SYNLAB COMO LAKE HALF MARATHON

LAKE COMO HALF MARATHON

COMO – 6 DECEMBER 2026, 8:30 A.M.

(Translation from Italian original)

RULES AND INFORMATION

A.S.D. Aries Como Athletic Team, with the authorization of FIDAL and in cooperation with the Municipalities of Como, Cernobbio, Moltrasio, Carate Urio and Laglio, organizes a road-running athletics event included, approved and certified in the FIDAL National Calendar.

EVENT SCHEDULE

The race will take place on 6 December 2026.

- Meeting point from 7:30 a.m. at Villa Olmo Park, Como
- Start at 8:30 a.m. from Villa Olmo Park, Como
- The finish line will be at the same location as the start.

COURSE

The SYNLAB Como Lake Half Marathon is a competitive road race held on fully paved municipal and provincial roads. The competent authorities — the Province of Como and the Prefecture — will arrange the full or partial closure to traffic of the section from Cernobbio (Pizzo) through Carate Urio to Laglio, where the turning point is located.

As this is an out-and-back course, participants must keep to the left-hand side of the road on the outward leg, with the lake on their right, and to the left-hand side on the return leg, with the lake on their left.

Adequate safety measures will be provided along sections without pavements.

The race will be held over the FIDAL-certified distance of 21.097 km for both men and women.

The event will pass through the municipalities of Cernobbio, Moltrasio, Carate Urio and Laglio.

PARTICIPATION REQUIREMENTS

The following may participate:

1. FIDAL-registered athletes

Italian and foreign athletes registered for 2026 with clubs duly affiliated with FIDAL and belonging to the Junior, Under-23 and Senior categories, from SM/SF 23 through SF/SM 95 and over.

2. Athletes registered with Sports Promotion Bodies

Italian and foreign athletes registered with clubs belonging to Sports Promotion Bodies, of the same age as the eligible FIDAL athletes, that have signed an agreement with FIDAL, provided that they hold a valid RUNCARD-EPS whose expiry date has not passed.

Please note: Athletes must provide a copy of a valid competitive-sports medical certificate explicitly stating “athletics.” The certificate must be submitted to the organizers.

Although these athletes will appear in the results, they will not be eligible for bonuses, reimbursements, cash prizes or general-purpose vouchers.

3. RUNCARD holders

Italian and foreign citizens aged 20 or over—born in 2006 or earlier—may participate, provided they:

- are not registered with a FIDAL-affiliated club;
- are not registered with a foreign athletics club affiliated with World Athletics (WA);
- are not registered for athletics with a Sports Promotion Body;
- hold a valid, unexpired RUNCARD issued directly by FIDAL. Information: info@runcard.com.

Please note: the RUNCARD is renewable, and its expiry date is indicated on the card. If, during the membership check on the race day, the card is found to have expired, the athlete may **not** participate unless they provide proof that it has been renewed online.

Participation is also conditional upon providing a medical certificate of fitness for competitive athletics that is valid in Italy. The original must be shown to the organizers by the registration deadline. A copy must be retained in the records of the organizing club for every event in which the RUNCARD holder participates.

These athletes will be included in both the overall and age-category results. They may receive prizes in kind but will not be eligible for reimbursements, bonuses, cash prizes or general-purpose vouchers.

4. Athletes registered with foreign federations

Foreign athletes registered with clubs belonging to foreign federations affiliated with World Athletics may participate.

Athletes from EU countries must obtain authorization from their federation or club. Athletes from non-EU countries must also present a residence permit or entry visa in addition to authorization from their federation.

Please note: Athletes registered with a foreign federation affiliated with World Athletics who are not entered by their federation, club or representative must sign a self-certification confirming their registration.

5. RUNCARD holders residing abroad

RUNCARD holders residing abroad and aged 20 or over—born in 2006 or earlier—who are not registered with a FIDAL-affiliated club, a foreign club affiliated with World Athletics, or a Sports Promotion Body affiliated with FIDAL may participate upon presentation of a valid, unexpired RUNCARD.

Participation is also conditional upon presenting a medical certificate of fitness for competitive athletics that is valid in Italy. Alternatively, athletes may submit a medical certificate issued in their own country, provided it complies with the diagnostic examinations required by Italian legislation for competitive sports.

The original certificate must be shown to the organizing club, which will retain a copy.

