



**HIGH FIVE  
RACE**  
March 27, 2022



**WARSAW PEACE  
HALF MARATHON**  
16<sup>th</sup> Warsaw Half Marathon



**RACE GUIDE**





In this part of Europe we kind of forgot that the opposing word for peace is war rather than no peace.

The last month was the awakening.  
War broke out right round the corner. Not the next block.

Can we stop it? I do not know.  
What can you do then?

Help the victims and remain united. Peace is a superior value. Like health. Like freedom. Today we unite at the start line of the Warsaw Peace Half Marathon and demand that war be stopped. In Ukraine and everywhere else.

Marek Tronina 16<sup>th</sup> Warsaw Half Marathon Director



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new balance  
run club



**dołącz do nas.**

**Warszawa**

Poniedziałek – Stadion Narodowy 19:00

Wtorek – Żoliborz Stadion SP 65 19:00

Środa – Stadion Orzeł 18:30

Czwartek – Żoliborz Stadion SP 65 19:00

**Kraków**

Niedziela – Park Lotników 9:00



# PROGRAM

Friday, March 25, 2022

The Palace of Culture, Plac Defilad 1  
(enter from Marszałkowska Street)

2:00-8:00 p.m. Race Office – race kit pick-up  
2:00-8:00 p.m. Expo Sport&Fitness 2022

Saturday, March 26, 2022

The Palace of Culture, Plac Defilad 1  
(enter from Marszałkowska Street)

10:00 a.m.-8:00 p.m. Race Office – race kit pick-up  
10:00 a.m.-8:00 p.m. Expo Sport&Fitness 2022

Sunday, March 27, 2022

## Warsaw Peace Half Marathon

|             |   |
|-------------|---|
| 7:00        | Half Marathon deposits open                       |
| 8:57        | Wheelchairs start                                 |
| 9:00        | Warsaw Peace Half Marathon - runners start        |
| ca. 10:00   | First finishers                                   |
| 11:00       | Award ceremony for the Warsaw Peace Half Marathon |
| 11:30-12:10 | Wheelchairs and age groups ceremonies             |
| 12:30       | Race route cut-off                                |
| 13:30       | Deposits close                                    |

## New Balance High Five

|          |   |
|----------|---|
| 12:00    | New Balance High Five deposits open                                       |
| 12:57    | Wheelchairs start   |
| 1:00     | New Balance High Five - runners start                                     |
| ca. 1:15 | First finishers   |
| 1:30     | Award ceremony for the New Balance High Five<br>(general and wheelchairs) |
| 1:45     | Race route cut-off  |
| 2:45     | Deposits close  |

