

RACE GUIDE

SPRING STARTS IN WARSAW



17th NATIONALE-NEDERLANDEN
WARSAW HALF MARATHON



**HIGH FIVE
RACE**



After a four-year break, we finally have a normal half-marathon. Normal - meaning one with 10,000 people at the start. Exactly 10 years ago, we did it together for the first time - minus 10 degrees, snow, and over 10,000 people at the finish line. That was in 2013. Time flies...

Today, we are one day before a great organizational leap. We are starting to write a new chapter - with a new sponsor, but also with new ambitions and hopes. After 17 years since our debut, we already know that every last Sunday of March, Warsaw hosts one of the most beautiful running events on the continent. We know this because every year, you want to be a part of it. If it weren't for you, there wouldn't be this event.

When we hear Czesław Niemen's voice again on Konwiktorska Street just before 11 o'clock on Sunday, we will feel that our colorful dream will start in just a few moments. A dream of the beginning of spring, a new beginning, and hope for a better time. So let's enjoy every kilometer we run, every ray of sunshine, and every smile of a passerby standing along the route. Let's enjoy normality. Sometimes all we need for happiness is a pair of running shoes.

Marek Tronina
The head of the "Warsaw Marathon" Foundation.

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Dear Sir/Madam,

This year, for the seventeenth time, Warsaw has the pleasure of hosting the extremely popular sporting event known as the Warsaw Half Marathon. The over 21-kilometer race will once again take place along the main arteries of the capital. The route will combine tourist attractions and will be conducive to achieve personal bests.

I would like to sincerely congratulate the organizers of the event, who promote running as an excellent idea for spending leisure time, improving fitness, and promoting healthier lifestyles with great enthusiasm.

Physical activity is becoming an increasingly important element of our daily lives, and running is its most natural and straightforward form. It is available to everyone, regardless of age, gender, or current physical condition, and allows us to meet other people who share the same passion.

I invite everyone to cheer actively. I am convinced that athletes will provide us with the opportunity to admire noble competition in the spirit of

fair play. I am confident that nothing will stop the runners from achieving the expected results in an atmosphere of genuine, friendship-building competition.

I wish all participants, fans, and running enthusiasts success and unforgettable experiences.

**Sincerely,
Renata Kaznowska
Vice President of Warsaw**



Dear Runners!

Soon we will meet at the starting line of the 17th edition of the Nationale-Nederlanden Warsaw Half Marathon. For many reasons, this is a unique event for us, and we are happy to be a part of it.

The half marathon is not only one of the largest running events - it is also an important social initiative. The #RunningGood campaign, organized by the "Marathon Warsaw" Foundation, focuses on raising funds for a chosen charity foundation. This is especially important for us, as we work with many of the foundations involved in the campaign on a daily basis, and together we increase awareness among Polish people on socially important topics, such as oncological prevention and mental health.

It is also an event that brings together thousands of people around a common goal, which is to complete 21 km in their best time. In my opinion, participating in the Half Marathon is more than just running a certain (although demanding) distance. Reaching the finish line is the result of actions that each runner takes throughout the year for themselves: regular training, taking care of the

proper diet and good physical condition. Running such a long distance is also taking care of your health - it can be compared more to a marathon than a sprint.

With the idea of promoting the #longdistance-HEALTH campaign, we have decided to join the 17th Nationale-Nederlanden Warsaw Half Marathon. As a brand, Nationale-Nederlanden believes that preventive medical examinations and physical activity are the basic steps we can take to enjoy better mental and physical health.

I am very happy that we will be able to be with you on March 26th, and support you, along with your families and friends, in achieving your next "personal bests". We warmly invite you to visit our activity zone in the Multimedia Fountain Park, where we have prepared a number of attractions for everyone.

**See you at the start,
Edyta Fundowicz,
Member of the Board of Nationale-Nederlanden**

Whichever run you take the 17th Nationale-Nederlanden Warsaw Half Marathon or New Balance High Five Race, if you have an unfortunate accident or sustain an injury during any of the runs on **26th of March**, we will help you get back on your feet.

Do not miss the opportunity to join the free insurance scheme: “Runner's rehabilitation package”, **until 25th of March, 2023**.

What does the insurance cover?

5

rehabilitation sessions



How do I get the insurance?



Go to:
www.nn.pl/biegacze



Fill in the form




Get an email with instructions on how to get an insurance

See you at the start line!

The “Runner's rehabilitation package” insurance is a group assistance insurance, where Nationale-Nederlanden TUnŻ S.A. is the policy holder, and AWP P&C S.A. with its registered office in France and branch in Poland (Mondial Assistance), is the insurer. If during the run on 26 March 2023 you have an unfortunate accident and need rehabilitation (upon referral), call the following telephone number: 22 563 11 90. If you do not have a referral for rehabilitation, then Mondial Assistance can organise a free consultation with an orthopaedist for you. Read more in the General Conditions on the website: <https://www.nn.pl/polmaraton/dla-biegaczy/swu>

Nationale-Nederlanden Towarzystwo Ubezpieczeń na Życie S.A.; Topiel 12, 00-342 Warszawa; www.nn.pl; the District Court for the Capital City of Warsaw, 12th Commercial Division of the National Court Register under KRS 28131; NIP. 526-030-50-06; with a share capital of PLN 59,460,000.00 – fully paid.



