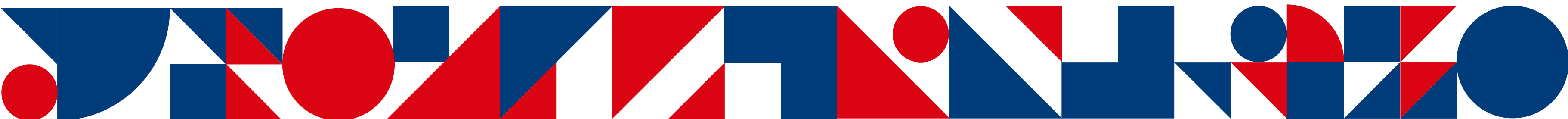




 STANDARD RACE  
**42 KM**

# **42<sup>nd</sup> PZU ORLEN WARSAW MARATHON**

26-27<sup>th</sup> september 2020







## Marek Tronina

### Director of the 42<sup>nd</sup> PZU ORLEN Warsaw Marathon

It was supposed to be 42 by 42. 42 heroes, 42 unique events, 42 wonderful volunteers – etc. But what we ended up with was the strangest marathon in the history of marathons. Have you ever run a marathon on a 5km loop? Some of you might have. And have you ever taken part in a marathon with four different heats? Probably not, although maybe some of you have, somewhere. What about a race where the organisers discourage people from supporting? You'd probably need to search pretty hard for that. Maybe you've been in a race where you've had to have your temperature taken before the start? And if so – has anyone ever been in a race with all of these elements together, along with a few more strange ones? Not a chance. Welcome to the 42nd PZU ORLEN Warsaw Marathon!

It's been a long time since we've been this happy to be able to organise a race. Any race. We are delighted to see every single one the thousand runners on the start list – even more so, I think, than the 7½ thousand at our 40th anniversary event two years ago. We're also delighted to see the thousands of you who haven't made it to Warsaw but are running at home. That's right, the world has been turned upside down. Who knows how much longer it will last. But one thing that's constant is the Warsaw Marathon. Uninterrupted since 1979.

We are proud that we are able to create history with you – those present at the start line in Warsaw as well as those running in parks and at home. The 2020 event will be one of the most incredible ones in the history of the race. And this year, we really all will be winners.



## Dorota Macieja

### Board Member of PZU Życie SA

Dear runners!

I am delighted that PZU is able to be with you again on the course of the most important marathon in Poland. I would particularly like to welcome 11 participants who have been with us right from the beginning – they have finished all 41 editions of the race and today are once again on the start line. This year's 42nd PZU ORLEN Warsaw Marathon is without doubt a unique event. Due to all the restrictions enforced upon us by the COVID-19 pandemic, the event has taken on a new format to meet the prevailing health and safety requirements. Some of you will be running on the streets of Warsaw, while others will be competing virtually on a route you have chosen yourself. But wherever you are running, your positive energy and love of sport will shine through.

Running a marathon is a real test of character. Many of you have shown determination, particularly during the first few weeks of the pandemic. You trained and ran in gardens, homes and on balconies. Even in the most difficult circumstances, the fighting spirit and will to achieve new sporting goals has not been diminished.

I wish you all the best times and will keep my fingers crossed for you. May the finish line of the 42nd PZU ORLEN Warsaw Marathon be a reward for your hard work and effort during training!

See you at the finish line!



**ORLEN**

# Adam Burak

## Board Member for Communication and Marketing

Dear Sir/Madam,

Dear runner,

For many years, PKN ORLEN has been actively supporting professional sport in Poland. The ORLEN sports group comprises dozens of champions, who have won titles in the biggest international sporting areas. It is also very important for us to promote a healthy, sporty lifestyle. That is why we got involved with the ORLEN Warsaw Marathon and this year's, 42nd PZU ORLEN Warsaw Marathon.

Marathons are incredible events, which connect amateurs and professionals. The race is a challenge for everyone. For some, victory is finishing first, while for others it's setting a new PB or simply running the whole distance. It isn't just about competing with others – above all it's a battle with yourself. It always requires an incredibly strong fighting spirit and overcoming one's weaknesses. They are values which are particularly close to the ORLEN Group.

We are incredibly delighted that you have decided to take part in this year's marathon, which will be held in a new format that is different from before. In order to meet the demands of both the current health and safety regulations, and the expectations of the runners of the 42nd PZU ORLEN Warsaw Marathon, there will be both a standard race on the streets of the capital, as well as a virtual event, with the aid of a dedicated smartphone app.

The pandemic has changed not just the format of the PZU ORLEN Warsaw Marathon, but also the running calendar, while many athletes have had their training schedule disrupted. As a result, I would especially like to congratulate you all for overcoming your weaknesses, rising up to the challenge and starting the race. I hope you finish as high up as possible, achieve PBs and above all enjoy the race.

Good luck!