44. MARATON WARSZAWSKI  
25 września 2022

NIE ZATRZYMUJ SIĘ  
W POŁOWIE DROGI

SPONSOR

PARTNERZY

PARTNER MEDIALNY

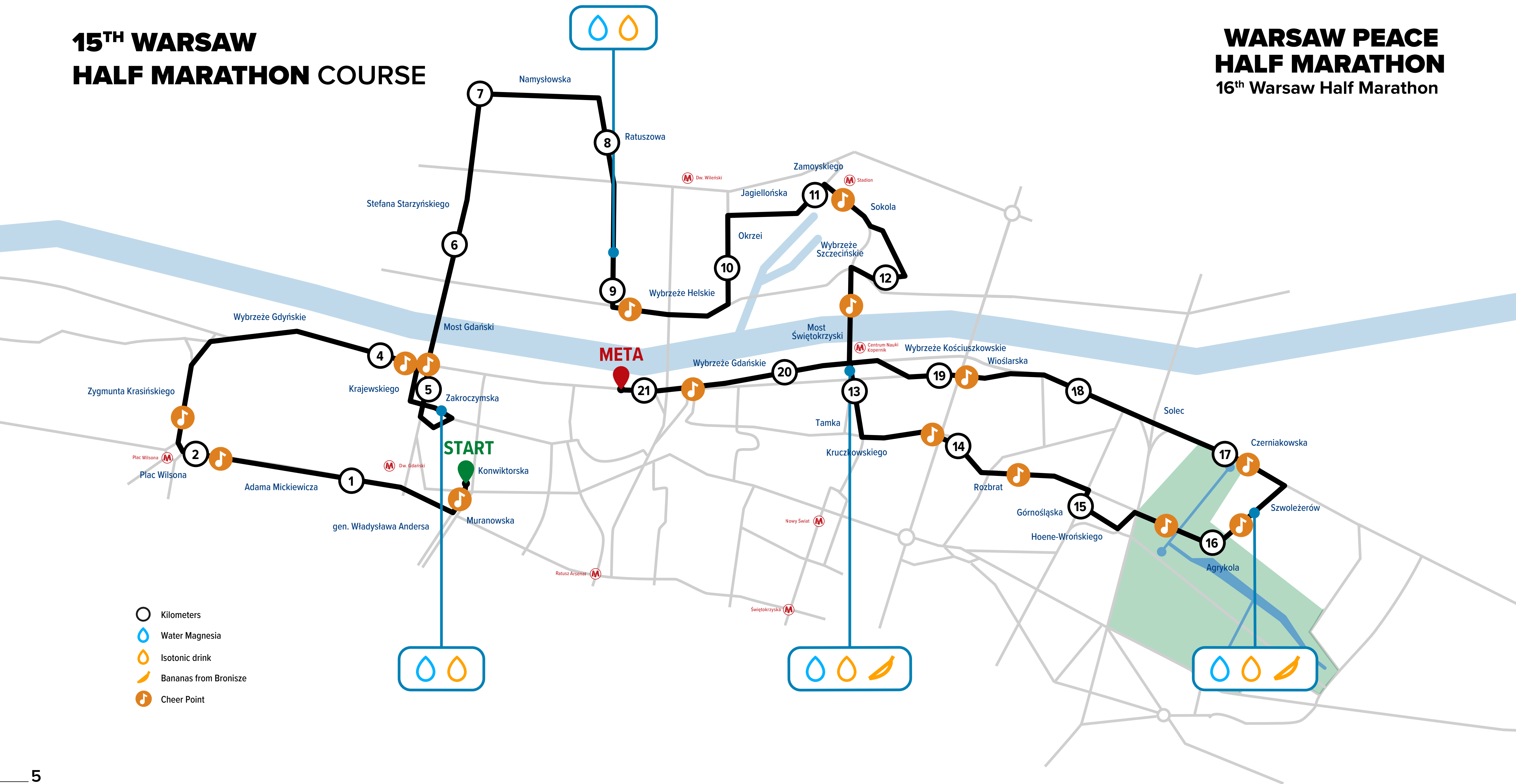
ORGANIZATOR





15<sup>TH</sup> WARSAW  
HALF MARATHON COURSE

WARSAW PEACE  
HALF MARATHON  
16<sup>th</sup> Warsaw Half Marathon



# BEFORE THE START

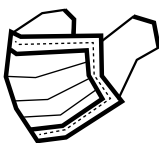
## RACE KIT PICK-UP

The race office:  
the Palace of Culture (Plac Defilad 1,  
enter from Marszałkowska street)

March 25 (Friday) 2-8 p.m.  
March 26 (Saturday) 10 a.m.-8 p.m.

No race kit pick-up on the race day.

Please show your ID upon the race kit pick-up.  
Your race kit can be picked up by an authorised  
person if they are able to show your race card  
with your signature and a copy of your ID.



Please  
wear your face mask  
while in the race office.



**Don't miss the Start!**  
Attention! We move the clock 1 hour  
forward during the **night 26/27 of March.**

## RACE BIB

The race bib must be worn on front of your race  
gear and must not be altered or hidden. Please  
film in the personal data on the back of your race  
bib. To enter the start zone you must wear your  
race bib.