Medical certificate self-declaration forms are available at:

- http://www.fidal.it/upload/files/Organizzazione/2019/Running/francese_3.pdf
- http://www.fidal.it/upload/files/Organizzazione/2019/Running/inglese_4.pdf

In accordance with applicable law — Ministerial Decree of 18 February 1982 — athletes participating in competitive sports must first undergo a specific medical fitness examination for athletics.

Italian law requires the following medical examinations:

- medical examination;
- complete urine test;
- spirometry;
- resting and post-exercise electrocardiogram.

A copy of the medical certificate must be retained in the organizing club's records.
Although these athletes will appear in the results, they will not be eligible for bonuses, reimbursements, cash prizes or general-purpose vouchers.
Participants may be subject to anti-doping controls. They are also subject to Article 25 of the FIDAL Rules if they are already under disciplinary suspension.

NON-COMPETITIVE PARTICIPATION FOR TOURISM AND SPORTING PURPOSES
Pursuant to the rules above and the explanatory note issued by the Ministry of Health on 17 June 2015 concerning the Decree of the same date, foreign athletes who are not registered in Italy and do not hold a medical certificate may participate in the non-competitive tourism and sporting section over the same distance, outside the authority of the federation.
Athletes registering for the tourism and sporting section must complete and sign the relevant declaration, which can be downloaded from www.runincomo.it. It must be uploaded to the registration portal or submitted when collecting the race bib.
Important: Athletes choosing this option will receive an identifiable race bib and will be included in a separate "Open" finish list rather than in the competitive race results. Their finish time will be listed alphabetically, and they will not be eligible for cash prizes or prizes in kind.

THE FOLLOWING MAY NOT PARTICIPATE
- Athletes registered with **other sports federations**, e.g. Triathlon Federation.
- Athletes registered with clubs belonging to Sports Promotion Bodies recognized by CONI but not affiliated with FIDAL and without RUNCARD-EPS.

Medical certificates containing terms such as "running," "road running," "walking," "marathon," "half marathon," "triathlon" or the name of any other sport will not be accepted. Only medical certificates explicitly stating **"athletics"** will be accepted.

REGISTRATION AND PAYMENT
Registration must be completed online at:
www.endu.net
For registration-related problems, please contact: **synlabcomolake@evodata.it**

REGISTRATION FEES
Individual registration
- €20.00 opening day only
- €28.00 until 31 May 2026
- €32.00 from 1 June to 30 September 2026
- €40.00 from 1 October 2026 until registration closes
- €55.00 charity bib*

For information about group registrations, contact: **synlabcomolake@evodata.it**
Groups of 10 to 19 athletes
- €24.00 until 31 May 2026
- €26.00 from 1 June to 30 September 2026
- €31.00 from 1 October 2026 until registration closes

Groups of more than 20 athletes

- €20.00 until 31 May 2026
- €24.00 from 1 June to 30 September 2026
- €28.00 from 1 October 2026 until registration closes

The registration fee includes:

- race pack;
- race bib;
- disposable timing chip;
- official gift;
- insurance;
- technical and medical assistance;
- finisher's medal.

*After the deduction of expenses, the charity-bib fee will be donated entirely to charity. It does not include the race pack or official gift.

REGISTRATION DEADLINE

Registration will close at 11:59 p.m. on Thursday, 26 November 2026.

The Organizing Committee reserves the right to close registration earlier, once the limit of 1,300 participants has been reached.

If the limit of 1,300 participants has not been reached by 26 November 2026, the Organizing Committee reserves the right to reopen registration on Saturday, 5 December and Sunday, 6 December 2026. The fee will be €45.00 plus a €5.00 administration charge.

No refund will be issued to registered athletes who will not collect their race bib for personal reasons.

Registration may, however, be deferred to the 2027 edition by sending a request to iscrizioni@ariescomo.it by 11:59 p.m. on 26 November 2026.

Deferral to the following edition is permitted only once.

REGISTRATION TRANSFERS

Athletes who are duly registered but unable to participate may transfer their registration to another athlete who meets the participation requirements set out in these rules.

The name change must be reported to the registration office by Thursday, 26 November 2026, by emailing synlabcomolake@evodata.it.

A fixed administration fee of €5.00 must be paid when collecting the race bib.

RACE-BIB COLLECTION

Subject to the health regulations in force on race day, race bibs may be collected—unless otherwise announced in advance—at Villa Gallia, entering from Passeggiata Lino Gelpi, at the following times:

- Saturday, 5 December 2026, from 1:30 p.m. to 7:00 p.m.;
- Sunday, 6 December 2026, from 6:30 a.m. to 8:00 a.m.