**Taking care of your health
is not a sprint
– it's a marathon**

EVENT SCHEDULE

FRIDAY, MARCH 24, 2023

The Palace of Culture and Science, the entrance from Marszałkowska Street

2 p.m.-8 p.m. - Race Office - race kit pick-up

2 p.m.-8 p.m. - Expo Sport&Fitness 2023

Saturday, March 25, 2023

The Palace of Culture and Science, the entrance from Marszałkowska Street

10:00 a.m.-8 p.m. - Race Office - race kit pick-up

10:00 a.m. -8 p.m. - Expo Sport&Fitness 2023

SUNDAY, MARCH 26, 2023

Remember! On the night from Saturday (March 25) to Sunday (March 26) there will be a change from winter to summer time, resulting in one-hour less sleep!

START AND FINISH

The New Balance High Five Race

+/- 9:45 - Warm-up before the race with Nationale-Nederlanden

9:57 a.m. - Start of manual wheelchair athletes at 5 km run

10:00 a.m. - Start of The New Balance High Five Race

10:15 a.m. - First athletes finish

10:45 a.m. - Route closure

17th Nationale-Nederlanden Warsaw Half Marathon

+/- 10:45 - Warm-up before the race with Nationale-Nederlanden

10:57 a.m. - Start of manual wheelchair athletes at the half marathon distance

11:00 a.m. - Start of 17th Nationale-Nederlanden Warsaw Half Marathon

12:00 p.m. - First athletes finish

2:30 p.m. - Route closure

DEPOSITS

9:00 a.m. - Deposits opening for participants of both races

12:00 p.m. - Deposits closing for participants of the New Balance High Five Race (Wenedów Street)

3:30 p.m. - Deposits closing for participants of 17th Nationale-Nederlanden Warsaw Half Marathon (Sanguszki Street)

AWARD CEREMONIES (Main Stage)

12:30 p.m.

- Award ceremony for the general classification of the New Balance High Five Race

- Award ceremony for manual wheelchair athletes in the New Balance High Five Race

12:45 p.m.

- Award ceremony for the general classification of 17th Nationale-Nederlanden Warsaw Half Marathon

- Age category awards for K/M 20, K/M 30, K/M 40, K/M 50

1:45 p.m.

- Award ceremony for manual wheelchair athletes in 17th Nationale-Nederlanden Warsaw Half Marathon

- Team awards in 17th Nationale-Nederlanden Warsaw Half Marathon

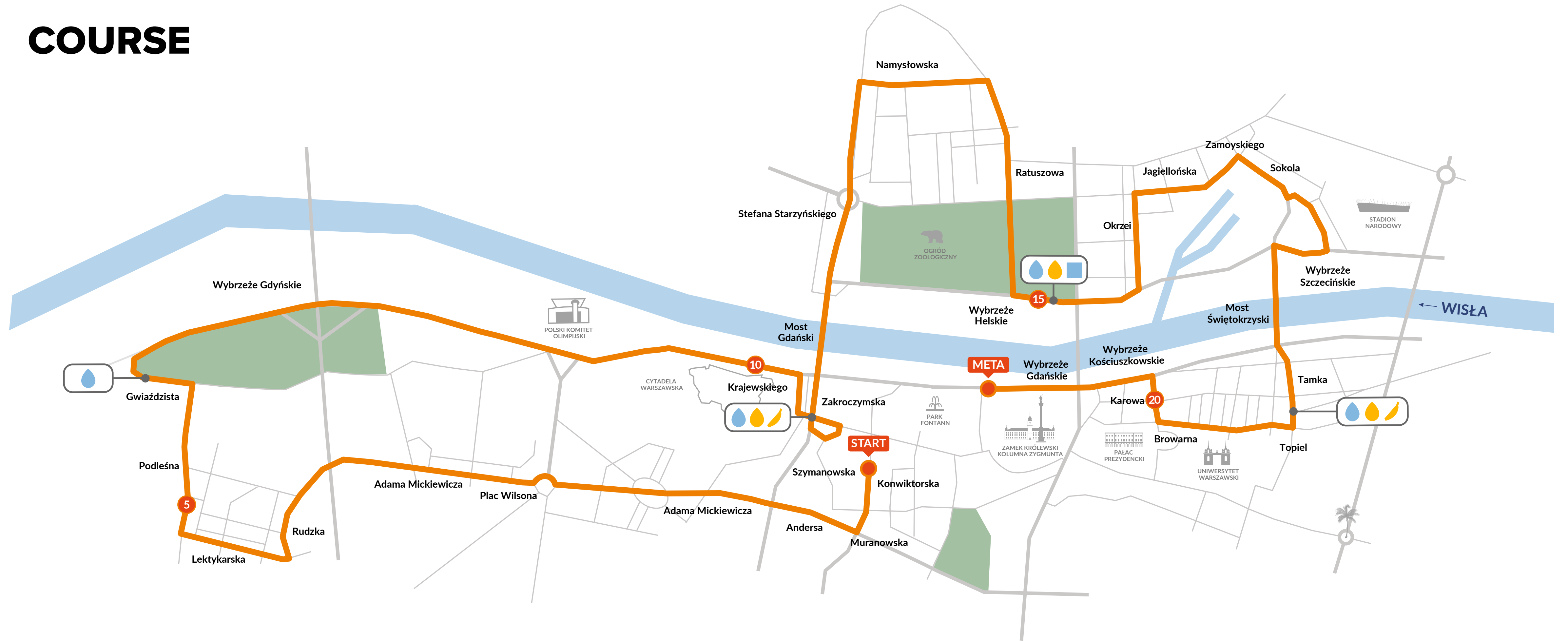
- Age category awards for K/M 60, K/M 70, K/M 80

2 p.m.

