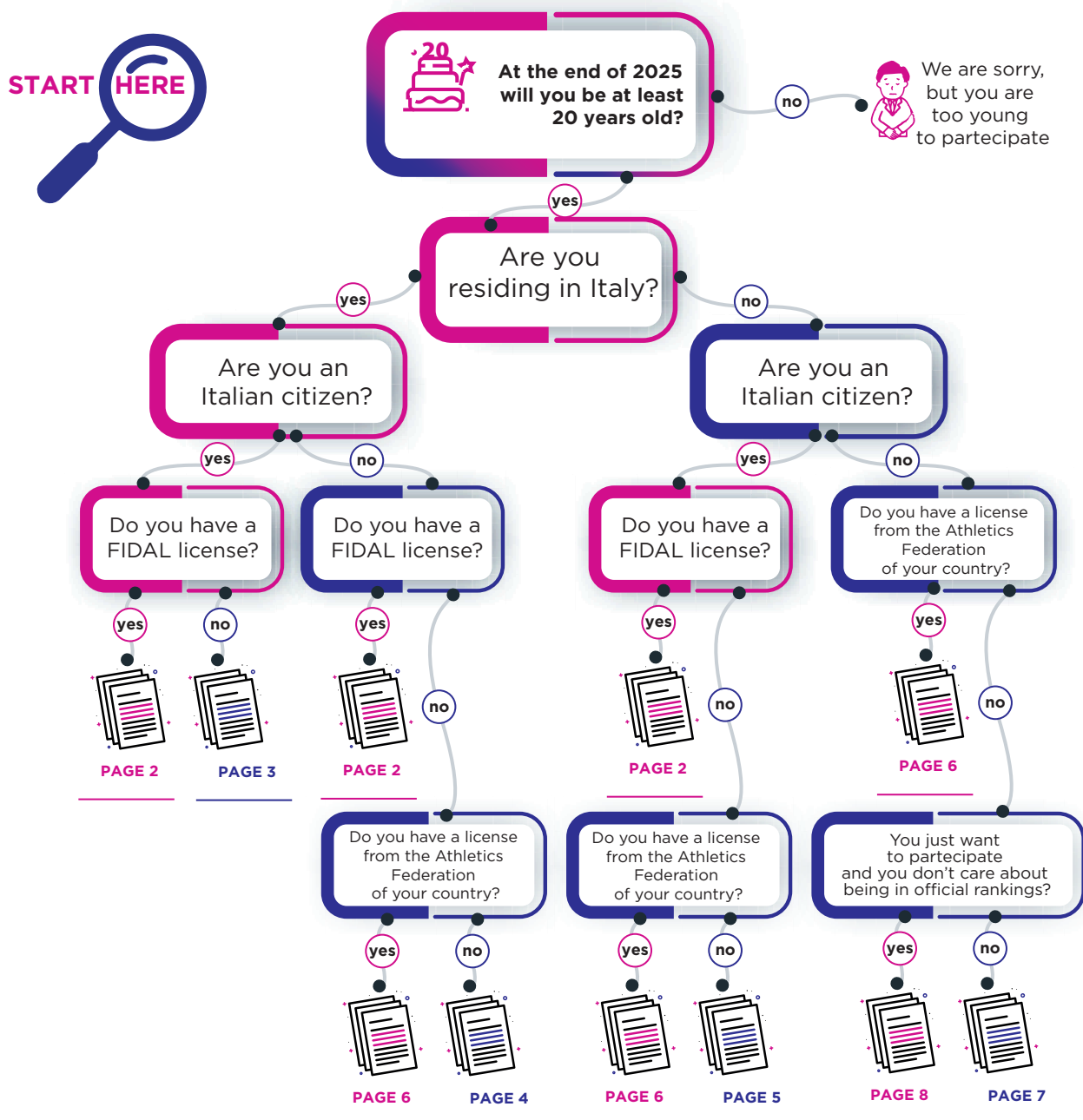




We have prepared the flow chart you see below to help you understand **what documents you need to participate** in the Wizz Air Milano Marathon 2025.

PLEASE READ CAREFULLY!



PARTECIPATION WITH FIDAL LICENSE

REQUIREMENTS

To participate it is only necessary for your FIDAL license to be valid on the date of the race.

MEDICAL CERTIFICATE

There is no need to provide the medical certificate: the information on the validity of the certificate is contained in the FIDAL database on which we carry out the country of the license.