MATERIAŁ  
MARKETINGOWY



Z myślą o bezpieczeństwie



**Dbajmy o siebie,  
bądźmy aktywni,  
bądźmy bezpieczni.**

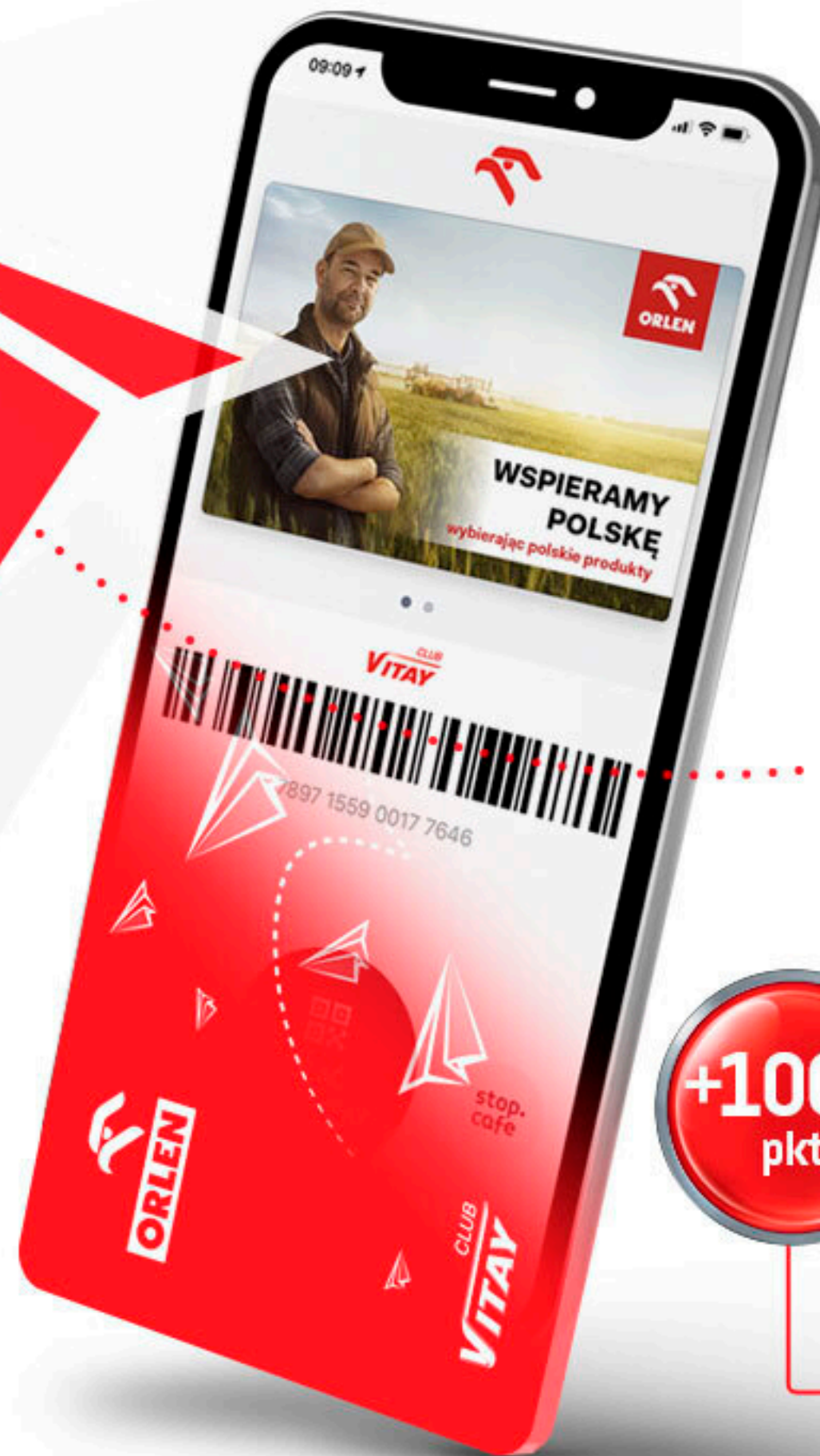


CLUB  
**VITAY**

# Dołącz do **Programu VITAY**



Szybko i wygodnie  
dzięki aplikacji  
**ORLEN VITAY**



**+1000**  
pkt

Dokonaj pierwszej  
płatności aplikacją  
**ORLEN VITAY**  
i odbierz **1000 pkt**  
w prezencie





# SCHEDULE

Plac Teatralny, Warsaw

**SATURDAY 26.09.2020**

**14:30** – Runners village open for the first heat of runners

**15:45** – Runners allowed into the start area

**16:00** – **Start of the first heat**

**22:30** – **End of the first heat**

**22:30** – Opening of the runners village for the second heat

**23:45** - Runners allowed into the start area

**SUNDAY 27.09.2020**

**0:00** – **Start of the second heat**

**6:30** – **End of the second heat**

**6:30** – Opening of the runners village for the third heat

**7:45** - Runners allowed into the start area

**8:00** – **Start of the third heat**

**12:00** – **End of the third heat**

12:00 - Opening of the runners village for the fourth heat

12:45- Runners allowed into the start area

**13:00** – **Start of the fourth heat**

16:00 – Awards ceremony

**19:00** – **End of the fourth heat**

The awards ceremony for the top three male and female runners at the **42<sup>nd</sup> PZU ORLEN Warsaw Marathon** will be held at 4pm, after the elite in the 4th heat have crossed the finish line.





