

# RACE GUIDE

**44<sup>th</sup> WARSAW  
MARATHON**



**WARSAW  
10 CLASSIC  
BY PEKAO S.A.**



**MARATHON  
RELAY**

**MINI  
MARATHON**



Each edition of the Warsaw Marathon has its own story. Some of them are more spectacular, others- a little less. But they are. The one in 1982- during martial law (I know that martial law was introduced in 1981, but that it was on 13<sup>th</sup> of December, so the 1981 edition was the 'normal' one while in 1982 the race was conducted under the supervision of the army and ZOMO). The edition in 1991- the first with the word "Warsaw" in the name. The guerrilla edition in 2002 (KMWTW). The 2020- covid one.

What about the one in 2022? In fact, it's only up to you how this year's race will be commemorated. Because for everyone it can be a special race. The one in which I beat my personal record. The one in which I tactically ran poorly but fought to the end. The one that made me believe I could do anything. Think about what you want from this race. Focus on that, and it will be unique, special and unforgettable.

It will be unique for us because for the first time a new distance will be present - the Warsaw 10K by Pekao S.A. The new point of the program enters the scene with a bump. It will soon be the best 10K in the country. Its history will begin in a moment. And for that reason, we won't forget this edition either.

The marathon is a celebration, the same one as is any other distance defeated together with thousands of people. Promise yourself that these kilometers on the streets of the city will be - together and separately- unforgettable. If you already stand at the starting line, start with the feeling that this is the best thing you could do that day. And then - do it.

And we wish everyone who runs with us in Warsaw on the last Sunday of September the same as every year: good luck!

**Marek Tronina**  
**President of the Warsaw Marathon Foundation**

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Your Race.



Find out more.



You asked for More.

FRESH  
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**44<sup>TH</sup> WARSAW  
MARATHON**



# PROGRAM

## SEPTEMBER 23, 2022 (FRIDAY)

**RACE OFFICE-** The Palace of Culture and Science  
(Plac Defilad 1)

2:00 p.m. – 8:00 p.m. – Race-kit pick up  
2:00 p.m. – 8:00 p.m. – Expo Sport&Fintess

## SEPTEMBER 24, 2022 (SATURDAY)

**RACE OFFICE-** The Palce of Culture and Science  
(Plac Defilad 1)

10:00 a.m. – 8:00 p.m. – Race-kit pick up  
10:00 a.m. – 8:00 p.m. – Expo Sport&Fintess

12:00 p.m. – 6:00 p.m. – Academy of MagazynBieganie.pl - meetings with experts, analysis of the marathon route, presentation of running favorites, meeting with pace-makers, etc.

**MINI MARATON - Polonia Center,  
6 Konwiktorska Street**

10:00 a.m. – opening of the Mini Marathon race office (Polonia Stadium, the main entrance) \*.  
11:00 a.m. – 4 a.m. - Mini Marathon – children’s and teenager’s running (age: 2-17)

\* Note! The day before the race (Friday, September 23), Mini Marathon numbers will be available for pick up at the race office of the 44th Warsaw Marathon in the Palace of Culture and Science.

## SEPTEMBER 25, 2022 (SUNDAY)

**START - Konwiktorska Steet**

8:45 a.m. – Warm-up powered by Jabra  
9:00 a.m. – Start of the 44th Warsaw Marathon  
9:00 a.m. – Start of the Bridgestone Marathon Relay  
9:30 a.m. – Start of the Warsaw 10K by Pekao S.A.

**DEPOSITS- Wisłostrada- Senguszki Street**

7:00 a.m. -9:00 a.m.– Leaving deposits for the 44th Warsaw Marathon (Sanguszki Street)  
8:00 a.m. -9:30 a.m.– Leaving deposits for the Warsaw 10K by Pekao S.A. (Sanguszki Street)  
10:00 a.m. -11:30 a.m. – Pick-up of deposits of the Warsaw 10K by Pekao S.A. (Sanguszki Street)  
11:00 a.m. – 4 p.m. – Pick-up of deposits of the 44th Warsaw Marathon (Wisłostrada)

\* Participants of individual rounds of the Bridgestone Marathon Relay can find the information about deposits on the website:

**FINISH LINE 10 KM- Wisłostrada near Sanguszki Street.**

10:00 a.m. – finish of the winners of the Warsaw 10K by Pekao S.A.  
10:50 a.m. – closing of the route of the Warsaw 10K by Pekao S.A.

**MARATHON FINISH LINE**

– **Wisłostrada at Bolesć Street.**

11:00 a.m. – finish of the male winners of the 44th Warsaw Marathon  
11:30 a.m. – finish of the female winners of the 44th Warsaw Marathon  
3:30 p.m. – closing of the route of the 44th Warsaw Marathon and the Bridgestone Marathon Relay

**DECORATIONS - Multimedia Fountain Park  
– the main stage.**

**10:30 a.m.**

– Decoration of the winners of the Warsaw 10K by Pekao S.A.  
– Decoration of the wheelchair athletes of the Warsaw 10K by Pekao S.A.

**12:30 p.m.**

– Decoration of the winners of the general classification of the 44th Warsaw Marathon  
– Decoration of the winners of the Bridgestone Marathon Relay

**2:00 p.m.**

– Decoration of the athletes in hand-powered wheelchairs of the 44th Warsaw Marathon  
– Decoration of the winners in the age classification of the 44th Warsaw Marathon





# A diet that runs with you

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- You can choose your menu from **35 dishes**
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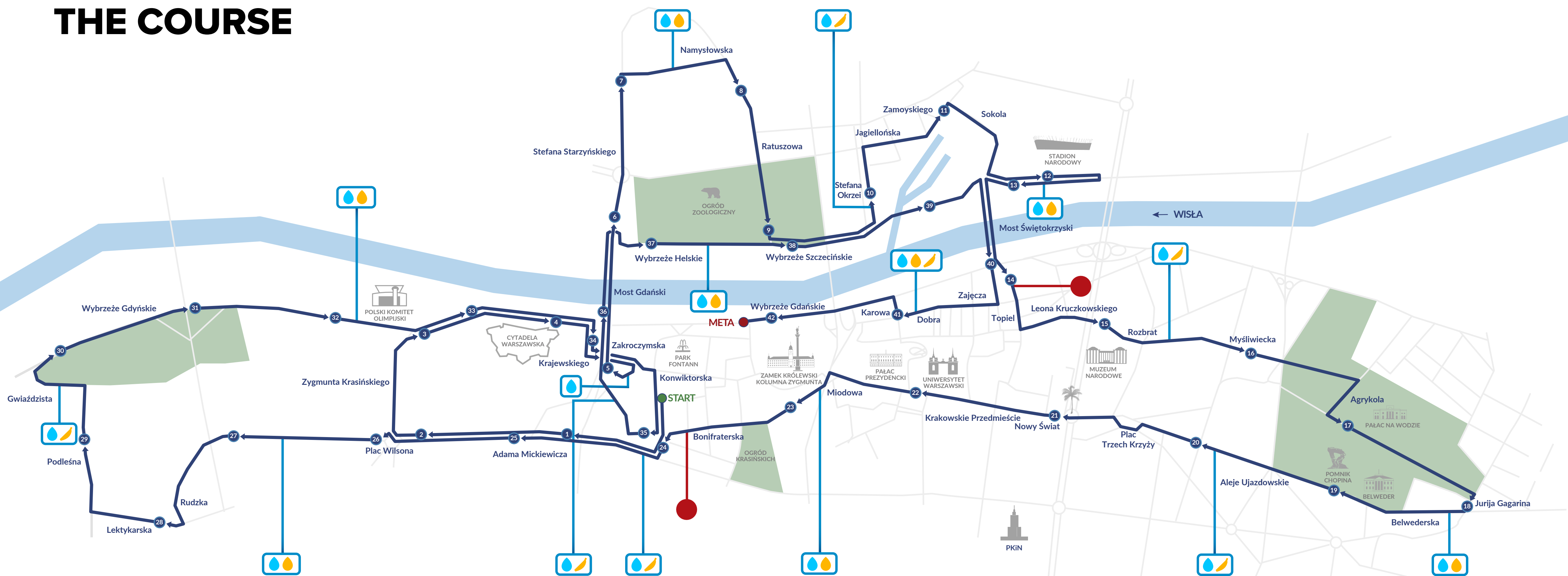
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OF THE 44TH WARSAW MARATHON