- Rewarding of #RunningGood fundraising leaders



COURSE



- 10
KILOMETRY
 KILOMETERS
- 💧
WODA MINERALNA MAGNESIA
 MAGNESIA MINERAL WATER
- 🍌
NAPÓJ IZOTONICZNY
 ISOTONIC DRINK
- 🍌
BANANY Z BRONISZ
 BANANAS FROM BRONISZE
- **CUKIER W KOSTKACH DIAMANT**
 DIAMANT SUGAR CUBES



Built for race day.

FuelCell SuperComp Elite v3.

The FuelCell SuperComp Elite v3 are available at nbsklep.pl and retail stores.

THE MOST IMPORTANT INFORMATION

RACE KIT PICK UP

The Race Office: The Palace of Culture and Science Plac Defilad 1, the entrance from Marszałkowska Street

The Race Office opening hours:
 March 24th (Friday) from 2:00 P.M. to 8:00 P.M.
 March 25th (Saturday) from 10:00 A.M. to 8:00 P.M.

PLEASE NOTE! On the day of the race, the Race Office will be closed.

If you pick up your race kit in person - it will be issued on the basis of a photo ID.

If you want someone else to pick up your race kit - print and sign the race card (the card can be downloaded from the athlete's profile - after logging in, in the YOUR RACES tab) and attach a copy of your ID card. Based on these two documents, another person will be able to pick up your race kit.

Charity runners! During your visit to the Expo, be sure to visit the organization's booth for which you are running as part of the #RunningGood campaign. Representatives of all organizations will be waiting for you throughout the Race Office opening hours!

RACE BIB

The race bib must be placed on the front of the race outfit. It cannot be covered or modified in any way. Violation of these rules will result in disqualification.

Be sure to fill in the personal data on the back of the race bib! You must present the race bib when entering the starting area. The number indicates your starting zone and the number of the car to which you can deposit your belongings.

GETTING TO THE START LINE

The number of parking spaces in the immediate vicinity of the starting area is very limited! We recommend using public transportation to get to the starting area, for example to Dworzec Gdański metro station. Remember that on the day of the race you can use public transportation in the first ticket zone free of charge based on your race bib. Before arriving at the starting area, check the temporary changes in traffic organization in the specially prepared [TRAFFIC GUIDE](#) (only in polish)



17th NATIONALE-NEDERLANDEN
 WARSAW HALF MARATHON



OFFICIAL WATER OF 17th NATIONALE-NEDERLANDEN WARSAW HALF MARATHON

START AND FINISH

The 17th Nationale-Nederlanden Warsaw Half Marathon will start on March 26th at 11:00 a.m.

The New Balance High Five Race will start on March 26th at 10:00 a.m.

Participants in manual wheelchairs will start from the first line at 9:57 a.m. in the accompanying run and at 10:57 a.m. in the main run.

Both races start from Konwiktorska Street. A separate start gate is prepared for each of the two starts - arrive at the start line earlier to get in the right position. The two start gates are about 150 meters apart.

Remember to position yourself in the appropriate time zone designated by the flags at the start, according to the color marked in the corner of your race bib and your planned result.

DEPOSITS

In the race kit, you will receive a bag for depositing your belongings before the race. To leave your deposit, attach a special sticker with your race bib to it, which you will also find in your package. The other two stickers you will receive are souvenirs.

You will find the number of the car where you can leave your deposit on your race bib. You will only be able to pick up your deposit based on the race bib shown on the same car, behind the finish line.

The organizer is not responsible for valuable items left in the deposit.

HALF MARATHON:

Participants' deposits will be accepted from 9:00 a.m. Collecting and leaving deposits: Sanguszki Street. Participants can pick up their deposits from the same cars until 3:30 p.m.

ACCOMPANYING RACE:

Participants' deposits will be accepted from 9:00 a.m. Collecting and leaving deposits: Wenedów Street. Participants can pick up their deposits from the same cars until 12:00 p.m.

SHOWERS AND CHANGING ROOMS

Changing rooms for both races will be set up along Wisłostrada between Sanguszki and Wenedów Streets.

Showers will be available in the building of the Polonia Center, at Konwiktorska 6, from 11:00 a.m. to 3:00 p.m.

The massage hall for runners will be set up in the race village (Multimedia Fountain Park). You can use the massage service based on your half marathon race bib.

RACE KIT CONTENTS

Participants receive starter packages at the Race Office, which include: a race bib with a chip for time measurement, safety pins, a deposit bag, and, in the case of choosing the appropriate race kit option, a souvenir T-shirt.

Additionally, both race packages will include: running sleeves from Nationale-Nederlanden, Magnesia mineral water, DIAMANT PRO SPORT energy gel, Lech Free 0% drink, drink MOYA Energia, bandage plasters from LUX MED Group, and discount vouchers from New Balance and Nice To Fit You.