FRESH<sup>x</sup>  
FOAM<sup>x</sup>  
TEMPO



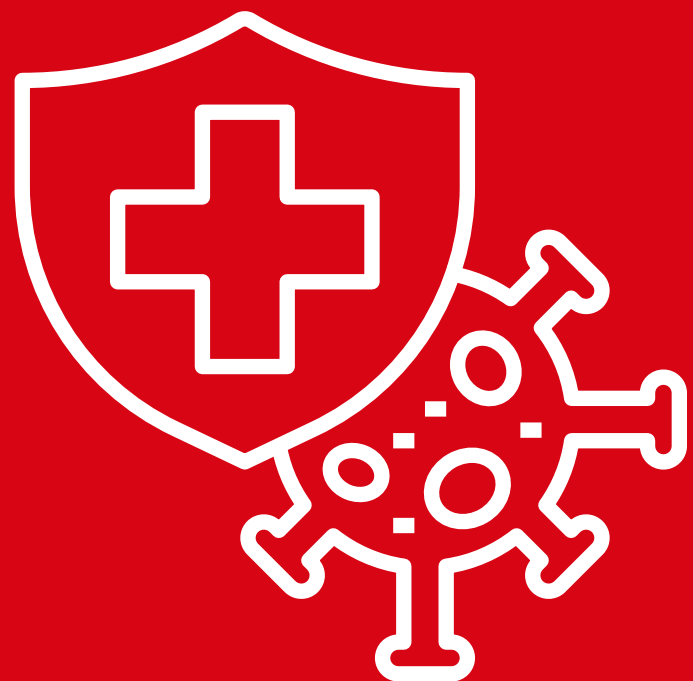
42. PZU ORLEN  
MARATON  
WARSZAWSKI

Oficjalny Sponsor 42. PZU ORLEN Maratonu Warszawskiego



Dostępne na [nbsklep.pl](https://nbsklep.pl) oraz [sklepbiegacza.pl](https://sklepbiegacza.pl)





We have developed a range of procedures to guarantee the highest level of safety for participants and the support crew. Remember, it's down to us whether and how mass events will be held in the future. Please set a good example! Familiarise yourself with the event schedule and observe the following rules!



Your race pack will be sent to your address. The pack will contain (your race bib, safety pins, deposit bag, bag sticker, commemorative stickers, energy gel from Diamant).



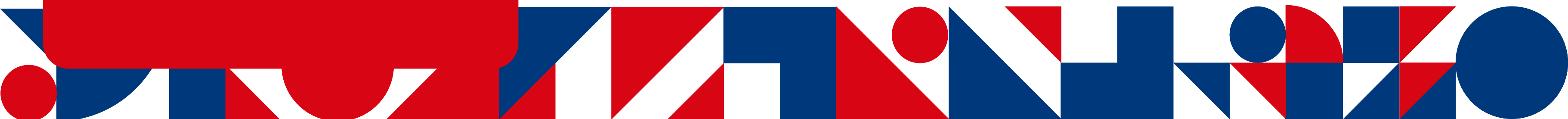
Bring your race bib (and safety pins), a picture or copy of your ID and a mask to the start. The start area will be open 1½ hours before the start of each heat (except for the last heat, then it will be open 60 minutes before the start). A detailed schedule can be found in the event schedule on page x.



Disinfect your hands (a dispenser with disinfectant will be placed by the entrance).



Before entering the runners village (where the deposits, changing areas, toilets, start and finish area) your temperature will be checked (people with a temperature above 37.5°C will not be allowed into the village).

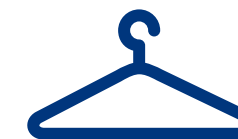




Show your race bib and a form of photo ID. For inspection only: a document, picture of your ID on the phone, the mObywatel application or a photocopy of your ID). People who are not able to confirm their identity will not be able to enter the start area.



After entering the runners village use a mobile disinfection station (mist sprayer with ozonised water). The disinfection procedure is quick, you can simply walk through the station, just stopping for a moment in the mist.



You can use the deposit and changing areas, which will be located in tents (disinfected after each heat). Check the location of the deposit and changing areas dedicated to your heat – see map on page x.



Practise social distancing and take a designated place marked by a dot on the ground. This year there will not be pacemakers for specific target times.



Enter the start area 15 minutes before the start of the race.



You can use the deposit and changing areas, which will be located in tents (disinfected after each heat). Check the location of the deposit and changing areas dedicated to your heat – see map on page x.





# START!



In the last minute before the start you will be able to remove your masks and head to the start line upon the speaker's signal. Throw your masks into one of the dedicated bins by the start line.



You have nine laps to complete, one of which is shorter than the others.



There is one water station on the course, which you will pass every lap. Water and isotonic will be available in unopened bottles (drinks in cups will not be available).