SUMMARY

To finalize your entry, you will need to:

- enter the FIDAL license number
- enter the FIDAL code of your running club
- enter the name of your running club

PARTECIPATION WITH RUNCARD

- Italian citizen residing in Italia -

REQUIREMENTS

To participate you must have a RUNCARD, valid on the date of the marathon.

In addition you must have a medical certificate of eligibility for participating in a competitive athletics event, valid at the date of the marathon.

RUNCARD

The RUNCARD costs 30 Euros (15 for those who are registered for a Sports Promotion Authority) and must be purchased independently on the website www.runcard.com (unfortunately, the site is only available in Italian).

After the purchase, the card is sent in digital form (via e-mail) together with the request for a medical examination to be delivered to the sports doctor.

MEDICAL CERTIFICATE

Being you resident in Italy and of Italian nationality, you must provide a certificate issued in Italy.

SUMMARY

To finalize your entry, you will need to:

- enter the **RUNCARD number**
- upload the **medical certificate**

PLEASE VERIFY THAT ...

- RUNCARD has sent you the appropriate medical examination request form that you will have to hand in when you go to take the exams.
- on the certificate there is the wording «certificato di idoneità all'attività sportiva agonistica»
- on the certificate there is the wording «Art. 5 - D.M.18/02/82»
- on the certificate the sport for which the certificate was issued is «atletica leggera»

THE CERTIFICATE IS NOT VALID IF ...

- it contains the wording «attività sportiva non agonistica», «attività ludico-motoria» or similar
- it contains the wording: «ad uso privato», «a livello occasionale», «atleta non avente la qualifica di agonista», «per persone non indicate dall'Art. 5» or similar

- instead of «athletics», terms such as «podismo», «running», «maratona», and similar
- disciplines other than «athletics» are mentioned, for example: «triathlon», «ciclismo», «calcio», etc.

PARTICULAR SITUATIONS TO CONSIDER

- the certificates issued in Lombardy must be issued on a special form that shows the logo of the region in the header

PARTECIPATION WITH RUNCARD

- foreign citizen residing in Italia -

REQUIREMENTS

To participate you must have a RUNCARD, valid on the date of the marathon.

In addition you must have a medical certificate of eligibility for participating in a competitive athletics event, valid at the date of the marathon.

RUNCARD

The RUNCARD for residents in Italy costs 30 euros (15 for those who are registered for a Sports Promotion Authority) and must be purchased independently on the site www.runcard.com (unfortunately, the site is only available in Italian).

After the purchase, the card is sent in digital form (via e-mail) together with the request for a medical examination to be delivered to the sports doctor.

MEDICAL CERTIFICATE

Since you are resident in Italy, even if you are a non-Italian national, you must provide a certificate issued in Italy.

SUMMARY

To finalize your entry, you will need to:

- enter the **RUNCARD number**
- upload the **medical certificate**

PLEASE VERIFY THAT ...

- RUNCARD has sent you the appropriate medical examination request form that you will have to hand in when you go to take the exams.
- on the certificate there is the wording «certificato di idoneità all'attività sportiva agonistica»
- on the certificate there is the wording «Art. 5 -D.M.18/02/82»
- on the certificate the sport for which the certificate was issued is «atletica leggera»

THE CERTIFICATE IS NOT VALID IF ...

- it contains the wording «attività sportiva non agonistica», «attività ludico-motoria» or similar
- it contains the wording: «ad uso privato», «a

livello occasionale», «atleta non avente la qualifica di agonista», «per persone non indicate dall'Art. 5» or similar

- instead of «athletics», terms such as «poldismo», «running», «maratona», and the like are used
- disciplines other than «athletics» are mentioned, for example: «triathlon», «ciclismo», «calcio», etc.

PARTICULAR SITUATIONS TO CONSIDER

- the certificates issued in Lombardy must be issued on a special form that shows the logo of the region in the header

PARTECIPATION WITH RUNCARD

- italian citizen residing abroad -

REQUIREMENTS

To participate you must have a RUNCARD, valid on the date of the marathon.

In addition you must have a medical certificate of eligibility for participating in a competitive athletics event, valid at the date of the marathon.

RUNCARD

The RUNCARD for foreign residents costs 15 Euros and must be purchased independently on the site www.runcard.com (unfortunately, the site is only available in Italian).

After the purchase, the card is sent in digital form (via e-mail).

