

RACE GUIDE



45th NATIONALE-NEDERLANDEN
WARSAW MARATHON

NICE TO FIT *you* | WARSAW 10K



MARATHON RELAY



NATIONALE-NEDERLANDEN
MINI MARATON

TEAMUP!
EUROPE



This is my very personal letter to the Big Race participants. Forgive the sentimental tone, please, but at a certain age...

I remember myself, standing on the pitch of Stadion Narodowy on the last Sunday of September 2013. It was my twelfth marathon as the Race Director, and then - for the first time - I said to myself: this is how it was supposed to be. The place, the setting, the vibes. I was proud of the road we had travelled over the past 12 years. Moved? Definitely.

Ten years have passed since then, with so much happening meanwhile that it's hard to believe so many events could fit in one short decade. It's probably similar for everyone - if you reach into the recesses of your memory and recall where you were ten years ago.

Almost everything has changed for us. But I know that when we show up at the start line on September 24 in the morning, looking at the majestic edifice of the Palace of Culture and Science, I will again, after ten years, feel that extraordinary sense of satisfaction: "this is how it was meant to look like".

Start and finish in the very heart of Warsaw was our goal from the beginning. In the year of the 20th anniversary of the "Warsaw Marathon" Foundation and the 45th anniversary of the race, we achieved that. And we now open a new chapter in the history of this extraordinary event.

It will be a very difficult run. For you - for the sheer distance. For us - due to a complete change of venue and a whole new course. And - because of our ambition, which makes us want more and better. But only this way - moving forward - we can reach this special satisfaction with progress. And you - get the special long distance experience.

The marathon might be old and so... not posh. And it hurts. But we trust that in the storm of "new and better", the good old Warsaw Marathon can give people something that never grows old - a sense of community, joy of being together and the hope for a happy ending.

Marek Tronina
Head of the "Warsaw Marathon" Foundation.

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Ladies and Gentlemen,

This year, for the forty-fifth time, Warsaw has the pleasure to host an extremely popular sports event, the Warsaw Marathon. As one of the biggest running events in Poland, it has become a permanent fixture in the sports calendar of the capital.

Since 2003, the City of Warsaw has been supporting the Warsaw Marathon Foundation by providing grants towards organisation of the race.

The run over the distance of 42 kilometres and 195 metres is planned along the main thoroughfares of the capital. The course combines tourist attractions with great running parameters, which makes it suitable for personal records. The whole event is a sporting showcase of Warsaw in the world.

Running is the most natural, simplest form of physical activity, available to everyone, regardless of age, gender or current fitness level. It allows you to meet people sharing a common passion. The organisers show great enthusiasm in promoting both running and active cheering. Both are excellent forms of active pastimes and relaxation and fill the event with

huge emotions. The athletes provide us with unforgettable moments and let us all admire honest competition in the spirit of fair-play.

The Warsaw Marathon is a truly international event - famous, recurrent and recognisable in the world. Every year, a large group of participants from many countries takes part, achieving outstanding results.

I am truly happy with the occasion to popularise this beautiful sport and with the opportunities the Warsaw Marathon creates for our city's residents.

Renata Kaznowska
Deputy Mayor
The Capital City of Warsaw



Dear Runners,

There is the 45th Nationale-Nederlanden Warsaw Marathon ahead of us. We all have been looking forward to it for a long time. It is not only the biggest running event in Poland, but also the most beautiful running holiday. I am delighted that our company can be part of it and contribute to the popularisation of running in our country.

On 24 September, we will be cheering you on with the slogan "Looking after your health is not a sprint - it's a marathon". This idea best reflects the approach to prevention that we promote as Nationale-Nederlanden. Just as conquering the royal, marathon distance requires proper preparation of mind and body, enjoying good health requires regular preventive care.

Movement, calm, healthy diet, preventive check-ups, and balance in life are the fundamentals of the #długodystansZDROWA Piątka idea that we will be promoting at this year's marathon. . You are surely familiar with these principles as people who regularly engage in sports and participate in running events. As part of the attractions we have prepared

at the expo, in the event village and fan zones, we want to bring these principles closer to your fans as well.

The 45th Nationale-Nederlanden Warsaw Marathon is not only an opportunity to share positive energy and promote healthy habits but also a chance to do something good for others. This is why many of our employees and representatives take part in the #BiegamDobrze initiative, and why we - as a brand - financially support the biggest charity fundraisers organized by runners.

During the marathon we provide accident insurance coverage for you. After the run, we invite you to visit our activity zone, where we have prepared a range of attractions for you and your loved ones.

See you at the starting line,

Edyta Fundowicz,
Member of the Management Board
of Nationale-Nederlanden Towarzystwo
Ubezpieczeń na Życie S.A.

One of the foundations of **#długodystansZDROWA** Pięta idea is calm. In the form of an accident insurance coverage, it will be provided by Nationale-Nederlanden – the title sponsor of the **45th Nationale-Nederlanden Warsaw Marathon**.

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.



code: ALE_ODPOCZNE23



code: JADE23



code: CZUWAM23



code: BEZPIECZNYDOM23



code: WYJAZD23#M



For more information on the Nationale-Nederlanden offer: www.nn.pl/maraton

Discount codes are available to use from March 23, 2023 to December 31, 2023. Codes can be used multiple times during the promotion period and cannot be combined with other discount codes.

Detailed information on the scope of insurance, exclusions and limitations of our liability and the conditions for the provision of services can be found in the General Terms and Conditions of Insurance available from the organiser of the event (Warsaw Marathon Foundation) and at www.nn.pl/maraton

Nationale-Nederlanden Towarzystwo Ubezpieczeń S.A.; ul. Topiel 12 00-342 Warszawa; www.nn.pl; Regional Court for the Capital City of Warsaw, XII Economic Department of the National Court Register KRS 0000647311, NIP: 525-26-85-595, Share capital – 39 000 000 zł, paid in full.

Insurance

that provides

peace of mind





EVENT TIMETABLE

FRIDAY, SEPTEMBER 22, 2023, PKiN (Palace of Culture and Science), Marszałkowska st. entrance

14:00-20:00 – Race Office, bib numbers pick-up
14:00-20:00 – Sport&Fitness Expo

SATURDAY, SEPTEMBER 23, 2023 PKiN, Marszałkowska st. entrance

10:00-20:00 – Race Office, bib numbers pick-up
10:00-20:00 – Sport&Fitness Expo

Runners' Town (start/finish area) next to the PKiN (decorations and shows will be held on the main stage)

10:00 – 18:00 – Marathon Fan Zone – attractions for children and all fans near the PKiN
10:00 – Opening of the Fan Zone
10:15 – Common painting of the “Big sports picture” begins
11:00 – 17:00 – Nationale-Nederlanden Mini Marathon (races in age categories and heats) – read more at event page: [About kids' races >>>](#)
12:30 – Podium of Nationale-Nederlanden Mini Marathon – Babel (Crawlers)
12:50 – Team Up! Europe – professional teams presentation
13:45 – Podium of Nationale-Nederlanden Mini Marathon – Krasnal (Toddlers)
14:00 – About the route with Kuba Karasek (MagazynBieganie.pl)
14:45 – Podium of Nationale-Nederlanden Mini Marathon – Smyk (Wobblers)

15:00 – The stage goes to Wanda Panfil
15:30 – Podium of Nationale-Nederlanden Mini Marathon – Urwis (Twisters)
16:00 – Podium of Nationale-Nederlanden Mini Marathon – Zuch (Cadets)
16:15 – Podium of Nationale-Nederlanden Mini Marathon – Junior (Juniors)
16:30 – Podium of Nationale-Nederlanden Mini Marathon – Nastolatek (Challengers)
16:45 – Meeting the Pacemakers of 45. Nationale-Nederlanden Warsaw Marathon

SUNDAY, SEPTEMBER 24, 2023 Start and finish zone, Emilii Plater st.

8:45 – warm-up by Nationale-Nederlanden with Piotr Galus
8:45 – warm-up for wheelchair participants by “Avalon” Foundation
8:57 – start of the wheelchairs race – 42.195 km
9:00 – start of the 45th Nationale-Nederlanden Warsaw Marathon
9:00 – start of the Bridgestone Marathon Relay
9:20 – warm-up by Nationale-Nederlanden with Piotr Galus
9:20 – warm-up for wheelchair participants by “Avalon” Foundation
9:27 – start of the wheelchairs race – 10 km
9:30 – start of Nice To Fit You Warsaw 10k
approx. 10:00 – first finishers of the 10 km race
approx. 11:10 – first finishers of the marathon
15:30 – route closed for 45th Nationale-Nederlanden Warsaw Marathon

Runners Town near PKiN

9:00-16:00 – Marathon Fan Zone – attractions for children and all fans
7:30-12:00 – deposits open for Nice To Fit You Warsaw 10k
7:30-16:00 – deposits open for 45th Nationale-Nederlanden Warsaw Marathon

Decorations – the main stage near PKiN

10:30
winners' podium of Nice To Fit You Warsaw 10k
winners' podium of wheelchairs race at Nice To Fit You Warsaw 10k
winners' podium of the best runners of NN Running Team at Nice To Fit You Warsaw 10k

12:30
winners' podium of the 45th Nationale-Nederlanden Warsaw Marathon
winners' podium of TEAM UP! Europe
winners' podium of Bridgestone Marathon Relay prize presentation for the Bridgestone competition winner

13:00
winners' decoration, age categories at 45th Nationale-Nederlanden Warsaw Marathon K/M 20, K/M 30, K/M 40, K/M 50

13:45
winners' decoration of wheelchairs race at 45th Nationale-Nederlanden Warsaw Marathon
winners' decoration of TEAM UP! Everyone –

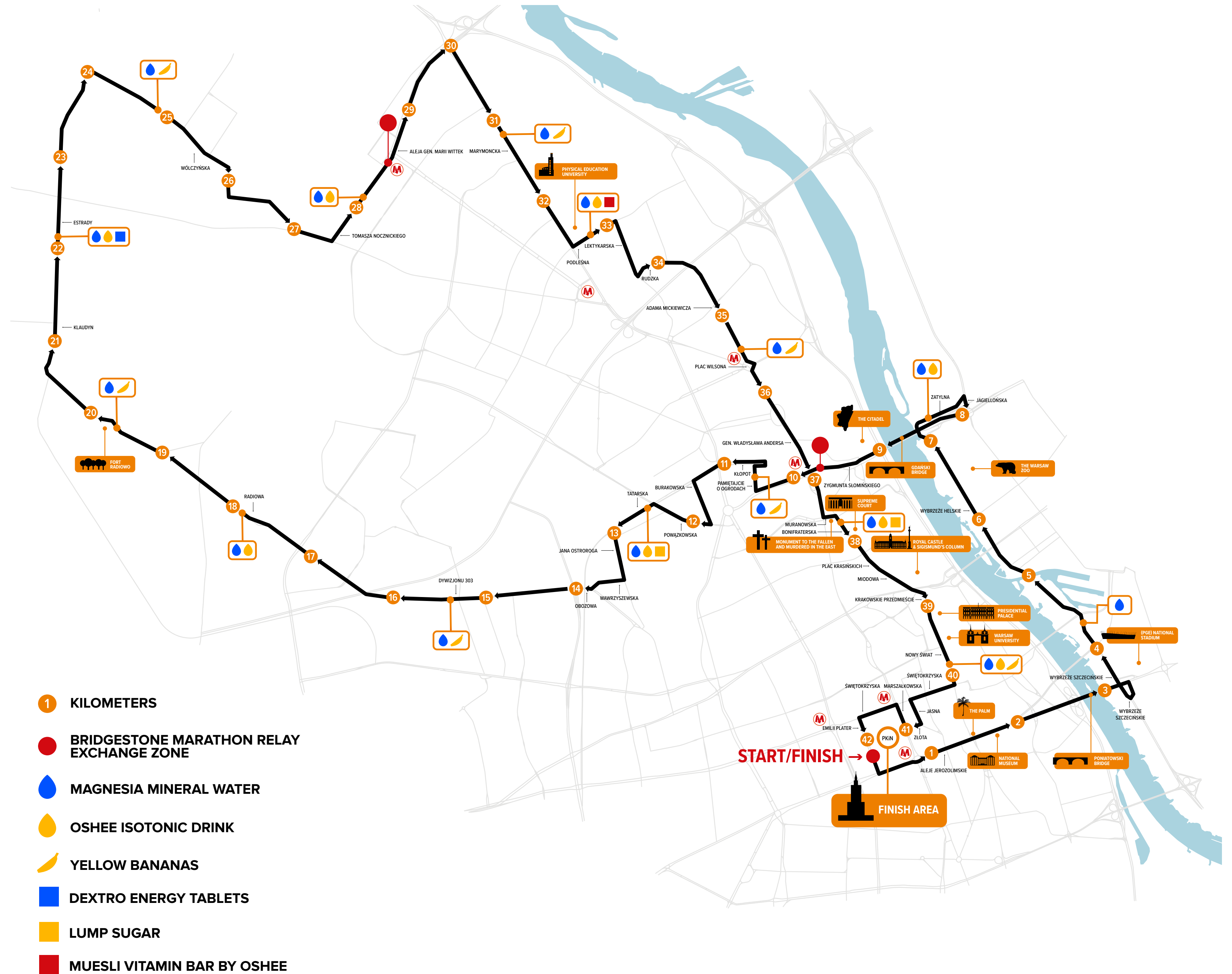
team classification at 45th Nationale-Nederlanden Warsaw Marathon winners' decoration, age categories at 45th Nationale-Nederlanden Warsaw Marathon K/M 60, K/M 70, K/M 80

14:00
decoration of the best runners of the NN Running Team at 45th Nationale-Nederlanden Warsaw Marathon awards for fundraising leaders among charity runners – #BiegamDobrze
granting of extra donations by Nationale-Nederlanden to the biggest fundraisers of #BiegamDobrze

The Warsaw Marathon is more than a race - it's a social event. A real festival for all runners, for their loved ones, as well as for sports fans in the capital and all those who indulge in joyful city happenings.