BEYOND THE FINISH LINE

If you complete the 17th Nationale-Nederlanden Warsaw Half Marathon, you will receive a medal, Magnesia mineral water, a banana from Bronisze, Lech Free 0% drink, and an isotonic drink.

Based on your race bib, you can use the regeneration meal for half marathon runners in the race village.

If you complete the New Balance High Five Race, you will receive a medal, Magnesia mineral water, a banana from Bronisze, and an isotonic drink.

PACEMAKERS

17th NATIONALE-NEDERLANDEN WARSAW 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 RACE

20:00, 25:00, 30:00, 35:00, 40:00

Please note that pacemakers are leading the "net" times. You will recognize them at the start by flags with the times they are running.

TIMING

The timing is done using a chip placed in your race bib. Time measurement checkpoints for the half marathon will be located at 5, 10, 15, and 20 kilometers. All classifications will be based on net times (from crossing the starting line).

The exception is for 200 people in the half marathon and 50 people in the accompanying distance who cross the finish line first - they are classified based on official times (gross - from the starter shot).

NO MOVEMENT ON THE ROUTE

For safety reasons, cycling, Nordic walking poles, skateboarding, scooters, and other mechanical devices, as well as animals, are not allowed on the race route. For safety reasons, people breaking the ban will be removed from the route by the race staff. The exception is for people with passes issued by the organizer.

RESULTS

Results will be available online on the race website. You will also receive a text message with your result after the race.

REFRESHMENT POINTS

The refreshment points are located only on the half marathon route and will be set up approximately every 5 km. The distribution and supplies at each station can be found on [the route map >>>](#). The following list shows the order of products available at each station:

- Station 1: water
- Station 2: water, bananas, isotonic drink, water
- Station 3: water, sugar, isotonic drink, water
- Station 4: water, bananas, isotonic drink, water

SCHEME FOR THE SPACING OF PRODUCTS AT THE REFRESHMENT POINTS.

Refreshment points always start and end with water tables. Detailed information on the products available at each point can be found on the route map.



point length: around 100m



IMPORTANT: After each refreshment point, there will be designated “drop zones” on the same side of the road where runners can throw their cups. Please dispose of your cups in the marked containers to maintain cleanliness and avoid throwing cups on the ground in front of other runners or polluting the roadside. Please note that each refreshment point has a range of approximately 100 meters. You don’t need to run to the first table – water will be available at both the starting and ending tables. By running to the further tables, you can avoid jamming in the area.

TOILETS

Toilets will be available before each refreshment point on the half marathon route.

Direct drive wheelchair-accessible toilets will be available on the half marathon route before refreshment point number 2 and 4.

TIME LIMITS

17th Nationale-Nederlanden Warsaw Half Marathon: 3 hours 30 minutes, counted from the starters shot. The additional time limit is 1 hour 45 minutes for the 10km race.

The New Balance High Five Race: 45 minutes, counted from the starters shot for each wave.

MEDAL ENGRAVING

You can personalize your medal with your race time and name. After crossing the finish line, each participant will have the opportunity to personalize their medal at the Grawerbus booth – the engraving point will be located in the runners’ village. The service can be ordered in the runners’ panel, but it can also be purchased on-site. The cost of engraving is 25 PLN.

Health is your prize

Enjoy physical activity

Regular activity has a significant impact on the physical and mental condition of the body: it increases immunity, improves mood and has a positive effect on heart and lung function, among other things. In many cases, it provides injury prevention because it increases muscle flexibility and joint range of motion.

Scan the QR code and discover the 10 benefits of regular physical activity.



 nationale nederlanden
17th NATIONALE-NEDERLANDEN
WARSAW HALF MARATHON

 **GRUPA LUXMED**

OFFICIAL PARTNER OF 17th NATIONALE-NEDERLANDEN WARSAW HALF MARATHON

wygrywajzdrowie.luxmed.pl

INFORMATION FOR PEOPLE WITH DISABILITIES



RACE KIT PICK UP

Participants with limited mobility can use the elevator to get to the Race Office. The elevator for wheelchairs is operated by the security staff at the entrance stairs to the Palace of Culture and Science. After reaching level -1, you should go to the elevators and go up to the 4th floor.

WHEELCHAIR RACERS WITH DIRECT DRIVE START

9:57 a.m. - The New Balance High Five Race
10:57 a.m. - 17th Nationale-Nederlanden Warsaw Half Marathon

Remember to arrive at the starting line earlier.

TOILETS ON THE ROUTE

On the half marathon route, toilets for people in wheelchairs are located before refreshment points nr 2 and 4.

DECORATIONS

12:30 p.m. - Decoration for the classification of wheelchair racers with direct drive in the New Balance High Five Race.

1:45 p.m. - Decoration in the classification of direct drive wheelchair racers for the 17th Nationale-Nederlanden Warsaw Half Marathon.

ROUTE

Participants on direct-drive wheelchairs are asked to pay attention to the designated points on the route. The map and video of the route can be found on the website: www.NNPolmaratonwarszawski.com.