deposit  
truck  
number



time  
zone  
color

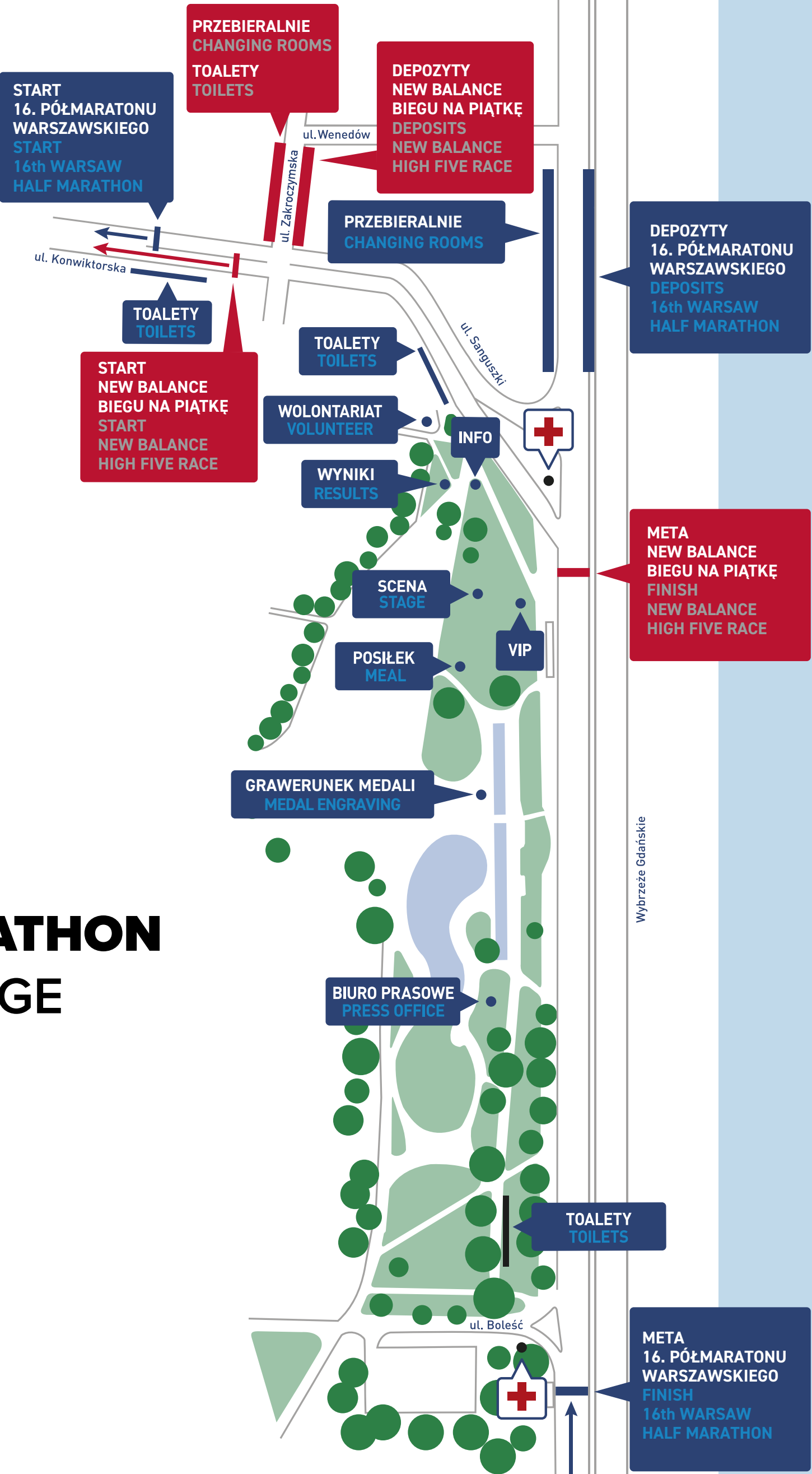
## GETTING TO THE START

Parking area in the start zone is not available.

Please use the public transport.  
The public transport on the race day is free for  
runners with race bibs.

Please check changes in traffic organization on  
the race day **TRAFFIC GUIDE**

# MARATHON VILLAGE





# BEFORE THE START

## START ORGANIZATION

The Warsaw Peace Half Marathon will start at **9 a.m.** for all runners (no waves).

New Balance High Five will begin at **1 p.m.** for all runners (no waves).

Wheelchairs will set off at **8:57 a.m.** (half marathon) and **12:57 p.m.** (New Balance High Five).

### PACERS

Pacers will be there to help you clock your dream time in the Peace Half Marathon and New Balance High Five.