We're all in for two days of sports rivalry, but also fairs and exhibitions, meetings with unique people, health promotion campaigns and celebrations of active life. On Saturday and Sunday you will have a chance to call at visitor zones with loads of attractions, examine your body and take advantage of catering stalls. Special program of visitor and family fun includes competitions with prizes, chances to show off your fitness or artistic skills, or to gain special fan gadgets. Entire families are more than welcome!

COURSE



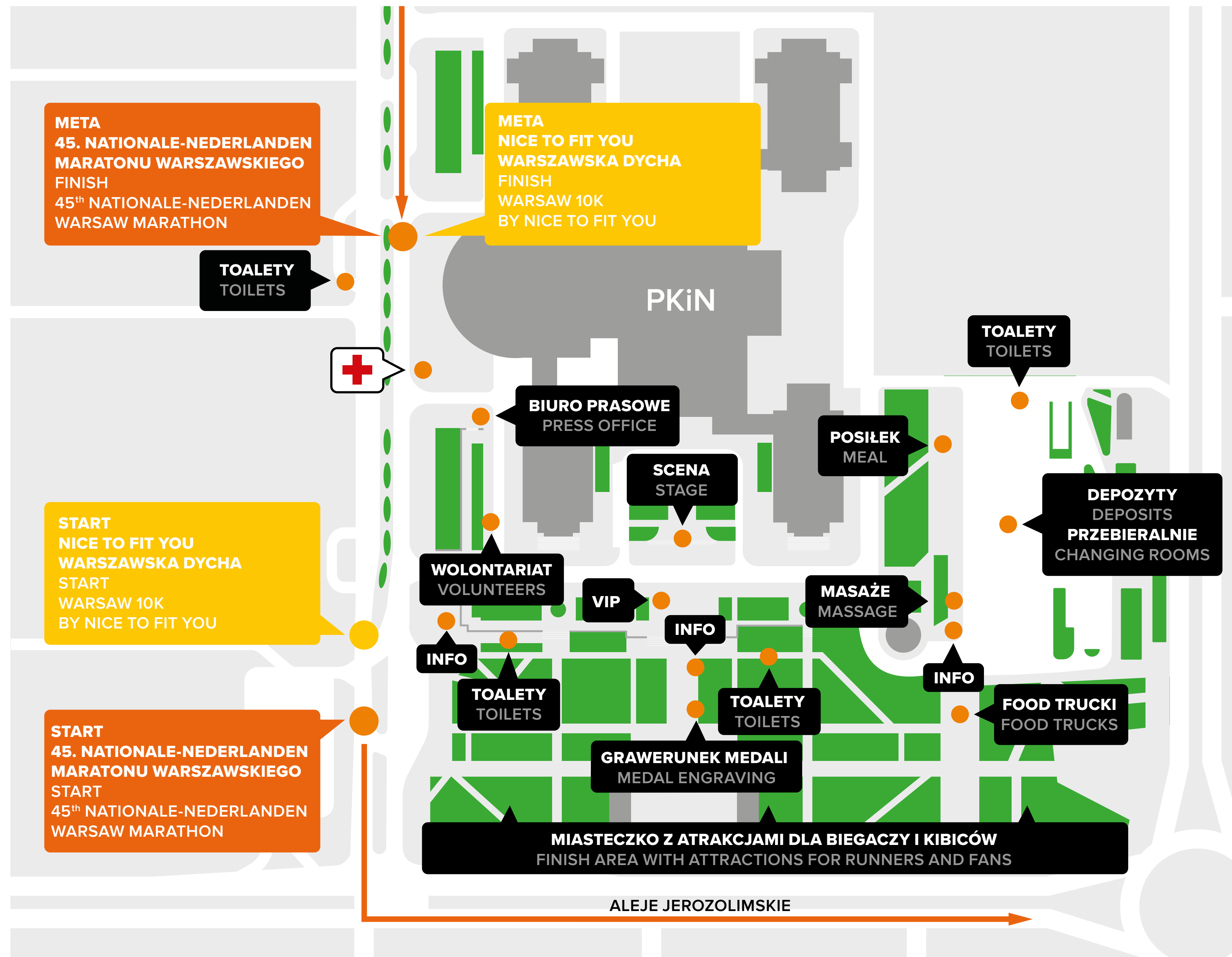
new balance
run club



Join
New Balance Run Club



RUNNERS' TOWN



KEY INFO

BIB NUMBER PICK-UP

The bibs for the upcoming 45th Nationale-Nederlanden Warsaw Marathon, Nice To Fit You Warsaw 10k, Bridgestone Marathon Relay and Nationale-Nederlanden Mini Marathon will be available at the Race Office located in the Palace of Culture and Science (Plac Defilad 1, entrance from Marszałkowska st).

Race Office opening hours:

September 22, 2023 (Friday) – 14:00 – 20:00

September 23, 2023 (Saturday) – 10:00 – 20:00

IMPORTANT! Race Office is closed on the race day (Sunday).

Remember – queues form right at the office opening! Avoid crowds – unless you have to, please do not come at the very beginning of the Office operations. We work all day – you will definitely be able to pick up your bib.

- If you collect the bib number – the package will be issued on production of an ID with a photo.
- If you want to have the bib number picked up for you – print and sign the race card and attach a photocopy or scan of your photo ID. Based on these two documents, another person will be able to pick up your bib.
- Bib numbers for the Bridgestone Marathon Relay are collected by the captain or a person duly authorized by the captain in writing, on production of the race card signed by all the relay participants.
- Bibs for the Mini Marathon are picked up by parent/guardian [DETAILS AT EVENT'S PAGE>>>](#).

HOW TO DOWNLOAD YOUR RACE CARD

1. Log in to <https://rejestracja.maratonwarszawski.com/en/>
2. Go to YOUR EVENTS
3. Select STARTCARD

#BIEGAMDOBRCZE (#GOODRUNNING)

Charity runners - please remember to visit your charity's stand at Expo! They will be waiting for you throughout the opening hours of the Race Office. All the fundraisers by runners who managed to collect the minimum amount carry on till October 4, 2023.

HOW TO GET TO THE START

The number of parking places is extremely limited.

Due to the event, the car park at the PKiN will NOT be open!

We recommend using public transport! You can get very near the start by calling at station/stops marked as Centrum (underground/trams/buses). Remember you can use public transport for free (Zone 1) on the event day, upon production of your bib number.

Free reusable entry tickets to let you past the metro station gates will be available at the INFO point of the Race Office.

MARATHON FAN ZONE (START AND FINISH AREA)

The Warsaw Marathon is a celebration not just of runners, but also of their families, fans and all Warsaw residents. Together with our partners and invited institutions, we have prepared a whole lot of attractions in the Runners' Town for everyone. The Runners' Town (next to start and finish area) will be



MAGNESIA[®]

THE POWER OF
NATURAL MAGNESIUM

1 bottle 1,5l = **68%**
of the daily
magnesium
requirement



45th NATIONALE-NEDERLANDEN
WARSAW MARATHON



OFFICIAL WATER OF 45th NATIONALE-NEDERLANDEN WARSAW MARATHON

open on Saturday and Sunday. You will find there catering and entertainment zones for older and younger guests, the stage with a rich presentation schedule, MedBus from Nationale-Nederlanden, places to relax and get a chance to win prizes in competitions. We strongly encourage you to call at the Runners' Town – regardless of whether you run or cheer.

RACE PACK

Runners will get race packs at the Race Office, including: bib number with time measuring chip, safety pins, deposit bag and, if ordered, the race tee. Additionally, all participating runners will also get: Magnesia mineral water, OSHEE Isotonic Drink, Lech Free Active Hydrate non alcoholic beer (0,0%), MOYA energia energy drink, abrasion dressing plasters from LuxMed, OSHEE and Nice To Fit You discount vouchers, as well as fitness club entry voucher from Zdrofit.

The packs also contain:

for 45. Nationale-Nederlanden Warsaw Marathon runners – a multi-function sports scarf.
for Bridgestone Marathon Relay – lanyards.

BIB NUMBER

The bib number must be placed on the front of the runner's outfit. It must not be covered or modified in any way. Violating these rules will lead to disqualification. You must show the bib number when entering the start zone. On the bib number, you will find the marking of your start zone, as well as the number of your deposit van.

IMPORTANT! Please fill in the reverse of your bib number with necessary personal data!

START TIMES AND PLACE

- **Nationale-Nederlanden Mini Marathon**
– September 23, 2023 (Saturday) – from 11:00 a.m. till 4:45 p.m.
- **45th Nationale-Nederlanden Warsaw Marathon and Bridgestone Marathon Relay**
– September 24, 2023, 9:00 a.m.
- **Nice To Fit You Warsaw 10k**
– September 24, 2023, 9:30 a.m.
- **Wheelchairs races start from the front line at:**
8:57 a.m. for the 45th Nationale-Nederlanden Warsaw Marathon and
9:27 for Nice To Fit You Warsaw 10k.

All races start from Emilii Plater street.



Health is your prize

Enjoy physical activity


 45th NATIONALE-NEDERLANDEN WARSZAW MARATHON
 

OFFICIAL PARTNER OF 45th NATIONALE-NEDERLANDEN WARSZAW MARATHON

wygrywajzdrowie.luxmed.pl

START ZONE ORGANISATION

- If you usually put on an extra layer of clothing before the start, we encourage you to put on warmer clothing that you will no longer need over your running clothes. You can thus ensure a sense of comfort while waiting in the start zone. Before the start, throw away unnecessary clothes over the railings - they will be collected and taken care of by "Ubrania do Oddania" ("Clothes to Give Away") charity. Items collected as part of the „#BiegamDobrze - Biegiem do szafy!" campaign ("#GoodRunning - Run to the wardrobe!") will support the collection of funds for bicycle racks needed in Warsaw facilities (1 kilo of used clothes = 1 PLN).
- All the clothes left at the start zone (on the grounds, on barriers etc) will be removed immediately after the start. If you want to use clothes again - don't leave the clothes there, please use the deposit.
- For all races, the start line will be closed approximately 10 minutes after the starter's shot.

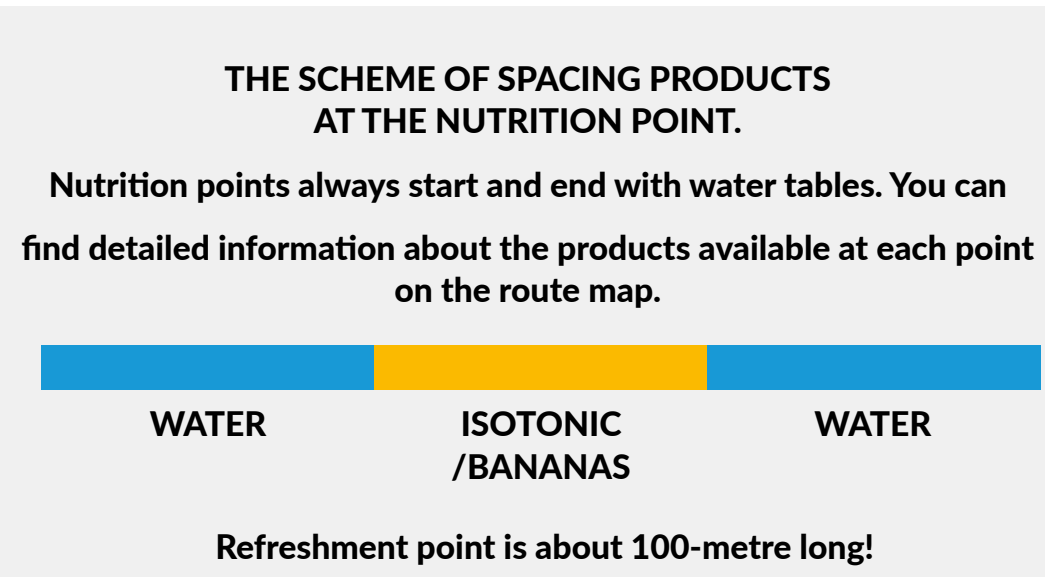
IMPORTANT! Please stand in the designated zone as per the marking on your bib number - the zones will be marked with flags along the start line. Assignment to a specific zone reflects the time declared in the application form. Remember: if you pay the entry fee after August 31, 2023, we cannot guarantee the allocation to the time zone reflecting the declared time.