Crossing the tracks - Stawki/Muranowska Street crossing the tram tracks

Ramp - descent with a turn over the Gdańsk Railway Station

Downhill - Mickiewicz Street from Wilson Square to Potocka Street

Ramp with a slight turn - behind Potocka Street over the route of Toruńska

Double speed bumps with a crossing in the middle - on Rudzka Street

Speed bumps - throughout Lektykarska Street for the entire length - 7 speed bumps

Double speed bumps with a crossing in the middle - on Podleśna Street - 6 speed bumps

Ramp and descent with a turn - at the Potocka Kępa Park

Ramp and descent with a viaduct - at Wilson Square behind the Olympic Center

Flat speed bumps - on the turn after the viaduct

Speed bump - at the beginning and end of Namysłowska Street

Crossing the tracks - on Jagiellońska Street.

Double speed bumps with a crossing in the middle - on Ratuszowa Street

Additional information:

- Cobblestones appear in some places on Wistostrada at the height of the ongoing renovation (running to the north).

- Slanted roadway on Karowa Street before the intersection with Wistostrada.

- Surface irregularities occur on Browarna Street.

RACE VILLAGE



24.09
2023



nationale
nederlanden

45th NATIONALE-NEDERLANDEN
WARSAW MARATHON

SINCE 1979



HIGH FIVE RACE

The New Balance High Five Race! Feel the atmosphere of a great event!

The New Balance High Five is a race held parallel to the 17th Nationale-Nederlanden Warsaw Half Marathon. Almost two thousand people participated in this race last year! This year, the attendance record for the accompanying race to the largest half marathon in Poland will be broken! Who will enjoy a convenient and fast route in the city center? The answer is obvious - everyone!

FOR BEGINNERS

Five kilometers is an excellent distance to start with - most runners begin their adventure with street racing from this distance. In addition, it is an excellent choice to start the season and return to activity after winter with prolonged inactivity.

When to feel the atmosphere of a big event on your own skin and get used to street racing starts, if not during the accompanying race?

- An approved and comfortable route - only three turns, wide streets, no run ups,
- An opportunity to explore the capital and the bustling Race Village,
- The company of several thousand runners,

These emotions must be felt and let yourself be carried away by them! Running a shorter distance will allow you to experience true, long-distance emotions. Will this race mark the beginning of true sporting passions for the people of Warsaw?

FOR EXPERIENCED RUNNERS

For experienced and fast runners, the New Balance High Five Race is a great opportunity to beat their personal best and strive for outstanding results!

- A fast route - wide streets, closed to traffic, with a long and straight finish line,



- PZLA certification - precisely measured five kilometers and no worries about watch readings,
- Hot atmosphere and a spectacular finish line on Wisłostrada - loud cheering and great ambiance will make even the toughest fight on the route more enjoyable,

Have you been training hard all winter to give your best in the spring? This is the time - stand at the starting line to push your own limits. This run is

the definition of fast street racing in Warsaw!

At the New Balance High Five Race, regardless of your goal, you will experience fantastic sporting emotions! Meet thousands of runners on a route leading through Nowe Miasto, Plac Wilsona, and Wisłostrada. Live unforgettable emotions by crossing the spectacular finish line at the Multimedia Fountain Park. Whether you want to break 20 minutes or just have fun - welcome spring together with thousands of runners!



-14% OFF!

Use code **BIEGAJ14** and get up to 14% discount on any order.

NTFY App download:



Order at ntfy.pl



BIEGAJ14

Discount code is valid until 31.03.2023 and disables the loyalty program.



EXPO SPORT&FITNESS

We invite you to visit the Expo Sport&Fitness. Right next to the Race Office in the Palace of Culture and Science, you will find stands with a wide range of sports equipment manufacturers, running gadgets and supplements. It's also a great opportunity to talk to experts and make your last pre-race purchases. The official store of the "Warsaw Marathon" Foundation will offer the opportunity to buy technical T-shirts from the race, as well as specially designed collections of lifestyle clothes for runners.

EXPO SPORT&FITNESS

The Palace of Culture and Science (Defilad Square 1, the entrance from Marszałkowska Street)

March 24th (Friday) - 2:00 p.m. - 8:00 p.m.

March 25th (Saturday) - 10:00 a.m. - 8:00 p.m.

LIST OF EXHIBITORS

Nationale Nederlanden
New Balance

Pokolenie B - visit the official store of the "Warsaw Marathon" Foundation

Nice To Fit You

Saucony

Hoka

Altra

Tri Centre

Sport Centre

Garmin

10th PKO Białystok Half Marathon

Eurobut

JUJU

IDC Trade

FullLife.eu

nastopy.pl

Bronisze

wieszakinamedale.pl

Bison Ultra Trail

RAZ Event

Running Festival in Piwniczna Zdrój

Medical Sport

4Action

Jerzy Skarżyński

AronPharma

Radello Sport

Run with Joy

Dr. Łokieć

#RUNNINGGOOD ORGANIZATIONS

Rak'n'Roll Foundation

Give Children Strength Foundation

Polish Humanitarian Action

Foundation for Children with Cancer

Amnesty International

Non Iron Foundation

Spartan Kids Foundation

Synapsis Foundation

Premature Children Foundation

DKMS Foundation

GENERATION B

Age doesn't matter - it's just a number.

What matters to us is our PASSION, which guides us through life. It gives us purpose and drives us to action.

We love FREEDOM, the privilege of being in nature. We value PEACE and solitude as much as we enjoy the JOY of being in a group.