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# THE COURSE



 WODA MINERALNA MAGNESIA  
MAGNESIA MINERAL WATER

 BANANY YELLOW  
YELLOW BANANAS

 OSHEE NAPÓJ IZOTONICZNY  
OSHEE ISOTONIC DRINK

 STREFA ZMIAN BRIDGESTONE SZTAFETY MARATOŃSKEJ  
BRIDGESTONE MARATHON RELAY EXCHANGE ZONE



## SIGN UP FOR THE CHALLENGE

The 44th Warsaw Marathon and WARSAW 10K BY Pekao S.A. are the perfect opportunities to check your running progress and evaluate your training leading up to the event. We are convinced that your preparations have cost a lot of time and energy, which is why we want to reward you for this effort and motivate you even more to achieve your goals.

We also know this goal is an individual matter and means something different for everyone. For one person, it may be setting a new personal record, achieving the same result from years ago, or simply running the entire route at a set pace. The Amazfit Challenge has been prepared with all runners in mind, no matter their level.

## CHALLENGE RULES

- Indicate the pace at which you will cover the running distance
- Fill out the form: <http://amazfitpolska.pl/wyzwanie>
- Reach your goal during the **44th Warsaw Marathon** or the **WARSAW 10K BY Pekao S.A.**

Application Deadline: **By 24.09, 11:59 pm**

**FILL OUT THE FORM**

## AWARDS

**3 people** who achieve results closest to their goals in the 44th Warsaw Marathon will receive **Amazfit T-Rex 2** smartwatches, and 3 of those running in the WARSAW 10K BY Pekao S.A. will win an **Amazfit GTR 4**, **Amazfit GTS 4**, and **Amazfit GTS 4 Mini**, respectively.

## HOW TO REACH THE GOAL WITH AMAZFIT SMARTWATCH?

If you're running with the Amazfit smartwatch with Zepp OS, the Tempo Monitor available in the Training Assistant will help you maintain the right running pace. The feature will allow you to define a target time result and inform you about your current and target pace, time loss, and heart rate. Keep up with the pace of your virtual AI to achieve your goal!

## HOW TO ACHIEVE THE GOAL WITHOUT AMAZFIT SMARTWATCH?

If you don't own equipment from Amazfit, you can use the little cheat sheet we provide for all participants of the 44th Warsaw Marathon. On September 23-24, stop by the Amazfit booth at the race office to pick up a wrist tattoo with your intended running time. The intervals listed on the tattoo will help you stay on pace during the run.

**SIGN UP FOR THE CHALLENGE AND WIN**



# BEFORE THE START

## RACE-KIT PICK UP

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

September 23, 2022 (Friday) – 2 p.m. – 8:00 p.m.  
September 24, 2022 (Saturday) – 10:00 a.m. – 8:00 p.m.

**NOTE: On the day of the race, the Race Office will not be open.**

If you pick up the race package personally- you need your ID with a photo.

If you want someone to pick up your race kit- print out and sign the race card (the card will be downloadable from the athlete's profile - after registering in the YOUR RUNS tab in the second half of September) and attach a photocopy of your ID. Based on these two documents, your race packet will be available for another person to pick up.

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

## RACE BIB

The race bib must be placed on the front of your shirt. It cannot be covered or modified in any way. Violation of these rules will result in disqualification. Make sure to fill in the back of the race bib you're your personal information! You must present your race bib when entering the start area. On the race bib you will find information on your starting wave and the number of the car in which you can give your deposit.





## GETTING TO THE START

The number of parking spaces in the area of the start is very limited! We recommend arriving in the area of the start by public transport, e.g., to Dworzec Gdański subway station. Remember that on the day of the race you can travel by public transport in ticket zone I free of charge, based on your race bib.

Before arriving at the start, check temporary changes in traffic organization in the specially prepared [TRAFFIC INFORMATOR](#).

## START

### The 44<sup>th</sup> Warsaw Marathon

The start of the race will be at 9:00 a.m. The starting line will be closed approximately 10 minutes after the starter's shot.

Participants in manual wheelchairs will start from the front line at 8:57 a.m.

### The Warsaw 10K by Pekao S.A.

The race will start at 9:30 a.m. The starting line will be closed approximately 5 minutes after the starter's shot.

Participants in manual wheelchairs will start from the front line at 9:27 a.m.

### The Bridgestone Marathon Relay

Participants in the Bridgestone Marathon Relay will start along with the marathon participants at 9:00 a.m. The starting line will close approximately 10 minutes after the starter's shot.

Length of individual shifts: around 14 km, around 10 km, around 18 km.

**Place yourself in the designated zone according to your race bib. Allocation to a specific zone is made according to your declared time, given in the registration form.**

**Remember that for those paying the entry fee after August 31, 2022, we do not guarantee allocation to the time zone based on the declared result.**

### PACEMAKERS

#### The 44<sup>th</sup> Warsaw Marathon:

3:00, 3:10, 3:15, 3:20, 3:25, 3:30, 3:35, 3:40, 3:45, 3:50, 3:55, 4:00, 4:10, 4:15, 4:20, 4:30, 4:40, 4:50, 5:00

#### The Warsaw 10K by Pekao S.A.:

40:00, 42:30, 45:00, 47:30, 50:00, 52:30, 55:00, 57:30, 60:00

# 44<sup>th</sup> WARSAW MARATHON

# OSHEE™

## OFFICIAL PARTNER OF THE 44<sup>th</sup> WARSAW MARATHON



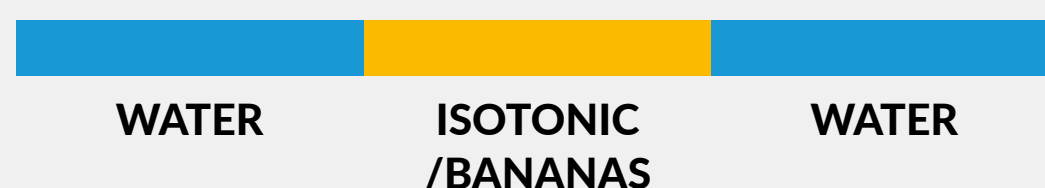
## WATER AND REFRESHMENT STATIONS

### The 44<sup>th</sup> Warsaw Marathon

Refreshment stations with MAGNESIA mineral water will be located at intervals of about 2.5 kilometers starting at kilometer 5. In addition, OSHEE isotonic drinks and YELLOW bananas will be available at every other point starting from the 10th kilometer. Details can be found on the route map at 6.