The RUNCARD is essential because it provides the mandatory insurance coverage, as you are not licensed for an Athletics Federation.

MEDICAL CERTIFICATE

Even if you are not resident in Italy, you are an Italian citizen, therefore under current laws you are required to provide a certificate issued in Italy.

SUMMARY

To finalize your entry, you will need to:

- enter the **RUNCARD number**
- upload the **medical certificate**

PLEASE VERIFY THAT ...

- RUNCARD has sent you the appropriate medical examination request form that you will have to hand in when you go to take the exams.
- on the certificate there is the wording «certificato di idoneità all'attività sportiva agonistica»
- on the certificate there is the wording «Art. 5 - D.M.18/02/82»
- on the certificate the sport for which the certificate was issued is «atletica leggera»

dall'Art. 5» or similar

- instead of «athletics», terms such as «podismo», «running», «maratona», and the like are used
- disciplines other than «athletics» are mentioned, for example: «triathlon», «ciclismo», «calcio», etc.

PARTICULAR SITUATIONS TO CONSIDER

- the certificates issued in Lombardy must be issued on a special form that s

THE CERTIFICATE IS NOT VALID IF ...

- it contains the wording «attività sportiva non agonistica», «attività ludico-motoria» or similar
- it contains the wording: «ad uso privato», «a livello occasionale», «atleta non avente la qualifica di agonista», «per persone non indicate

PARTECIPATION WITH LICENSE FROM FOREIGN ATHLETICS FEDERATION

REQUIREMENTS

License information is sufficient to participate. License must be valid on the date of the race.

SUMMARY

To finalize your entry, you will need to:

- provide the **name of the Federation**
- provide the **license number**
- provide the **name of running club**
- upload the **self-certification of license possession** (use the appropriate form on page 13 in English and on page 14 in French)

PARTECIPATION WITH RUNCARD

- foreign citizens residing abroad -

REQUIREMENTS

To participate you must have a RUNCARD, valid on the date of the marathon.

In addition you must have a medical certificate of eligibility for participating in a competitive athletics event, valid at the date of the marathon.

RUNCARD

The RUNCARD for residents abroad costs 15 euros and can be purchased together with the marathon registration, or independently on the site www.runcard.com (unfortunately, the site is only available in Italian).

After the purchase, the card is sent in digital form (via e-mail) together with the request for a medical examination to be delivered to the sports doctor.

MEDICAL CERTIFICATE

You must have the appropriate form filled in, signed and stamped by a doctor in your country (found on page 9 in English, and on page 10 in French).

SUMMARY

To finalize your registration:

- enter the **RUNCARD number**
- upload the **medical certificate**

WHY IS IT SO COMPLICATED?

The Italian legislation for the protection of the health of the athletes is one of the most rigorous in the world, in order to prevent episodes that may potentially be very serious, deriving from pre-existing but not identified pathological situations.

According to the rules of the Italian State and the Italian Athletics Federation, to participate in a marathon in Italy, a foreign athlete who is not registered for an Athletics Federation must:

- provide a medical certificate (issued in his country) in accordance with the legislation on health protection in competitive sports in force in Italy

- have a RUNCARD (issued by the Italian Athletics Federation) that is valid on the date of the race

WHAT CHARACTERISTICS MUST THE CERTIFICATE HAVE?

- The official form to be delivered to your doctor is the one you find on page 9 (in English) or on page 10 (in French).
- We recommend that you use this form only to avoid problems. If you already have a medical certificate, and want to know if it is accepted, contact us in time by e-mail at info@milanomarathon.it

PARTECIPATION FOR <<SPORT TOURISM>> PURPOSE - foreign citizens residing abroad -

IMPORTANT NOTICE. Participation for “sport tourism” purpose, according to the rules of the Italian Athletics Federation, entails these limitations:

- different looking bib from the one of the other participants;
- result will not be included the rankings, but in an alphabetical list of finishers with time indication;
- inability to receive prizes, bonuses, expense reimbursements, etc.

REQUIREMENTS

To participate you must carefully read, sign and attach the liability waiver and health information form to your registration.

You must also pay 5 euros to cover the insurance that the organization is obliged by law to provide you, since you are not a member of an Athletic Federation.

MEDICAL CERTIFICATE

A medical certificate is not required but it remains highly recommended to visit a doctor to make sure you are in good health.

