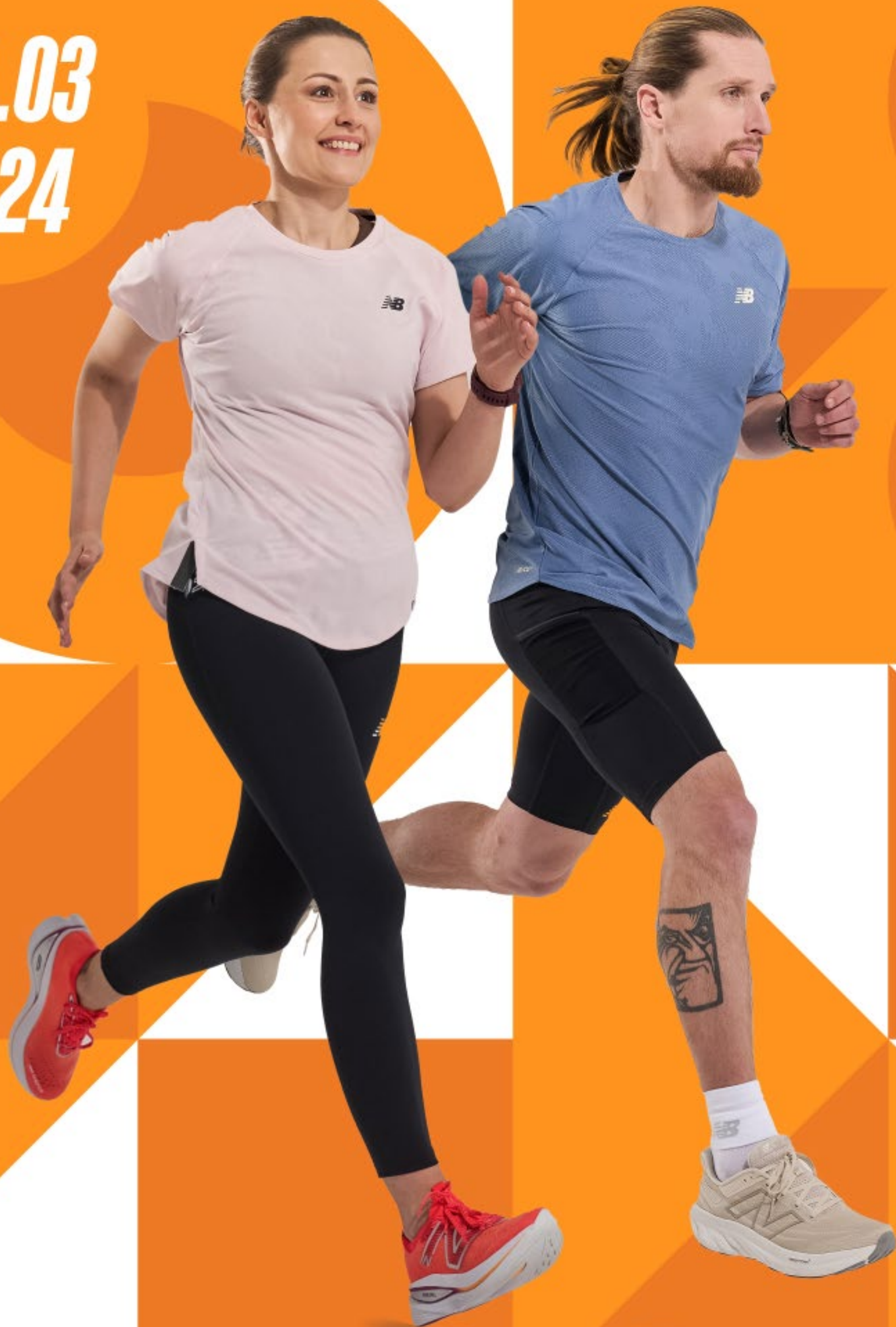


24.03
2024



18th NATIONALE-NEDERLANDEN
WARSAW HALF MARATHON

RACE GUIDE



**HIGH FIVE
RACE**



2024 is a special year. Like every year of the Olympics. But for us, Polish runners, it is very special for a different reason. It was exactly a hundred years ago that the first ever marathon race was held in Poland. On a damp Sunday morning November 2, 1924 eight bravehearts set off on a bumpy road in the suburbs of Warsaw to compete for the premiere national title in the distance. It took decades for the event to take roots and become what is now one of the most prestigious and desired accomplishments in the sport of running - both pro and amateur.

This weekend in Warsaw we have gathered more than 20 thousand runners who will either challenge the half marathon distance on their road to the full 42K

or set the first step in the 5K race to start their amazing journey in the world of running. No matter what the distance is - you are more than welcome in Warsaw. We love our city and we want runners from all over the globe to know how special it is. As special as our races, as a matter of fact. We do everything we can to make sure you accomplish your individual goals here. And we keep our fingers crossed for all of you. Because Warsaw is where your dreams run true.

Marek Tronina The head of the “Warsaw Marathon” Foundation

TABLE OF CONTENTS

EVENT SCHEDULE	5
RACE ROUTE	7
THE MOST IMPORTANT INFORMATION	9
RACE VILLAGE	13
START MAP	14
NEW BALANCE HIGH FIVE RACE	15
PACEMAKERS	16
EXPO SPORT&FITNESS	17
3,2,1... GO! HOW TO PREPARE FOR A RACE?	18
COURSE ANALYSIS OF THE 18 TH NATIONALE-NEDERLANDEN WARSAW HALF MARATHON	19
FMW CREW - GIVING VOICE TO VOLUNTEERS	22
CHEERING ZONES	23
TEAM	24



Dear Runners,

I am delighted that this year once again, as Nationale-Nederlanden, we will accompany you in reaching for personal records and dreams as the title sponsor of the 18th Nationale- Nederlanden Warsaw Half Marathon.