#### THE SCHEME OF SPACING PRODUCTS AT THE NUTRITION POINT.

Nutrition points always start and end with water tables. You can find detailed information about the products available at each point on the route map.



Długość punktu: ok. 100 m

### The Warsaw 10K by Pekao S.A.

The water and refreshment station at the Warsaw 10K by Pekao S.A. will be located around 5 km. Magnesia mineral water and OSHEE isotonic drink will be available at the station.

**Remember that each water and refreshment station is about 100 meters long. You do not have to run up to the first table - water is available at both the initial and further tables. By running up to the further tables, you can avoid 'jamming' the zone.**

**IMPORTANT: there will be "drop zones" set up behind each water and nutrition station on the same side of the course where you can drop your cup. We strongly urge you to throw your trash into the marked zones. This will keep things tidy and avoid throwing cups under the feet of runners running behind you and polluting the roadside.**

### TOILETS

There will be toilets near each of the water and refreshment stations both along the route of the 44th Warsaw Marathon and the Warsaw 10K by Pekao S.A.

Toilets for disabled will be located along the route of the 44th Warsaw Marathon at water and refreshment station No. 3 (10km), 7 (20km), 11 (30km), 15 (40km).

### RACE TIME MEASUREMENT

Takes place by means of a chip inserted in the race bib. All classifications will be conducted according to net times (from crossing the starting line). The exception is the first 200 people crossing the finish line - they are classified on the basis of official times (gross - from the starter's shot).

### NO ROUTE CROSSING

For safety reasons, it is prohibited to ride bicycles, walk with Nordic sticks, skateboard, scooter and other mechanical devices, as well as with animals on the race route. Individuals violating this rule will be removed from the route by race marshals.

The only exception are people with passes issued by the organizer.

### POST-RUN ZONE - RUNNER'S TOWN

Participants of all runs behind the finish line will receive Magnesia mineral water, OSHEE isotonic drink, Lech Free non-alcoholic beer and Yellow banana. Marathon runners can also enjoy a regeneration meal at the running town, massages and showers based on their race bib. Showers will be available at the Polonia Center building, 6 Konwiktorska Street.

### RESULTS

Results will be available online on our website. After the run you will also receive a text message with your result.

### TIME LIMIT

#### The 44<sup>th</sup> Warsaw Marathon:

6 hours 30 minutes

#### The Warsaw 10K by Pekao S.A.:

1 hour 20 minutes

#### The Bridgestone Marathon Relay:

6 hours 30 minutes\*.

\*Additional time limits are: 2 hours at the first transition zone and 3 hours 15 minutes at the second transition zone.



... do not give up!

yellowbananas.pl

**44<sup>TH</sup> WARSAW MARATHON**

## NEW GENERATION DAF

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in every aspect



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## DEPOSITS

Thanks to our logistics partners, you can deposit your belongings right at the start line and then pick them up right after the finish line! You will be able to deposit bags in specially marked Kuehne+Nagel trailers, which will be transported by DAF Trucks Poland tractors. So now you can only focus on running the kilometers by putting your backpacks in good hands.

In your race-kit you will receive a bag allowing you to deposit your belongings before the run. To deposit your belongings, you must stick a sticker with your race bib on the bag. You will need your race bib to collect your deposit at the finish zone. The organizer is not responsible for valuables left in the deposit.

### MARATON

Marathon participants' deposits will be accepted on Sanguszki Street between 7:00 and 9:00 a.m. You will find the number of the car to which you can give your deposit on your race bib.

The deposit can be collected until 4:00 p.m. from the same cars that will go to Wistostrada and will be waiting for you just outside the finish zone.

### THE WARSAW 10K by Pekao S.A.

Deposits of participants of the Warsaw 10K by Pekao S.A. will be accepted at Sanguszki Street between 8:00

and 9:30 a.m. You will find the number of the car to which you can give your deposit on your race bib.

The deposit can be collected until 11:30 a.m. from the same cars.

### THE BRIDGESTONE MARATHON RELAY

Details on the organization of the Bridgestone Marathon Relay deposits can be found on 17.



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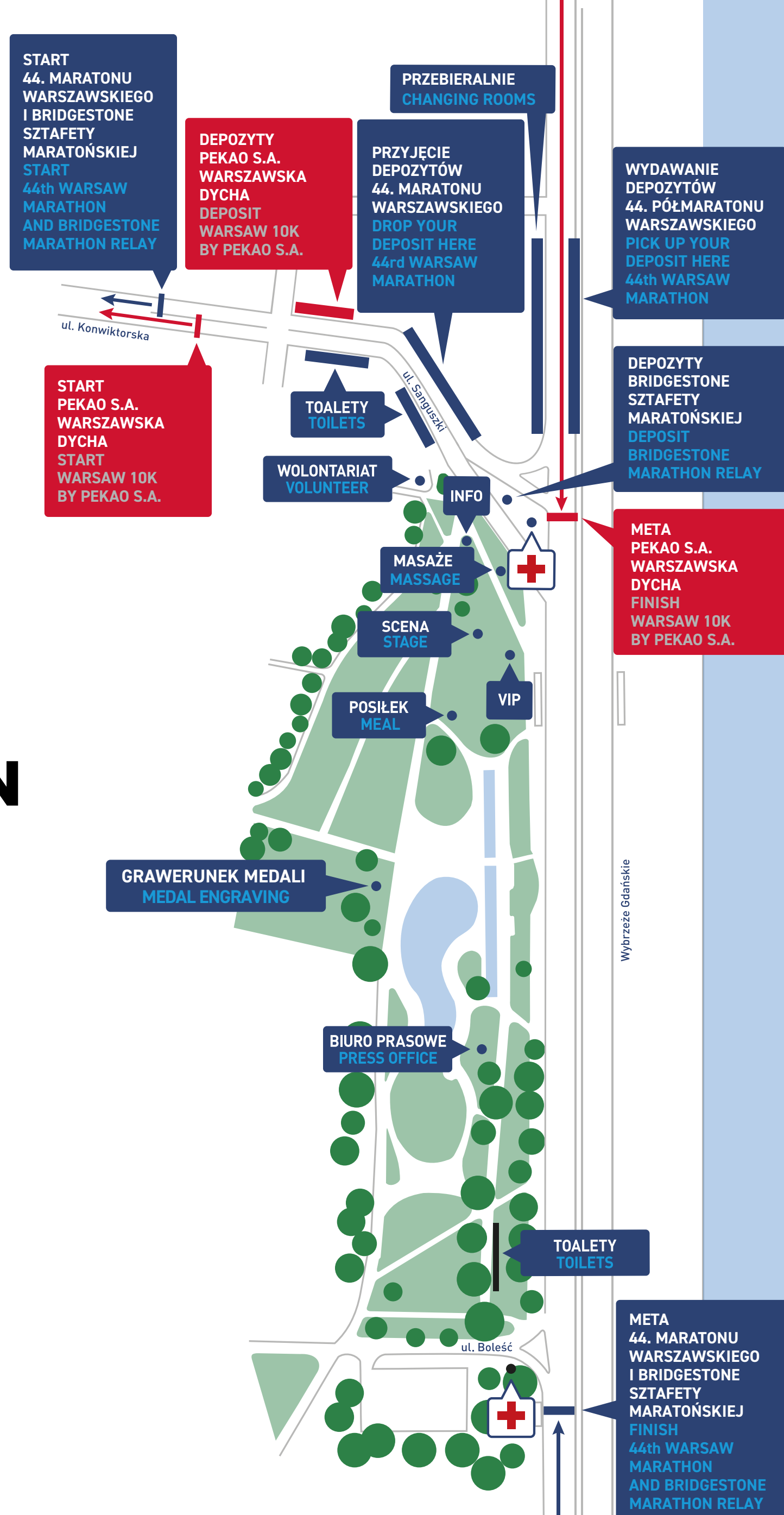
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# MARATHON VILLAGE