ATTENTION! For the reasons of general safety it is prohibited to be on the race route without a bib number, as well as move on a bike, with nordic walking sticks, on a skateboard, a scooter or another mechanical device, or with an animal. People who violate that rule will be removed by route safety services. The only exceptions will be people equipped in organiser's passes.

REFRESHMENT POINTS

- The hydration point of Nice To Fit You Warsaw 10k will be located in the vicinity of 5 km. Magnesia mineral water will be available at the point. Details can be found on the route map.
- Refreshment points of the 45th Nationale-Nederlanden Warsaw Marathon will be equipped with MAGNESIA mineral water and located at intervals of approximately 2.5 kilometres starting from kilometre 5. In addition, at every second point, starting from kilometre 10, there will be isotonic drinks and YELLOW bananas. [DETAILS CAN BE FOUND ON THE ROUTE MAP >>>](#)
- Remember that each refreshment point is about 100-metre long. You don't have to run to the first table right away - by running to further tables you can help avoid clogging up of the zone.
- Nutrition points always start and end with water tables. Detailed information on the products available at individual points can be found on the course maps.

IMPORTANT! After each refreshment zone, on the same side of the route, drop zones will be set up, where you can dispose of cups. We kindly ask you to throw litter in the marked zones. This helps to keep things tidy - let's avoid throwing cups at the feet of those running behind you and contaminating the roadside.



**IT'S BEST
TO TAKE CARE
OF YOUR SHAPE**



5 PLN
in the first month

TOILETS ALONG THE COURSE

- Near each of the refreshment points, both of the Marathon and the 10 km run, there will be toilet booths.
- Toilets for runners in direct drive wheelchairs will be located along the route of 45. Nationale-Nederlanden Warsaw Marathon, behind refreshment points No. 4, 7, 10 and 13.

TRANSITION ZONES AND DEPOSITS - BRIDGESTONE MARATHON RELAY

- Distance division:
 - Leg 1: approx. 9.5 km,
 - Leg 2: approx. 19.1 km,
 - Leg 3: approx. 13.6 km.

Relay transition zones will be located near underground stations, facilitating the return to the Start/Finish area (Transition 1: near Dworzec Gdański station, Transition 2: near Młociny station). Transition zones will have corridors, where runners will be waiting for the start. You can start your relay leg after being touched by a teammate who ends their leg. The 1st and 2nd leg runners receive their medals and drinks in their transition zones.

DEPOSITS

You will receive a deposit bag along with the bib number. To deposit your stuff, you must put a sticker with your number on the bag. You will need your bib number to collect the deposit in a designated zone after the finish.

The deposits will be placed in special lorries. The lorry number where you can drop off your deposit and then collect it from can be found on the bib number. Lorries with deposits will be located in the finish area - near the Palace of Culture and Science from the Marszałkowska street

side (plus at special zones for Relay - Leg 1 and Leg 2). The exact location of main deposits will be shown on the Runners' Town map. Deposits for Nice To Fit You Warsaw 10k runners will be open from 7:30 until 12:00. Deposits for the 45th Nationale-Nederlanden Warsaw Marathon will be open from 7:30 until 16:00. Deposits for Bridgestone Marathon Relay will move along with relay runners. The organisers will not be held responsible for valuables left in the deposit bags.

CHANGING ROOMS

Before and after the race, participants will be able to use the changing areas. These will be located near the deposits.

SHOWERS

Showers will be available for runners at Pałacu Młodzieży section of PKiN (entrance from Świętokrzyska street) between 11:00 and 16:00, upon production of the bib number.

PACING TIMES

Pacemakers will help you reach your desired results, running for the following times:
45. Nationale-Nederlanden Warsaw Marathon: 03:00, 03:10, 03:15, 03:20, 03:25, 03:30, 03:40, 03:45, 03:50, 03:55, 04:00, 04:10, 04:15, 04:20, 04:30, 04:45, 05:00
Nice To Fit You Warsaw 10k: 40:00, 42:30, 45:00, 47:30, 50:00, 55:00, 60:00

TIME LIMITS

Nice To Fit You Warsaw 10k: 1 hour 20 minutes
45th Nationale-Nederlanden Warsaw Marathon: 6 hours 30 minutes, counted from the starter's shot.



45th NATIONALE-NEDERLANDEN
WARSAW MARATHON



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Additional time limits:
 3 hours 15 minutes at the halfway point
 4 hours 45 minutes at 30 km.
 Bridgestone Marathon Relay:
 6 hours 30 minutes, counted from
 the starter's shot.
 Additional time limits:

1 hour 30 minutes for the first change zone
 4 hours for the second change zone.

TIME MEASUREMENT

Time is measured using the chips installed in your bib numbers. Watch out: remember not to damage the chip secured with a sponge.

The general classification is based on real times (net - counted from crossing the start line). The exception is the first 200 runners crossing the finish line - they are classified on the basis of official times (gun time - from the starter's shot), with the proviso that if there are not at least 8 men and 8 women among the first 200 people at the finish, the number of 200 people will be increased to include them.

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

ONLINE RESULTS

The results of the 45th Nationale-Nederlanden Warsaw Marathon and companion races will be available online on the marathon website. After the race, each participant will also receive a text message with their time.

BEYOND THE FINISH LINE

After the finish line, all runners receive Magnesia mineral water, OSHEE isotonic drink, Lech Free Active Hydrate non-alcoholic beer and a banana by Yellow. Participants of Nice To Fit You Warsaw 10k will also receive a chocolate bar from Nice To Fit You. Participants of the Nationale-Nederlanden Mini Marathon will receive SONKO Mini Rice Wafers, while marathon runners will also get a post-race meal.

MEAL

The post-race meal is available to participants of 45. Nationale-Nederlanden Warsaw Marathon. You will get it in the Runners' Town (next to deposits) upon production of your bib number.



#RunningCyprus



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.

Palace of Culture and Science (Plac Defilad 1, entrance from Marszałkowska Street) September 23rd (Friday) – 2:00 p.m.- 8:00 p.m.
September 23th (Saturday) - 10:00 a.m. – 8:00 p.m.

LIST OF EXHIBITORS

Nationale-Nederlanden
New Balance
Nice to Fit You
Bridgestone
#RunningCyprus

Run Czech
Dr. Łokieć
Tri Solution
4action
DOZ Maraton
Bieg z Radością
SAT
IDC Trade
Sport Center
Full Life
Tristyle.pl
Saucony
Bogdan Grzeszczak
naturalfuel.pl
Garmin Polska
365 sportu
MEDICAL SPORT
Jerzy Skarżyński

At the Expo you'll get a chance to visit our sponsors' stands, who have prepared some special pre-race attractions.

Please also remember about the #BiegamDobrze (#GoodRunning) charity stands. Here's the list of NGO's which work together with us on the biggest charity running project in Poland:

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

LECHENDS STAY HYDRATED

SPECIAL MEASURING SECTION WITH AWARDS FROM LECH FREE

During the 45th Nationale-Nederlanden Warsaw Marathon, Lech Free prepared a special, 400-metre long measuring section. Run it as fast as you can and win an attractive prize:

- Performance test package
- E-vouchers to a sports store worth PLN 200
- Lech Free Active Hydrate 4-packs
- Training tapes

Prizes will be awarded to the 6 fastest people: 3 in the men's category and 3 in the women's category.

Don't forget to reach for Lech Free Active Hydrate after the race – non-alcoholic beer (0.0%) with hydrating properties.

CARBOHYDRATE-ELECTROLYTE SOLUTIONS ENHANCE
THE ABSORPTION OF WATER DURING PHYSICAL EXERCISE



45th NATIONALE-NEDERLANDEN
WARSAW MARATHON



BRAND SUPPORTING 45th NATIONALE-NEDERLANDEN WARSAW MARATHON

TEAM UP! EUROPE AND TEAM UP! EVERYONE - A NEW COMPETITIVE DIMENSION OF THE MARATHON. WHAT IS IT ABOUT?



On September 24, we will witness the debut of a completely new format of marathon competition. We are introducing a project that can revolutionise European distance running and make it no less exciting than cycling tours!

TEAM UP! Europe is a competition of marathon teams. However, there are a few nuances worth exploring! **Firstly**, the competing teams are mixed ones. **Secondly**, managers from all over Europe were invited to cooperate in developing the project, and they, not the organiser, are fully responsible for the particular team line ups.

Special feature #3: the teams will only include runners from Europe. **Then #4:** the final result

is not based on the team members' time itself, but on its point equivalent counted as per official World Athletics conversion factors. **Fifth factor** - each team's final score includes the score of the best male, the score of the best female, and the better score of the remaining two.

At the start of this year's race, we can see five teams - they will create the group of professionals on the route. Who's going to win? Hungarian, Ukrainian, Swiss, Belgian or Continental team? We invite you to follow the race!

For details of the competition and for team descriptions, please visit www.TeamUpEurope.eu.

However, there's more to running than just the **PRO level** - after all, our mission is promoting **amateur sports!** That's why we invited you to TEAM UP! Everyone - a refreshed version of the "team game" you know. There will be a financial prize for the best amateur team. Each runner taking part in the marathon had the opportunity to start a team. Participation in that special project is, of course, free of charge and aims to give runners an opportunity to integrate, develop sense of community and encourage them to share their passion.

Living through common emotions and running the course under a common name (but not necessarily together on the route) is a completely different dimension of marathon participation - everyone who has already got a team race under their belt. Amateur teams comprise 3 or 4 people, including at least one woman and at least one man.

We are waiting for your shared emotions - it's a great opportunity to strengthen ties and take care of relationships with running buddies.

The basis for the result, both in the Europe and Everyone versions, is the point converter used by the international athletics body - World Athletics: <https://caltaf.com/pointscalculator.htm>

By following the link above, each of you can check how many points you will get for covering the distance in the assumed time. Why don't you check it out!

It is worth noting that the time achieved over a given distance yields a different score depending on the participant's gender! In practice, this means that thanks to TEAM UP! Europe, the running effort of men and women will be made comparable. This could mark a great revolution - let's check it out!



45th NATIONALE-NEDERLANDEN WARSAW MARATHON UP CLOSE AND FROM AFAR - HOW TO FOLLOW THE EVENT?

We know how important it is to follow the course of a sport event! For everyone - whether runners or fans, observing the events up close or from the comfort of their home - we have prepared an offer that lets you experience the Big Race from several perspectives.



RESULTS

On the premiere of the professional competition - TEAM UP! Europe - we have prepared a special formula for fans to follow the elite results live. The competitors' times will be updated in every kilometre and shown in a special window on our website. A dedicated app allows not just to view the elite's ranking along the route, but also - very important - to constantly track changes in the teams classification. As such, we will know which team is closest to winning.

The results of all participants will be available on the race website in the formula well-known to runners. Each runner will also get a text message with their result immediately after the run.

You will find everything on our [webpage>>>](#)

WATCH US!

A sports event is not just about the result - time at the finish line. It is also a whole lot of moments worth recording or capturing in a frame, it's heaps of emotions and joy. We want to show you the Big Race from many perspectives!

Camera at the finish - as every year, a camera will be in place to record your finish. The material will be broadcast live - and then available to watch as a video.

NEW GENERATION DAF XD Number One in Distribution



In addition, our flying reporters, their photo and video cameras in combination with as many as four channels will provide you throughout the week (from September 18 to September 24, with the obvious highlight on the race day) with a lot of materials and reports that should satisfy the tastes of even the most demanding athletics fans and emotion hunters.

FOLLOW THESE CHANNELS:



www.facebook.com/MaratonWarszawski

Technical information, announcements are waiting for you here, and on the race day - Sunday 24th - LIVE reporting sessions from the route. After the race - photo galleries from photographers and rich summaries as well as an after movie - a film that evokes considerable emotion and drives you to action, like nothing else!



https://www.instagram.com/team_up_europe

Here you can expect a report from the professionals race - live recordings, interviews, presentations and backstage emotions accompanying the serious fight among top European runners. Reporting will start with the athletes' arrival at the Warsaw airport!