When we debuted in this role last year, we knew that the Warsaw Half Marathon is unique event and beautiful celebration of runners. However, we did not expect that so many of our clients, employees, and partners would catch the running bug and line up at the start of subsequent events organized by the Warsaw Marathon Foundation. The unique atmosphere, the spirit of competition (alongside mutual support on the course), the euphoria at the finish line, and exchanging high-fives with the spectators - all of these elements together make us want to be part of this community. We openly admit that running is in our DNA. The past season provided us with plenty of positive experiences and unforgettable moments. It also inspired us as sponsors to set the bar higher and further integrate the world of runners and supporters. Who knows, perhaps as a result, we will break the attendance record for both runners and spectators in September, during the 46th Nationale-Nederlanden Warsaw Marathon?

There is nothing more important to us than your commitment and determination as you strive towards your goals. Your participation in the 18th Nationale-Nederlanden Warsaw Half Marathon deserves a medal! If you're running, we appreciate you for overcoming your own weaknesses on the course and reaching the finish line. If you're cheering on the sidelines, we thank you for your involvement, shared enjoyment, and encouragement of the runners.

I believe that for all participants and spectators of the 18th Nationale-Nederlanden Warsaw Half Marathon, March 24th will be a medal-worthy day!

See you at the starting line,

Edyta Fundowicz,

**Member of the Board of Nationale-Nederlanden
Towarzystwo Ubezpieczeń na Życie S.A.
and Nationale-Nederlanden
Towarzystwo Ubezpieczeń S.A.**

Running weekend worth a medal

If you're a runner, we appreciate you for overcoming your own weaknesses on the track and reaching the finish line. And if you're a supporter, we thank you for getting involved, having fun with us, and cheering on the runners.

If you have an unfortunate accident or sustain an injury during the run, you can count on the support of Nationale-Nederlanden.

We are thinking in a long term both about the health and safety. That is why Nationale-Nederlanden Towarzystwo Ubezpieczeń S.A. has prepared discounts for non-life insurance such as travel or bike insurance. It is worth to insure yourself, your family and home in advance – just in case.



Travel

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Bike

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or interruption

Discount code:
WYJAZD24#M

 For more information about Nationale-Nederlanden's offer, please see: www.nn.pl/polmaraton

Discount codes are available to use from March 1, 2024 to December 31, 2024.

For detailed information about the scope of insurance, exclusions of and limitation to our liability, and insurance terms and conditions, please see the General Insurance Terms and Conditions available at the event operator (Fundacja Maraton Warszawski) and on www.nn.pl/polmaraton.

Nationale-Nederlanden Towarzystwo Ubezpieczeń S.A.; ul. Topiel 12, 00-342 Warsaw; www.nn.pl; District Court for the capital city of Warsaw, 12th Commercial Division of the National Court Register, number in the National Court Register: 0000647311, NIP (VAT No): 525-26-85-595; Share capital: PLN 39,000,000, fully paid-up.

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



EVENT SCHEDULE

FRIDAY, MARCH 22, 2023

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 2023

SATURDAY, MARCH 23, 2023

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 24, 2023

START AND FINISH

(Poniatowski Bridge & the surroundings of the PGE Narodowy)

New Balance High Five Race

9:15 – Warm Up

9:27 – Start of manual wheelchair athletes with manual drive for 5km

09:30 – Start of the New Balance High Five Race

+/- 9:45 – First athletes finish

10:15 – Route closure

18th Nationale-Nederlanden Warsaw Half Marathon

10:45 – Warm Up

10:57 – Start of manual wheelchair athletes at the half marathon distance

11:00 – Start of 18th Nationale-Nederlanden Warsaw Half Marathon

12:00 – First athletes finish

2:30 p.m. – Route closure

DEPOSITS

8:30 – Deposits opening for participants of the New Balance High Five Race

9:00 – Deposits opening for participants of the 18th Nationale-Nederlanden Warsaw Half Marathon

11:00 – Deposits closing for participants of the New Balance High Five Race

3:30 p.m. – Deposits closing for participants of 18th Nationale-Nederlanden Warsaw Half Marathon

AWARD CEREMONIES (Main Stage)

11:30

– 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

– Award ceremony for the Nationale-Nederlanden Running Team in the New Balance High Five Race

12:45 p.m.

– Award ceremony for the winners of 33rd PZLA Polish Championships in Half Marathon

– Award ceremony for the general classification of 18th 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 18th Nationale-Nederlanden Warsaw Half Marathon

– Team awards in 18th Nationale-Nederlanden Warsaw Half Marathon

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

– Award ceremony for the Nationale-Nederlanden Running Team in the 18th Nationale-Nederlanden Warsaw Half Marathon

2:15 p.m.

– Rewarding of #BiegamDobrze (#RunningGood) fundraising leaders





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18th NATIONALE-NEDERLANDEN WARSAW HALF MARATHON

RACE ROUTE

- 5 KILOMETERS
- PRIMAVERA SPRING WATER
- OSHEE ISOTONIC DRINK
- VITARADE® ENDURANCE BAR
- BANANAS FROM BRONISZE



FuelCell SuperComp Elite



FIND OUT MORE



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 22th (Friday) from 2:00 P.M. to 8:00 P.M.

March 23th (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!

HOW TO GET TO THE RACE OFFICE

As usual - we recommend using public transportation! The Race Office is located in the Palace of Culture and Science - you can get there by metro - either from Centrum station (M1) or Świętokrzyska station (M1 and M2).

