



## Stramilano SOTTOZERO 2026 REGULATIONS 10 km and 5 km NON COMPETITIVE

Stramilano Running Club S.S.D. a r.l. organizes, on Sunday, November 29th, 2026, in Milan, the amater, non-competitive sports events at free pace, Stramilano SOTTOZERO of 10 km and 5 km.

### Stramilano SOTTOZERO 2026 - 10 km - 5 km

Departures at 10:30 am from Viale Cassiodoro, CityLife, Milano. Finish in Via Stratos.

### REGISTRATION

**Eligibility:** there are no restrictions for participation in the two events. People of all ages and abilities are welcome. The use of roller skates, scooters, or any wheeled devices is not permitted, except for wheelchairs, mobility chairs, and strollers.

### REGISTRATION FEE

The registration fee is **€16.00** and is non-refundable under any circumstances.

Each participant will receive a Stramilano SOTTOZERO race pack, which includes: the official medal, the official T-shirt, a numbered bib, sponsor gadgets (if any), a one-day membership with a Sports Promotion Body.

### OPENING/CLOSING OF REGISTRATIONS

#### Online Registration:

- Credit card or PayPal: from March 2026 until November 26th, 2026;
- Bank transfer: from March 2026 until November 20th, 2026.

#### On-site registrations at:

- Decathlon Cairoli, Foro Buonaparte 74-76, 20121 Milan: Friday, November 27th, 2026 and Saturday, November 28th, 2026, from 9:00 am to 8:00 pm;
- CityLife Village, Piazza Burri (behind Palazzo delle Scintille), Milan: Sunday, November 29th, 2026, from 7:00 am to 10:00 am.

**Registrations will close once all race packs are distributed.**

The Organizing Committee reserves the right to close registration early or accept late entries at its sole discretion.



## HOW TO REGISTER

- **ONLINE on the website:** <https://www.endu.net/it/events/stramilano-sotto-zero-10-5-km-non-competitive/>  
Payment by credit card (VISA or MasterCard circuit), Pay Pal, Bank Transfer (to be made by 20th November 2026).
- **AT DECATHLON CAIROLI:** Foro Buonaparte 74-76, 20121 Milan, filling out the registration form in all its parts, paying the fee in cash or by credit card, Friday, November 27th, 2026 and Saturday, November 28th, 2026, from 9:00 am to 8:00 pm.
- **AT CITYLIFE VILLAGE:** Piazza Burri, CityLife, Milan (behind Palazzo delle Scintille), filling out the registration form in all its parts, paying the fee in cash or by credit card, Sunday November 29th, 2026, from 7:00 am to 10:30 am.

**IMPORTANT:** Subscriptions paid and not collected by 10:30 am on 29th November 2026 will be canceled and no refunds of any kind will be given.

## BIB AND RACE KIT COLLECTION

Participants can collect registration packs by taking a copy of a confirmation email to:

**Decathlon Cairoli, Foro Buonaparte 74-76, 20121 Milan:**

- Friday, November 27th, 2026, and Saturday, November 28th, 2026 from 9:00 am to 8:00 pm.

**CityLife Village, Piazza Burri, Milan (behind Palazzo delle Scintille):**

- Sunday November 29th, 2026, from 7:00 am to 10:30 am.

All registrants will receive a swag bag complete with an official t-shirt. Size availability is limited, so your chosen size cannot be guaranteed.

## START/FINISH AND TIME LIMIT

**Stramilano SOTTOZERO 10 km and 5 km**

The route, starting from Viale Cassiodoro, CityLife, Milan, will take place inside Parco di CityLife according to the map indicated on the site with arrival at Via Stratos, CityLife, Milan.

**Departure is scheduled at 10:30 am.**

5 km course: maximum time allowed is 1 hour and 15 minutes (arrival by 11:45 am).

10 km course: maximum time allowed is 2 hours and 30 minutes (arrival by 1:00 pm).