See you in a bit! Remember that emotions and experience are always at the top level when you meet us at the Runner's Town - you can always catch up on recordings, reports and posts in the evening



<https://www.instagram.com/magazynbieganie.pl>

Take a peek here if you are looking for frames that will show the joy of running and smuggle trivia from the competition on the race routes. BTW... MagazynBieganie is a treasury of knowledge about our passion, don't miss the advice features and expert summaries from the running world published all year round!



<https://www.instagram.com/maratonwarszawski>

Our channel is a chance to take a look behind the scenes of the Warsaw Marathon. Insta stories is where we regularly show you the backstage of sports events, bring running emotions closer, report events, remind you about the key issues and talk to you. On Friday, Saturday and Sunday you will be able to stand in the middle of the largest Polish running event while watching us.



PACEMAKERS



NICE TO FIT *you* | WARSAW 10K



45th NATIONALE-NEDERLANDEN
WARSAW MARATHON

40:00

42:30

45:00

47:30

50:00

55:00

60:00

03:00

03:10

03:15

03:20

03:25

03:30

03:40

03:45

03:50

03:55

04:00

04:10

04:15

04:20

04:30

04:45

05:00

NICE TO
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WARSAW
10K

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Enhance your workouts
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Discount code is valid until 30.09.2023
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nationale
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45th NATIONALE-NEDERLANDEN
WARSAW MARATHON

DOWNLOAD NTFY APP



COURSE ANALYSIS OF THE NICE TO FIT YOU WARSAW 10K

KUBA KARASEK, MagazynBieganie.pl

In the very centre of Warsaw - right from the PKiN (Palace of Culture and Science), thousands of runners will set off along the course of Nice To Fit You Warsaw 10k on Sunday, September 24. A completely new, fast, flat and exciting route guarantees loads of positive emotions for both advanced and beginner runners. Have a look at some details of the 10 km race.

This year's Nice To Fit You Warsaw 10k is poised to offer a great chance for many new PB's. The course is one thing, but then comes the fantastic location of the start and finish lines in the city's heart - at the feet of the PKiN. The building will host the Race Office, with the Runners' Town and the main cheering zone just metres away. In such a setting, with thousands of fans, legs simply get a move!

The start at Emilii Plater street is likely to be loud and exciting. Its sheer broad space hits a sweet spot with runners, who will easily set in their zones. After picking up some speed, the 10 k crew will turn left into Aleje Jerozolimskie. That marks a chance for solid accelerations, with a nearly 3-kilometre straight path ahead. Running east, the course passes many landmarks, including Charles de Gaulle Roundabout with a characteristic palm tree in the middle, the National Museum and part of the open-air exhibition at the Polish Army Museum.

Despite the initial decline shown in the route's profile, the course leads up a bit near the Prince Józef Poniatowski Bridge (not to be confused with king Stanisław August Poniatowski, prince Józef was his nephew). Runners who care about their times will welcome a refreshing breeze from the river - those who value tourist attractions will enjoy the panorama of the Vistula's eastern bank. Among the main items on the horizon there is the PGE National Stadium, where the race comes later to offer a close-up examination.

After the bridge, a fairly sharp descent follows towards Wybrzeże Szczecińskie - you can safely assume a faster section at kilometre 4. Moving along northwards, the runners will pass the National Stadium on the right, while on the left they will have the opportunity to observe the intricate structure of the Świętokrzyski Bridge. Very soon, just before the halfway point, you get the only refreshment zone on the route.

Behind that point, the road leads further north, just to hit a little relapse, and then a left turn into Zamoście Street. Following down into ul. Sokoła, you spot a roadside sign marking the 5th kilometre. A few hundred metres along Sokoła street and the race comes back to Wybrzeże Szczecińskie, returning southwards along the Vistula.

Saying goodbye to the river bank means a small climb to find yourself on the Poniatowski Bridge

NICE TO FIT *you* | WARSAW 10K

again. Here you will probably have to give back the seconds gained earlier on the downhill. Returning over the bridge towards the left-bank Warsaw offers another glimpse beyond the route - grab the chance and wonder at the city's spectacular panorama.

Another long stretch awaits now - over 2.5 km long this time. It is slightly shorter than the opening one, due to the planned turn right into Krucza, passing into Szpitalna, then a left glide into Brokła and a small curl onto Złota street to reach Marszałkowska. Only 1 kilometre left to go at that point.

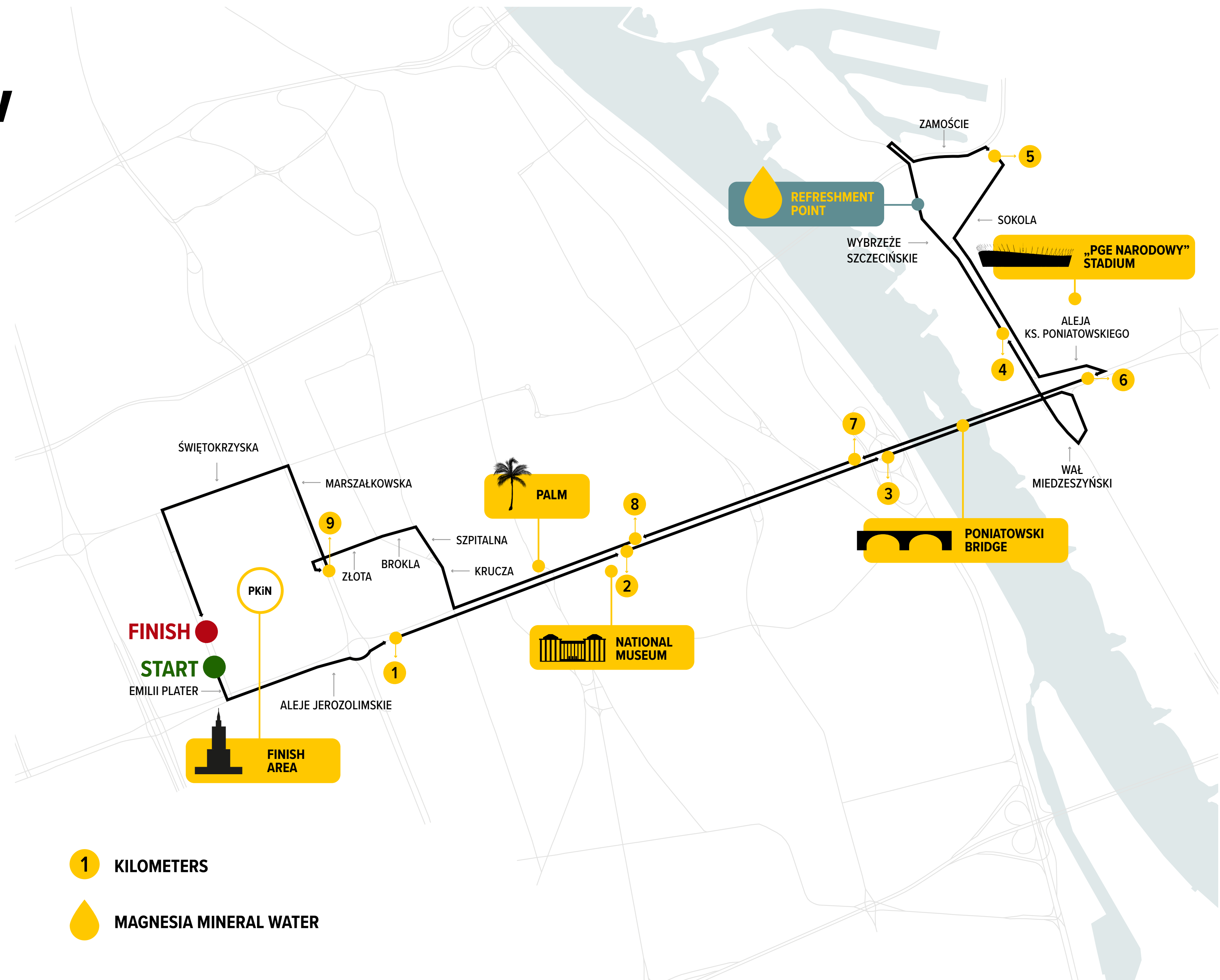
The final sections lead along Marszałkowska street, then Świętokrzyska and the final long straight down Emilii Plater. There, you can put all your strength together and breeze through right to the finish line. After that, it's just the well-deserved finisher's medal plus the gazillions of attractions prepared at the Runners' Town.

The Nice To Fit You Warsaw 10k offers a fantastic, innovative course, full of captivating sights along the way - while also really conducive to great running times. Though not a mean feat in itself, a 10k run can be a great idea not just for experienced athletes, but also for beginners, or even people who do not necessarily run, but simply want to be physically active. It is also one of the really few chances to move around the capital's main streets freely, when your pace suits your mood.



NICE TO FIT *you* | WARSAW 10K

COURSE





BRIDGESTONE
POTENZA SPORT

/ MASTER YOUR JOURNEY, AWAKEN YOUR SENSES

TITLE SPONSOR OF THE BRIDGESTONE MARATHON RELAY

BRIDGESTONE
Solutions for your journey

Bridgestone Marathon Relay runners - here is some key info on 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 provided with a passageway, where 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 relay leg line up in the designated transition zones on the running route. It is prohibited to make changes outside the designated transition zones.

TIME LIMITS

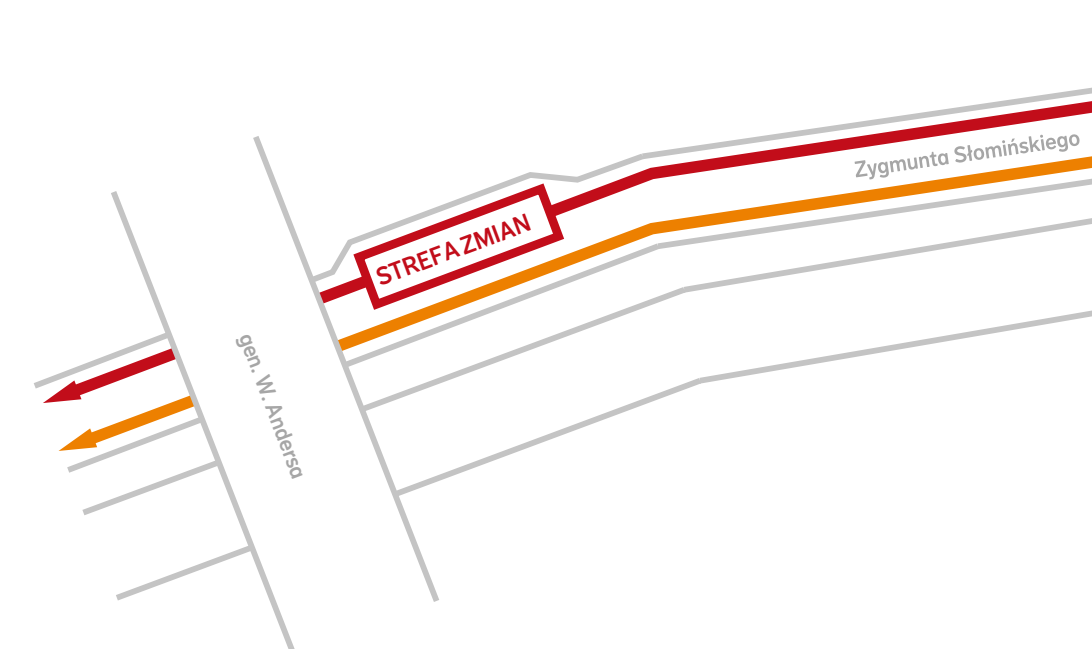
There are time limits for participants, namely 6 hours 30 minutes, counted from the starter's shot.

