 526 38 05**
- Race bib must be visible (check-points along the course)
- Personal cup (no cups at refreshment stations; only bottle refills available)

#### **Recommended equipment:**

- Water/food reserves

Mandatory equipment may be modified depending on weather conditions.

Athletes must personally assess whether their gear is adequate for personal safety, according to physical and weather conditions.

Athletes confirm that they are able to manage – also if isolated – physical or psychological troubles due to extreme fatigue, gastrointestinal problems, muscle or joint pain, minor injuries.

Mountain poles are allowed. Pets are not admitted.

Participants must strictly follow the Highway Code, especially where the route crosses roads open to traffic.

## **ART. 9**

### **TIMING AND RESULTS**

Time measurement and processing of the rankings are provided by EvoData Srl and validated by the Technical Delegate/Judge. Rankings will be made REAL TIME (if multiple starts) or GUN TIME for single start (with Real Time for statistics purpose).

Results will not be displayed onsite; rankings will only be available online.

## **ART. 10**

### **TIME LIMITS**

Time limits are **3h30min** for 13K course and **6h** for 26K course.

After these time limits, the Organizing Committee can no longer guarantee course services and declines any responsibility.

A **cut-off point** is set at the summit of Monte Bisbino: **2h30min**.

Athletes who do not respect this passage time must withdraw, hand over their bib and follow instructions of the Race Direction to return to the finish area (self-managed unless physically unable).

## **ART. 11**

### **AWARDS**

Awards ceremony will take place at the start/finish area (Piazza Risorgimento), immediately after the race.

The Organizing Committee will award the top 3 men and top 3 women in each race, regardless of age category. Prizes in kind are equal in value and non-discriminatory.

Additional prizes will be awarded to the **first athlete** of each category (per race):

- “Promesse” combined with Seniores M 23–34 years and F 23–34 years
- Seniores M from M35 to M70 years
- Seniores F from F35 to F70 years

#### **Special bonus (26K only):**

Prize of €100 to the first man and first woman finishing **under 2 hours**.

#### **Special Prize “Gan Premio della Montagna”:**

Awarded to the first athlete (any gender, any race) reaching the summit of Monte Bisbino.

#### **Special Prize “Speedy Down” (13K only):**

Awarded to the athlete (any gender) with the fastest time from Monte Bisbino to the finish line.

**Unclaimed prizes at the awards ceremony will not be reassigned or delivered later.**

No monetary prizes, vouchers, or any form of reimbursement may be awarded to Runcard or Runcard EPS holders. Prizes cannot be combined.

## **ART. 12**

### **RACE CANCELLATION**

The race will take place in all weather conditions, unless athlete safety is compromised.

If the race is cancelled due to:

- adverse or prohibitive weather
- delayed issuance of permits
- course impracticability due to unforeseen works
- any cause not attributable to the Organizing Committee and to A.S.D. ARIES COMO ATHLETIC Team,

Entry fees are non-refundable. Enrolled athletes will have nothing to claim from the organizers.

## **ART. 13**

### **SAFETY AND MEDICAL ASSISTANCE**

The Organizing Committee complies with all Safety & Security procedures required by authorities, including Art. 32 of the “Rules for the Organization of Events” and the “Safety Plan for Public Events” by the Lombardy Regional Committee.

A civil liability insurance policy has been taken out for all activities related to the event.

An Emergency Number is available to all participants: **+39 371 526 38 05**, only for calls (no messaging).

Official doctors may stop any athlete deemed unfit to continue. Their decision is final. Athletes must comply, subject to immediate disqualification.

A “sweeper service” will follow the last athlete to the finish line.

## **ART. 14**

### **DISQUALIFICATIONS AND PENALTIES**

Immediate disqualification (with race bib removal) for:

- missing a checkpoint
- starting after the cut-off time
- course cutting
- being accompanied along the course
- littering
- failing to aid a fellow athlete in distress
- refusing medical checks
- refusing gear checks or lacking any mandatory equipment
- abandoning personal equipment along the route
- receiving personal assistance
- environmental damage by the athlete or staff members
- insults/threats toward staff or volunteers
- refusal of medical examination at any point

**ART. 15  
COMPLAINTS**

Any complaints must be submitted within 30 minutes from the publishing of the rankings for each category. At first instance, complaints must be made verbally to the finish-line judge. At second instance, complaints must be submitted in writing to the Jury of Appeal, accompanied by a fee of €50.00, which will be returned if the complaint is upheld.

The G.G.G. may carry out membership checks in accordance with Articles 8–9 of the Activity Regulations (Vademecum). For all matters not expressly covered by these Regulations, the Technical and Statutory Rules of FIDAL shall be applicable.

**ART. 16  
ACCEPTANCE OF THE REGULATIONS**

By registering, the athlete declares that he/she is aware of and accepts the Monte Bisbino Trail regulations and the FIDAL regulations.

The athlete also expressly declares, under his/her own responsibility, not only that all information provided is true, but also waives the organizers, FIDAL, Sponsors, and Public Authorities from any civil or criminal liability for damages to persons and/or property caused by him/her or suffered by him/her (Art. 13 of Legislative Decree 196/2003 – Privacy Protection).

**ART. 17  
IMAGE RIGHTS / PRIVACY**

**Declaration of Responsibility and Privacy Notice pursuant to Art. 13 of DLgs 196/2003**

The athlete declares that he/she is aware of and complies with the regulations and releases and holds harmless the Organizing Committee of the MONTE BISBINO TRAIL, the Organizing Association, F.I.D.A.L. – Provincial Committee of Como, the Promoting Bodies, the Municipal Administrations involved, all event Sponsors, and their respective representatives, successors, officers, directors, members, agents, and employees of the above-mentioned organizations from any present or future claims or liabilities of any kind arising from his/her participation in the event. The athlete grants authorization to all the listed entities to use photographs, audio recordings, videos, images on websites, social media, and any other material related to his/her participation in the event for any legitimate purpose, without compensation. Personal data will be processed in accordance with the regulations governing the protection of personal data.

**ART. 18  
FINAL PROVISIONS**

The Organizing Committee reserves the right to amend these regulations at any time for reasons deemed appropriate to ensure better organization of the event, after providing notice and obtaining approval from FIDAL. Any changes to services, locations, or schedules will be duly communicated to registered athletes by e-mail or published on the website [www.runincomo.it](http://www.runincomo.it) and on the dedicated social media channels.

Any documentation containing essential information required to participate in the race, where applicable, will be provided by the organization together with the race bib.

**THE ORGANIZING COMMITTEE – A.S.D. ARIES COMO ATHLETIC TEAM**