SUMMARY

To finalize your registration, you will need to:
Fill out and sign the liability and health information waiver form (find it on pages 11 and 12)

Medical Certificate

Competitive sport activity

The undersigned(licensed physician), on the basis of the medical tests:

- medical visit
- test of urines (urinalyses)
- electrocardiogram at rest and stress test
- spirometry

diagnostic tests as by the Italian law to be able to practice competitive sports activities (Ministerial Decree 18/02/1982).

certify that

NameSurname.....

Born.....in.....

Resident in.....in.....

can practice competitive Athletics sport activity.

This certificate is valid for.....

and will expire on.....

Date,

The Doctor

(stamp e signature)

Certificat medical
Activités sportives compétitives

Le soussigné..... (médecin autorisé) sur la base d'une
évaluation médicale effectuée:

- examen physique,
- examen complet de l'urine,
- un électrocardiogramme au repos et après l'exercice,
- spirométrie,

inspection conforme aux tests diagnostics prévus par la loi applicable en Italie
pour être en mesure d'exercer des activités sportives compétitives (Décret
Ministériel 18/02/1982).

certifie que

Nom.....Prenom.....

né le.....à.....

et réside à.....

en.....

peut exercer des activités sportives compétitives d'Athlétisme.

Ce certificat est valable pour

et prendra fin le.....

Date,

Le Médecin

(timbre et signature)



LIABILITY WAIVER AND HEALTH INFORMATION

Important! Read Carefully Before Signing

This document outlines the key points regarding participation in the **Wizz Air Milano Marathon 2025**. It covers both the liability waiver and health check recommendations.

Taking Responsibility

- You are responsible for your health and fitness before, during, and after the race.
- Participate only if you are in good physical condition and have trained adequately.
- Review the health check list provided to assess your suitability for the race.

Race Day Considerations

- If you get injured, sick, or have an accident, medical aid will be available. Ensure your emergency contact information is complete on your bib number.
- No substitutions are allowed. Only registered runners can participate.
- The organizer reserves the right to use race-related media (photos, videos) for promotional purposes.
- Enter the starting area only through designated zones.
- By registering, you agree to abide by all event rules outlined on the website and registration form.

Health Check Recommendations – Section A

Consulting your doctor is highly recommended, especially if you answer "yes" to any of the following questions:

- Do you have a diagnosed heart condition or are currently undergoing treatment for one?
- Have you ever fainted?
- Have you experienced chest pain or dizziness while exercising?
- Does a close relative have a history of sudden cardiac death?
- Has it been over a year since your last physical exam?
- If any of the questions in Section A apply to you, schedule a physical and heart checkup with your doctor.

Note: No medical certificates are required. The health check list is for your own reference.

Additional risk factors for heart-related issues - Section B

- High blood pressure
- Diabetes or high blood sugar
- High cholesterol or triglycerides
- Smoking



Discuss your participation and any necessary examinations with your doctor to ensure your safety on race day.

I hereby comply with the terms described above and after reading the health check list I confirm I can take part in the race.

Athlete Name: _____

Participating in the **Wizz Air Milano Marathon** and running 42.195 km as per race regulations.

Provide emergency contact information (name and phone number).

Name _____ **Telephone** _____

Sign and date the form after carefully reviewing all sections.

Date, _____

Signature _____



DECLARATION

athlete licensed or registered for a Foreign Federation

First Name, Last Name

born on(dd/mm/yyyy)

born in (city, country)

nationality

gender(M/F)

resident at (complete address)

declares that

is registered for or licenced by the following Federation affiliated to World Athletics:

Federation name

Club / Team (if applicable)

Card number / code (if applicable)

I hereby declare myself fully responsible for this declaration, acknowledging the legal consequences of a false statement.

DATE (dd/mm/yyyy)

SIGNATURE



DÉCLARATION

athlète licencié ou enregistré pour une Fédération Étrangère

Prénom, Nom

né le (jj/mm/aaaa)

Né à (ville, pays)

nationalité

sexe (M/F)

résident à (adresse complète)

déclare que

est inscrit ou licencié par la Fédération suivante affiliée à World Athletics:

Nom de la Fédération

Club / équipe (le cas échéant)

Numéro / code de la carte (le cas échéant)

Je déclare être entièrement responsable de cette déclaration, en reconnaissant les conséquences juridiques d'une fausse déclaration.

DATE (jj/mm/aaaa)

SIGNATURE



SEE YOU
IN APRIL!!

THANKS