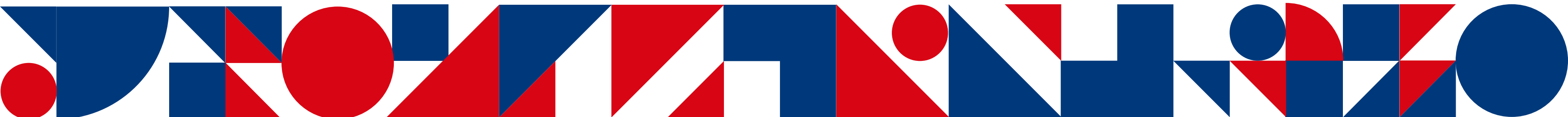
After crossing the finish line enjoy your victory, smile for a photo and pick up your **FINISHER'S BAG**, which will contain a recovery pack (energy bar, isotonic drink, water and a medal).



You will receive a mask from the race support crew. As you leave the finish line area and head to the exit, the deposits or the changing area, put the mask on so it covers your mouth and nose!



500 metres after the water station there will be bins, please throw the bottles and other waste in them.





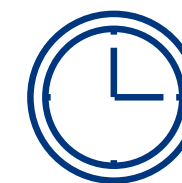
You will receive a mask from the support crew, and as you leave the finish area, heading to the exit, deposit or changing areas, put on your mask!



For safety reasons, do not stay in the finish area longer than you need to.



Listen to the information from the speakers during the whole event and follow the instructions of the volunteers and race support crew



In accordance with the race regulations: Runners who do not finish within the time limit will be asked to leave the course

## IMPORTANT INFORMATION WORTH REPEATING



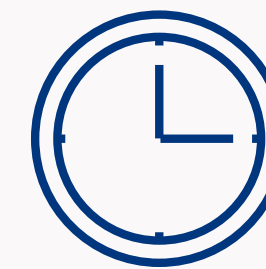
**Supporters are not allowed in the start and finish zone**



**No entry to the event without a form of ID and race bib.**



**Masks must be worn in the marathon village.**



**There will be no pacemakers for specific times.**



# ORGANISATIONAL NOTIFICATIONS

## RACE PACK

You will receive this by courier. The pack will include your race bib, safety pins, as well as a bag and stickers for the deposit.

## RACE BIB

Remember, your race bib must be on your front, at chest height. It must not be covered or modified in any way. Any violation of these rules will result in disqualification. Make sure you fill out the reverse of the race bib with your key personal data! You have to show your race bib to the support crew when you enter the event area.

## ARRIVAL AT THE START AREA

In the direct vicinity of the start area there is a limited number of parking spaces. Before arrival, check the temporary road closures in the specially-prepared ROAD INFORMATION. Thanks to the route (a 5km loop), the changes will be minimal. Share the information with friends so that as few people as possible are surprised by the changes.

## DEPOSITS AND CHANGING ROOMS

In the race pack you will receive a bag allowing you to deposit items before the race. To use the deposit, you need to attach the sticker with your race bib. To collect your bag in the finish area you will need your race bib. The organisers assume no liability for valuable items left in the deposit.

## TIMING

Will be done by a chip on the race bib. The general classification will be done based on official times (gross – from the starter's gun). All extra classifications (age groups, business sectors) will be done based on actual times (net – from the moment the runner crosses the start line).

## RESULTS

will be available online on the race website, and after the race you will also receive a text message with your result. The final results will be available here: [www.maratonwarszawski.com](http://www.maratonwarszawski.com).

## AWARDS CEREMONY

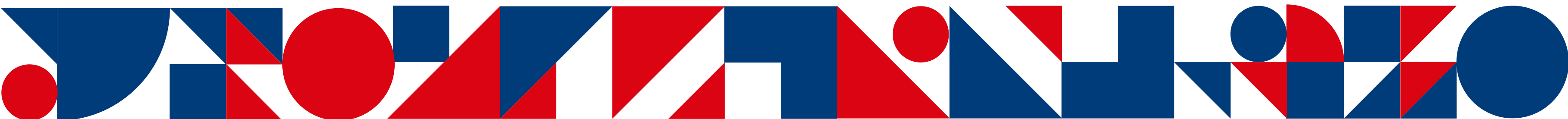
The awards ceremony of this year's race will be held on 27th September at 4pm on the main stage. No other categories will receive awards.

## IT IS PROHIBITED TO HAVE THE FOLLOWING ON THE COURSE

Nordic walking sticks, animals, bikes, in-line skates etc. For safety reasons, people breaking the rules will be removed from the course by the support crew. The only exceptions to this are people who have been given permission by the organisers.

## THE MARATHON VILLAGE

We recommend that you familiarise yourselves with plan of the marathon village on page X. Only runners are allowed into the village. This year there will not be an area with massages and showers.