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**44th WARSAW MARATHON**

**GRUPA LUXMED**

OFFICIAL PARTNER OF THE 44th WARSAW MARATHON

# PACEMAKERS



## 44<sup>th</sup> WARSAW MARATHON



WARSAW  
10 CLASSIC  
BY PEKAO S.A.

03:00  
03:10  
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55:00:00  
57:30:00  
60:00:00



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0 zł za prowadzenie Konta Przekorzystnego. 0 zł za obsługę karty do konta, jeśli w poprzednim miesiącu wpłaciłeś na to konto jednorazowo min. 500 zł oraz choć raz zapłaciłeś kartą do konta lub aplikacją PeoPay. Do ukończenia 26. roku życia nie zapłacisz za prowadzenie Konta Przekorzystnego i obsługę karty do konta. Pozostałe opłaty i prowizje znajdziesz w Taryfie Opłat i Prowizji.

Informacje tu zawarte nie są ofertą w rozumieniu Kodeksu cywilnego. Pozostałe informacje, w tym regulaminy promocji, znajdziesz w placówkach banku i na [pekao.com.pl](https://pekao.com.pl). | Bank Pekao S.A.



# WARSAW 10 CLASSIC BY PEKAO S.A.

The marathon distance of 42.195 kilometers is quite a lot for a person who is just beginning his running adventure. For the first time in history, alongside the Warsaw Marathon- the Warsaw 10K by Pekao S.A. will run. This is a great opportunity for people who aspire to improve their skills.

-Many runners who approached the accompanying distances – 5K and 10K - gradually increased the distances covered until they ran their first marathon, says **Magda Skrocka from the Warsaw Marathon Foundation**. - It all makes sense in the context of developing a running career - in March we have the Run for Five at the Warsaw Half Marathon, while in September we have the Warsaw 10K by Pekao S.A. with the Marathon. With such a cycle you can 'grow' as a runner, it's a natural graduation and a very wise attitude in developing your career.

-Ten kilometers distance is a huge challenge, but still possible to all runners. It has two, beautiful sides: you can run it completely recreationally, but you can also fight for a great result and feel the distance in your body. While running 10K you must fight with yourself- we

know that this is what the runners expect, this is what they want- adds **Marek Tronina of the Warsaw Marathon Foundation**. This is a very attractive option for those who want to try more serious running or return after a break.

What makes this year's 10K different is the favorable route, which does not contain large hills or problematic sections. For advanced runners, it's a great opportunity to speed up and beat a personal record. For participants, who begin, it's a chance to take a breath and speed up just before the finish.

The Warsaw 10K by Pekao S.A. is an opportunity to take part in a celebration of running in Poland's capital city. The setting of the route, the cheer points, the Race Office and the Running Town will make the participation in the 10 km run an excellent experience for both advanced and beginner runners. This is an opportunity to feel the excitement of the Great Run, to celebrate together with the marathoners. Visiting the center of athletic excitement at the popular 'Fountains' can be moving in itself – being an active part of an event it's an honor.



Take life in your hands- this year the Warsaw 10K by Pekao S.A. will start for the first time and open a beautiful history of a new 10-kilometer route. Create a new tradition with us!



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**POTENZA SPORT**

—  
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**BRIDGESTONE**  
Solutions for your journey





# MARATHON RELAY

The participants of the Bridgestone Marathon Relay- here are some information for your race.

## START

The participants of the Bridgestone Marathon Relay will start along with the participants of the marathon at 9:00 a.m.

## TRANSITION ZONES

The transition zone will be separated by a separate corridor, where the athletes from your teams will be waiting. A competitor can start running after being touched by a person from the team who is finishing his/her shift.

Athletes from the first and second shifts will receive a medal and drinks in the transition zone.

## GETTING TO THE TRANSITION ZONES

**NOTE:** Athletes from the second and third shift line up in the designated transition zones on the running route. It is prohibited to make changes outside the designated transition zones.

**ATTENTION:** Competitors from the second and third shifts get to the transition zones on their own. In order to get to the place of transition or to return from the transition zone to the running town in the Multimedia Fountain Park, you can use public transportation,

which is free of charge on the day of the run based on your race bib.

