

Giir di Mont Regulations Km 18

July 26, 2026

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The Premana Sports Association organizes, on Sunday 26 July 2026, the mountain running race called **Giir di Mont 18 Km**, of 18 km.

The competitive event is included in the FIDAL Lombardy and national FIDAL calendars.

The race is included in the WMRA calendar as *an Associate Member Race*.

1. PARTICIPATION REQUIREMENTS

1.1. Category of ammesse

The event is open to Italian and foreign athletes belonging to the following categories:

- Juniors (classes 2008-2007);
- Promesse (classes 2006-2005-2004);
- Seniors (SF-SM to SF95-SM95 and above).

Atlete/i italiane/i

Registrations are open to athletes:

- a) regularly registered **for the year 2026** with a club affiliated with FIDAL;
- b) In possession of a **RUNCARD or RUNCARD EPS** valid for the year 2026.

Athletes without the aforementioned memberships will have to contact their sports club to regularize their position, or they can independently subscribe to the Runcard card by accessing the dedicated portal on the [www.runcard.com website](http://www.runcard.com).

Athletes are invited to read the Runcard 2.0 regulations:

<https://www.fidal.it/content/RunCard-2-0-il-nuovo-regolamento/177247>

Athletes from abroad

Foreign athletes will be able to participate in the competition:

- If you are a member of a foreign athletics club or federation **affiliated with WA**;
- If regularly registered **for the year 2026** with a club affiliated with FIDAL;
- If EU athletes with **authorization from their federations or clubs**.

Non-EU athletes must present in addition to the authorization of their federation also the residence permit or entry visa.

NB: athletes who are members of a WA affiliated foreign federation who are not registered by their federation or club or assistant must sign the self-declaration certifying membership of a foreign federation (Annex 1 to these regulations), as well as fill in the certification of medical examination (Annex 2 to these regulations).

- If in possession of a **RUNCARD or RUNCARD EPS** valid for the year 2026.

Athletes without the above-mentioned memberships, before registering, must contact their club or sports federation to regularize their position, or they can independently subscribe to the Runcard card by accessing the dedicated portal on the [www.runcard.com website](http://www.runcard.com).

Athletes are invited to read the new Runcard 2.0 regulations:

<https://www.fidal.it/content/RunCard-2-0-il-nuovo-regolamento/177247>

Participation requirements for RUNCARD members:

- **Italian and foreign citizens residing in Italy** can participate limited to people aged 20 years (2006) onwards, not registered for a club affiliated to FIDAL or for a foreign Athletics club affiliated to the WA, or for a club affiliated (Athletics discipline) to a Sports Promotion Body **in possession of a valid RUNCARD** (date not expired) issued directly by FIDAL (info@runcard.com). Their participation is in any case subject to the presentation of a valid medical certificate of specific competitive fitness for athletics, which must be delivered, even digitally, to the organizers. These athletes will be regularly included in the race ranking, but will not be able to enjoy refunds, bonuses and access to the cash prize pool and/or generic value vouchers.
- **Italian and foreign citizens residing abroad** can participate limited to people aged 20 years (2006) onwards, not registered for a club affiliated to FIDAL nor for a foreign Athletics club affiliated to the WA, nor for a club affiliated (Athletics discipline) to a Sports Promotion Body affiliated with FIDAL **in possession of a valid RUNCARD** (date not expired) issued directly by FIDAL (info@runcard.com). Their participation is in any case subject to the presentation of a valid medical certificate of competitive fitness for athletics, which must be delivered, even digitally, to the organizers.

The medical certificate for non-resident foreign athletes can be issued in their own country, but the same tests required by Italian legislation must have been carried out:

- medical examination;
- complete urine test;
- electrocardiogram at rest and after exertion;
- spirometry.

Copies of the declarations and reports of the exams must be kept in the records of the Organizing Company of each event in which the athlete in possession of a RUNCARD participates.

Foreign athletes must also fill in the certificate of medical examination (Annex 2 to these regulations).

Athletes with RUNCARD membership will be regularly included in the race ranking, but will not be able to enjoy refunds, bonuses and access to the cash prize pool and/or generic value vouchers.

THE FOLLOWING CANNOT PARTICIPATE:

- Athletes registered for other FEDERATIONS (e.g. Triathlon);
- Athletes who are members of Sports Promotion Bodies recognized by CONI but not affiliated with FIDAL, who have not signed the RUNCARD;
- Athletes in possession of medical certificates of competitive fitness bearing words such as running, running, walking, marathon, triathlon, half marathon, etc., are not valid for the purposes of participation. Medical certificates of competitive fitness for other sports are not valid for participation: only those that expressly bear the wording "Athletics" will be accepted.