**BRIDGESTONE**

*Nieważne,  
że upadasz.  
Ważne, jak  
się podnosisz.*

*Podążaj za Marzeniami*  
**BEZ WZGLĘDU NA WSZYSTKO**

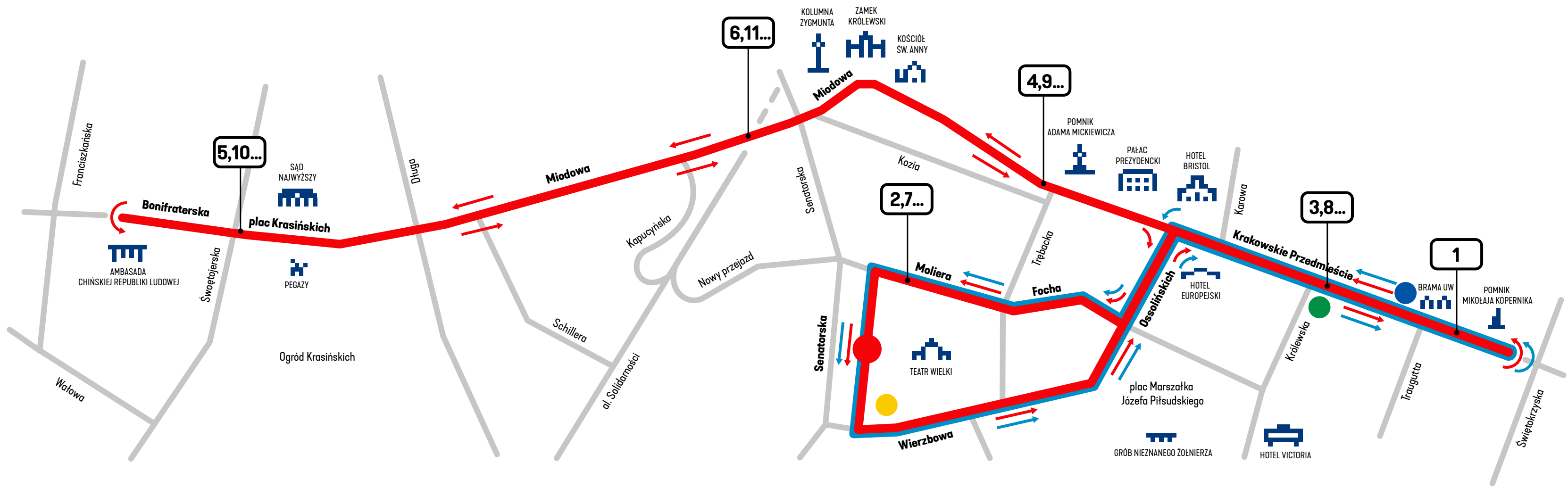
[podazajzamarzeniami.pl](http://podazajzamarzeniami.pl)



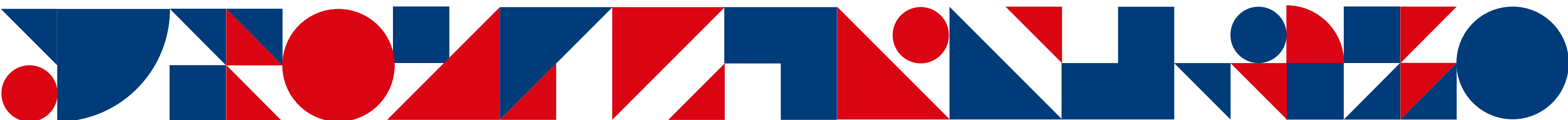
Joanna Jóźwik, Karol Bielecki & Maciej Kot