Runner! Use public transportation and plan your arrival for picking up your race package well! Don't leave your visit to the Race Office until the last minute!

RACE BIB

The race bib must be placed on the front of the starting outfit. It must not be covered or modified in any way. Violation of these rules will result in disqualification. Make sure to fill out the back of the starting number with the necessary personal data!

You must present your race bib when entering the starting area. On the number, you will find the indication of your starting zone and sector number, where you can leave your deposit. Based on the number, you will deposit and retrieve your belongings. The number also contains a code for purchasing photos from GetPica. Additionally, the number contains a chip for timing purposes.



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RACE PACKAGE

Participants receive race packages containing, among other things: a race bib with a timing chip, safety pins, a deposit bag, and, if the appropriate package option is chosen, a commemorative T-shirt.

Additionally, at the Race Office, runners from both distances will receive:

- Discount voucher from Nice To Fit You
- Band-Aids from Lux Med Group
- Lech Free Active Hydrate
- Discount voucher from Vision Express
- Vitarade® Endurance Bar
- OSHEE isotonic drink
- Primavera spring water

DATE AND LOCATION OF THE RACE

The 18th Warsaw Half Marathon will take place on March 24, 2024, in Warsaw at 11:00 AM. The starting line will be closed approximately 20 minutes after the starting signal.

The New Balance High Five Race will take place on March 24, 2024, in Warsaw at 9:30 AM. The starting line will be closed approximately 5 minutes after the starting signal. Participants in wheelchairs with manual propulsion start from the first line at the following times:

9:27 - New Balance High Five Race

10:57 - 18. Nationale-Nederlanden Warsaw Half Marathon

Both races start from Poniatowski Bridge towards the city center.

For the half marathon, the start is from the northbound lane (from the side of PGE Narodowy), while for the 5 km race, it is from the southbound lane (from the side of Saski Kępa).

Each of the two races has a separate start gate. The distance between both start gates is approximately 100 meters.

Joint walk to the start of the New Balance High Five Race

ATTENTION! Runners participating in the New Balance High Five Race – please stand in the designated area for the start zones – check the graphic. Flags will be placed in your designated space – stand by the one that predicts your result.

At the appropriate moment, we will all move together approximately 100 meters to the starting line of the race. Follow the instructions of the race staff present in the zone.

STARTING ZONES FOR THE 18th NATIONALE-NEDERLANDEN WARSAW HALF MARATHON

Half marathoners, remember to position yourselves in the appropriate time zone at the start. Zones at the start will be marked by flags. The color of the zone assigned to you corresponds to the marking in the corner of your start number. Starting zones will be open at 10:30.

The net time is what counts for the results – from crossing the start line, so there is no need to rush immediately upon hearing the starter's shot, especially if you are standing further away from the line.

DEPOSIT AREA

In the race kit, each runner (participant of the Half Marathon and the High Five Race) will receive a bag for storing belongings before the race. To deposit your belongings, you need to attach a sticker with your start number to the bag, which you will find in your race kit. Your start number will be required to collect your belongings from the deposit area beyond the finish line.

In the event of a participant losing their start number, the Organizer is not responsible for another person collecting the bag. Please note that leaving valuable items or documents in the deposit is prohibited. The organizer does not take responsibility for any valuable items left in the deposit.

OSHEE®



The deposits will be located in the Runners' Village on the grounds of the PGE Narodowy stadium. You will drop off your belongings before the race and collect them afterward in the same location. The deposits will be placed in four halls labeled for the 18th Nationale-Nederlanden Warsaw Half Marathon, the New Balance High Five Race, and the range of start numbers. Please deposit your belongings in the appropriate hall according to your start number and chosen distance.

Deposit area opening hours:

- New Balance High Five Race – 8:30 AM to 11:00 AM
- 18th Nationale-Nederlanden Warsaw Half Marathon - 9:00 AM to 3:30 PM

CHANGING ROOMS

Before and after the race, participants will have the opportunity to use changing rooms. The changing rooms will be located in the vicinity of the deposits. Details can be found on the map of the Race Village!

HOW TO GET TO THE START

The number of parking spaces in the immediate vicinity of the start is very limited. We encourage you to use public transportation on the day of the race. Parking at the PGE Narodowy grounds will not be available!

We recommend traveling to the Stadion Narodowy metro station and walking from the PGE Narodowy surroundings to the Race Village with the gear depositories and the starting line (Poniatowski Bridge). Between 9:45 and 10:15, there will be access from the metro to the Race Village via a footbridge over the New Balance High Five Race route – please check the area map.

The car traffic on the Poniatowski Bridge will be closed from 8:00 AM to 1:00 PM. The tram traffic will be closed from 7:00 AM to 1:00 PM. Tram traffic around the stadium will be maintained between Al. Waszyngtona – Al. Zieleniecka – ul. Targowa.

FREE PUBLIC TRANSPORTATION

Based on the resolution of the Warsaw City Council, race participants can use public transportation in the I ticket zone free of charge on the day of the race. Free rides apply to buses, trams, metro, and SKM. To use the service, you need to have your race bib with you.

Paper metro tickets are available at the Race Office at the INFO point. Participants who registered online will receive their tickets in an envelope with their race number.

CLOTHING AT THE START

All clothing left unattended in the start area (on the ground, barriers, etc.) will be cleaned up immediately after the start and donated to charitable purposes. Please do not leave clothing on the street that you intend to return to – in such cases, please use the deposit in the Runner's Village.

Therefore, if you usually wear an additional layer of clothing before the start, we encourage you to put on a warmer layer of clothing that you won't need later. Dispose of unnecessary clothing behind the barriers – the Mazovian branch of the Polish Red Cross will collect and take care of them.