**Warsaw Peace Half Marathon:**  
1:20; 1:25; 1:30, 1:35, 1:40, 1:45, 1:50; 1:55, 2:00, 2:10, 2:15, 2:20, 2:30.  
**New Balance High Five:**  
20:00, 25:00, 30:00, 35:00, 40:00.

## REFRESHMENT STATIONS

Refreshments will be located every 4K with Magnesia water, iso and bananas from Bronisze market.

„Drop zones” will be located after each refreshment station, where empty cups should be dropped. Please drop used cups and other items only in these zones. Keep the road clean for those behind you!

| HALF MARATHON                      |
|------------------------------------|
| 5 km water + isotonic drink        |
| 9 km water + isotonic drink        |
| 13 km water + isotonic + bananas   |
| 16,5 km water + isotonic + bananas |

## SHOWERS

Showers will be available in Polonia facilities (6 Konwiktorska St., main gate) between 10 a.m. and 2:00 p.m.







# MAGNESIA®

## DOSKONAŁE ŹRÓDŁO NATURALNEGO MAGNEZU

1 butelka 1,5l = **68%**  
dziennego zapotrzebowania  
na **magnez**\*



OFICJALNY PARTNER

**WARSZAWSKI  
PÓLMARATON POKOJU**  
16. Półmaraton Warszawski



# BEFORE THE START

## TIMING

The timing chip is a part of the race bib. Wear it on front of your race gear.

Splits will be taken at 5, 10, 15 and 20 K's.

## HALF MARATHON

The general category is measured in real (net) time - except top 200 where the gun (gross) time applies.

If fewer than 8 men or women are in the top 200 then the limit of 200 will be increased so that the minimum of 8 is reached.

All other categories are measured by real (net) times.

## New Balance High Five

The general category is measured in real (net) time - except top 50 where the gun (gross) time applies.

If fewer than 3 men or women are in the top 50 then the limit of 50 will be increased so that the minimum of 3 is reached.

All other categories are measured by real (net) times.

## RACE COURSE PRECAUTIONS

For the respons of your safety no bikes, nordic walking sticks, skateboards, scgoters or ani other mechanical devices are allowed on course except for permits issued by the race organizer.

Violators will be removed from course.



## TOILETS

Near the start zone, in the marathon village and on etery refreshment station portable toilets will be available.

Toilets for the disabled will be located at 9 and 17 K's.

## FINISH ZONE

Magnesia water, alcohol-free Lech Free beer and bananas will be offered at the finish line, as well as finisher's meal in the marathon village.

## CUT OFF

Half Marathon: 3,5 h  
New Balance High Five: 45 min.

## RESULTS

Will be available online on the race website.  
A text will be sent to your mobile number after the finish.

## PHOTOS

Fotomaraton.pl is a genuine repository of sport emotions. The service has been with us for years and it will be no different this time.

- After the race go to <https://www.fotomaraton.pl/> and select your race.
- Use a state-of-the-art face-finder to find all of your pictures
- Hi-res pictures will be available in various set-ups.
- The pictures will be ready one day after the race!



JEM  
ZDROWO  
BO WARZYWNO-  
-OWOCOWO





# DEPOSITS

Thanks to our logistics partner  
you can deposit your luggage  
next to the start line and pick it up right in the finish zone.

Your race kit includes a deposit bag where you can store your personal belongings before the race.  
To drop your deposit you should mark it with a sticker bearing your bib number (one will be there in your race kit).

To get your bag back you need your race bib. No valuables in the deposit bags please!

## HALF MARATHON

Deposits will be collected near the start line (Wisłostrada) from 7 a.m.

Your race bib displays the truck number.

After the race you can get your deposit back from the same truck. Deposits will close at 1.30 p.m.

## NEW BALANCE HIGH FIVE

Deposits will be collected near the start line (Zakroczymska St.) from 12 p.m.

Your race bib displays the truck number.

After the race you can get your deposit back from the same truck. Deposits will close at 2.45 p.m.