## TIME LIMITS

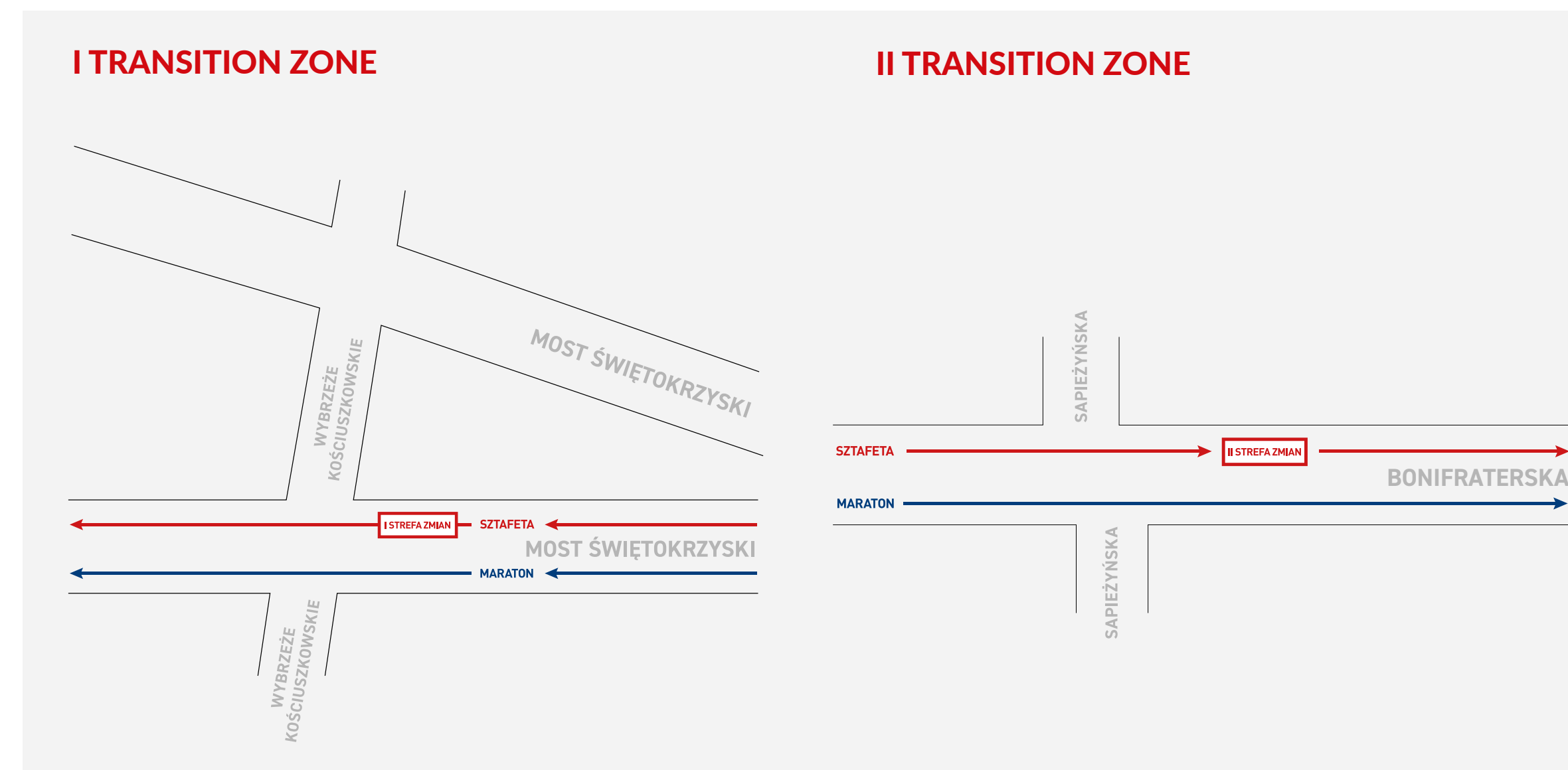
There are time limits for participants, namely 6 hours 30 minutes, counted from the starter's shot. Additional time limits are:

- 2 hours at the first transition zone
- 3 hours 15 minutes at the second transition zone

Remember - if a competitor from the previous shift does not fit into the designated limit, you cannot continue the race!

## DEPOSITS

LEG	LEAVING DEPOSITS	PICK-UP OF DEPOSITS
I START: Konwiktorska Street FINISH: Świętokrzyski Bridge/ Tamka Street Around: 10km	Marathon Town: Senguszki Street 7:00a.m.-9:00a.m.	Transition Zone I: Świętokrzyski Bridge/Tamka Street 9.45a.m.-11.30a.m.
II START: Świętokrzyski Bridge/ Tamka Street FINISH: Bonifaterska Street Around: 10km	Transition Zone I: Świętokrzyski Bridge/Tamka Street 9:00a.m.-10.15 a.m.	Transition Zone II: Bonifaterska Street 10.30a.m.-1.30p.m.
III START: Bonifaterska Street FINISH: Wybrzeże Gdańskie Street Around: 18km	Marathon Town: Sanguszki Street 7:00a.m.-4:00p.m.	Marathon Town: Sanguszki Street 7.00a.m.-4:00p.m.





# ‘STAY (COSTUME) TUNE FOR THE MUSIC!’

## A CONTEST FOR THE BEST COSTUME

It's already a tradition that during the Warsaw Marathon and accompanying runs, participants face the route in unusual costumes of superheroes, princesses and other favorite characters. Creativity with no limits. The presence of fancy dressed marathoners causes joy among fans and other runners.

During the race you express yourself in this way, stand out, have fun. We like to reward this, that's why together with the Official Partner of the 44th Warsaw Marathon, Jabra company, we announce a contest, 'Stay (costume) tune for the music!' for the best costume during the run. The most original and crazy dressers will win Jabra Elite 4 Active sports headphones.

### If you are dressing up for the run - take part!

#### The rules are simple!

1. Run in the 44th Warsaw Marathon, the Warsaw 10K by Pekao S.A. or the Bridgestone Marathon Relay in a creative costume.
2. Send a photo when you are running in a costume by October 3rd by 11:59 p.m. to: [konkurs@maratonwarszawski.com](mailto:konkurs@maratonwarszawski.com).
3. Prizes will be awarded by the jury of the Foundation 'Warsaw Marathon' and Jabra company and by voting on Facebook.

#### AWARDS:

- The best 4 winners will be awarded!
- Each winner will win Jabra Elite 4 Active sport wireless headphones.
- The jury will choose 2 people and 2 people will be awarded by you by voting for the best costume in the photo gallery published on Facebook of the Warsaw Marathon.

The final photos will be posted in the contest gallery, 'Stay (costume) tune for the music!' on Facebook on the Warsaw Marathon profile till October 15th, 2022.

See you... in a costume!

**Jabra** GN

## Run with your favourite music and Jabra sport earbuds

Jabra, a world leader in audio and video solutions has prepared a number of activities for the contestants and supporters that guarantee exciting athletic and music experiences, such as:

- the **Warm-up powered by Jabra** before the start of the marathon, conducted by professional coaches **Agata Dąbrowska and Bartek Paluch**
- the **“Get Dressed for Music” contest** where runners can show off their best outfits.