REFRESHMENT STATIONS

Refreshment stations for the 18th Warsaw Half Marathon will be approximately every 4 kilometers starting from the 5-kilometer mark. There will be 4 refreshment stations along the route. Nutrition points always start and end with water stations.

Point 1: Primavera spring water
OSHEE isotonic drink

Point 2: Primavera spring water
OSHEE isotonic drink
Bananas from Bronisze

Point 3: Primavera spring water
OSHEE isotonic drink
Vitarade® Endurance Bar

Point 4: Primavera spring water
OSHEE isotonic drink
Bananas from Bronisze
Vitarade® Endurance Bar

NOTE! After each refreshment station, on the same side of the route, "drop zones" will be set up where you can discard your cup. Please dispose of trash in the designated area. This will help maintain order and avoid throwing cups under the feet of runners behind you, as well as keep the roadside clean.

There are no refreshment stations on the route of the New Balance High Five Race.

TOILETS ALONG THE ROUTE

Near each refreshment station on the Half Marathon route, portable toilets will be available.

TIME LIMITS

Participants in the 18th Warsaw Half Marathon are subject to a time limit of 3 hours and 30 minutes, measured from the starting gun.

An additional time limit is set at 1 hour and 45 minutes for the 10 km section of the race (measured from the starting gun).

Participants in the New Balance High Five Race are subject to a time limit of 45 minutes, measured from the starting gun for their respective wave.

...,and the bananas are from Bronisze



Warszawski Rolno-Spożywczy Rynek Hurtowy S.A.

Bronisze, ul. Poznańska 98, 05-850 Ożarów Mazowiecki; tel.: 22 721 55 05
e-mail: bronisze@bronisze.com.pl; www.bronisze.com.pl
f: z Bronisze; f: Kwiaty Bronisze

AT THE FINISH LINE

Beyond the finish line, runners of both distances will receive:

- A commemorative medal
- OSHEE isotonic drink
- Primavera spring water
- An apple

Half Marathon finishers will receive also:

- Lech Free Active Hydrate

TIME MEASUREMENT

Time measurement is done using a chip placed in your race bib. Remember not to damage the chip protected by a sponge – be careful with your race bib.

The overall classification in the 18th Warsaw Half Marathon is based on net times (counted from crossing the starting line). An exception is the first 200 individuals crossing the finish line – they are classified based on official times (gross – from the starting gun), with the condition that if among the first 200 finishers there are not at least 10 men and 10 women, the number of 200 individuals will be increased to include them.

The overall classification in the New Balance High Five Race is based on net times (counted from crossing the starting line). An exception is the first 50 individuals crossing the finish line – they are classified based on official times (gross – from the starting gun), with the condition that if among the first 50 finishers there are not at least 3 men and 3 women, the number of 50 individuals will be increased to include them.

All additional classifications are based on net times (counted from crossing the starting line).

NO MOVEMENT ON THE COURSE

For safety reasons, it is prohibited to use bicycles, Nordic walking poles, skateboards, scooters, and other

mechanical devices, as well as bring animals on the race course. Individuals violating this rule will be removed from the course by race staff for safety reasons. The only exception applies to individuals holding permits issued by the organizer.

SHOWERS

Showers for runners will be available at the OSiR Saska Sports Hall (Location: Primary School No. 373 named after Ignacy Jan Paderewski, address: Saska 80, 03-914 Warsaw) from 10:00 AM to 3:00 PM. Entry will be based on the start number.

ONLINE RESULTS

Results for the 18th Warsaw Half Marathon and New Balance High Five Race will be available online on the race website. After the race, each participant will also receive an SMS with their result.

Results will be available on the STS website - the link will be provided closer to the race.