1.2. Medical certificate

To participate, it is mandatory to have a **medical certificate of competitive sports fitness, specific for athletics, valid on the** date of the race.

Athletes with an expired medical certificate are not eligible to participate. If the medical certificate expires after the closing of registrations but before the race takes place, the registration will remain pending.

If the certificate is not renewed before the race, the athlete will not be able to participate in the same.

RUNCARD members refer to the "**Participation requirements for RUNCARD members**" section for further specific details related to the medical certificate.

1.3. Identity verification

The Judges may order, at their sole discretion, at any time during the event, the control of the identity of one or more participating athletes.

The identity of the athletes (for the sole purpose of participation in the competitions) is guaranteed by checking one of the following documents or other legally recognized documents:

- Passport;
- Identity Card;
- Driver's license;
- Authenticated photo for school use;
- Personal acquaintance by the Technical Delegate/Referee/Appeal Jury is allowed.

1.4. Doping controls

Participants in the race may be subjected to anti-doping controls, carried out by the competent bodies in compliance with current regulations. They are also subject to the provisions of art. 50 of *the 2026 RULES FOR THE ORGANIZATION OF EVENTS*, if already subject to disciplinary suspension.

(https://www.fidal.it/upload/files/Organizzazione/2026/Norme%20e%20regolamenti/Norme%20per%20Organizzazione%20Manifestazioni%202026_17dic.pdf)

2. REGISTRATION

2.1. How to register

It will be possible to register for the thirty-second edition of the *Giir di Mont 18 Km* starting at **00.00 on Monday 27 April 2026**.

Registrations **will close at 11.59 pm on Wednesday 22 July 2026**.

Registrations can be made on the ENDU portal, at the following link: <https://api.endu.net/r/i/94003>

2.2. Registration fees

- The registration fee includes assistance and refreshments along the route, timing chips, lunch, race pack (**insured to the first 400 registered**), showers, assistance and refreshments at the finish.
- The fees are as follows:
 - € **30.00** for registrations made in the period between **27.04.2026 and 05.06.2026**;
 - € **45.00** for registrations made in the period between **06.06.2026 and 22.07.2026**.
- For the registration fee to be paid, the date of payment will be valid.
- It is possible to pay the registration fee through the methods indicated on the registration portal.
- At the time of registration, it is necessary to submit:

- Name and surname;
- Date and place of birth and residence;
- Phone number and email address;
- Club to which they belong and any personal sponsors of reference;
- FIDAL/Foreign Federation/RUNCARD card number.

FAILURE TO SEND ONE OF THESE DOCUMENTS WILL RENDER THE REGISTRATION NULL AND VOID.

If necessary, it is possible to make a name change between athletes, by sending an email to the qiirdimont@evodata.it address, communicating the name of the transferor and that of the successor and copying both athletes to the same email.

The name change costs €15.00. Payment is to be made by bank transfer and to be sent at the same time as the request email.

3. TIMING AND LEADERBOARDS

3.1. Time tracking

Timing will be carried out by [EvoData](#). Each athlete will be given the chip for detecting times, integrated into the bib.

The timing will be GUNTIME (to the shot).

3.2. Standings and split times

A general **ranking and a women's ranking will be drawn up.**

No split time will be recorded.

3.3. Time gates and maximum time

There are no time gates, nor maximum time.

The athletes must communicate their possible withdrawal from the competition to the organizers, located along the race route.

3.4. Prize pool

Overall ranking

1st place	B.V. 300€
2nd place	B.V. 200€
3rd place	B.V. 100€

Women's ranking

1st place	B.V. 300€
2nd place	B.V. 200€
3rd place	B.V. 100€

3.5. Complaints

Any complaints must be presented in the first instance verbally to the designated Arbitrator, within 30 minutes of the officialization of the ranking, and in the second instance in writing to the Appeal Jury, accompanied by the fee of 100.00 Euros which will be refunded in case of acceptance of the complaint.

4. RACE

4.1. Bib collection

The bib collection will take place at the event secretariat, [near the start](#) (Via Venezia, 1).

The secretariat will be open for bib collection **on Saturday 25 July 2026, from 15:00 to 20:00** and **Sunday 26 July 2026, from 5:45 to 7:00**.

