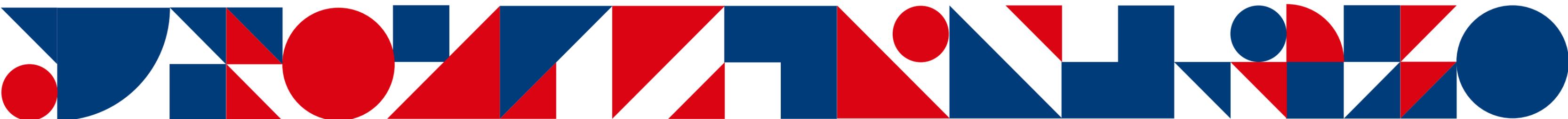




VIRTUAL RACE
42/21/10/5 KM

42nd PZU ORLEN WARSAW MARATHON

26-27th september 2020





Marek Tronina

Director of the 42nd PZU ORLEN Warsaw Marathon

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

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

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



Dorota Macieja

Board Member of PZU Życie SA

Dear runners!

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

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

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

See you at the finish line!



ORLEN

Adam Burak

Board Member for Communication and Marketing

Dear Sir/Madam,

Dear runner,

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

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

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

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

Good luck!



MATERIAŁ
MARKETINGOWY



Z myślą o bezpieczeństwie



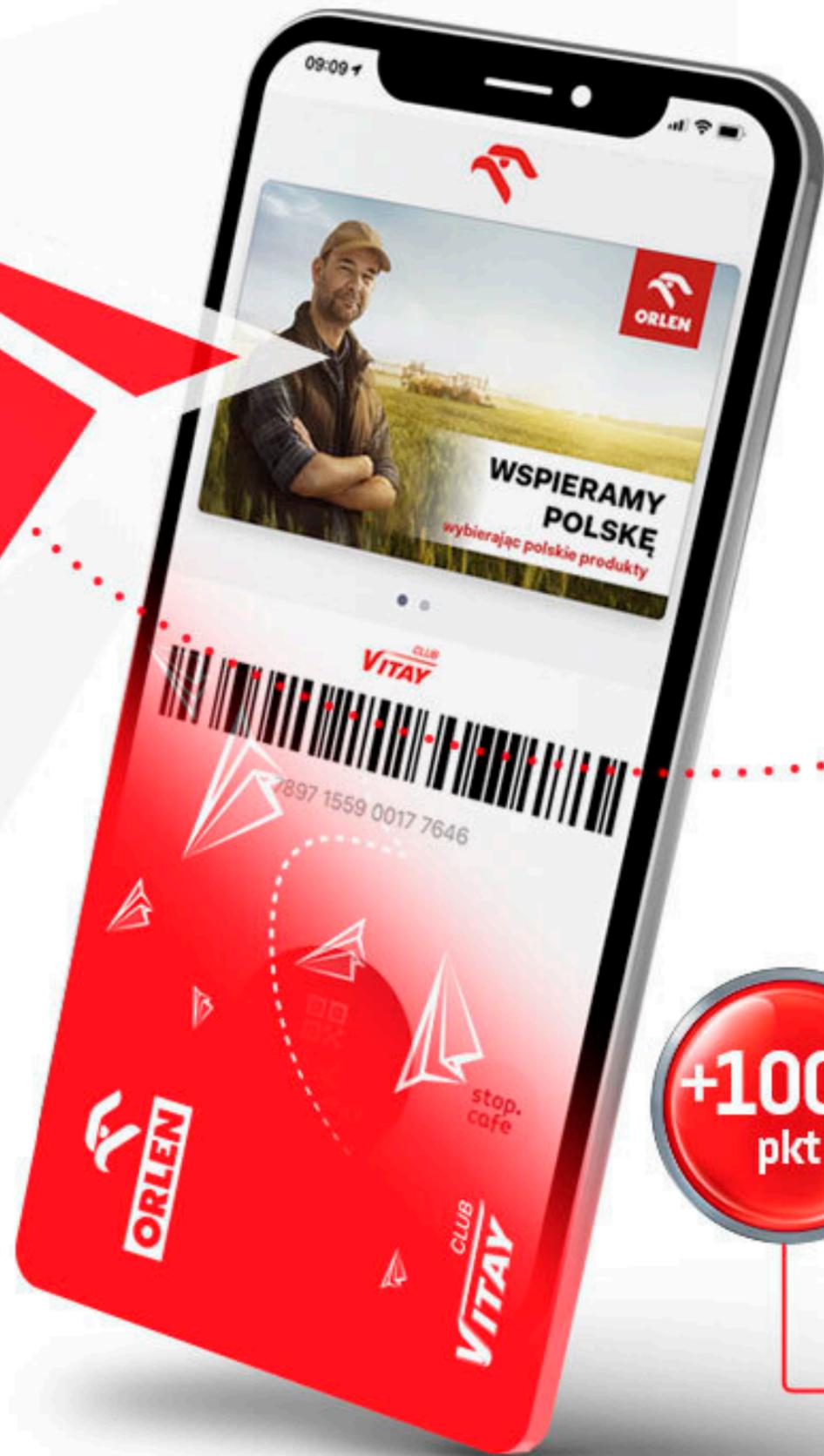
**Dbajmy o siebie,
bądźmy aktywni,
bądźmy bezpieczni.**