Additional time limits are:

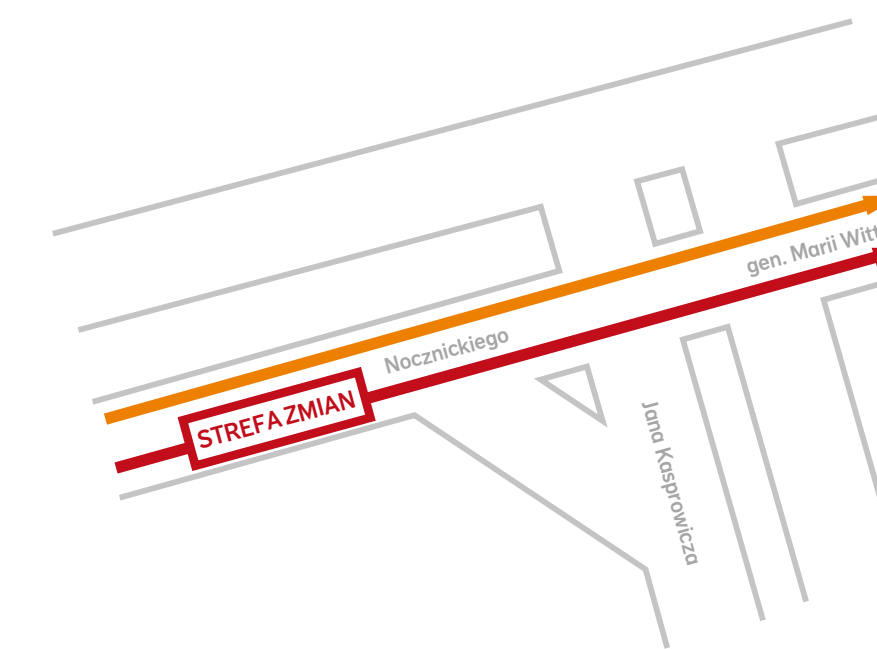
- 2 hours at the first transition zone
- 3 hours 15 minutes at the second transition zone

Remember - if a competitor from the previous relay leg does not make the designated limit, you cannot continue the race!

I STREFA ZMIAN I TRANSITION ZONE



II STREFA ZMIAN II TRANSITION ZONE



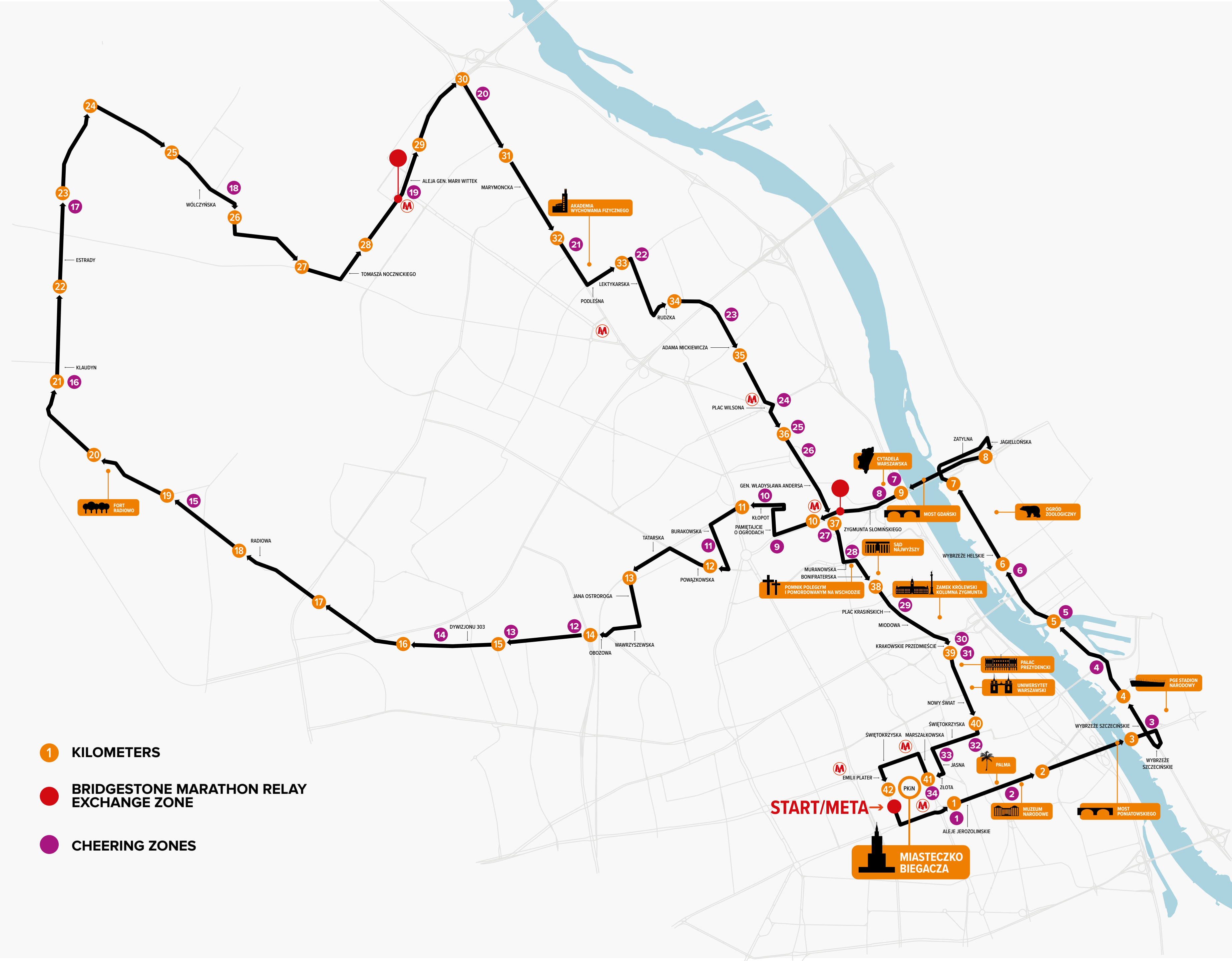
-  BRIDGESTONE SZTAFETA MARATONSKA
BRIDGESTONE MARATON RELAY
-  45. NATIONALE-NEDERLANDEN MARATON WARSZAWSKI
45th NATIONALE-NEDERLANDEN WARSAW MARATHON

DEPOSITS

LEG	LEAVING DEPOSITS	PICK-UP OF DEPOSITS
<p>I</p> <p>START: Emilii Plater (Metro Centrum) FINISH: Słomińskiego przed wiaduktem przy Dworcu Gdańskim DISTANCE CA. 9,5 km</p>	<p>MARATHON TOWN Plac Defilad 7:30 a.m. - 9 a.m.</p>	<p>TRANSITION ZONE I Słomińskiego przed wiaduktem przy Dworcu Gdańskim 9:30 a.m. - 10:30 a.m.</p>
<p>II</p> <p>START: Słomińskiego przed wiaduktem przy Dworcu Gdańskim (Metro Dworzec Gdański) FINISH: ul. Nocznickiego przed skrzyżowaniem z Kasprowicza (Metro Młociny) DISTANCE CA. 19,1 km</p>	<p>TRANSITION ZONE I Słomińskiego przed wiaduktem przy Dworcu Gdańskim 9:00 a.m. - 10:00 p.m.</p>	<p>TRANSITION ZONE II Nocznickiego przed skrzyżowaniem z Kasprowicza 10:30 a.m. - 1:15 p.m.</p>
<p>III</p> <p>START: Nocznickiego przed skrzyżowaniem z Kasprowicza (Metro Młociny) FINISH: Emilii Plater (Metro Centrum) DISTANCE CA. 13,6 km</p>	<p>TRANSITION ZONE II Nocznickiego przed skrzyżowaniem z Kasprowicza 10 a.m. - 12:30 p.m.</p>	<p>MARATHON TOWN Plac Defilad 1 p.m. - 4 p.m.</p>

CHEERING ZONES

1. Fundacja Ready2Run
2. Nice To Fit You Fan Zone
3. Polska Akcja Humanitarna
4. Nationale-Nederlanden Fan Zone
5. Fundacja Na Ratunek Dzieciom z Chorobą Nowotworową
6. HALS Orkiestra Dziecięca
7. Fundacja Dajemy Dzieciom Siłę
8. Ukraiński Dom/ Український дім
9. Amnesty International
10. Fundacja Spartanie Dzieciom
11. Burakowska Fan Zone
12. Skadyktator
13. Fundacja Synapsis
14. Obozowa Fan Zone
15. Radiowa Fan Zone
16. Domofonia
17. Twoosty Mayonez
18. -S-
19. Metro Młociny Fan Zone
20. Lech Free Fan Zone
21. Fundacja Twarze Depresji
22. Bielany Fan Zone
23. Fundacja Wcześniak
24. Plac Wilsona Fan Zone
25. Fundacja DKMS
26. Lux Med Fan Zone
27. Fundacja Rak'n'Roll
28. Magnesia Fan Zone
29. Bridgestone Fan Zone
30. Nationale-Nederlanden Fan Zone
31. Nationale-Nederlanden Fan Zone
32. Nationale-Nederlanden Fan Zone
33. Zdrofit Fan Zone
34. New Balance Fan Zone



DRESS UP AND GET DRESSED!



WHO WILL SURPRISE US THIS TIME?

On the routes of the 45th Nationale-Nederlanden Warsaw Marathon, Bridgestone Marathon Relay and Nice To Fit You Warsaw 10k, we will be looking out for everyone and everything unusual - unique shapes, colours and ways of moving. Of course, we are talking about masqueraders - people in costumes who - with their creativity and perseverance - set the bar higher and higher from one event to another. Your special transformations don't always let you achieve your personal best, but we all know that running is not just about being fast.

We appreciate your ingenuity, courage, the way you stand out from the crowd and the effort you put into covering the route in outfit very distant from running gear. That's why we want to reward you once again!

Our "Przebierz się i ubierz się" contest ("Dress up and get dressed") is already a tradition!

We are really curious - who's going to go over the top with their disguise on September 24?

THE RULES ARE SIMPLE:

Finish the 45th Nationale-Nederlanden Warsaw Marathon, Bridgestone Marathon Relay or Nice To Fit You Warsaw 10k in disguise. Enter the competition in person - send us your photo from the course by October 2 at 23:59 to the following address: konkurs@maraton-warszawski.com.

IMPORTANT! The photo must be taken on the race day at the start, in the route, at the finish line or at the Runners' Town and the bib number must be visible!

Two people will win - one winner will be selected by the FMW Jury, the other will be selected by Internet users in a vote on Facebook. Voting will start on October 4 and last until 11:59 p.m, October 10.

AWARDS:

Both winners receive running shorts and a New Balance sports T-shirt. The contest results will be announced on October 11 at 12:00 noon.

The regulations can be found on our website:
<https://nnmaratonwarszawski.com/aktualnosci/przebierz-sie-i-ubierz-sie/>

Do you need more energy?

We will be waiting for you at the **BANANA** point!



45. NATIONALE-NEDERLANDEN
MARATON WARSZAWSKI

NATIONALE-NEDERLANDEN MINI MARATHON

Welcome to the Little Big Race! A running competition for children and teenagers can be the beginning of a beautiful sports passion and is always a chance for great fun.

This year, for the first time in history, the youngest will start in the very centre of Warsaw - on Emilii Plater Street. The Nationale-Nederlanden Mini Marathon takes place on Saturday, September 23, on the same spot where adult runners will set off the next day, beginning the 45th Nationale-Nederlanden Warsaw Marathon, Nice To Fit You Warsaw 10k and Bridgestone Marathon Relay.

The Mini Marathon is divided into age categories - participants run different distances with a peer group. The youngest age bracket - children under the age of three - can start along with a guardian. The upper age limit is 16. Everyone will receive beautiful, commemorative medals at the finish line, and trophies will be given to the best in each category. The route will be closed to car traffic, and participants enjoy a unique setting of the marathon weekend.



THE TIMES:

The competition will take place on Saturday, September 23. The starts are divided into heats - the times and routes of the runs are shown on the map. The times given are indicative.

THE PLACE:

ul. Emilii Plater - next to the Palace of Culture and Science.

RACE OFFICE:

Bib numbers for the runs can be picked up at the Race Office - Palace of Culture and Science, Pl. Defilad 1, Warsaw.