# THE ROUTE

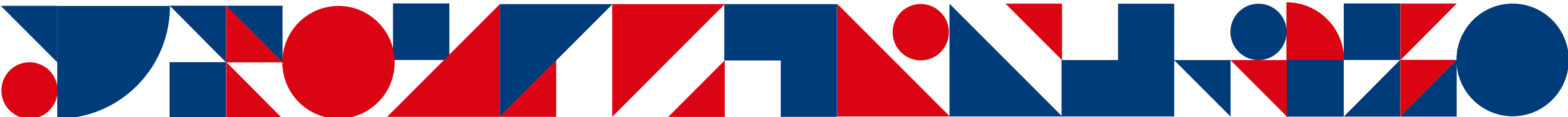
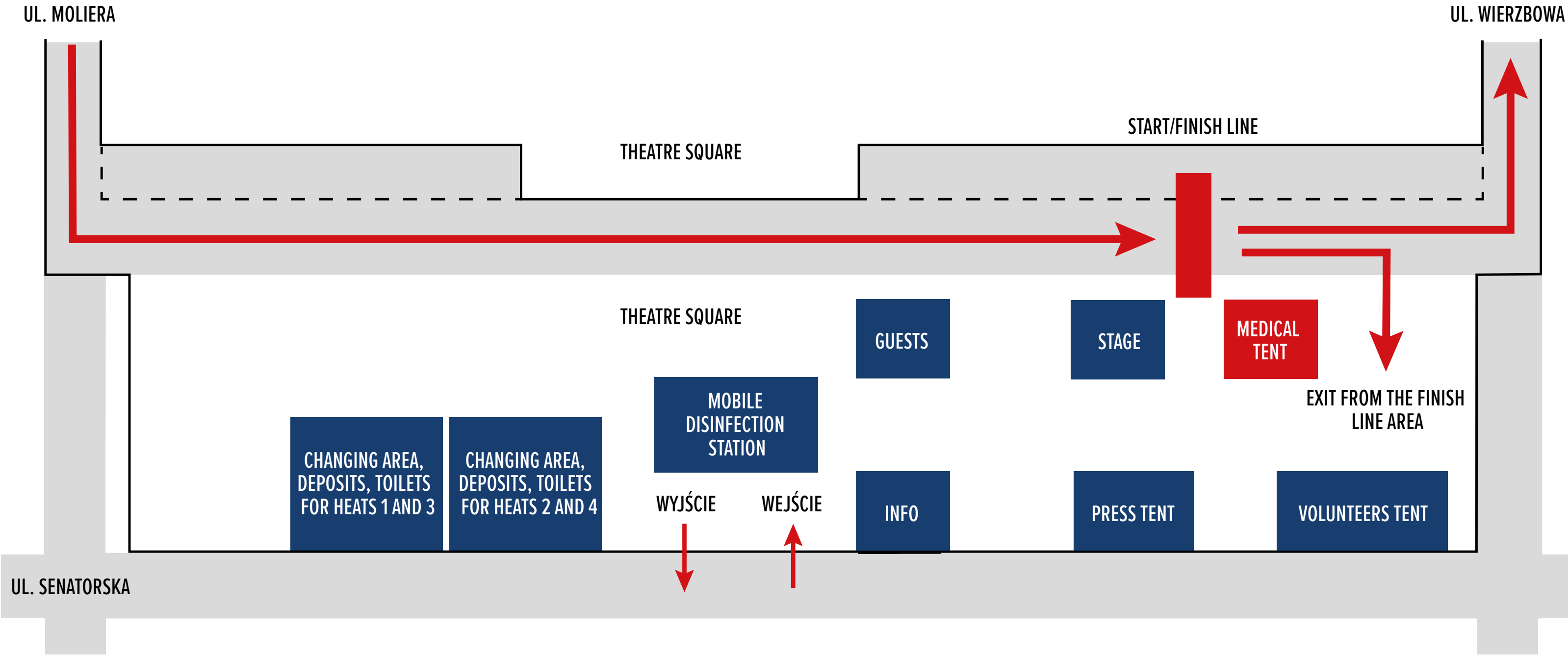


**2,7...** KILOMETRES   ● START/FINISH LINE   — FIRST LOOP (2.195 KM)   — SUBSEQUENT LOOPS (5KM)   ● WASTE DISPOSAL AREA (500 M AFTER THE WATER STATION)   ● WATER STATION (WATER AND ISOTONIC)   ● TOILETS





# MAP OF THE RUNNERS VILLAGE



# REMEMBER!

## This year, for everyone's safety:



The marathon village, as well as the start and finish areas are fenced off – no supporters are allowed in!



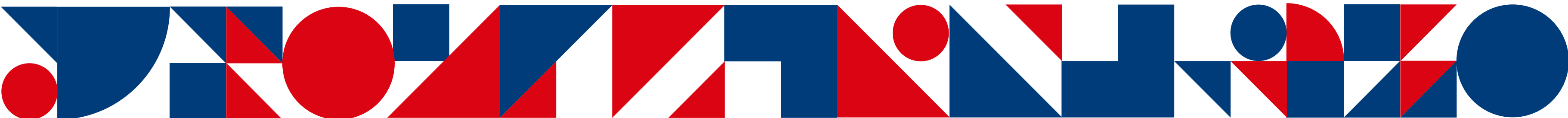
When entering the runners village, you must show a form of photo id to the support crew, which allows them to confirm your identity (scan, photocopy, picture or the mobywatel application).



Inside the village it is necessary to wear a mask. The mask can be taken off just before the start after a notification from the speaker.



After the race it will not be possible to use the massage or shower facilities. More technical information can be found on the following pages.





**NOW  
IT'S  
YOUR  
MOVE**

---

 **SWISS VITAMIN FORMULA**

---





# YOUR SUPPORTERS

The marathon distance is a real challenge for every runner, and they get priceless support from their closest fans.

Although this year the start and finish area will only be open to runners, we want to ensure you have the best possible motivation on the course.

Your top supporters will be cheering you on via big screens located in Krakowski Przedmiescie!

Supporters, if you want to help support the runners during the race – send us your pictures!

Pictures which have been sent to us and are dedicated to a specific runner will be shown on the screen as the runner approaches it. The system is integrated with the time measurement system.



## How can I send in a picture?

1

Pictures must have the runner's race bib in the file name, e.g.. 1234.jpg

2

Pictures must be in JPG format

3

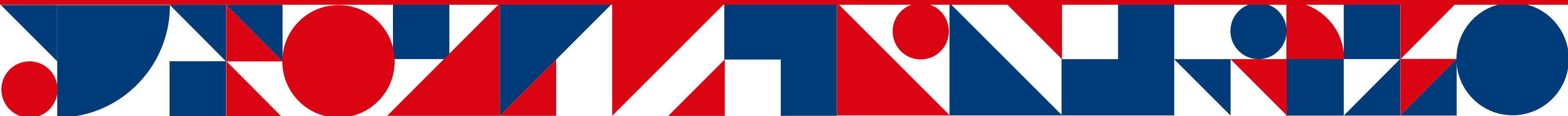
Pictures cannot have insulting gestures or slogans, etc.