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FINISH 18th NATIONALE-NEDERLANDEN WARSAW HALF MARATHON

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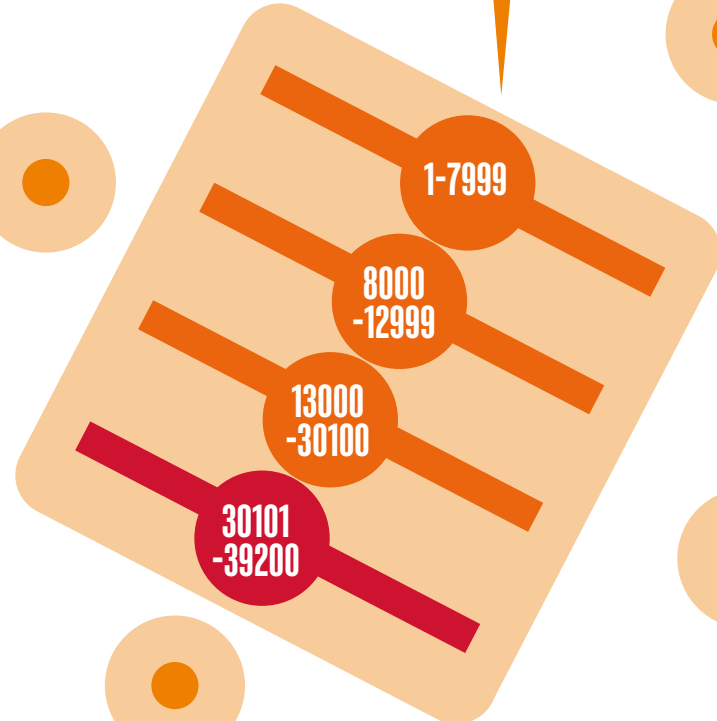
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METRO → HALF
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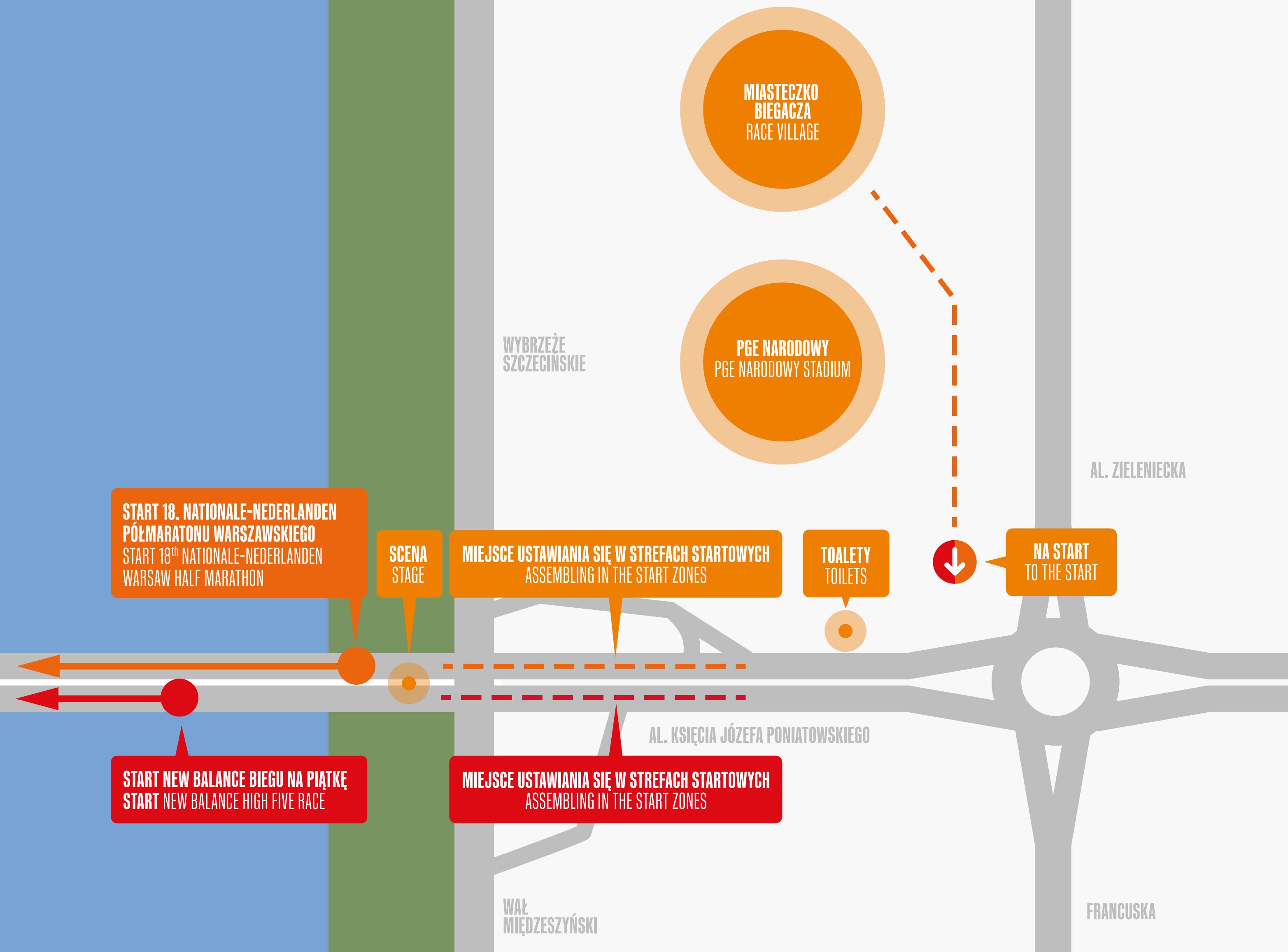
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START ZONES
18th NATIONALE-NEDERLANDEN
WARSAW HALF MARATHON

ZAWODNICY NA WÓZKACH Z NAPIĘDEM BEZPOŚREDNIM ATHLETES IN WHEELCHAIRS WITH DIRECT DRIVE
MISTRZOSTWA POLSKI ELITA POLISH HALF MARATHON CHAMPIONSHIPS & ELITE
1:20 1:25
1:30 1:35 1:40 1:45
1:50 1:55 2:00 2:10 2:20

Run a half marathon with Cichy-Zasada Group



START MAP



HIGH FIVE RACE

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

The New Balance High Five Race has become a tradition - it's a five-kilometer race held in parallel with the Nationale-Nederlanden Warsaw Half Marathon. In 2022, we welcomed almost exactly two thousand people (2010) at the finish line. Last year - almost exactly three thousand (3035). In this year's edition, we can expect a record attendance for the accompanying race of the largest half-marathon in Poland - at the time of writing this text, there were only a hundred free starting numbers left from the established limit of five thousand!