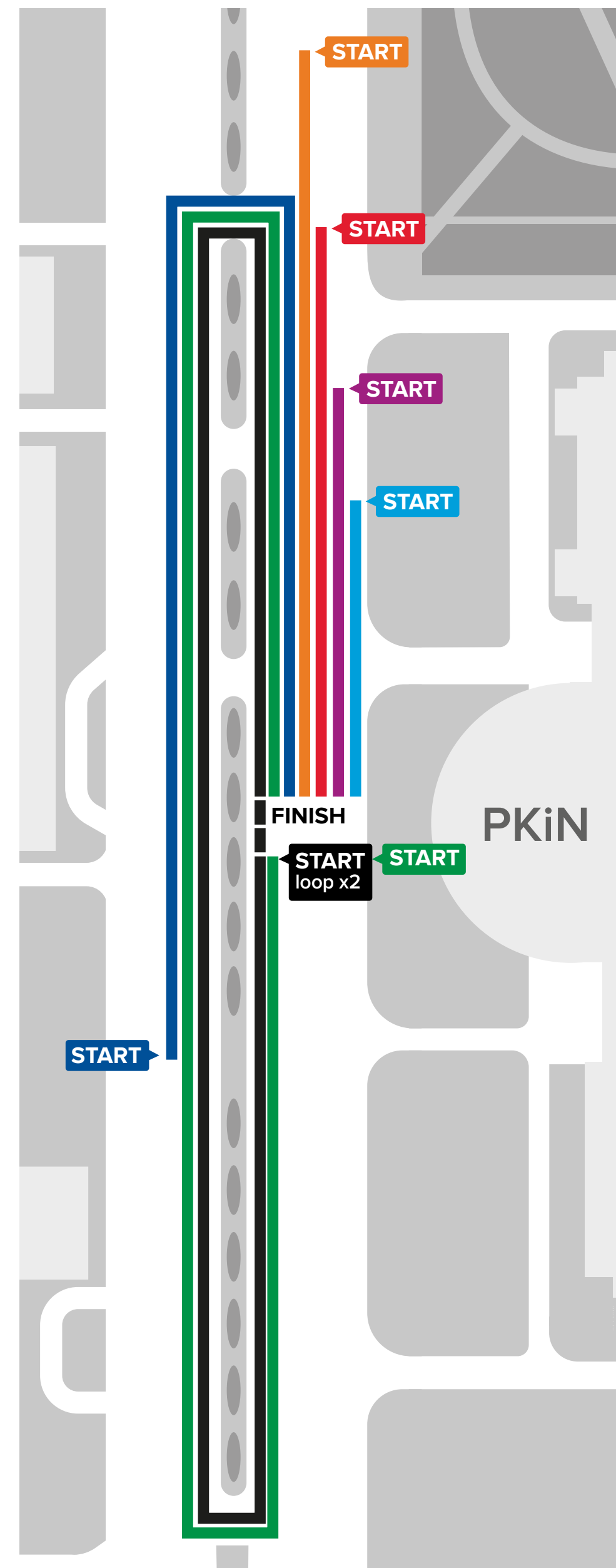
RACE OFFICE WORKING HOURS:

- September 22, 2023 (Friday) - 14:00 - 20:00
- September 23, 2023 (Saturday) - from 10:00 to 30 minutes before the start of a given round

HOW TO PICK UP THE BIB NUMBER:

The child's race pack should be collected well before the start (on Friday or Saturday, but not later than 30 minutes before the start of a given round). In order to collect the pack for the Mini Marathon, it is necessary to print the Race Card yourself (The card is available for download from the runner profile -YOUR EVENTS -> STARTCARD). The Race Card must be signed by the child's parent/legal guardian, even if the sign-up was done by someone else (for example, a school teacher/guardian).

Important! Without a Race Card signed by a parent/legal guardian, bib numbers will not be issued!



nationale
nederlanden

NATIONALE-NEDERLANDEN
MINI MARATON

Category, distance and start times depend on the participant's age:

- **Crawlers Race – up to 3 years old (2020-2022) – ca. 80 meters – starts as follows:**
 heat I, 11:00 - numbers from A101
 heat II, 11:15 - numbers from A201
 heat III, 11:30 - numbers from A301
 heat IV, 11:45 - numbers from A401
 heat V, 12:00 - numbers from A501
- **Toddlers Race – 4-5 years old (2018-2019) – ca. 100 meters – starts as follows:**
 heat I, 12:15 - numbers from B101
 heat II, 12:30 - numbers from B201
 heat III, 12:45 - numbers from B301
 heat IV, 13:00 - numbers from B401
 heat V, 13:15 - numbers from B501
- **Wobblers Race – 6-7 years old (2016-2017) – ca. 150 meters – starts as follows:**
 heat I, 13:30 - numbers from C101
 heat II, 13:45 - numbers from C201
 heat III, 14:00 - numbers from C301
 heat IV, 14:15 - numbers from C401
- **Twisters Race – 8-9 years old (2014-2015) – ca. 200 meters – starts as follows:**
 heat I, 14:30 - numbers from D101
 heat II, 14:45 - numbers from D201
 heat III, 15:00 - numbers from D301
- **Cadets Race – 10-11 years old (2012-2013) – ca. 400 meters – starts as follows:**
 heat I, 15:15 - numbers from E101
 heat II, 15:30 - numbers from E201
- **Juniors Race – 12-13 years old (2010-2011) – ca. 750 meters – starts as follows:**
 15:45 - numbers from F101
- **Challengers Race – 14-16 years old (2007-2009) – ca. 1,500 meters – starts as follows:**
 16:00 - numbers from G101

IMPORTANT FOR PARENTS!

The Little Big Race is a great way to encourage your child to be physically active. The latter need not be associated with coercion. During a running event, the little ones meet their peers, spend time together, but also just have a great time on the route.

This type of event would usually bring good memories, a lot of positive vibes and the desire to experience it all again. Effects? Your child will be eager to play sports on their own! This, of course, means pure benefits: self-confidence building, better motor skills and endurance, the ability to concentrate, prevention against civilisation diseases.

How can a parent support their child on the fitness path, helping them fall in love with sports?

First of all... tame your emotions. The pressure and desire to win should in no way overshadow the sheer joy of running. Having fun should be the primary goal. Participation itself, regardless of the result, is already a huge value. After all, in a children's race, victory does not count. The positive associations with physical activity is a major win.

Please, then, find time well ahead and tell your kid what happens on race day. Prepare for it like "professionals". Choose the kit for the competition together, do a common warm-up. Cheer as loud as you can along the route. And past the finish line, just give your child a hug and congratulate them on finishing the competition. This is the moment you will both remember for long!



The "Warsaw Marathon" Foundation has created
THE BIG RACE
Because it's the expert on running

Partner of Promotion has co-created the image of
THE BIG RACE
Because we are the reputation experts



We extend our best wishes on the 20th anniversary of the founding of the FMW. We look forward to continued cooperation and keep our fingers crossed for the organization of The Big Race.

~CEO Partner of Promotion Paweł Trochimiuk~

#Biegam Dobrze

#BiegamDobrze (#GoodRunning) is the largest running charity event in Poland. What you need to take part is choose a charity path when signing up for the race and decide which charity you want to support. Your virtual money box is set up immediately.

Encouraging your relatives and friends to donate to a cause important to you, you will support your fundraiser. After collecting the minimum amount you will receive a race kit - as a gift from the supported organisation - with a unique orange bib number bearing your charity's logo.

There is no better way to tell a story about charity than by presenting a few heroes who excel at #GoodRunning!



Once you have run your marathons, won the symbolic "crowns", broken PB's and regained your sporty figure (all thanks to the simplest form of physical activity), you start looking for new challenges... Helping the weaker, the sick or the defenseless - can there be a better combination of our passion with good deeds? And as a reward, in addition to the orange bib number, you get the noise of the angelic wings that carry you to the finish line!

Marcin Kukla



My motivation to participate in the marathon for charity stems from the need to help others. I believe that even the smallest commitment to share love with others, to support them in their needs - changes the world. Taking part in the project is not only my own commitment, but above all it's a big step by those who, encouraged by me, join the fundraiser. Their enthusiasm and sincerity in expressing the related emotions are always crucial to me. They prove the whole thing was worth doing!

Mariusz Dobrzycki



I started running earlier this year, after the 17th Nationale-Nederlanden Warsaw Half Marathon. It was an impulse, I thought to myself: "why weren't I there?". So I bought running shoes and did my first 10 kilometres. It was then that I understood why running is addictive. It gives a powerful shot of endorphins and provides a perfect rest for the brains. It's also a great idea to pursue a passion together with my colleagues!

At Nationale-Nederlanden, helping is our second nature - every day we help hundreds of people in difficult life situations. As a company, we also support many charities. So I created a charity fundraiser as part of "GoodRunning" and set myself a challenge. Now my fundraiser has reached its goal (hooray!!), so on September 24th I'm going to run dressed as a Barbie doll. See you at the start and hopefully at the finish line!

Kasia Korulczyk



A few years ago I had a serious accident. With my treatment almost completed, I heard the dreadful sentence from the doctor: "You will not do marathons anymore". And yet this year I am running the Warsaw Marathon! Participation in the #GoodRunning project is natural for me. I believe that every initiative aimed at bringing real help to others, and every person taking part in it, make our world a better place. Maybe it's a cliché, but... I'm a young dad and I would like to show the world, including my children, that helping doesn't hurt, that it heals! My particular training solution is running with a jogging stroller and a little passenger inside, and along with my beloved dog. See you on the training paths!

Paweł Będkowski



A few years ago, at my pre-training warm up, a man approached me and, pointing to the #BiegamDobrze logo on my T-shirt, asked if I would run the Warsaw Marathon that year. I said yes - and not for the first time! I was signed up for the Rak'n'Roll Foundation.

After a few uncertain exchanges, the guy told me that he had cancer - only in Rak'n'Roll did he find any real help. It is for them, for patients I do not know, that I have been wasting my legs for years ;]. That meeting confirms that #GoodRunning is really worth it... See you on the course!

Piotr "Sypi" Sypniewski

Since the project's start, we have collected **PLN 8 million**, which aided implementation of numerous charity schemes. This year, the amount of the fundraising has already passed the **PLN 440,000** mark!

The current project edition is open until October 4!



THE IMPACT OF DAILY LIFE ON MARATHON PREPARATION

The 45th Nationale-Nederlanden Warsaw Marathon is fast approaching. A true celebration of running is coming up in the capital - with marathon in the main role, plus companion runs - the second edition of Nice To Fit You Warsaw 10k and the eighth Bridgestone Marathon Relay. We are glad that, as an official partner of the "Warsaw Marathon" Foundation, we have been with you at the finish line for several years now, and if necessary, in the massage zone, we can bring relief to your tired muscles.

PRISONERS OF THE ARMCHAIR

Regardless of your chosen distance, it will be a great adventure for each of you, and surely you have been preparing for weeks. Every amateur taking part in the race deserves recognition and respect. And do you know why? Because it's not easy to combine training with work duties. Besides the running passion, there is the day job. Unfortunately, the latter element often significantly affects what kind of athletes we are. Few of us know that sitting still for more than two hours, without changing the position, starts to have a destructive effect on our body and muscles. And we often hear from our patients that they can stay in an office chair for four or five hours without break. Record-holders work for eight hours non-stop in this position, and probably longer. If you add the commute to work,

plus the time spent on the couch in the evening, it turns out that some people clock in up to twelve hours spent sitting. We can see the effects of this more and more often in the Dr Łokieć Clinic. When patients with typical injuries visit us, the source is precisely their lifestyle.

GET MOVING AT WORK

Try to do a little conscience examination. Take a look at everyday life and start changing your habits for the better. Even if you run regularly, if possible, try to give up the car or public transport in favour of cycling or walking. Also, remember to get up at least every hour at work, take a walk, or if that's not an option - at least bend forward or sideways on a chair; turn your head to the side. We always advise our patients not to take an entire bottle of water to their workplace. Better pour yourself a glass of water. Once it's drunk, there's always some incentive to go to the kitchen to refill it.

REMEMBER TO REGENERATE

The biggest problem (both for people who train and for others) is the lack of stretching and proper regeneration. It often seems to us that if we are not active in sports or at work, we do not need regeneration. Nothing could be more wrong. It should be remembered that if we do not use our muscles regularly to their full extent,



then unfortunately, even without activity, they begin to contract. An additional factor that causes muscle tension is stress. With the ever-faster pace of life, high inflation and the war just beyond our border, mental stress has become one of our most serious opponents.

CHANGE YOUR HABITS FOR GOOD

Therefore, before the effort that awaits you in a few days, we encourage you to take better care of yourself, not only on the occasion of the Big

Race. It's better to change your habits for good. Just try to count it yourself. Assuming that sports and active pastimes take 10 hours a week, the full-time work at the office still consumes over 40 hours. If we add the commute, then the balance of being active in relation to the time spent in static ways works strongly to our disadvantage. It's worth changing this balance!

Good luck and see you at the finish!
Dr. Łokieć

#Drużyna Wielkiego Biegu – the Big Race Crew – get to know them!

It's you – the fans and the runners – who makes the Warsaw Marathon a true story. Each participant – their individual adventure and individual way – makes part of a whole. That whole is made special by a common dream and a common goal. We are united by a great passion and by endurance in pursuing this passion.

We highly value your everyday engagement in developing the running community, both locally and in a broader scale. That's why we have brought the Big Race Crew to life. Here are the friends of the "Warsaw Marathon" Foundation invited to the first edition of our project. They motivate to challenges, tell stories of their own sport goals, encourage others to start or develop everyone's active life journey.

Sport is not just about big events – first and foremost, it's a great way to care about one's physical and mental health. Together, we want to give a large-scale good example! Meet the Crew – #DrużynaWielkiegoBiegu – and feel invited to the next editions of the project. Tag us in your social media, show your passion – let the world see you now!



Simply Paula! I went on my first run training session in 2015 and carried on along that way! Since 2019 I've been part of the ASICS Frontrunner crew. Though recently it's been mostly running around the trio of my kids, a training is always in my day planner. I don't run for times, I make time for running – that's my rule!