Your race bib displays the truck number.



deposit truck  
number



### ATTENTION

Make sure you know where  
you can drop and pick your deposit bag.  
**Half marathon runners - remember**  
**that after 11:30** the deposits will change  
location to make way for the  
NB High Five race as they will go to  
**Sanguszki street.**



Vistula River



# Z NAMI ZAWSZE WYGRYWASZ!

## OFERTA 360° dla Twojego biznesu:

- ◀ przesyłki krajowe i do 28 krajów Europy
- ◀ paczki do i powyżej 31,5 kg oraz półpalety i palety
- ◀ doręczenie do drzwi, punktu i automatu
- ◀ usługi standard i premium

[dhlparcel.pl](https://dhlparcel.pl)







**HIGH FIVE  
RACE**  
March 27, 2022

## NEW BALANCE HIGH FIVE

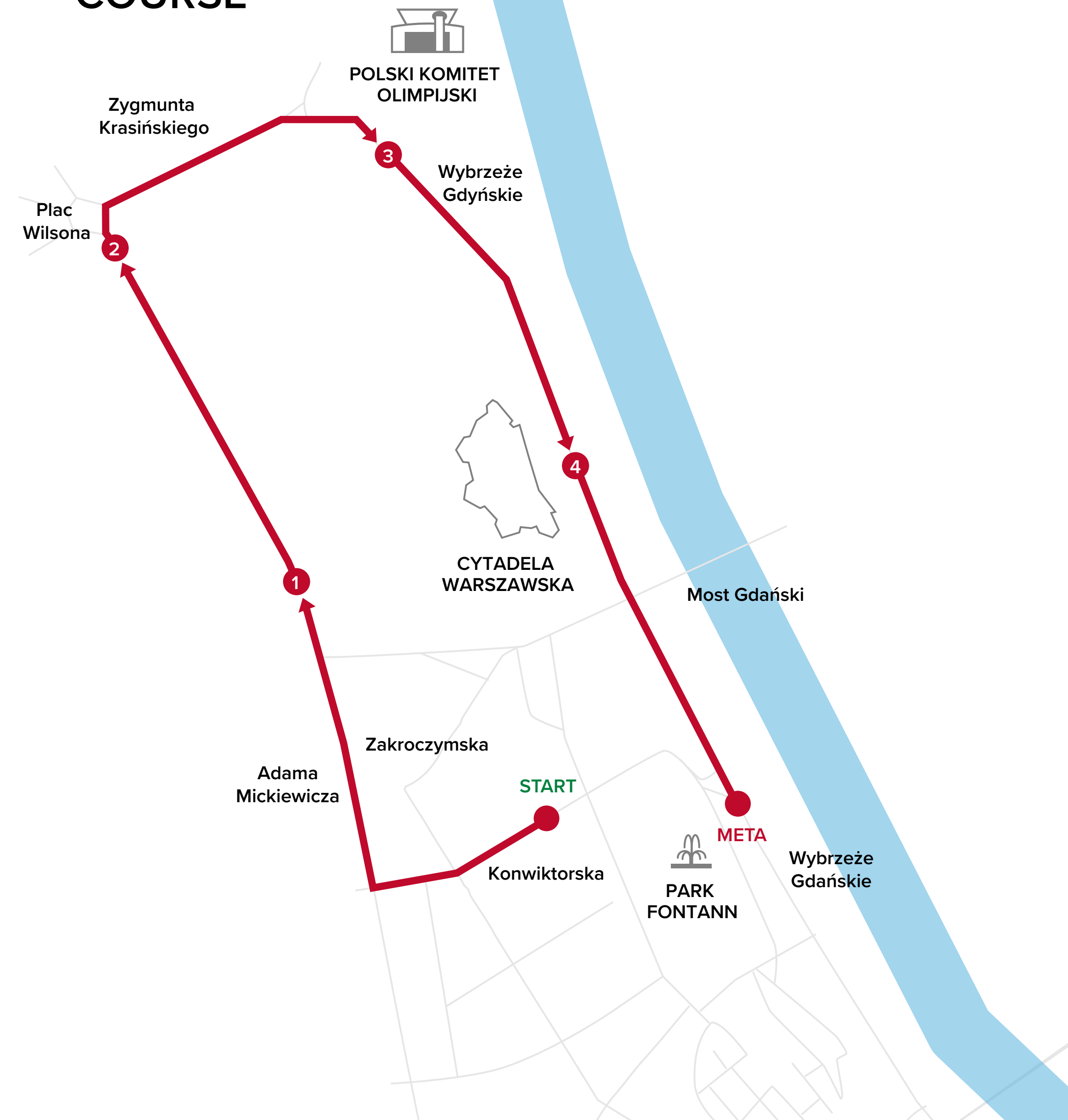
Five kilometers is a perfect challenge to begin with. Experience the thrill and pumping adrenaline - be a part of the crowd and get really high! Feel the blood flow and fantasy glow. New Balance High Five is more than just a race. It is fun shared by people who are sharing the passion.