## Come and see us at the Marathon Village where Jabra offers even more surprises:

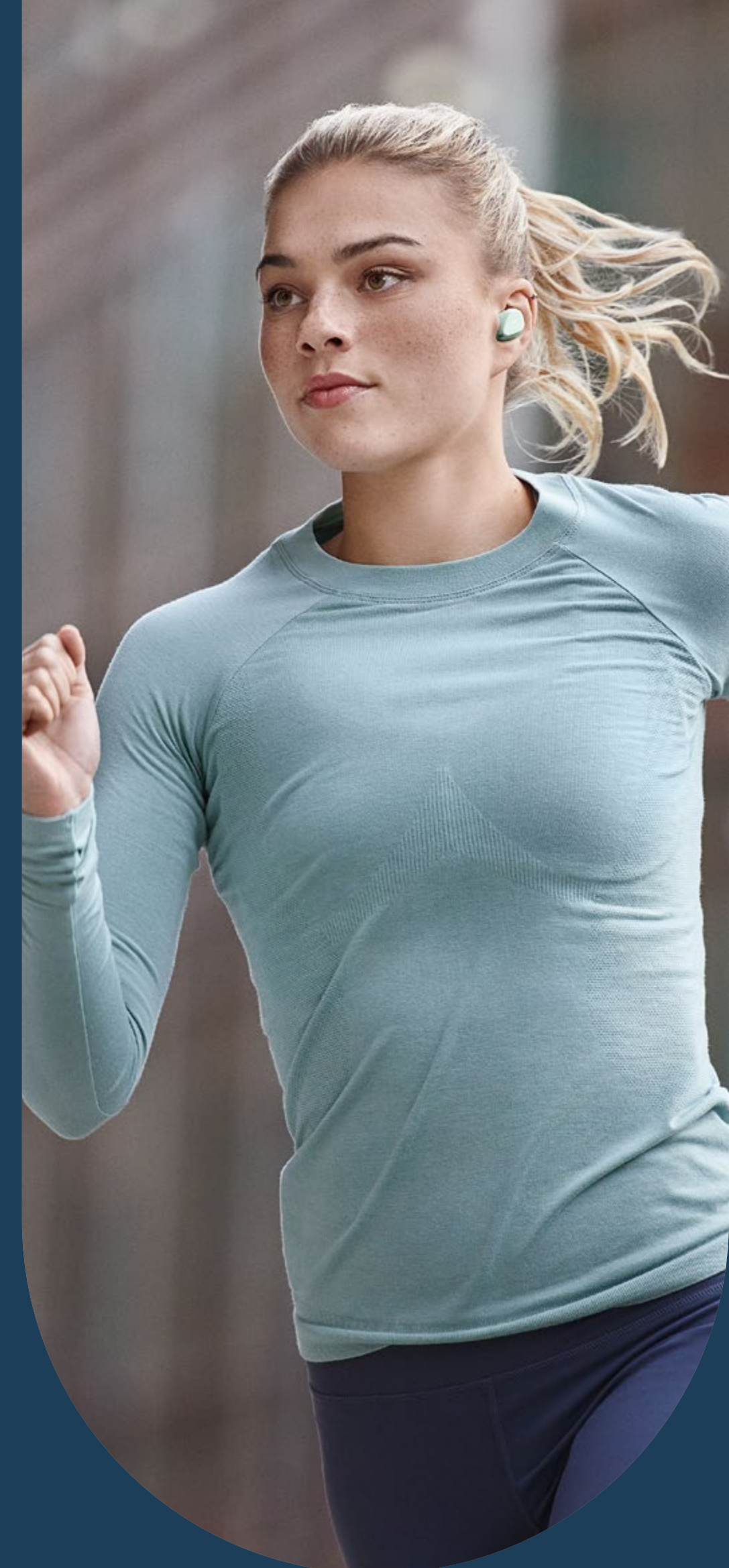
- win the Elite 4 Active and Elite 7 Active with ANC earbuds
- fun activities for children
- test our Jabra Elite sport earbuds and see how great they fit your ear.

The Elite 4 Active and Elite 7 Active earbuds are water- and sweatproof and they fit the ear canal perfectly to ensure comfort and confidence they won't fall out even during intensive workouts. Their clean, energetic and personalized sound offers great support during all running sessions.

**44<sup>th</sup> WARSAW MARATHON**

**Jabra** GN

OFFICIAL PARTNER OF THE 44<sup>th</sup> WARSAW MARATHON



# MINI MARATHON

The Little Big Run is waiting for children and teenagers who want to feel the taste of competition and good sporting fun!

The competition will take place on Saturday, September 24th at the Polonia Stadium. For the first time in history, young participants in the MINI MARATHON will race on the pitch with their families cheering from the stands.

**Taking part in the Mini Marathon is not only great fun, but also unforgettable memories for years to come. Each participant will receive a souvenir medal at the finish line, and the result of the run will be measured in a fully professional manner - with the help of electronic time measurement. Will participation in this competition prove to be the beginning of a beautiful running adventure?**

The Mini Marathon is divided into age categories - depending on age, participants will run different distances. The youngest age category - children under three years old, can start with a guardian. The age limit for participants is 17 years. There will be souvenir cups for the best in each age category.

## AGE CATEGORIES, DISTANCE AND TIME OF THE RUN

Polonia Stadium

September 24, 2022 (Saturday)

**Information about the exact time of your start you will receive your child by e-mail at about a week before the race.**

**Tot's Run** - up to 3 years (2019-2021) - around 100 meters - starts from around 11:00 to 11:40 a.m.

**Dwarf's Run** - 4-5 years old (2017-2018) - around 160 meters (½ lap of the stadium) - starts from around 11:40 a.m. to 12:35 p.m. (½ lap of the stadium)

**Kiddy's Run** - 6-7 years old (2015-2016) - around 160 meters (½ lap of the stadium) - starts from around 12:35 p.m. to 1:30 p.m.

**Tyke's Run** - 8-9 years old (2013-2014) - around 325 meters (1 lap of the stadium) - starts from around 1:30 p.m. to 2:10 p.m.

**The Scout's Run** - 10-11 years old (2011-2012) - around 650 meters (2 laps of the stadium) - starts from around 2:10 p.m. to 2:45 p.m.

**Junior's Run** - 12-13 years old (2009-2010) - around 1300 meters (4 laps of the stadium) - start from around 2:45 p.m. to 3:00 p.m.

**Teenager's Run** - 14-17 years old (2005-2008) - around 1300 meters (4 laps of the stadium) - start from around 3:15 p.m.



AKTYWNA WARSZAWA is the partner of the run. The project is co-financed by Ministry of Sport and Tourism.

### RACE KIT PICK-UP

Starter packages can be picked up on Friday (September 23) at the competition office of the 44<sup>th</sup> Marathon Warszawski or on the day of the Mini Marathon (September 24) at the Polonia Stadium.

**Palace of Culture and Science, September 23, 2022 (Friday) - 2:00 p.m. - 8:00 p.m.**

### Race Office, Polonia Stadium

September 24, 2022 (Saturday) - from 10:00. 30 minutes at the latest. before take-off  
Your turn

# ELITE RUNNERS OF THE 44<sup>th</sup> WARSAW MARATHON

It's been a few years since the Warsaw Marathon last set a record for the event. Just for the record: 11 years ago, on 25<sup>th</sup> of September 2011, Kenyan Sammy Kibet overcame the marathon distance in a time of 2:08:17, while three years ago his compatriot Rebecca Korir achieved a time of 2:29:04.