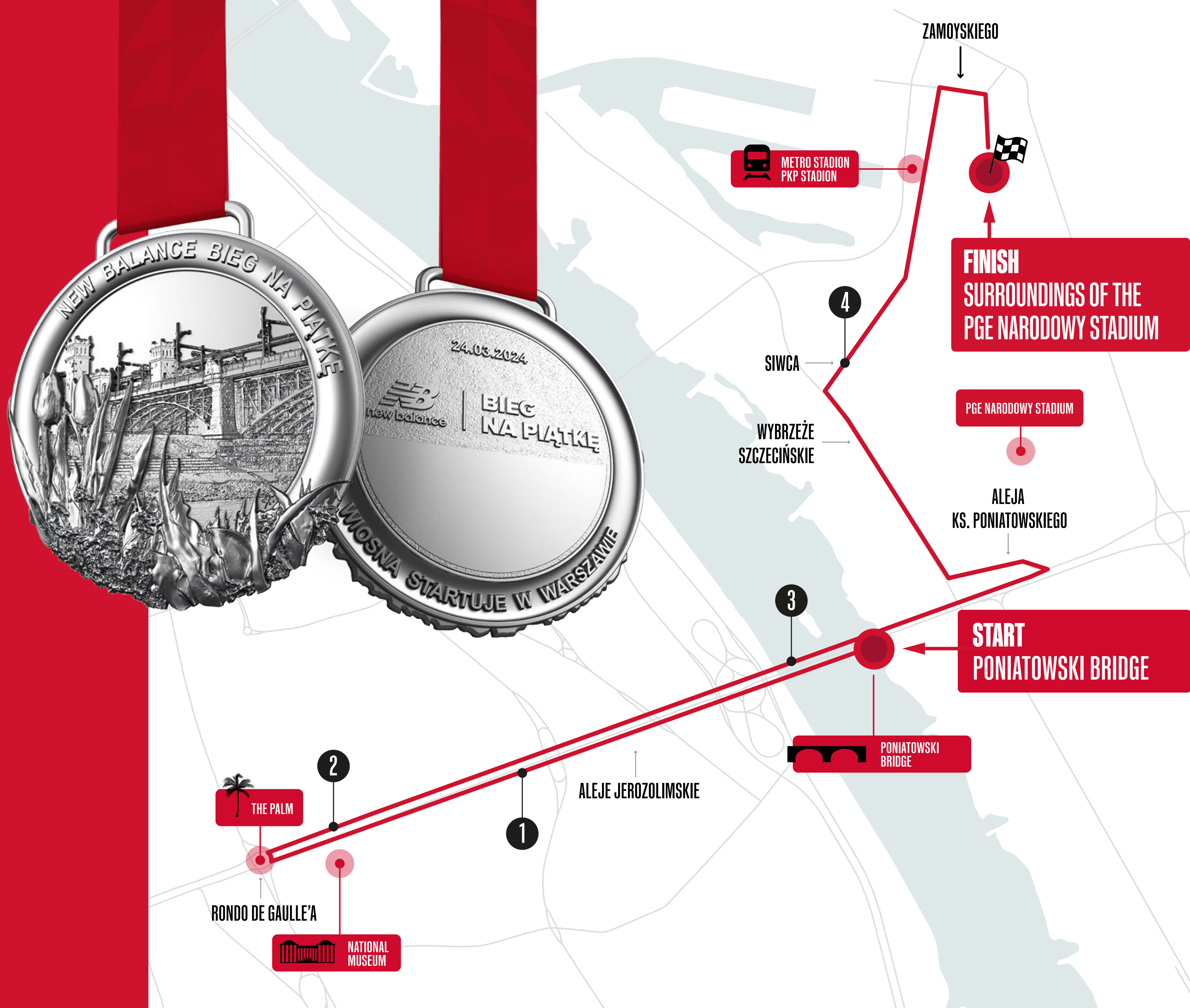
WHAT DOES THIS MEAN?

We love to run! Five kilometers is an excellent distance to start with - most runners begin their adventure with street racing from this distance. It's also accessible to everyone. On the other hand, for those craving challenges, it can be an opportunity to achieve a personal best on a short distance. Five kilometers is both a calm and exciting distance.

HOW TO GET INTO RUNNING?

The five-kilometer distance, held as a race accompanying a longer run, is an opportunity to see a major sporting event up close, feel the atmosphere, and be inspired to engage in sports. Invite all your undecided loved ones to participate in shorter races - it could be their first step into a passion for running.

See you there!





PACEMAKERS

Pacemakers are experienced runners who cover the entire race at a planned pace to finish precisely at the targeted time at the finish line. Take advantage of their support if you're aiming for a personal best or making your debut.

We wish you success in achieving your goals! Remember that Pacemakers lead based on "net" times.

On March 24th, Pacemakers will lead those interested in the following times:

New Balance High Five Race
20:00, 25:00, 30:00, 35:00, 40:00

18th 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



HYDRATION

REFRESHING





EXPO SPORT&FITNESS

As every year, right next to the Race Office at the Palace of Culture and Science, there will be booths with a wide range of sports equipment manufacturers, running gadgets, and supplements. This will be a great opportunity to talk to experts and make final pre-race purchases.

EXPO SPORT&FITNESS – OPENING HOURS

Palace of Culture and Science (Plac Defilad 1, entrance from Marszałkowska street)

March 22, 2024 (Friday) – 2:00 PM – 8:00 PM
March 23, 2024 (Saturday) – 10:00 AM – 8:00 PM

AT EXPO SPORT&FITNESS SPRING 2024, YOU WILL MEET:

Mizuno
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Saucony
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ASICS
Spotr Center
COOMPRES SPORT/GOODR/OOFOS
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Naturalfuel.pl

EUROBUT
15. Festiwal Biegowy Piwniczna – Zdrój
Raz Event Marathon
TriStyle
Polarne Spa
B-PAC – Sport/s
Nutrition
Loco Sport
E- BridgeTadam
Stroje sportowe do biegania JUJU
PKO Gdynia Półmaraton
PKO Białystok Półmaraton
Bison Ultra-Trail
P. Jurek Skarzyński
P. BOGDAN – czapki
Zack Roman Sportswear & Monika Kamińska

THERE WILL ALSO BE SPECIAL ZONES OF:

Nationale-Nederlanden
Nice to Fit You
New Balance
Dr Łokieć – Clinic of Physiotherapy
and Sports Rehabilitation
Bronisze

AS WELL AS #BIEGAMDOBRCZE (CHARITY PROGRAMME) FOUNDATIONS:

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Amnesty International Association,
Give Children Strength Foundation,
Synopsis Foundation,
Premature Parents Helping Premature
Parents Foundation,
Spartans for Children Foundation,
Polish Humanitarian Action,
Help for Children with Cancer Foundation,
DKMS Foundation,
Faces of Depression Foundation,
Avalon Foundation

See you there!