It is possible to collect the bib on behalf of third parties, upon presentation of a written proxy.

4.2. Meeting and departure

The meeting is scheduled for Sunday, July 26, 2026, at 7:00 a.m., at the [Piazza della Chiesa di Premana](#) (Via Roma, 1).

The departure is scheduled for Sunday, July 26, 2026, at 8:00 a.m., at the Piazza della Chiesa di Premana (Via Roma, 1).

The start and finish of the race will be in the same place.

4.3. Route

The route will take place on paths and mule tracks and will be marked by arrows, stripes and flags.

Information on the route is available on the official website of the race, [at this link](#).

Along the route, numerous checkpoints will be set up: failure to pass to just one of these will result in the disqualification of the athlete.

4.4. Equipment

Given the characteristics of the route (challenging trails), we recommend **footwear and clothing suitable** for a mountain running race, with **a windproof jacket in tow**.

The use of poles is allowed for the entire duration of the route, if brought from the start. The delivery of poles by third parties is not permitted.

For safety reasons, it is **forbidden to listen to music** through earphones during the race.

It is also **forbidden to participate in the race bare-chested**.

It is possible for athletes to run in **self-sufficiency** (technical backpack, hydration backpacks, bottle cages, etc.), without prejudice to the need to make their race bib visible to the control.

It is not allowed to accompany athletes along the race route.

In order to ensure the safety of the competitors, numerous **assistance and emergency points will be set up along the route**.

4.5. Refreshments

At each refreshment point, located on each mountain pasture and on the crucial points of the route, **suitable drinks and energy supplies will be available**. It is forbidden to give supplies to athletes outside the official refreshment points.

The refreshment table is available on the official website of the race, [at this link](#).

It is strictly **forbidden to leave waste along the race route**, outside the refreshment points.

4.6. Showers, lunch and awards

The organization provides athletes with **changing rooms complete with bathrooms and showers**, which can be used at the end of the race, at the [Premana sports hall](#) (Via Papa Luciani).

Lunch for athletes and the public will be served **starting at 11:00 a.m. on Sunday 26 July**, at the [Premana sports hall](#) (Via Papa Luciani).

The awards ceremony will take place **starting at 15:00 on Sunday 26 July**, at the [sports hall of Premana](#) (Via Papa Luciani).

4.7. Emergency Route

In the event of **weather conditions** such as to constitute a danger for the competitors, and/or force majeure, at the sole discretion of the Jury, the route may be **changed or the competition suspended** at any time.

In the event of a change in the route on any emergency route, the **prize money will be halved**.

5. LIABILITY

With the registration act, the competitors **relieve the organizers** of any civil and criminal liability to persons and things that may occur during and after the race in relation to the same. For participants in the race, the insurance characteristics of FIDAL races apply.

The Organizing Committee and the Premana Sports Association **are not responsible for the loss/theft of material or personal belongings** left unattended before, during and after the race, in the start/finish area, or inside the structure used for lunch and prize-giving.

The organizing company has taken out **third-party liability insurance**.

6. PRIVACY

Each competitor expressly waives the right to use the rights to the image during the test, as well as waives any recourse against the organization and its authorized partners for the use made of his image.

Voluntary registration and consequent participation in the race indicate full acceptance of these regulations and any changes made.

For anything not covered by these regulations, please refer to the International Technical Rules of World Athletics and the FIDAL Regulations.

Athletes are invited to periodically consult the official channels of the event so as not to miss updates and news relating to the race.

Contacts:

E-mail - qiirdimontmountainrace@gmail.com

Website - www.qiirdimont.it

Instagram Page - https://www.instagram.com/giir_di_mont/

Facebook Page - <https://www.facebook.com/giirdimont>

Declaration

Athlete licenced or registered for a Foreign Federation

Name Surname/Family Name.....

Born in..... on (dd-mm-yyyy)

Nationality Sex: M F

Address

Country

Declares that

is registered for or licenced by the following World Athletics (WA) Federation:

Federation Name

Club/Team (if applicable)

Card number/code

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

Signature

Date

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 test as
by the Italian law to be able to practice competitive sports activities – Ministerial
Decree 18/02/1982)

certifies that

Name _____

Surname _____

Born _____ in _____

Resident in (city) _____

Address _____

can practice competitive Athletics sport activity.

This certificate is valid for (max. 12 months) _____ and will
expire on _____.

Date, _____

The Doctor

(stamp and signature)