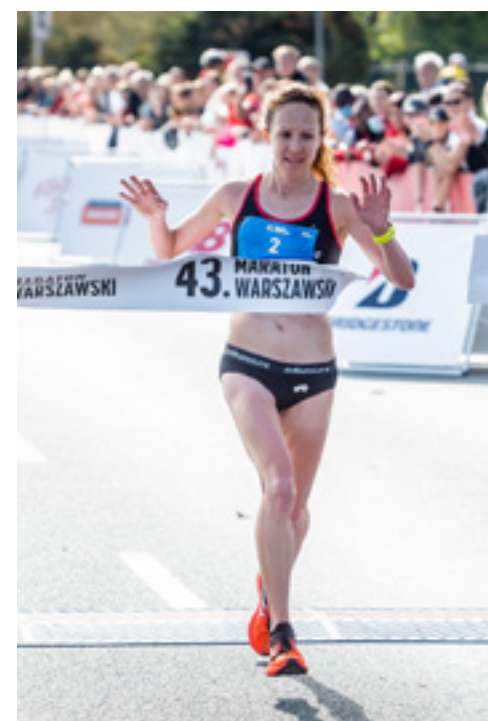
Since then, the world has witnessed how the forest entry was banned and the teenage Pole became the queen of world tennis. It's high time to write a new chapter in our history as well. Let's not hide the fact that we like most how our own win. This year it won't be easy (and in the men's competition - even extremely difficult), but with the women? Why not?

The second best female result was held by Iwona Bernardelli (2:27:47). Additionally, for a Polish woman it's not a secret that she wants to run FAST. It's been 12 years since her marathon debut (in Warsaw, of course). It would be beautiful to return with a lifetime best. It certainly won't be easy to win, because Kenyan women will surely start as fast as Iwona: Betty Chepkwony and Salina Jebet (both with the same resume - 2:30:28), and Ethiopians Askale Alemayehu (2:27:32) and Demissie Abera (2:29:30).

And the men? David Metto, the winner from 2018 (2:09:45), Ethiopians: Danel Terese (2:10:09), Shambel Jimma (2:10:28) and Kenyan Felix Kirui (2:11:26) are the favorites. Here it will be more difficult to get a record result, but if you add at least four other athletes from the Black Continent with results under 2:14, it may turn out that this year's run will be the most competitive in years. We start on Sunday at 9:00 a.m. - let's make it happen!



Zwycięzca 43. Maratonu Warszawskiego  
Yared Shegumo  
(Polska) 02:14:37



Zwyciężczyni 43. Maratonu Warszawskiego  
Monika Andrzejczak  
(POL) 2:31:11

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FOR THE 44<sup>TH</sup> WARSAW MARATHON



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of the 44th Warsaw Marathon

# EXPO SPORT&FITNESS

Run-up- Let's get together before the Warsaw Marathon come on Saturday, 24th of September 2022 to the Palace of Culture and Science in Warsaw and feel the atmosphere of the Great Run. In our exhibition zone you will meet your pacemaker meet the elite athletes, learn how to run 42 km and 195 m. Our specialists will talk about diet, regeneration and running without injuries. A virtual presentation of the route of the Warsaw Marathon awaits you as well as contests with prizes! Leaders of the collections will be with us, organized as part of the #BiegamDobrze charity campaign. The atmosphere of the run-up to the marathon will be taken care of by Radio Four journalist Piotr Galus.

## Expo stage

**Sport& Fitness on the 1st floor of the expo**  
**Saturday, September 24th, 2022**

**11:00 a.m.** – Screening of the film

'42.195. Warsaw Marathon - a story that lasts'

**12:00 p.m.** – Discussion of the marathon route with experts from MagazineBieganie.pl

**1:00 p.m.** – Discussion of the marathon route

**2:00 p.m.** – Decoration of the leaders from #BiegamDobrze

**3:00 p.m.** – Discussion of the marathon route

**4:00 p.m.** – Presentation of the favorites of the 44<sup>th</sup> Warsaw Marathon

**4:30 p.m.** – Discussion of the marathon route

**5:00 p.m.** – Meeting with Pacemakers

**6:00 p.m.** – Screening of the film '42,195<sup>th</sup> Warsaw Marathon - a story that lasts'



## 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 with running gadgets and nutritional supplements. This is also a good opportunity to talk to experts and do some last pre-start shopping.

### EXPO SPORT&FITNESS

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

September 23rd (Friday) – 2:00 p.m.- 8:00 p.m.

September 24th (Saturday) - 10:00 a.m. – 8:00 p.m.

### LIST OF EXHIBITORS

New Balance  
Bank Pekao S.A.  
Amazfit  
Bridgestone  
Nice To Fit You  
Saucony  
Hoka  
Altra  
Tri Centre  
Sport Centre  
Loco Sport  
RunCzech  
Garmin  
Eurobut  
JUJU  
IDC Trade  
FullLife.eu  
nastopy.pl  
Garmin  
Wind Sport  
Medical Sport  
4Action  
Loco Sport  
Jerzy Skarżyński  
AronPharma  
Radello Sport  
Bripox  
#RunningCyprus

### ORGANIZATIONS #BIEGAMDORZE

Fundacja Rak'n'Roll  
Fundacja Dajemy Dzieciom Siłę  
Polska Akcja Humanitarna  
Fundacja Na Ratunek Dzieciom z Chorobą Nowotworową  
Amnesty International  
Fundacja Non Iron  
Fundacja Spartanie Dzieciom  
Fundacja Synapsis  
Fundacja Wcześniak

## SPRÓBUJ NA MECIE ORZEŹWIAJĄCA MOC NAWODNIENIA

**44. MARATON WARSZAWSKI**

Roztwory węglowodanowo-elektrolitowe zwiększają wchłanianie wody podczas ćwiczeń fizycznych.

#Biegam  
Dobrze



Did you know that by participating in our events you can support the charity organizations? Till today thousands of participants in the #BiegamDobrze campaign have raised 7 million zlotys, which have helped to realize important social goals.

#### HOW DOES IT WORK?

When signing up for the Half Marathon, the Warsaw Marathon and accompanying runs you choose one of the charities and set up in the #BiegamDobrze system your virtual collection. By encouraging your loved ones and friends to donate to a cause important to you, you feed your funds. Once you have collected a certain amount as a gift you receive a start package race packet for the run.

#### BY BECOMING A CHARITABLE HERO, YOU RECEIVE AS A GIFT:

- race packet, a race bib with the logo of the supported organization
- thanks from those for whom you run for
- double satisfaction at the finish line of the race by signing up for the next event of the Foundation 'Warsaw Marathon' remember:

It's easier to run for a good cause!

Thank you to all participants of #BiegamDobrze for your support and commitment. As part of the 44<sup>th</sup> Marathon Warsaw and accompanying races we have already collectively raised 240 thousand zlotys.