Any additional requirements will be published in good time on the event website and social-media channels.

The race bib is strictly personal. It may not be transferred or altered, under penalty of disqualification, and must be worn visibly on the chest during the race.

Collection by an authorized representative is permitted upon presentation of a written authorization bearing the original signature and a copy of the delegating athlete's identity document.

MEMBERSHIP CHECKS ON RACE DAY
Race officials may check athletes' registration and identity in accordance with Articles 8 and 9 of the General Activity Rules.

SAFETY AND SECURITY
The Organizing Committee declares that it has followed all applicable safety and security procedures and instructions.
It will comply with any requirements imposed by the competent authorities for authorization of the race, with particular reference to Article 32 of the "Rules for the Organization of Events" concerning safety, as specified in the Lombardy Regional Committee's "Safety Plan for Public Events."
The Organizing Committee has taken out third-party liability insurance covering all activities connected with the event.

TIMING AND RESULTS
Timing and the preparation of the results will be managed by EvoData S.r.l. The results will be validated by the Technical Delegate or Appeals Judge.
Results will be compiled using **gun time**, measured from the starting gun, and **real time**, provided only as a final statistical figure.
Results will not be physically displayed and will be available online only.

TIME LIMIT
The time limit is **2 hours and 35 minutes**.
After this time, the Organizing Committee will no longer be able to guarantee services along the course and declines any responsibility.

AWARDS
The Organizing Committee will award prizes to the first three male finishers and the first three female finishers, regardless of their age category.
The prizes will be awarded in kind, will be of equal value and non-discriminatory.
Prizes will also be awarded to the first three athletes in the following categories:

- Junior and Under-23 athletes combined with Senior Men aged 23–34 and Senior Women aged 23–34;
- Senior Men from M35 to M75, in five-year age groups;
- Senior Women from F35 to F75, in five-year age groups.

Special bonus
A prize of € 200.00 will be awarded:

- to the first female finisher who completes the race under 1:19:00;
- to the first male finisher who completes the race under 1:07:00.

The course has received new certification, and the new qualifying times have been determined by the Organizing Committee.
An additional prize in kind will be awarded to the largest team with at least 15 participants.
Unclaimed prizes at the awards ceremony will not subsequently be awarded, reassigned or delivered.
No cash prizes or equivalent benefits — including general-purpose vouchers, bonuses, appearance fees or expense reimbursements of any kind — may be awarded to RUNCARD or RUNCARD-EPS holders.
Prizes may not be combined.

COMPLAINTS AND APPEALS

Any complaints must be submitted in accordance with FIDAL rules and the International Technical Rules.

- **First instance:** verbally to the G.G.G. race officials.
- **Second instance:** in writing to the Jury of Appeal, accompanied by a € 100.00 appeal fee. The fee will be refunded if the appeal is upheld.

COMPETITION SHOES

Shoes used during the race must comply with the World Athletics Athletic Shoe Regulations.
To ensure compliance, the G.G.G. may carry out random checks on shoes used during the race.
If a shoe is not certified in the World Athletics Shoe Compliance List or cannot be identified, the athlete's result will remain unofficial pending further investigation. In this case, the judges may retain the shoe.
If the shoe is subsequently not approved, the result must be cancelled and the athlete may be disqualified.

FINAL PROVISIONS

The Organizing Committee reserves the right to amend these rules at any time, following FIDAL approval, for reasons it considers appropriate to improve the organization of the race or to comply with public-safety requirements imposed by local authorities or law-enforcement bodies.
For any matters not covered by these rules, the technical and statutory regulations of FIDAL and the G.G.G. shall apply.
Any changes to services, locations or times will be communicated to registered athletes by email or published on www.runincomo.it and on the event's Facebook and Instagram channels.
Any documentation containing essential information for participation in the race will be provided by the organizers together with the race bib.

RACE START

The race will start in accordance with the FIDAL protocols in force on race day.
If necessary, an appropriate number of starting waves will be arranged according to the number of registered participants.

CHANGING ROOMS, SHOWERS AND BAG DROP

Toilet facilities will be available inside the park.
Unless otherwise announced in advance due to circumstances beyond the Organizing Committee's control, shower and changing facilities will also be provided.
Showers will be available at the Sinigaglia Swimming Pool, Via G. Sinigaglia 2.
The bag-drop service will be located inside or near Villa Olmo Park. The service will be unattended, and the Organizing Committee declines any responsibility for theft or loss.