CLUB
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Dołącz do **Programu VITAY**



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



SCHEDULE

26th September 12am

Registration for the race via the application open

27th September 11:59pm

Registration for the race via the application closed

26th - 29th September

Results can be uploaded from other devices

If you haven't signed up for the race yet, we invite you to take part in the 42nd PZU ORLEN Warsaw Marathon. We can't imagine this happy event without you!

Distances of 5km, 10km, 21km or 42km are available, wherever you're running!

Join us!

[SIGN UP >>](#)

If you're already signed up for the race, you can see on the following pages how to use the application and plan the weekend of 26th - 27th September with us!



FRESH^x
FOAM
TEMPO



42. PZU ORLEN
MARATON
WARSZAWSKI

Oficjalny Sponsor 42. PZU ORLEN Maratonu Warszawskiego



Dostępne na nbsklep.pl oraz sklepbiegacza.pl

READY, STEADY, GO!

1

You can run the distance you have chosen on 26th or 27th September.

2

If you have ordered a pack with a race bib, model and short and paid the entry fee in advance, you will receive your race pack at the address you have provided. The race packs will be sent out as quickly as possible, but for logistic reasons, runners who pay their entry fee after 20th September may only receive their pack after the race.

3

Download the MARATON WARSZAWSKI application, available on Android and iOS.
The application will be available for download from 21th September.

4

Plan the route in advance, make sure you have enough hydration and nutrition on the route.

5

You can use the TRENING (training) option (the running icon on the bar at the bottom of the application) to test the application while running.

6

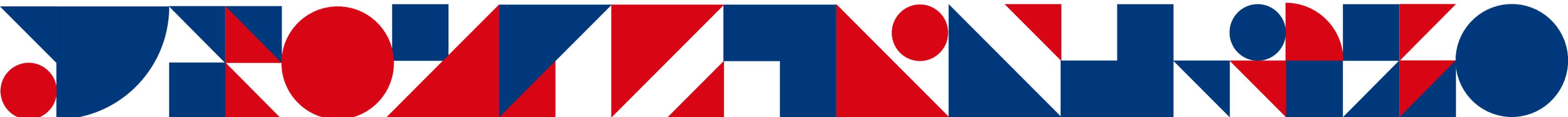
If close family and friends are not running, and you want them to support you, it is a great opportunity for them to support you, for example by bike.

7

If you have ordered a race pack with a shirt, we encourage you to wear it on this day!

8

When you are ready to start, **turn on the application, press START, and start running!**



9

If for any reason you do not want to use our application, it is possible to send us a gpx file, or a screenshot from the application or a picture of your watch
In this case, you will have to send documentation of the race in this form by 29.09. via the website.

10

The application has many functions, in particular we recommend the following:
Take a selfie with a dedicated overlay, or share your time and participation in the race on social media

11

Ready, steady, go!