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## Responsibility

we are supporting solutions for participant safety

## Strength

we held 25 press conferences

## Power

we reached more than 44 million zlotys of Advertising Value Equivalent

## Systematicity

we sent 380 press releases

## Authenticity

since 12 years we are cooperating with Marathon



# THE 44<sup>th</sup> WARSAW MARATHON

## THE ROUTE ANALYSIS

KUBA KARASEK, MagazynBieganie.pl

**The Warsaw Marathon is an event that perfectly balances the element of sports competition with the tourist and recreational qualities of running. This is perfectly demonstrated by the route of the race which is fast enough to allow fighting for valuable results and provides the opportunity to see many attractive places of the capital city. Get familiar with the details of the 44th Warsaw Marathon route.**

Runners running in the capital city get used to the fact that the Warsaw Marathon starts from Konwiktorska Street near the Polonia Warsaw stadium. This is a special place connected with Warsaw's wartime history, especially the Warsaw Uprising, as battles were fought in this area in August 1944. After running from Konwiktorska to Muranowska Street, we turn into Andersa Street and run in the direction of Żoliborz until we reach Wilson Square. From there, we turn right towards the Vistula River, and then along Wybrzeże Gdyńskie we run to the area of the Warsaw Citadel, which is a characteristic place on the map of Warsaw.

When runners will notice the Citadel, they should prepare mentally for the first major run up on the route. This is because we will gradually 'climb' to the Gdański Bridge, which means that we will already have 5 km behind us. This is also where the first point with

Magnesia mineral water will be located - it's worth getting a cup to stay hydrated.

When we are on the Gdański Bridge, we will have a sequence of longer straights and a flat section of the route. Overcoming Starzyńskiego, Namysłowska, Ratuszowa Streets and a section of Wybrzeże Szczecińskie will take us to the 10th kilometer. It is worth mentioning that on Namysłowska Street, after less than 7.5 kilometers, another point awaits us - this time with water and OSHEE isotonic, at the point at the 10th kilometer we will find Yellow bananas.

The next stage of the route leads along Stefana Okrzei Street, Jagiellońska Street, Zamoyski Street, Sokola Street, Zamoście Street and again along Wybrzeże Szczecińskie. At this point, the runners will approach the National Stadium, where they will turn around to run into the Świętokrzyski Bridge. Running across it for the first time, we will have already completed almost 1/3 of the route. Important information for participants of the Bridgestone Marathon Relay: just after running off the bridge, the first exchange zone awaits you.

Returning to the west side of the Vistula, the marathoners will head south again. After a while they will be in the center of running Warsaw -the area of Agrykola Stadium and Łazienkowski Park. Running





along Myśliwiecka Street, we will have stadiums on both sides of the route - on the right is the Agrykola athletics stadium, and on the left is the Legia Warszawa stadium - both football and tennis. From Myśliwiecka Street we will turn into Agrykola Street and the famous long runway will appear. However, we will not cross it, because just before it starts, we will turn left, running into Łazienkowski Park.

In these beautiful natural circumstances, we will run to Gagarin Street, soon turning into Belwederska and passing a station with water and isotonic. Although we avoided the run up to Agricola, heading north you must catch up and the most serious section of the route will begin. Then, it is worth focusing your thoughts on admiring the Belvedere or the Chopin Monument, already running along Aleje Ujazdowskie.

At this time another station with water and bananas awaits us, so we can regenerate after the exhausting run up. Later we will pass the center of Warsaw-Plac Trzech Krzyży, General Charles de Gaulle roundabout and then along Nowy Świat and Krakowskie Przedmieście Streets we will run up to the Royal Castle. At this stage of the route, almost every building we pass is historical, so it's attractive for running tourists. For example, we will pass the building of the National Museum, Warsaw University and the Presidential Palace.

The proximity of the Royal Castle will mean that less than half of the distance is left to run. But there are still many interesting attractions to admire. For example, we will run to Plac Krasińskich, where it

will be possible to see Krasiński Palace, the Warsaw Uprising monument, as well as the Supreme Court and Appeal Court buildings. The second change zone of the Bridgestone Marathon Relay is also located on Bonifraterska Street.

At this stage of the route, we return to familiar areas - again heading north to Wilson Square. This time, however, we will run longer along Mickiewiczza Street, visiting not only "Green Żoliborz", but also Bielany. We will run Podleśna Street, passing the area of the Warsaw Academy of Physical Education. From there, along Gwiazdzista Street, we will head again to Wybrzeże Gdyńskie, passing another point with water and bananas, and this will mean that there are only 12 kilometers left to the finish line!

Running along Wybrzeże Gdyńskie, we again have an opportunity to admire the Vistula River. On our left there will be the bridge of General Stefan Grot-Rowecki. A bit further, just after another station with water and isotonic, we will be able to see (on our left) the building of the Museum of Sports and Tourism, which is in the building of the Polish Olympic Committee. When we pass it, we again get to the familiar part of the route near the Warsaw Citadel. This time, however, the run up to the Gdański Bridge is led through a slightly larger circle of Konwiktorska, Bonifraterska, Międzyparkowa and Słomińskiego Streets.

The run from the Gdański Bridge will be a pleasure for animal lovers. This is because the route at this stage leads along the border of the zoo in Wybrzeże Helskie Street. There, another long straight awaits us and

an opportunity to admire the Vistula River from the other side. We will also have a great view of Warsaw's Old Town. Running to the Świętokrzyski Bridge and crossing it again is a sign that we are really close to the end. We are after 40 kilometers!

To avoid thinking about being tired, you should admire the beauty of Warsaw's Powiśle. We will see there not only renovated buildings, such as Elektrownia Powiśle but also more than 20 years old but still modern building of the Warsaw University Library. From Dobra Street we'll turn right into Karowa Street, and after a while we'll run down it to Wybrzeże Kościuszkowskie. And this is the final straight to the finish line.

The finish line of the 44th Warsaw Marathon, like the whole Running Town, will be located near another tourist attraction in Warsaw, the Multimedia Fountain Park. Although we won't have the opportunity to watch the light show during the day, it's still a great place to enjoy the views. As well as relaxing after the difficulties of fighting the royal distance. See you on the route on September 25th!

 **Magazyn  
Bieganie.pl**





## VOLUNTEERS

Volunteers have been an inseparable part of all the races organized by the Warsaw Marathon Foundation for years. Thanks to their help and commitment, we are creating a great history of the Warsaw Marathon. Hundreds of volunteers work at running events every year - here we would like to thank them for their commitment and encourage those who are unconvinced to volunteer.

Age does not matter- there is a suitable task for everyone, there are almost ten of these each year. The level of commitment and time availability is a matter that we adjust to the responsibilities and the actual needs. The emotions and experience, the atmosphere and the sense of community- this cannot be

described. Being at the heart of the race and having a real impact on it, the opportunity to meet the elite runners, the chance to give encouragement and help the runners at the water and refreshment stations, the emotion in the medal zone...

Every runner can answer the question: What would a sporting event be without volunteers? Would it be able to take place?

We think and are even sure that it would not! Volunteers- thank you for your commitment. Runners- remember that every volunteer who helps is a friend and spare no warm thoughts and words for them. Those who have not yet experienced volunteering- please join us!



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