We infect others with our energy and show that nothing is impossible.

Pushing our own limits is our goal.

Our passion is RUNNING.

We are "Generation B".

Join Generation B!
Visit the official event store during the expo
and on race day.

PHOTOS FROM THE RACE



Photos from the race are always a great souvenir - we know it! In partnership with the innovative startup RunPixie, we have prepared commemorative photos from the event for the runners! After the race, visit <https://www.runpixie.com> and enter your race bib. Browse the photos in a reduced version with a watermark and decide if the day of your success is worth a keepsake. Photos will be available shortly after the race, but if you enter too quickly and they are not yet on the website, no problem - leave your email and we will notify you as soon as we upload the photos.



Cost of photo packages
(photos from the route and finish line):

- half marathon distance: **49 PLN**
- 5 km distance: **29 PLN**

ATTENTION! The photo system recognizes runners by race bibs, so it is important that runners have their numbers visible.

There will be several photographers stationed throughout the course and at the finish line waiting for participants of the 17th Nationale-Nederlanden Warsaw Half Marathon! See you at the race, we are waiting for your smiles!



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sieć stacji paliw

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www.moyastacja.pl

OFFICIAL SUPPLIER
OF ENERGY GELS FOR
17TH NATIONALE-NEDERLANDEN
WARSAW HALF MARATHON



Use code: PRO SPORT
to get 10% DISCOUNT
www.sklep.diamant.pl

CHEERING ZONES

Are you running? Bring your supporters to the route and let them give you and all runners energy! Support on the run works wonders - let's cheer and learn to cheer on others. Warsaw won't let you stop!

You can cheer alone, in your own group or by joining organized cheering points!

1. Flag supporters - Ready2Run Foundation
2. Amnesty International
3. Premature Parents-Children Foundation
4. Youth Brass Band OSP in Wyszaków
5. Bloco Central
6. Sereia de Varsóvia
7. Domofonia
8. Rak'n'Roll Foundation. Win Life!
9. Cheer zone Nationale-Nederlanden
10. Flag supporters - Ready2Run Foundation
11. Polish Humanitarian Action
12. Give Children Strength Foundation
13. Magnesia support zone
14. DKMS Foundation
15. Foundation "To Rescue Children with Cancer"
16. Hals Orchestra
17. Spartans for Children Foundation
18. Skadyktator
19. Cheering with a big screen Nationale-Nederlanden
20. Elvis Show By The King's Friends
21. SYNAPSIS Foundation



Look at the screen - see your loved ones!

At the 18-kilometer point of the route (just after the Świętokrzyski Bridge), look to the right - you will see a screen with your loved ones on it! We encourage families and friends to send their photos. Just one click is enough to add power to your runners on the track! We collect materials until March 24th - [details of the action](#)

More about the activities of Nationale-Nederlanden
<https://www.nn.pl/polmaraton>

RUNNER'S SAVOIR VIVRE

Do you run? Remember to behave properly during your effort and fight for time! Let's be athletes with good manners! We have prepared a list of rules that will bring a lot of benefits to everyone who follows and implements them in life:

PASS ON THE LEFT!

Do you want to overtake someone? Do it on the left side and inform the runner in front of you before you start the maneuver. Be careful, especially when running with headphones, and remember that someone may want to overtake you. Run in a straight line and avoid sudden "jumps to the side".

DROP ZONES AND CLEANLINESS

There are drop zones located behind the refreshment stations - throw away your cup or gel there, not on the roadside or street! Keep the area clean at the Race Office, EXPO and Runner's Village. Look for waste baskets - they are always within sight.

CALM AND COMPOSURE

Stay calm, be patient and don't get upset. Thousands of people work at the event, and tens of thousands of runners take part - let's be understanding and considerate to each other. If you are waiting for your deposit, picking up your race kit, or queuing for the toilet - stay calm! Listen to the announcers' messages - they share what is the most important.

TIME MATTERS...

Just like you plan your running time, plan your time for the Race Office and leaving deposits. Don't wait until the last minute - be early to avoid stress and rushing. Remember that the time will change the night before the race!

EARN THE SMILE MEDAL

Remember that running is a passion and it should bring us joy. The race weekend is the culmination of preparations and hard work - enjoy it and see how passion brings thousands of people together! Be polite and expect politeness in return. It will be a celebration of running!

INVITE YOUR FRIENDS

Share your passion with your friends - invite them to the Runner's Village and onto the route. Let their support carry you. Let's build a culture of cheering together! Cheering on runners is a great experience. Celebrating with loved ones is double joy from completing the race.





By signing up for the next "Maraton Warszawski" event, remember:

Running for a good cause makes it easier! Thank you to all #RunningGood participants for your support and dedication.

As part of the 17th Nationale-Nederlanden Warsaw Half Marathon and The New Balance High Five race, we have already collected together.

470,000 PLN



Did you know that by participating in our events, you can support charitable organizations? So far, thousands of #RunningGood campaign participants have raised 7 million zlotys, which helped achieve important social goals.

HOW DOES IT WORK?

As part of registering for the Half Marathon, Warsaw Marathon, and accompanying runs, you choose one of the charitable organizations and create your virtual collection in the #Running-Good system. By encouraging your friends and family to donate to a cause that matters to you, you fill your piggy bank. After collecting a certain

amount, you receive a race kit for the run as a gift from the supported organization.