3,2,1... GO! HOW TO PREPARE FOR A RACE?

We can't wait to meet you on March 24th at the 18th Nationale-Nederlanden Warsaw Half Marathon and the accompanying New Balance Five Kilometer Run! For over 5 years, as the Rehabilitation and Physiotherapy Clinic Dr. Łokieć, we have been organizing a massage zone at the largest spring running event in Poland. But before you get into our hands, there's a fantastic half marathon route through the streets of the capital waiting for you. In this text, I'll give you some tips and hints on how to make the best use of the final hours before the start, as well as the time after the race.

The half marathon, being an intermediate distance between shorter runs and a full marathon, requires proper physical and mental preparation. Its key parts are warming up before the start and proper recovery after finishing the race.

How to prepare for the start?

The last hours before the start are the time to prepare muscles, joints, cardiovascular system, digestive system, and also your mind for intense effort. The basic advice – don't experiment! It's not the time for novelties. Stick to proven solutions, develop your own routine. We're all just too different. I'll share with you literally a few tips, perhaps they might become part of your pre-start routine.

Firstly, nutrition. Don't delay breakfast; it's best to eat it no later than 2 hours before the start. The earlier, the better. I won't dwell on the menu here.

The rule is simple, it should include something light but nutritious.

The warm-up before the half marathon should be dynamic and comprehensive, aimed at purely physical pre-start preparation. In the case of a half marathon,

it's worth jogging and incorporating short sprints. Don't forget about mental training! Visualize the route, analyze where the refreshment points are, inclines, descents, mentally prepare yourself for the challenge ahead.

How to recover?

After crossing the finish line, recovery becomes a key element in preventing excessive fatigue and injuries. Here are a few of my tips for recovery at the finish line:

1. Cooling down the body. Immediately after finishing the race, do a short run or walk to cool down the body. Then, gently stretch the muscles.
2. Hydration and nutrition. Replenish fluids and electrolytes immediately. Drink water and isotonic drinks. Reach for a meal or snack rich in protein and carbohydrates.
3. Massage and stretching. If possible, take advantage of the massage in our zone! Alternatively, gently massage your muscles yourself to reduce tension and improve blood circulation. Also, continue stretching, but avoid forcing too deep positions.

And finally - rest. Your body has done hard work. Let it regain strength, give it enough time to recover. In the following days after the race, exercise lightly, don't risk injury. It's best to focus on yoga, swimming, or walking.

Most importantly... feel proud! See you in our massage zone!

Mateusz Chajęcki
Dr. Łokieć and his team



COURSE ANALYSIS OF THE 18TH NATIONALE-NEDERLANDEN WARSAW HALF MARATHON

Starting from Poniatowski Bridge is probably as impressive as the beginning of the race under the Palace of Culture. On one side, the PGE Narodowy stadium stands tall, while on the other, the view encompasses the left bank of the Vistula River, the panorama of the Old Town, and the river flowing beneath our feet. It's a dreamlike scene.

We start the race with a long, nearly two-kilometer straight stretch that will lead us all the way to Marszałkowska Street. When turning right, it's worth taking a glance... to the left, where not long ago stood the Cepelia building, now just a memory remains.

We pass by the Palace of Culture and the bustling city center, only to turn onto Królewska Street a few hundred meters later. On the left, there's the Saxon Garden, and at its end, Piłsudski Square, where the reconstruction of the Saxon Palace is underway. Shortly after, we find ourselves on Krakowskie Przedmieście street, descending gently towards Castle Square. Upon reaching Miodowa Street, we hit the fifth kilometer mark, right in front of the Primate's Palace.

Kraśiński Square marks the end of the Old Town, seamlessly transitioning into the New Town. After a short run down Bonifraterska Street, we arrive at Konwiktorska Street and then turn onto Andersa Street. Here, we encounter one of the two tougher stretches of the route, which eventually leads to a long descent along Mickiewicza Street towards "Plac Inwalidów". We're now in Żoliborz. After Wilson Square, there's a pleasant descent towards Marymont, followed by crossing over the Warsaw bypass, reaching the 10-kilometer mark. We circle around the Potok housing estate, then take Gwiazdzista Street to Wisłostrada for a long straight stretch, culminating in a turn onto Gdański Bridge just past the Warsaw Citadel. With five kilometers left, the finish line is within sight.

Ahead lies the Vistula River once again, with the National Stadium looming in the distance. From here on, every step brings us closer to the finish line. Descending from the bridge near the northern gate of the Warsaw Zoo, we run along a long straight stretch filled with exotic scenery before turning onto Okrzei Street. At its end, at the intersection with Jagiellońska Street, awaits a flag with the number "20". If we have some strength left, it's time to give it our all. It's flat, straight, with just one turn left to the finish line. We pass under the railway viaduct and turn right. Ahead stands the silhouette of the PGE Narodowy stadium and the



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FMW CREW - GIVING VOICE TO VOLUNTEERS

At every sports event that you, as runners, are a part of, we make sure to pay attention to the volunteers - to make recognizing, appreciating, and understanding the work of volunteers a habit within the running community. We also aim to encourage activity and promote the idea of volunteering. At each event, hundreds, thousands of volunteers help us! It is thanks to their assistance that dreams come true, personal bests

are achieved - they are the ones who can pack and distribute 20 000 race kits, then secure and manage the start, refreshment points, finish line, and Race Village!