4

Pictures with incorrect descriptions will not be able to be used

5

Correctly described pictures can be sent in until 23<sup>rd</sup> September to the address: [kibice@maratonwarszawski.com](mailto:kibice@maratonwarszawski.com)







# WARM-UP BEFORE THE RACE

DEAR RUNNER!! You are about to run a marathon, and it's going to be a unique event. Due to the current situation with the COVID-19 pandemic, there will be no massage area which has helped many of you get back into some kind of shape after the race. That is why we've prepared a few practical pieces of advice to help you cope before and after the marathon.

## Before the marathon:

- Get a good night's sleep! It is the basic and best form of recovery
- Have a nutritious breakfast
- Don't forget to warm up before the start. It is a key element to ensure you don't finish the marathon after the first kilometre. Do a few jumps, sprints, skips, crossover jumps, swing your arms and legs, rotate your core, stretch etc. Remember, the warm-up should be dynamic

## After the marathon:

- After crossing the finish line, don't line down on the ground, it would be best to walk around for a few more minutes. Let your body come back to normal by itself.
- Go home and have a hot bath, ideally with salt. At the end you can pour cold and warm water alternately over the muscles that are most sore.
- Let the stretching and rolling for a day or two.
- You can use compression socks and electric stimulation devices for muscle recovery
- Raise your legs to prevent them swelling





OSTROMECKO  
ŹRÓDŁO MARI



STWORZONA PRZEZ NATURE,  
NIETKNIĘTA PRZEZ CZŁOWIEKA





# VOLUNTEERS — A BROKEN COLLECTION

Within our marathon family there are people who devoutly collect souvenirs from every race.

You might think that shirts, ID badges, medals, whistles or cups are just things. But they can generate waves of memories – of funny situations, people’s faces and running adventures. They are personal collections which are created over many years. Unfortunately, many volunteers will have a gap in the collections for 2020.

It’s very difficult for us to not be able to see everyone this year. The current situation has also led to changes in how the volunteering is organised. Of the 2000 people who help us during the marathon, we have had to limit the number to 200

We have decided, together with our leaders, our long-term volunteers, to work out how to best support the runners within the scope of the existing restrictions. Safety is the most important thing for us. We are doing everything we can so that we are able to invite everyone who is missing at this year’s event back in the future in a fully responsible way. All the volunteers who have helped us before, young people from local schools, families of runners and everyone who wants to start their own volunteering adventure.

Keep your fingers crossed. We promise to do everything we can, because we love what we do, and we miss it!





## Strategiczne myślenie

zapewniliśmy obsługę mediową 21 wielkich  
biegów Fundacji Maraton Warszawski

## Odpowiedzialność

wspieramy rozwiązania służące bezpieczeństwu uczestników

## Wytrzymłość

zorganizowaliśmy 22 konferencje prasowe

## Siła

osiągnęliśmy 35 milionów zł  
ekwiwalentu reklamowego

## Systematyczność

wysłaliśmy 320 informacji prasowych

## Autentyczność

jesteśmy z Maratonem już 10 lat



To już 13 rok z rzędu  
Partner of Promotion  
zwycięża w rankingach  
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www.partnersi.com.pl







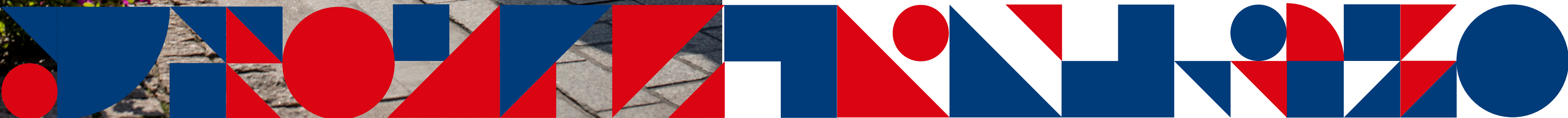
# THE FASTEST COURSE

**The 42<sup>nd</sup> edition of the race will be held on a 5-kilometer loop in the centre of Warsaw. The good news for those running here is, it will be the fastest course in history!**

A course based on loops is much more monotonous than a normal urban course, but it does have many benefits, especially for those aiming for a PB.

The race will start on the historic Plac Teatralny, with almost 200 years of history. The Great Theatre (Teatr Wielki) situated here was destroyed during World War II, but the facade remained and after its reconstruction you can still see original chunks of the building. The first loop is the shortest, at 2,195 metres. After the starter signal, the runners will take a left after the Great Theatre, onto Wierzbowa street. The apartment buildings here will offer shelter from the wind, although shortly afterwards you will be in an open area. This is Marshall Jozef Pilsudski Square. On the right, further back, you can see the grave of the unknown soldier, and behind it the Saxon Gardens – an urban park full of statues and fountains, founded in 1713 by King Augustus II. Several years later it was made available to residents, making it the first public park in Warsaw.