BECOME A CHARITABLE HERO AND RECEIVE:

- race kit
- unique orange number with the logo of the supported organization
- thanks from those you run for
- double satisfaction at the finish line





ANALYSIS OF THE ROUTE OF THE 17th NATIONALE-NEDERLANDEN WARSAW HALF MARATHON

There are many indications that the 17th Nationale-Nederlanden Warsaw Half Marathon will mark a return to races over the 21.0975 km distance held in Poland with over 10,000 participants. What route will thousands of runners follow in the capital on March 26th? Partly familiar, partly new. Details are presented in our analysis of the route for the 17th Nationale-Nederlanden Warsaw Half Marathon.

For many people, the 17th Nationale-Nederlanden Warsaw Half Marathon will be the most important race of the first part of the 2023 running season. And it's not just about masses of runners aiming for personal bests. Some see the race as an opportunity to get to know the city better and see it from a different perspective than usual, while others look forward to the tourist and scenic aspects of the route. The 17th Nationale-Nederlanden Warsaw Half Marathon has a lot to offer all of these groups of participants.





FURTHEST TO THE NORTH

Similarly to many of the recent events organized by the Warsaw Marathon Foundation (excluding the „COVID” Warsaw Marathon), the start of the race will be located near Polonia Warsaw Stadium on Konwiktorska Street. This is a place with historical significance, as fierce battles took place there in August 1944 during the Warsaw Uprising. There are many other points on the route with rich history, including heroic fights of the insurgents.

After a short acceleration down Konwiktorska Street, the route turns right to the north, where a very long straight and the Mickiewicz street await us. Unlike the previous edition of the race, we do not turn towards the Vistula River at Wilson Square but continue north to the Stare Bielany district. Those who participated in the

44th Warsaw Marathon are familiar with the route. When we reach the furthest northern part of the route, including Lektykarska, Podleśna and Gwiazdzista Streets, we can feel an additional spirit of sportsmanship, as we will be very close to the Warsaw Academy of Physical Education.

On Gwiazdzista Street, before the turn to the south, the first water station awaits us, providing an opportunity for refreshment. Although it must be honestly admitted that from the start up to this point, and even a little longer, the route mostly goes downhill, so it should not be particularly demanding. This is often a trap for less experienced runners who start too strong. It is worth not rushing in the first kilometers to save energy for later, more demanding parts of the route.

TURNING BACK AND THE FIRST CLIMBS

After passing the hydration point, we will have covered almost 6 km. Then we will turn into Wybrzeże Gdynskie and head south. On this section of the route, we will once again encounter a long straight. We will also experience a particularly sporty atmosphere here, as on the left we will pass the building of the Polish Olympic Committee, which houses, among other things, the Museum of Sport and Tourism.

A moment later, at least in terms of landscape, we will be transported back in time, as the route will lead us near the Warsaw Citadel, a fortress built in 1832-1834 after the suppression of the November Uprising. The view of the Citadel during the Warsaw Marathon Foundation events means that we are inevitably approaching one of the biggest climbs on the route, as we will run up Krajewskiego, Jana-Jeziorańskiego, Zakroczymska, Szymanowska, and Słomińskiego streets to get to the Gdański Bridge. The good news? We will pass another refreshment point - with water, isotonic drinks, and bananas - and at this point, we will have covered half of the distance!

THE RIGHT SIDE OF THE VISTULA

Once we descend from the Gdański Bridge, we will have a slightly longer visit on the right bank of the Vistula. Initially, the route will be favorable for runners who like to maintain a relatively steady pace, as we will be covering a fairly long straight section and running on relatively even terrain. The route leads through Stefan Starzyński Street (another reference to history through the name of the Warsaw mayor who held his office during the defense of Warsaw in 1939), Namysłowska, and then Ratuszowa.



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Running along Ratuszowa Street is an opportunity to explore the surroundings of another tourist attraction of Warsaw, the zoo. The route does not go directly through the zoo, but perhaps it will be an opportunity to spot some animals, for example, near the entrance gate to the zoo. And even if we don't see any animals, at least we should note that we have already covered 15 km.

After turning from Ratuszowa onto Wybrzeże Helskie, we will be able to use the third refreshment point, where volunteers will give us water or isotonic drinks. The route continues south and slightly east through Okrzei, Jagiellońska, and Zamoyskiego Streets, and after turning onto Sokoła Street,

we will gradually approach the Świętokrzyski Bridge. Along the way, we will have the opportunity to admire the Kazimierz Górski National Stadium in Warsaw.

TIME FOR THE FINISH

The moment of a slight uphill climb towards the Świętokrzyski Bridge signals that the finish line is really close. Soon after descending from the bridge, we will reach the last refreshment point on the route, where there will still be an opportunity to drink water, isotonic drinks, or have a banana. Running through the streets of Topiel, Browarna, and Karowa, we should already gather our strength for the finish. When we turn left from Karowa onto Wybrzeże Kościuszkowskie, we will already be on the final straight. It is almost a kilometer long, and we will still have time to run from Wybrzeże Kościuszkowskie to Wybrzeże Gdańskie, but this is the moment when especially those who are fighting for the best result should not calculate anymore, but throw all their strength into the balance to snatch valuable seconds.