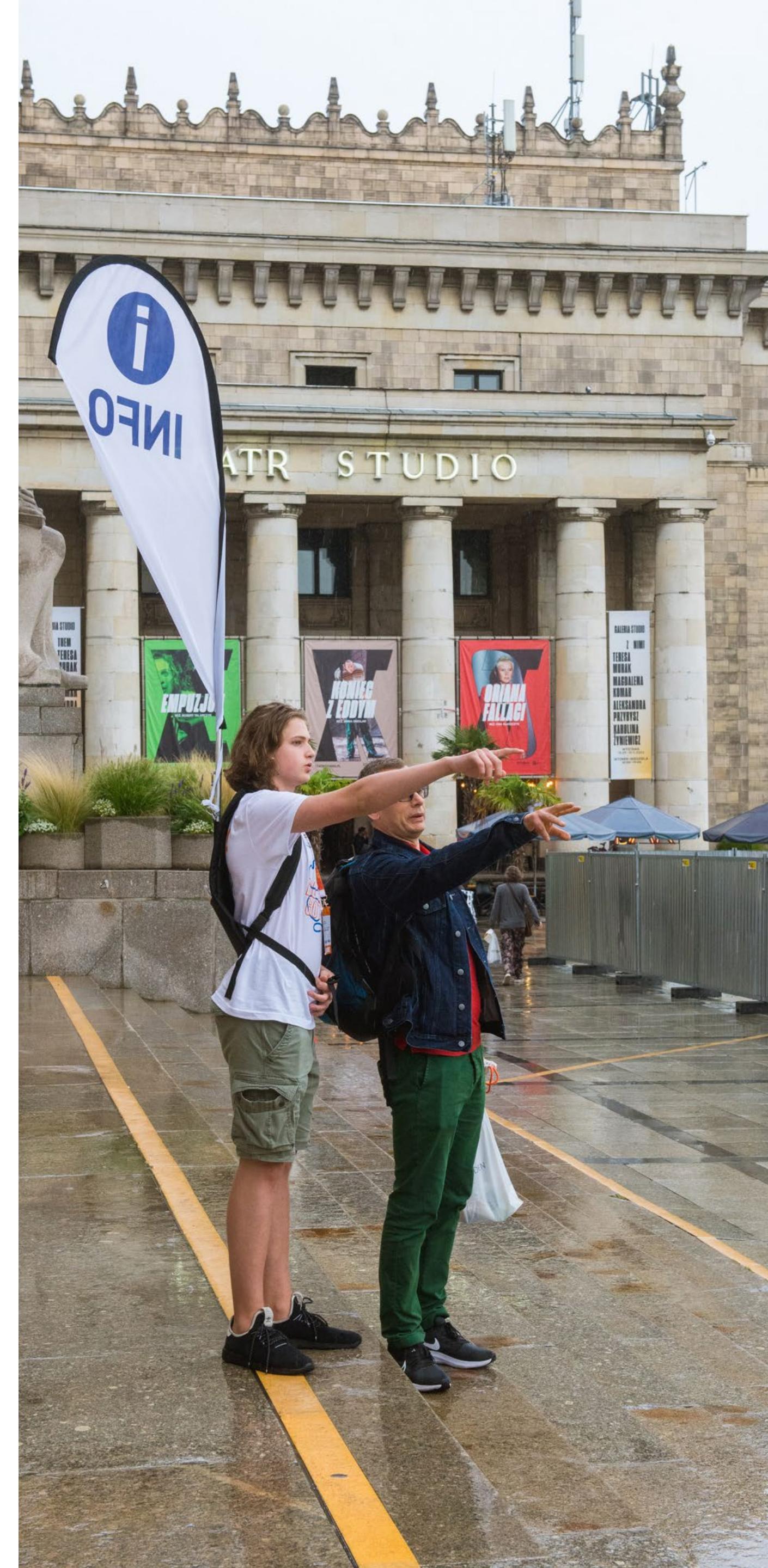
Today, we hear from Ania and Daria, volunteers who have graciously shared their volunteering experiences. Here are two more faces of the FMW Crew!

Daria: I began my volunteering journey with this event two years ago at the race office during the Warsaw Uprising Run. I wasn't exactly sure what to expect, but with the introduction and guidance, it turned out to be straightforward - it just required focus and openness. Now, I'm at every race in Warsaw - always at the race office because it already feels like home to me.

For me, as a volunteer, it's satisfying to assist as many people as possible. Sometimes, funny stories come along with handing out race packets, which makes our work both useful and enjoyable. My experience led me to host a podcast about volunteering, which was a huge honor for me! I hope my journey continues - I'm waiting for you, runners, and see you there! I also invite everyone to listen to the podcast „Faces and Voices of Volunteering” by the Youth Council of the Mokotów District.

Ania: It all started with my passion for sports. For a long time, I observed runners and admired the energy and enthusiasm accompanying running events. The atmosphere of racing events always fascinated me, and I wanted to be part of something bigger. My first day at the race office was full of excitement and uncertainty, but also readiness to learn and work. At the beginning, I didn't know what to do or where to start, but thanks to the kindness of people, I quickly got into the whole workflow.

Sometimes, in the Race Office, I meet people I know from social media and whom I observe daily - these are very pleasant moments. Everyone registered for the race passes through the Race Office to collect their race packet and get necessary information, so you could say that I am able to meet all the runners from every event! I know that our commitment and professionalism are extremely valuable and necessary. This awareness gives me immense satisfaction, a sense of accomplishment, and I know that it's also valuable experience for work and for life.



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!

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