Whether it is 20 minutes to break, a PB to beat or just the finish line to cross - we are happy to see you!

## NEW BALANCE HIGH FIVE COURSE



**HIGH FIVE  
RACE**  
March 27, 2022





## ELITE RUNNERS

As emotional as we are getting about the calling for peace - we hope to be equally emotional when the race kicks off.

Yes, we have been missing racing, fast times and records.

Just to remind you - the men's and the women's event records are 8 years old now! We can still remember the sunny March Sunday of 2014 and spectacular performances of Victor Kipchirchir and Poline Njeru.

They set the event records - even though the course was as hilly as Warsaw can be.

Time to put these times in the history books! Who is going to do that - and is this going to happen at all? Here is a brief list of hottest names to write the history of the Warsaw Half marathon anew:

### Men:

- **James Muriti Mburugu.** The Kenyan showed his potential in 2021, clocking his 10K PB with 28:07 and the HM PB with 1:01:15;
- **Josphat Kipchirchir.** A 25-year-old Kenyan with 27:53 PB for 10K (2019);
- **Emanuel Giniki Gisamoda.** the Tanzanian's PB is better than our event record (60:37) and his 10K PB is also stunning (27:37). The man to watch? Likely so.
- **Rodgers Mayio.** Another superb 10K performer - 27:55, who has not yet translated this into an HM time. Yet.
- **Abel Chebet.** A man from Uganda has had a very good season so far but had spectacular performances in the past too (28:35 for 10.000 meters in 2019). May not be the ultimate winner but a medal finish is very likely.

- **Belay Tilahun** - Ethiopia. 27:11 and 27:31 for 10,000 meters is a great starting point for a brilliant HM performance. Is this going to happen in Warsaw? Hopefully!

### Women:

- **Veronica Maina** of Kenya. 1:09:17 in 2021. Just 11 seconds within the event record. Go, Veronica, go!
- **Tiruye Mesfin.** The Ethiopian is about to begin her international career so 1:10:52 may not impress yet. But... she may be the one to steal the show.
- **Tigist Geshaw.** Running for Bahrain, though born in Ethiopia. 1:10:33 so far, but so far she has been running on track. Two-time silver medalist of the Asian games for 1500 meters.
- **Tigist Getnet i Addisalem Belay,** Ethiopia. 1:11:14 and 1:11:27 respectively in 2021.
- **Likina Amebaw.** Sixth fastest time in the field - 1:11:30 - would secure her a win in any Polish half marathon. Will this be enough to medal in Warsaw? Who knows.

There will be two Polish girls in the field: **Monika Jackiewicz** and **Aleksandra Brzezińska**. Monika is the current national champion in the half (1:12:50), while Ola (PB: 1:13:55) was the national champion in the marathon two years ago. They both want to run their PB's in Warsaw. Ideally - to finish sub-1:12. **Fingers crossed!**

14  
MAJA



# MARATON SZTAFET

## TU LICZY SIĘ DUCH ZESPOŁU

[www.ekiden.pl](http://www.ekiden.pl)

7,195<sup>km</sup> + 10<sup>km</sup> + 10<sup>km</sup> + 5<sup>km</sup> + 5<sup>km</sup> + 5<sup>km</sup> = 42,195<sup>km</sup>

SPONSOR



PARTNERZY

ACCREO



PARTNER MEDIALNY

Magazyn Bieganie

ORGANIZATOR





# JOIN THE Amazfit Challenge



## THE MOMENT IS APPROACHING!

**The 16th Warsaw Half Marathon:** a day for which you have been preparing for the last few weeks, months, and maybe even years. An important day to test that you have put enough work and commitment into your training. Will your running strategy work? Is the will to fight to the end enough to achieve your dream goal: a personal best, a result from years ago, or maybe completing 21.1km for the first time in your life at an assumed pace?