A cutoff checkpoint will be set at km 5. Participants who do not reach this point by 11:45 pm (1h 15m after start) will be asked to stop.

Participants may walk or run at their own pace.

## REFRESHMENT STATION

A refreshment point will be available along the route.

## MEDICAL ASSISTANCE

The first aid service is prepared and approved by A.R.E.U. (Azienda Regionale Emergenza Urgenza- Regional Emergency Urgency Company) in accordance with the DGR 2453 of 7 October 2014 of the Lombardy Region, concerning the "Health Organization during events and scheduled exhibitions".

## RANKINGS

As this is an amateur, non-competitive, free-pace event, no rankings will be issued.

## BAG DROP SERVICE

A free bag drop service will be available at CityLife Village, Piazza Burri (behind Palazzo delle Scintille). Participants must use the official Stramilano SOTTOZERO bag and affix the sticker (included with the bib) to identify it. Only clothing for post-race change should be stored. Although every effort will be made to handle and return bags safely, the organizers accept no responsibility for lost, misplaced, or stolen items.



## ABOUT IMAGES ACQUIRED DURING THE EVENT

As reported in the Information on the protection of personal data collected with the registration to the Stramilano SOTTOZERO 10 km and 5 km, during the performance of the sporting event Stramilano Running Club S.S.D. a r.l. will acquire images in the form of photographs or videos, which will be used for information purposes of the various moments of the event on the Stramilano SOTTOZERO website, on the promotional material of the event, on social media and in the specialized press. Both photographic images and videos will be stored in computer archives by Stramilano Running Club S.S.D. a r.l. and by external data processors, duly appointed by it. By registering for the Stramilano SOTTOZERO 10 km and 5 km, the participant grants his authorization to use any of his images relating to participation in the event for any legitimate use without remuneration.

## LIABILITY AND PRIVACY

By registering for the Stramilano SOTTOZERO 10 km and 5 km, the participant or the operator of the parental authority, in the case of a minor, declares: to know in full and to accept this regulation; to be physically suitable for the characteristics of the event; to register voluntarily; to be aware that the event takes place on the streets of the city; to be aware that, since it is a free rhythm event, it freely decides the pace to be used; to assume all risks arising from your participation in the event such as falls, contact with other participants and / or spectators, with vehicles or other contacts, hot / cold weather conditions, rain / humid, traffic and road conditions, risks well known and evaluated by you. Participants must comply with the rules of the Highway Code. The participant relieves the Organizing Committee from any civil or criminal liability for damage to persons and / or things caused by him or derived by him from participation in the event itself.

The information pursuant to art. 13 of Regulation (EU) 2016/679, can be viewed at the link: <https://stramilanosottozero.it/informativa-privacy-partecipazione-all-evento/>, for those who register for the sporting event by filling out the online form via the website [www.endu.net](http://www.endu.net), and directly on the leaflet, for those who register by paper form.

## CANCELLATION

If the race is cancelled and/or does not go ahead for reasons beyond the control of the organizers and/or despite their wishes (including if the relevant public authorities retract their authorization for whatever reason), registered participants will have no right to make any claims against Stramilano Running Club S.S.D. a r.l. or other joint organizers and no right to reimbursements for any past or current expenses. By signing a registration application, they waive the right to compensation and/or damages and/or any claims for indemnification and/or settlement for any past or current financial loss.

## CHANGES

The events will take place according to the protocols of the Sports and Health Authorities in force on the date of the events. The organizers may, at any time, modify these regulations for the better organization of the event and / or for reasons of force majeure. Any changes in schedules, services and places will be communicated to participants on the official website of the event [www.stramilanosottozero.it](http://www.stramilanosottozero.it)

## INFORMATIONS

Event website: [www.stramilanosottozero.it](http://www.stramilanosottozero.it)

Email: [stramilanosottozero@stramilano.it](mailto:stramilanosottozero@stramilano.it)

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