@poprostupaula



Bartek Piekarski – the author of "15 złotych zasad, jak postępować w życiu" ("15 golden rules of life practice"). Mentor of life habit change and mental coach. Actor. Personal development practitioner, who perceives it in every area of life. He started running in the summer of 2022, even though he used to literally hate it. Now he's got the first marathon and a couple of shorter races under his belt. It's high time for new goals, to aid self-development and becoming a better version of one's self.

@bartekpiekarski_



Hi! They call me „Biegowy Wariat” (“The Running Madman”), I've been running for over 9 years, and my first marathon was obviously done in Warsaw! I've done the World Marathon Majors. Running is my passion and my way of life. In my day job I work as customer advisor at Sklep Biegacza, doradca, besides managing my socials and the blog. I also coach runners and help them reach their dreams. On the day of the jubilee 45. Nationale-Nederlanden Warsaw Marathon I am going to run the companion race – Nice to Fit You Warsaw 10k.

@biegowywaria



Sylwia Kućmierczyk, a running enthusiast, pro athletics instructor and a healthy lifestyle lover. My running adventure goes back right to the childhood years. An injury in 2019 marked a halt in my pro athlete's career, and I decided to study physiology and coaching principles in detail. That's how my knowledge sharing passion was born – I took the nick of "Grażyna Biegania" and started a new life in social media, as running motivator and influencer. My mission is to motivate towards physical activity, building the endurance base and finding joy in each training session. I want to show the activity-seeking women that running is more than a sport – that it's a hobby likely to improve their overall health, mood and self-esteem.

@grazynabiegania



A 25-year old extreme runner, with several quite unusual feats in his cv. He's done an across-Poland south to north run (from Zakopane to Gdynia). He also ran from Poland to Rome and Barcelona, and this year he's covered a distance of 3,600 kilometres from the Silesian Stadium in Chorzów to the Marathon in Greece. Each of those projects had a charity goal, and two of them were documented in a book. The next item in his planner – run across the States just like Forrest Gump! In the meantime, Tomasz gives lectures around Poland and trains in the track section of Piast Gliwice.

@tomaszsobania



My name is Angelika, I've been running for 6 years, but it's only been under a year that I've done rigorous training. Thanks to running I managed to shed 44 kilos after pregnancy. The Warsaw Marathon is my 42k debut after becoming a mum last year. My dream time is 3:59:59.

@gecaangelika



I'm Aneta and my running adventure started in 2014. I set off as a typical asphalt runner, but as soon as I tried mountain running – it won me over instantly. Mountains are where I feel best – deep breathing, marvellous sights, learning to challenge my weaknesses and move boundaries. Since 2022 I've been part of the ASICS FrontRunner team. I run for the pure joy of running. "A healthy spirit in a healthy body" is my natural everyday rule.

@blondyna_w_biegu

All the year round, we organise sports events and broadcast them on our channels. We have been doing that for 20 years!

Follow us to get behind-the-scenes trivia, but first of all for important news and a dose of precious motivation.

@maratonwarszawski



THE GREATEST MARATHONERS...

Can you imagine that feeling – not having missed a single edition of the Warsaw Marathon since 1979?

They know what it's like! Here is a list of great marathoners – they have run all editions of the Warsaw Marathon! We know it now – this year they'll be with us for the 45th time! Next to the names you will see the time they achieved at our event last year.

Jerzy Głowacki (Poznań) – 06:29:05

Jacek Gnysiński (Sieradz) – 03:52:15

Franciszek Kąkol (Chojnice) – 04:46:57

Stanisław Mróz (Łabowa) – 05:14:10

Stanisław Orlicki (Rudze) – 04:19:32

Stanisław Osiński (Warsaw) – 04:33:43

Wojciech Pasek (Końskie) – 06:03:48

Michał Strzałkowski (Siedlce) – 06:44:29

Andrzej Szałowski (Warsaw) – 04:17:49

Highest respect! At this year's edition finish, there will be special awards for the gentlemen. The photo shows last year's 44th finish of the Warsaw Marathon by Mr. Michał Strzałkowski.



VOLUNTEERS - EVERY RUN'S HEROES!

No running event would happen without volunteers! We have been repeating that mantra since the beginning of the "Warsaw Marathon" Foundation. Today, to bring you closer to the idea of involvement in the organisation of races, we give the floor to one of the thousands of people making up the #FMWCrew.

Whoever volunteers for FMW once, is go forward without volunteers.

You can see them on the course, at the start and finish, at the deposit stands. They provide information, they are also at the heart of each race, i.e. in the Race Office. There is also a group that cannot be seen, because someone has to prepare and pack these thousands of race packs or drive around the city to marshal and guarding the route. And importantly, someone must to clean it all up. Well, not every hero wears a cape.

I joined the Warsaw Marathon Foundation in 2021. Ever since my adventure with running began, I always said that if health issues or life events ever block me, I will volunteer. It happened. And though I've now returned to running, I can't live without volunteering.

I liked the Race Office the most and it stayed that way. Tons of paper, hundreds of shifted boxes, tens of thousands of flipped envelopes, countless packages packed and issued - but that's not what counts. Just like tiredness or cleaning the office until late night does not count. Each volunteer also has a marathon distance in their legs. In the Race Office, you can walk up to several kilometres in one day.

The magic of volunteering is something else. It's the thousands of smiles, hugs, the opportunities

to meet famous people or long-unseen acquaintances, it is the gratefulness of runners - the experienced ones and the rookies, those lost and stressed, and those who celebrate the moment of collecting the bibs, starting, finishing the run. You don't have to run to recharge yourself with endorphins and with the competition's vibe. That feeling gives energy for the next few days.

The FMW volunteering is, above all, people. During one event there are almost 2,000 volunteers!

In such a crowd you can find a soul mate. New acquaintances, friendships and even relationships are made. And age doesn't matter, as everyone is treated equally and with respect. It is a great opportunity to exchange knowledge and experience across generations. In addition, each volunteer is really appreciated for their work.

Is it worth being an FMW volunteer? Let the answer be that: every year the same people come to help and bring friends to each competition. Let the answer be that after closing the Race Office, many volunteers return to prepare for the morning start. There are also those who, after crossing the finish line, change their shirt to a volunteer one and hand medals out.

And if you want to know why sandwiches taste best when volunteering - join our foundation's family.



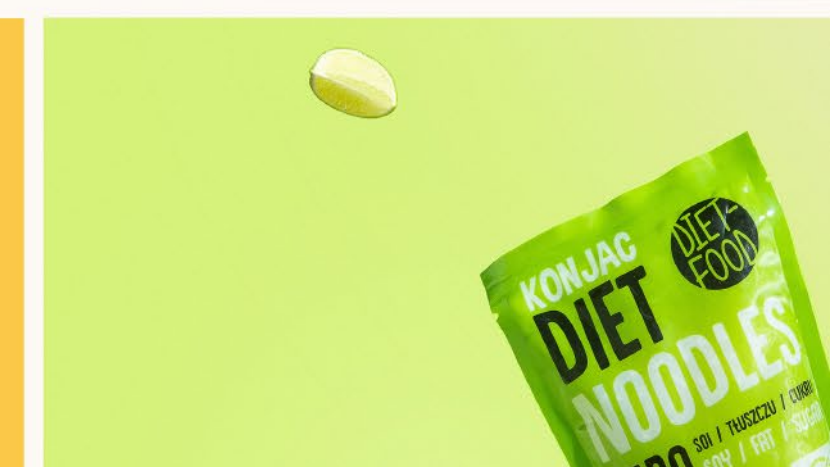
Dorota Prus, volunteer, business assistant, LinkedIn specialist and runner. She completed the 17th Nationale-Nederlanden Warsaw Half Marathon. Dorota runs regularly and fights for personal bests.



Check us out!



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RUNNER'S SAVOIR VIVRE

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

PASS ON THE LEFT!

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

DROP ZONES AND CLEANLINESS

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

CALM AND COMPOSURE

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

TIME MATTERS...

Just like you plan your running time, plan your time for the Race Office and leaving deposits. Don't wait until the last minute - be early to avoid stress and rushing.

EARN THE SMILE MEDAL

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

INVITE YOUR FRIENDS

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



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18th WARSAW HALF MARATHON

Spring starts in Warsaw!

***Another edition of the Warsaw
Half Marathon is scheduled
for March 24th, 2024.***

***Come along and open the spring
running season with a big event
in the capital of Poland!***

ROUTE ANALYSIS OF THE 45th NATIONALE-NEDERLANDEN WARSAW MARATHON

KUBA KARASEK, MagazynBieganie.pl

Completely new, diverse, exciting and full of surprises. This is the route of the 45th Nationale-Nederlanden Warsaw Marathon. It has a completely new course, and start and finish are located in the heart of the capital. For the first time in history, marathon runners will start from the PKiN (Palace of Culture and Science). What else awaits the participants of the Big Race? Let's get to know the route that is going to welcome thousands of feet on September 24.

A major running project like the Warsaw Marathon is not only a sports event and a trophy hunt, but also an enormous promotional campaign for the city. Therefore, the route itself is of great importance. On the one hand, it must be attractive for runners who care about times and PB's, on the other - it should offer memorable sights for those who want to admire the city's beauty above all. This year, the marathon has it all - guest runners and Warsaw regulars must appreciate the many advantages of the new route.

The very location of the Race Office in the Palace of Culture reflects a new quality. The close centre of the capital means one can almost certainly reach the race by public transport - a huge convenience for many. Just like the start from the really wide Emilii Plater

street. After the first left turn and slipping into Aleje Jerozolimskie, there comes a very long, approx. 3 km straight. Importantly, the route remains very broad here, which is crucial for the runners' comfort at the beginning of such a large-scale race.

Moving towards the National Stadium, runners will cross the city's main intersection - Aleje Jerozolimskie and Marszałkowska st., leaving the Rotunda building on their left. Later, they will pass the landmark "palm roundabout" (Rondo de Gaulle'a), the National Museum building, and run up the Poniatowski Bridge, crossing towards the right-bank part of Warsaw. Just behind the bridge, there is a fairly long descent towards Wybrzeże Szczecińskie, along which the participants will cover about 4 km, going north.

The first hydration point will be located on Wybrzeże Szczecińskie between the 4th and 5th kilometre of the route. The next ones are distributed at regular 2.5 km intervals along the course, until the finish line. With the Vistula on their left, marathoners will not even notice when Wybrzeże Szczecińskie turns naturally into Wybrzeże Helskie. The view of the Warsaw Zoo might be a special landmark though, if you turn your head right around the 7th kilometre.

A moment later, a bit of variety begins, due to a few little turns. Leaving Wybrzeże Szczecińskie, first slightly to the left, then to the right, the road winds downwards along Zatylna street, with another refreshment zone equipped in water and an isotonic drink. Then the runners reach Jagiellońska and Rondo Starzyńskiego. From the roundabout, the route leads to the Gdański Bridge. Having to run over the bridge means a bit of an uphill effort, worth remembering when looking at your pace indications. Across the Gdański Bridge you can admire the beautiful Old Town panorama on the left, a sight well known to the Warsaw Marathon and Half Marathon regulars. Running down from the bridge means we have passed the 9th kilometre of the route.

This part of the route is another 2-kilometre straight. And here comes a message for relay runners - the first transition zone is just before the flyover of Andersa street. Finished your section and missing the Runners' Town at the start zone? Just use the public transport (free for runners on race day) and get from Dworzec Gdański underground, right to metro Centrum.

From Słomińskiego street, the road turns right just in front of Westfield Arkadia Shopping Centre. This is a place associated with running, if only due to the historical route of the Warsaw Marathon (in 2003 and 2004, the race started in this area). Additionally the start and finish of the Independence Run in Warsaw is very near. Another refreshment zone (water and bananas this time) comes at Pamiętajcie o Ogrodach street.

Kłopot street, which follows nearby, is marked by a slight relapse. From there, the course leads along Burakowska street and further on to Powązkowska, along the walls of Powązkowski Cemetery - probably the most famous historical necropolis in Poland. Interestingly, this is also an important fragment for another reason - measurements. Tatarska street, part of which will also be run by the marathoners - is quite and straight. No wonder it was used as the so-called calibration section, where Tadeusz Dziekoński - the legendary race course measurer - checked the actual circumference of his bicycle wheel. Then he used the same bike to measure the course, which was the condition for the official certification. From a technical viewpoint, then, this is a really important part.