Those not competing for results, on the other hand, can admire the Vistula River on their right-hand side, and when they run out from under the Śląsko-Dąbrowski Bridge, the panorama of the Old Town and the Royal Castle will appear on the left-hand side. In such beautiful surroundings, we will reach the finish line located at the Multimedia Fountain Park. This is a moment of pride, glory, and fulfillment for having completed 21.0975 km. We will receive well-deserved medals after crossing the finish line, and then proceed towards the race village, where many attractions await all participants. But that's already a topic for a separate article.

Credibility

We have been with the "Warsaw Marathon" Foundation for more than 14 years

Responsibility

We support the Foundation regardless of pandemics, war and crises

Strength

We have organised 27 press conferences

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We reached over PLN 45,000,000 zloty in Advertising Value Equivalent

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WORST THINGS TO DO BEFORE A RACE

This is already the 17th Warsaw Half Marathon, which this year bears the full name of the 17th Nationale-Nederlanden Warsaw Half Marathon. Our Rehabilitation and Physiotherapy Clinic, Dr Łokieć, will once again provide you with a massage zone at the finish line. You will meet us not only there, as we will also conduct physiotherapy consultations at the race office during the pick-up of race kits. We will examine your muscles then, but... you cannot count on a massage at that time. Why? We will try to explain this in the further part of the text.

Before each event of the „Marathon Warsaw” Foundation, we try to give you practical advice on how to prepare for the race from the regeneration and physiotherapeutic point of view. This year we decided to change the concept a bit and suggest which mistakes you should avoid. From experience, we know that unfortunately, you make many of them, and it is a pity to fail the race on the final straight, for which you have conscientiously prepared for weeks.

First of all, we always tell runners that if something works well, there is no point in changing it and forcing problems. For example, in the week before the race, you came up with the idea to start rolling or go for three visits to a physiotherapist, even though you are not experiencing any discomfort, and you have not done this before. This is not the time! The week before the race has its own rules, and starting new things is definitely a bad idea. It

is a different matter if you really feel that you have a problem that may prevent you from covering the entire distance comfortably. Then, a visit is advisable. If you are thinking of relaxation massages, it is best to check how your body will react to such treatment a few weeks before the start. After the first massage, you may often feel like „you’ve been hit by a truck.” This is because it is a completely new stimulus for the body.

Or another example. You’ve heard that your colleagues go to the pool or sauna during the week before a race. Obviously, you don’t want to be left behind! Never mind that you’ve never done this before a race. It’s not a good idea. Sure, saunas have regenerative properties, but they also strain the body. Some athletes treat such activity as training and don’t combine it with another unit on the same day. However, there are also those who go to the sauna right after running. Which is better for your body? It’s hard to say. Better not to test it just before the race, just to be safe!

Thirdly, nutrition. We live in a time where we have a whole range of supplements, gels and other substances at our fingertips to support us in training. However, this doesn’t mean that we can experiment during the week before a race. On the contrary, consistency is key. If you’ve been using X company’s gels until now, don’t be convinced at the Expo before the race that Y supplements are better. Stick with what you know best and have tested during training, especially on long runs.



It’s not worth the risk. The time for gel testing is during preparation, not during the final race. The stakes are high - you’ve put in several weeks of intense training. Colics and an upset stomach certainly won’t help you achieve your desired result.

In summary, don’t change what works. On the other hand, if something is failing, try to fix or change it as early as possible. Check if it is good for you. Listen to your body and react. See you at the finish line!



SOMETHING MORE THAN HELP!

For years, we have consistently thanked our Volunteers for their involvement in organizing sports events. Without their support, no race would take place! We can always count on them, and we are proud to gather a team of such excellent assistants every year. But is volunteering “just” help and a creative activity for a short period of time?

- *On my first volunteering experience in my life, which took place over five years ago, I met people whom I still keep in touch with today! I would not have met this group if I hadn't made my spontaneous decision to join the group of helpers at the refreshment point! I am grateful to myself from a few years ago - I have beautiful memories and friends who turned out to be the best companions I could have dreamed of!* - Magda (26 years old) tells us in an interview.

- *My daughter runs - I'm sixty years old and don't run, but I accompany her to almost all races and cheer her on and other runners. I always wait at the finish line. This year, for the first time, I signed up to volunteer - I will be waiting at the finish line not only for my daughter but also for several thousand runners. Not only with one bottle of water but with thousands of medals and bananas. I am moved when I think about their hard work and huge passion - I want to help them and be in their company.* - Małgorzata (61 years old)

- *In school, I played football, but I didn't like running. After graduation, there was no time for sports, but at work, I participated in volunteering - everyone was going, so I went too. I didn't expect that two days of help in the race office would give me energy for a good six months! Excitement, a sense of accomplishment, and self-realization - I became addicted! I feel needed, highly motivated, and filled with joy! This year, I'll be at the info point for the half marathon, and I'll join the EXTRA group for the marathon. My involvement is also appreciated at work!* - Paweł (33 years old)

We invite you to create great sports events with us! Everyone who would like to experience their volunteering adventure is welcome to join us! Try it out and discover what you will find in volunteering.

“Teamwork divides the task and multiplies success.” - Unknown Author

sukces.” — Autor nieznany

20 lat

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