REFRESHMENT STATIONS

Refreshment stations will be provided along the course in accordance with the applicable regulations. A final refreshment station will be set up in the start and finish area.
The event supports the **"I do not litter"** campaign. Anyone found discarding any materials or waste along the course outside the designated areas will be disqualified.

AWARDS CEREMONY

The finishing order will be determined using real time if staggered starts are used, or gun time if there is a single start.

The awards ceremony will take place once the results are available.

If athletes are not present at the awards ceremony, the organizers will not arrange subsequent delivery of their prizes.

THE G.G.G. MAY CHECK ATHLETES' REGISTRATION IN ACCORDANCE WITH ARTICLES 8 AND 9 OF THE ACTIVITY RULES—VADEMECUM.

FOR ANY MATTERS NOT COVERED HEREIN, THE TECHNICAL AND STATUTORY RULES OF FIDAL SHALL APPLY.

CANCELLATION OR FAILURE TO HOLD THE EVENT

If the race is cancelled, postponed to another date or otherwise not held due to force majeure or for reasons not attributable to the organizers, including the withdrawal of authorization by the competent public authorities, registered participants will have no claim against the Organizing Committee.

This applies both to the refund of the registration fee and to reimbursement of any expenses already incurred or yet to be incurred.

Submission of the registration application constitutes acceptance of this clause and an express waiver of any claims arising from the cancellation or postponement of the race.

LIABILITY DECLARATION AND PRIVACY NOTICE

Article 13 of Legislative Decree No. 196/2003

By signing this form, the participant accepts the conditions set out in these rules.

I declare that I have read and agree to comply with the rules. I release and discharge the Organizing Committee of the SYNLAB Como Lake Half Marathon, the Organizing Club, the FIDAL Provincial Committee of Como, the promoting bodies, the administrations of the municipalities involved, all event sponsors and their respective representatives, successors, officers, directors, members, agents and employees from any present or future claim or liability of any kind arising from my participation in the event.

I authorize all the aforementioned entities to use photographs, recordings, videos and images relating to my participation in the event on websites and for any other lawful purpose, without remuneration.

Personal information will be processed in accordance with the Italian Personal Data Protection Code.

The Organizing Committee

MANDATORY DOCUMENTATION TO BE COMPLETED DURING ONLINE REGISTRATION
SYNLAB COMO LAKE HALF MARATHON
6 DECEMBER 2026, 8:30 A.M.

Participant's details

Surname: .....

First name: .....

Date and place of birth: .....

Italian Tax Code: .....

WAIVER AND RELEASE OF LIABILITY IN FAVOUR OF THE ORGANIZERS

1. The Participant declares, under their own responsibility, that they are in good health and releases the Organizers from any civil or criminal liability relating to or arising from the assessment of such fitness.
2. The Participant declares that they are familiar with the event rules and undertakes, under penalty of exclusion from the event, to behave in accordance with the principles of loyalty and fair play. The Participant also undertakes never to engage in conduct that is contrary to the law or to the event rules and that may endanger their own safety or the safety of others.
3. The Participant releases the Organizers from any direct or indirect liability for material or non-material damage and/or expenses, including legal costs, arising from participation in the sporting event, including damage or expenses resulting from the Participant's own conduct.
4. The Organizers are not responsible for the accuracy of the information provided by individual participants.
5. By signing this form, the Participant assumes all responsibility arising from participation in the sporting activity concerned. The Participant releases the Organizers from all civil and criminal liability, including strict liability, for injuries caused to themselves or third parties, illness occurring throughout the event, consequences arising from the use of facilities, and the theft of or damage to any personal belongings.

Pursuant to Articles 1341 and 1342 of the Italian Civil Code, the Participant declares that they have carefully reviewed all clauses contained in this waiver and specifically approve all the points listed above.
This waiver must be read, approved and signed by the Participant or, if the Participant is under 18 years of age, by their legally responsible parent or guardian.

Place and date: ..... **Signature:** .....

AUTHORIZATION FOR THE PROCESSING OF PERSONAL DATA
Having read the privacy notice pursuant to Article 13 of Italian Legislative Decree No. 196 of 30 June 2003, the Participant authorizes the processing of their personal data and its communication to the Organizers for purposes connected with the organization of the sporting event.
The Participant consents to the processing activities described in the privacy notice and authorizes:

- the sending of information about future events or other initiatives promoted by the organizers;
- photographic and video recordings;
- the use of such recordings in videos, noticeboards, printed publications and online publications, including downloads.

Signature: .....