The next streets of the course: Ostroroga, Wawrzyszewska, Obozowa and Dywizjonu 303 are all new for the Warsaw Marathon. One thing is sure though - running into Bemowo means that we already have 1/3 of the distance behind us. And at this point, the following kilometres should pass quite fast, thanks to the fact that it will again be a section with no turns, sudden direction changes or significant hills. The surroundings will also change a bit, with a bit more space around, and lots of green areas. You will see it already at Radiowa street. The route also leads near the Military University of Technology, which will be full of student life just a week after the race.

Passing through the Bemowski Forest, the race will leave the city boundaries for some time - just the second such case in the event's 45-year history. Previously, runners ran outside the city in 1979, i.e. at the original Peace

Marathon edition. Considering the surroundings of Estrada street, you will probably even forget for a bit that it's a huge race held in the capital of Poland.

Around the 24th kilometre, the runners will turn south-east into Wólczyńska street. These are the last kilometres so clearly marked by their natural environment. Soon, in Bielany, the urban nature of the race will gradually prevail again. After turning into Nocznickiego, between the 27th and 28th kilometre, relay participants should particularly step up a gear, as that will be the last straight for those running the 2nd leg. Very close to the Młociny underground station, they will pass the symbolic baton to their friends. Due to proximity of the station, those completing their leg will be able to come back to Centrum station, and wait near the finish line for the team's result.

Marii Wittek street will lead the marathon towards Marymoncka, where it would bypass the Hutnik Warszawa stadium, and then a slightly more forested fragment spreads ahead, with the popular Lasek Bielański. Enter the neighbourhood of another Warsaw university, i.e. the Academy of Physical Education. Leaving the school's main gate behind, the route turns into Podleśna, then Lektykarska, leading towards the district of Żoliborz.

Cruising along Mickiewicza street, our heroes will reach Plac Wilsona (Wilson square) - one of the most characteristic spots in the area. Further southwards, Plac Inwalidów will bring them to Dworzec Gdański, this time, however, coming from the north along Andersa street. Previous editions of the Warsaw Marathon of-

ten ran in this area, but from the opposite direction. Running through ul. Muranowska towards Bonifraterska, probably many people will recall memories of the event's past years. Provided mental strength is still there, because it's only under 5 kilometres left to the marathon finish line!

The final segments will lead through the historical gems of the capital, i.e. around the Old Town: Plac Krasińskich, Miodowa street and then Krakowskie Przedmieście will probably be full of fans. And there will certainly be a lot to admire - it is worth mentioning that runners will be able to see the Royal Castle, the Presidential Palace, as well as the main gate and the buildings of the Warsaw University. Near the Copernicus monument, Krakowskie Przedmieście flows into Nowy Świat, barely touched by the marathon for a moment, as the runners almost immediately turn right into Świętokrzyska. These are the closing parts of the course, leaving Świętokrzyska for some time, gliding through Jasna, Złota and Marszałkowska, just to return and take the last flip - left to Emilii Plater, up to the finish gate. It is there, at the foot of the Palace of Culture, that the 45th Nationale-Nederlanden Warsaw Marathon and the Bridgestone Marathon Relay come to a close. Thousands of runners will have a unique, unrepeatable route behind them.



**WATCH THE FILM
AND CHECK THE
ALTIMETRY**



THE PEACE PATROL

Pokojowy Patrol (The Peace Patrol), i.e. volunteers of WOŚP (the Great Orchestra of Christmas Charity), will support the security of the 45th Nationale-Nederlanden Warsaw Marathon. You can meet people in red t-shirts along the entire route. Their task will be to ensure safety, direct traffic and provide information.

Patrollers gained their skills and experience at the WOŚP Volunteer Centre, as well as during numerous events and projects carried out by the "Warsaw Marathon" Foundation. We implement training sessions that include teamwork and communication coaching, as well as - and perhaps above all - a practical first aid course.

Anyone who is over 18 and wants to actively help in the Great Orchestra's projects, such as the Pol'and'Rock Festival, can become a Peace Patrol volunteer.

Do you want to join or learn more about our actions? Visit us at <http://pokojuypatrol.pl>



45th NATIONALE-NEDERLANDEN WARSAW MARATHON - SWITCHING THE SPORTS EMOTIONS ON



Having invited runners from all over Europe to compete, we offered them a unique formula - a team competition in the marathon. From this year on, it will be as important as the struggles for individual victory, as the prizes are also quite

unique. We write about such things elsewhere, here - let's have a look at the favourites.

Who are the favourites then? Whose fight will be particularly close? At the first glance, it seems

that a very strong team was lined up by Ukraine, where Olha Nyzhnyk (better known under her maiden name Skrypak) stands out with a personal best of 2:27:58. In theory, she should be a surefire favourite, but... this is a marathon. Things happen - especially that Olha returns to the marathon distance after a maternity leave.

Behind her back - though that's mainly paper-based theory - there are several other runners with big ambitions. The biggest unknown and the most serious candidate for a surprise is the Italian Benedetta Coliva, who is only 22 years old, made her debut at the royal distance in December last year and immediately gave a tour de force by winning the Pisa Marathon in 2:35:43. She is a few minutes away from the Ukrainian lady's time, but ... it's a marathon! For us, the Italian's absence on the podium would be a surprise, rather than her high place.

Ewa Jagielska, the only female runner from Poland in the group, ran only one second slower last year. Ewa did it in Warsaw, which gave her the third place and the satisfaction of improving her PB by... 6 minutes! Ewa Jagielska is planning an assault on the Polish record in the +40 category this year, and since together with Benedetta they are in the same crew (the multi-national Continental team), they will certainly be able to count on mutual help on the route.

And then there's Hanna Vandebussche from Belgium. No doubt the personal best of 2:34.44 lets her think about the podium. It's getting tight, though, because we haven't mentioned the second athlete from Ukraine - Maryna Nemchenko. With the result of 2:35.31, she is a perfect complement to equally fast rivals, but also ... a great back-up for Olha Nyzhnyk.

WHAT ABOUT THE GENTLEMEN?

Again, an athlete representing our eastern neighbours - Vitaliy Shafar - comes first to mind among the strongest. Shafar won the Warsaw Marathon seventeen years ago, clocking in at 2:12:26, which was then an event record. Today, he runs almost as fast and is certainly hoping to win, which would be a historic triumph. But will he succeed? Behind the favourite's back, the tussle is going to be tight. Several runners are at the forefront, attempting to thwart the Ukrainian's plan.

Briton Dan Nash comes to Warsaw with a result of 2:15.34, which for an amateur - and that's what Dan calls himself - is an impressive time. 2:16.35 is the Hungarian Levente Szemerei's PB, but it is worth noting that at the recent world championships in Budapest Levi ran only one minute slower than Poland's Adam Nowicki - no mean feat given the tropical conditions. It is also worth paying attention to the seemingly inconspicuous Belgian Enzo Noel, who only this year seriously took up his training and it brought him not just in the 10k national championship, but also a half-marathon PB of 1:04.12. Let's add to this the Pole Artur Olejarz, preparing for his first serious start in the marathon, plus Belgian Yohan Zaradzki and the second Hungarian Peter Jenkei who also musn't be discounted- and we have an interesting set of candidates, getting to grips for the podium.

And finally, who's got a pole position as a team? Undoubtedly, the runners from Ukraine appear to be favourites, but the tussle for the second place will likely go on till last seconds. Belgium, Hungary, Team Continental - here the case seems open.

RACE PHOTOS

The marathon is an extraordinary experience for each participant. Immersed in unique feelings, whether running alone or sharing with their team in a relay race. Captured in photos, such emotions become an amazing souvenir!

FOTOMARATON.PL - RELIABLE SERVICE WITH US AGAIN

Fotomaron.pl is a real trove of sports memories. The service has been with us for years and will also be present along the route of the 45th Nationale-Nederlanden Warsaw Marathon, Bridgestone Marathon Relay and Nice To Fit You Warsaw 10k.

On the website, thanks to the advanced face search technology, you will easily find a lavish photo package that can be purchased in high resolutions. After the race, go to www.FotoMaraton.pl and choose your high-quality photos.

[>>>](http://FOTOMARATON.PL)

PHOTOS FROM THE MARATHON AND RELAY

Bridgestone, in cooperation with Pic2Go, will provide complementary photos from the course to participants of this year's Bridgestone Marathon Relay and 45th Nationale-Nederlanden Warsaw Marathon.

If you take part in one these two races, you can get free access to the Pic2Go platform with your photos from the route and publish them on your Facebook profile, sharing your experience from the run.

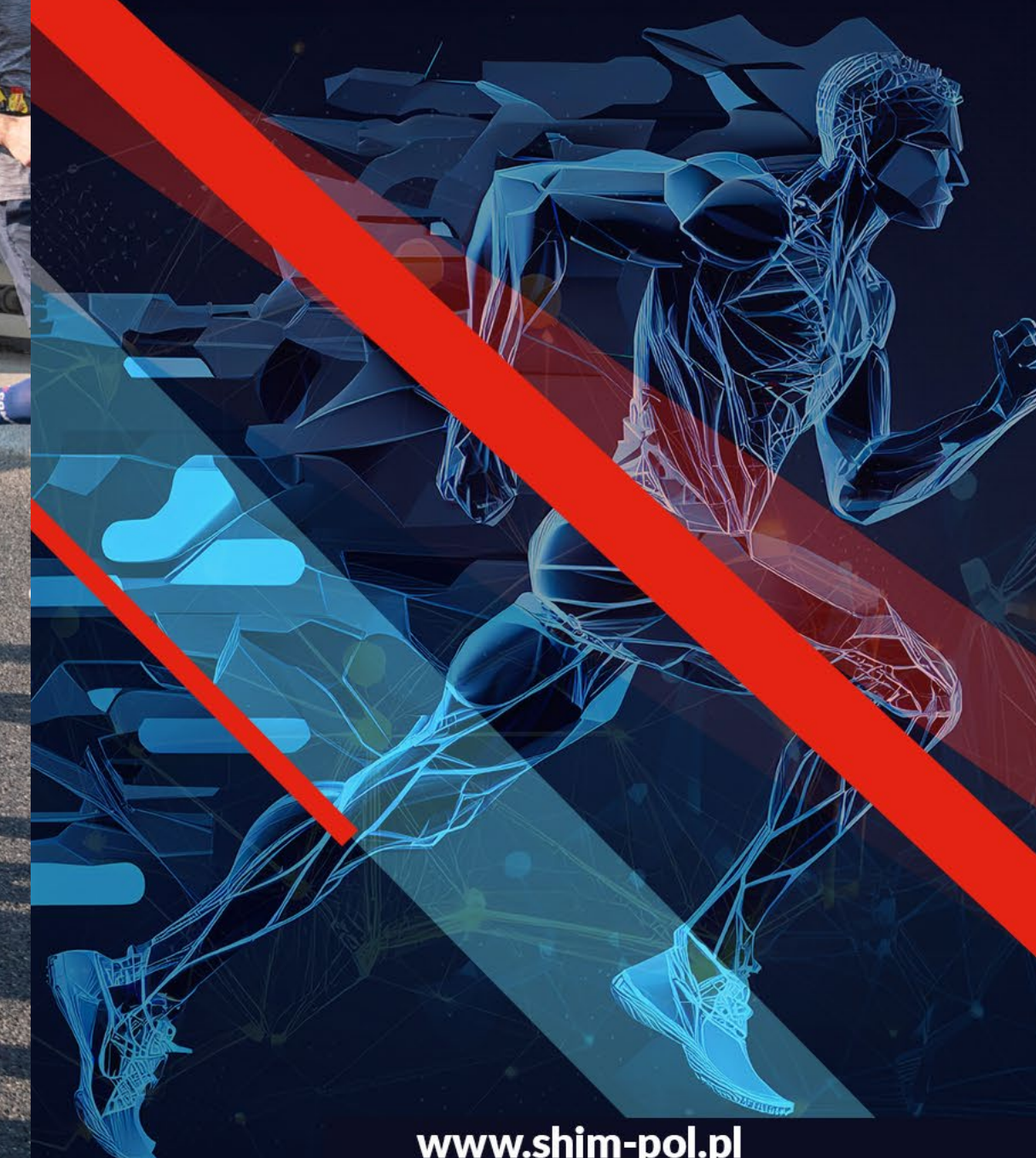
How does it work? Look here for the details.

[CHECK THE DETAILS >>>](#)



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CEO



Magdalena Skrocka
COO



Alicja Sobczak-Tronina
CFO



Paweł Szymczak
Event Logistics Director



Filip Karczmarczyk
Sponsorship Manager



Radosław Mysiek
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Magdalena Sprawka
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Katarzyna Grochowalska
Charity&Entertainment
Coordinator



Kamila Jaszczuk
Volunteer Coordinator



Marta Kaznowska
Customer service Coordinator



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Graphic Designer



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IT and Race Office Specialist



Mikołaj Zieliński
Event Info Point Coordinator



Szymon Głąb
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AND ALSO

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