To boost your emotions even more and to motivate you to achieve your goal this time, our partner Amazfit has an additional challenge for you. Show your determination and fortitude. Come to the run with the right tactics and foundations, and prove to us and yourself what you can do!



**AMAZFIT  
GTR 3 &  
GTS 3 SERIES**

## COMPETITION RULES

- **SELECT THE PACE AT WHICH YOU WILL COMPLETE THE 21.1 KM**
- **FILL OUT THE FORM ON THE WEBSITE: [AMAZFITPOLSKA.PL/WYZWANIE](https://amazfitpolska.pl/wyzwanie)**
- **ACHIEVE THE ASSUMED RESULT DURING THE 16TH WARSAW HALF MARATHON**

**DEADLINE FOR APPLICATIONS: MARCH 26 AT 20:00**

## AWARDS

**The top 3 people who achieve the result closest to their assumptions will win a smartwatch in the following order:  
[Amazfit GTR 3 Pro](#), [Amazfit GTS 3](#) and [Amazfit GTR 3](#).**

The modern, minimalist design of the Amazfit GTR 3 & GTS 3 series allows you to comfortably wear the smartwatch in everyday situations, at school, at work and during training. A total of 150 sports modes in combination with advanced sensors that measure the quality of sleep, stress, breathing, including heart rate monitors and a pulse oximeter make the Amazfit GTR 3 and GTS 3 smartwatches perfect for active people.

## HOW TO ACHIEVE THE GOAL WITH THE AMAZFIT SMARTWATCH?

If you are running with the Amazfit GTR 3 & GTS 3 smartwatch, the Pace Monitor available in the Training Assistant will help you maintain the right pace. This function will allow you to define the target time result and will keep you informed about your current and target paces, as well as time loss and current heart rate. Keep up with the pace with your AI Hare to achieve your goal!

## HOW TO ACHIEVE THE GOAL WITHOUT THE AMAZFIT SMARTWATCH?

If you do not have the equipment from Amazfit yet, you can use the small cheat sheet that we have provided for all participants of the 16th Warsaw Half Marathon. From March 25th to 26th, check out the Amazfit booth by the race office to pick up a wrist tattoo with the intended run time. These 5/10/15/20 km split times will help you stay at the right pace during your run.



# EXPO SPORT&FITNESS WIOSNA 2022

Welcome to Expo Sport&Fitness - just next to the race office in the Palace of Culture.

Latest trends in the sports and leisure, running gear and supplements.  
A perfect opportunity to meet experts do some last minute shopping.

## EXPO SPORT&FITNESS

The Palace of Culture  
(Plac Defilad 1, enter from  
Marszałkowska St.)

March 25 (Friday) 2-8 p.m.  
March 26 (Saturday) 10 a.m.-8 p.m.



## EXHIBITORS

- 13. FESTIWAL BIEGOWY
- PIWICZNA ZDRÓJ
- 4ACTION
- ALTRA
- AMAZFIT
- COMPRESSPORT
- EUROBUT
- FUNDACJA BIAŁYSTOK BIEGA
- GARMIN
- HELLY HANSEN
- HIGEEN
- HOKA
- IDC TRADE
- JERZY SKARŻYŃSKI
- JUJU
- MEDICAL SPORT
- NASTOPY.PL
- NEW BALANCE
- SKLEP FUNDACJI „MARATON WARSZAWSKI”
- ON-RUNNING
- POC
- PRETTY FITTY
- RADELLO SPORT
- ROYAL BAY
- RUDY PROJECT
- SPORT CENTRE – POWER BAR, SIS, ALE
- TRI CENTRE
- TRI STYLE
- WIESZAKINAMEDALE.PL
- X-BIONIC

LECHENDY

NIOSA NAWODNIENIE

123

152

09

IDEALNIE SMAKUJE



PO AKTYWNOŚCI

SPRÓBUJ

NOWOŚCI NA MECIE!