While running, it's worth continuing to look right. You will be able to see the Monument to the Victims of Smolensk. And in the background there is the most famous Polish hotel – Hotel Victoria – famous from many films, including the 1980s cult classic "Mis". Soon afterwards you will be able to see a statue of Marshal Pilsudski on a horse. From the square you will run into the narrow Ossolińskich street, with Hotel Europejski on the right, and the historic Potocki Palace on the left. At the end you can see the luxurious Hotel Bristol. We then turn right and run along the Royal Route, part of a historic route full of listed buildings and statueses. >>





Straight away, on the left you will be able to see the Price Jan Twardowski square, and a statue of Boleslaw Prus in the centre, a favourite of Polish students. The route is as flat as a pancake, but if you're looking for an uphill, there is a slight, almost unnoticeable incline. We have reached Warsaw University, on the left, with its historic gate. Soon there is a slight right turn and now it's hard to know where to look. Luckily, the route passes here 18 times, so there will be plenty of opportunities to admire Copernicus' statute on the left (after the turnaround on the right), with Staszica Palace behind it, the seat of the Polish Academy of Sciences. On the right there is the historic Church of the Holy Cross, followed by an apartment building which is home to the Faculty of Journalism and Political Science of the University of Warsaw. The most famous Polish journalists and show-people have graduated from there, including Kuba Wojewódzki and Krzysztof Ibis, as well as some less well-known individuals, such as the author of this text.

Shortly afterwards, at the junction with Świętokrzyska street, there is a 180-degree turnaround, where on the right you can see the metro station. Then we return along the same route. On the first loop we run back to and turn onto Ossolińskich street and go around the Great Theatre from the other side, while on the remaining eight loops we run straight ahead. When we reach the Hotel Bristol on the next loop, which this time is on the right, we start to uncover the parts of the Royal Route we haven't seen yet. On the right there is the Presidential Palace, on the left the entrance to the Ministry of Culture. In front of the Presidential Palace there is a monument of Jozef Poniatowski and his horse. For anyone who might be hungry, after a row of pubs and coffee shops, there is also a convenience store. This information could save someone's life, or their PB, so it's worth remembering.

On the right there is another green area – Adam Mickiewicz square – another favourite of Polish students, and his great monument. It is worth noting that these few hundred metres, from Copernicus' statue to Mickiewicz's statue, make up the fastest fragment of the route, with a slight downhill. May Copernicus and Mickiewicz lead you to a PB!

Speeding up, you continue along the Royal Route, which will soon end with a view of Sigismund's Column in the distance. It is one of the symbols of Warsaw, in front of the Royal Palace, but for the marathon runners it is a signal to turn left onto Miodowa street. On the right, behind the apartments, is the Old Town, which the runners will not be able to see, but is worth a visit after the race. Runners will, however, be able to see the facade of the beautiful Palace Szaniawskich.

If the runners look left, they will see a panorama of Aleja Solidarnosci (Solidarity Street) with its "Nike" statue honouring the heroes of Warsaw. The characteristic shape of a woman's body holding a sword is known to everyone in Poland. Soon afterwards, on the same side, is the Church of the Transfiguration and, just afterwards, the Ministry of Health.

We rush down Miodowa street, quite a narrow road protected by old apartment buildings, until we reach the square where we can see the characteristic green shape of the Supreme Court at the front. Just before the palace, on the right is the Theatre Academy, a place where top Polish actors learn their trade. The open area behind it is Krasinski square. On the right side there is the famous Warsaw Uprising statute, and on the left the baroque Krasinski palace, with the beautiful Krasinski garden behind it. We run through a green gate, which is part of the Supreme Court and soon, before the Chinese Embassy to our left, we do a turnaround. This now takes us onto the next street – Bonifraterska. We head back, this time, with a very slight uphill, if you look hard enough, until we reach Ossolinskich street. We take a right down this street, turning off the Royal Route, reaching the Grand Theatre, go around it from the right side... and start another fast lap! Although we are running down the same streets multiple times, there are so many historic and beautiful buildings and monuments that I don't think anyone will get bored. In fact, it is an opportunity to enjoy a close look at the cultural and political centre of Poland.

Although we may be far apart, we are all connected by a mutual passion. Virtual runners and the runners here with us in person on the streets of Warsaw – we are delighted you are running with us!





PIERWSZA POMOC ♥ WOLONTARIAT ♥ AKTYWNOŚĆ

**POKOJOWY  
PATROL®**

**DOŁĄCZ DO NAS!**

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NAJPIĘKNIEJSZA DOTYKOWKA ŚWIATA

OD 15 LAT

**BIEGAMY**

**ZAWSZE RAZEM ♥ ZAWSZE WYTRWALE**

**42. PZU ORLEN MARATON WARSZAWSKI**

PASJONUJĄCA PRZYGODA ZACZYNA SIĘ NA

**PokojowyPatrol.pl**







**Although we may be far apart, we are  
all connected by a mutual passion.  
Virtual runners and the runners here with  
us in person on the streets of Warsaw  
– we are delighted you are running  
with us!**



**#Połączeniwbiegu**



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