LECH

FREE

ACTIVE

HYDRATE

MANGO I CYTRYNA

0,0

NOWOŚĆ

Roztwory węglowodanowo – elektrolitowe zwiększają wchłanianie wody podczas ćwiczeń fizycznych



## #BIEGAMDOBRCZE

### BE A HERO OF CHARITY!

Did you know that you can run our races and help charities?  
Thousands of charity runners have raised **7 million PLN** so far and important social goals have been thus achieved.

### How does it work?

During the registration for the marathon, half marathon or other races you can choose a charity and open your own online fundraising account. Your friends and relations can support your cause by sending money. As soon as you have gathered a minimum amount a race number will be given to you.

### By becoming a hero of charity you are going to get:

- the race kit
- a unique orange race bib with the logo of your charity
- a thank you letter from the charity you support
- double satisfaction at the finish line

When you register for our races:  
**A good cause - a better race!**

#BiegamDobrze

PROJEKT  
FUNDACJI  
„MARATON  
WARSZAWSKI”



Thank you all charity runners for your support and heart. More than 430,000 PLN has been raised by the Warsaw Peace Half Marathon and New Balance High Five runners.



PIERWSZA POMOC ♥ WOLONTARIAT ♥ AKTYWNOŚĆ



ZAWSZE RAZEM ♥ ZAWSZE WYTRWALE  
WOLONTARIAT ZACZYNA SIĘ NA **POKOJOWYPATROL.PL**



**WSPIERAMY**  
**WARSZAWSKI**  
**PÓLMARATON POKOJU**





PARTNER  
OF PROMOTION  
ART OF PR

To już 15 rok z rzędu  
zwycięzamy  
w niezależnych rankingach  
agencji public relations

[www.partnersi.com.pl](http://www.partnersi.com.pl)

## Strategiczne myślenie

zapewniliśmy obsługę mediową 23 wielkich  
biegów Fundacji Maraton Warszawski

## Odpowiedzialność

wspieramy rozwiązania służące  
bezpieczeństwu uczestników

## Wytrzymłość

zorganizowaliśmy 24 konferencje prasowe

## Siła

osiągnęliśmy ponad 35 000 000 zł  
ekwiwalentu reklamowego

## Systematyczność

wysłaliśmy 370 informacji prasowych

## Autentyczność

jesteśmy z Maratonem już 12 lat





**28.02 - 27.03**

# RUN FOR UNITY WITH UKRAINE

CHARITY VIRTUAL RACE

Each of us can run for a good cause!

**The Run for Unity with Ukraine** is intended not only to express our solidarity and support, but also to bring real financial help to people affected by the war.

The event will be virtual, you can run the race individually or together with other people in any location.

All your entry fees from this event will be transferred to **the Polish Humanitarian Action**, which conducts aid operations for people affected by the war in **Ukraine**.

The event runs from February **28th** to **March 27th** and all funds will be donated on an ongoing basis.

So far, together we have already collected:

**40 000 zł**

In order to allow **100%** of your donations to support the goal – we decided not to produce medals or T-shirts, which would create unnecessary costs. Each of you will be able to download an individual certificate confirming your participation in the **Run of Unity with Ukraine** and your names will be displayed on the official list of results. Most importantly, your help will go to where it is most needed.

You can read more about this initiative [here](#).

**Zabiegany?**

Możesz trochę zwolnić!  
W pakiecie startowym  
znajdziesz

**150zł**

w zniżkach na  
5 pierwszych zamówień  
o wartości powyżej 100 zł

Więcej na nowej  
platformie zakupowej  
**[delio.com.pl](https://delio.com.pl)**

**delio**



SPONSOR



PARTNERZY



PROJEKT WSPÓŁFINANSUJE



PROJEKT WSPIERA



PARTNER MEDIALNY



ORGANIZATOR



PROJEKT WSPÓŁFINANSOWANY ZE ŚRODKÓW MINISTERSTWA SPORTU I TURYSTYKI