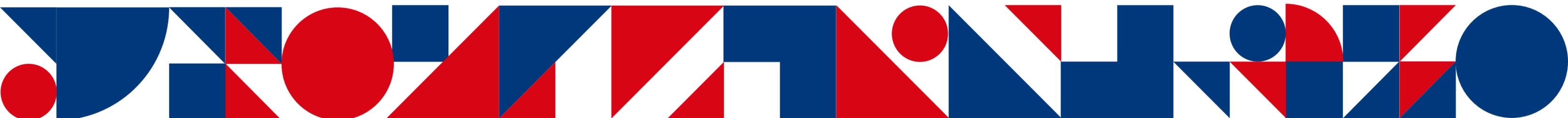
12

Congratulations! We all know that the VIRTUAL RUN is just a name.

13

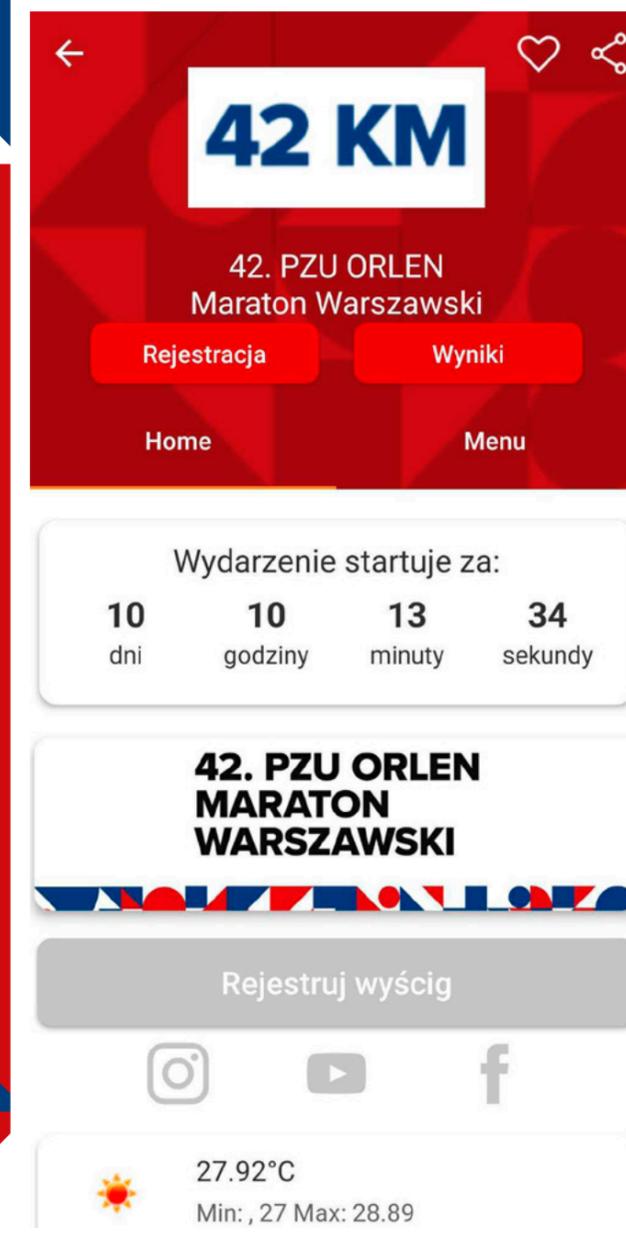
We are delighted that you are joining the 42nd PZU ORLEN Warsaw Marathon!

GOOD LUCK!



RUNNING WITH THE APP

- Start the application
- Select the event (distance) you want to run
- Press “Rejestruj wyścig” (Register race) and wait until the telephone finds a good GPS signal and shows your position on the map
- Press start and start running
- The application automatically stops the time and a window appears for you to write the email address from your registration and your bib number.
- After inputting your time, press the “Twój wynik” (Your result) button to see your result and current position.





There are many factors which affect the precision of the GPS recording, such as the model of telephone, operating system, network operator, prevailing weather conditions, case/cover, start place and the availability of GPS satellites.



It is necessary to also remember to allow the application to run in the background.

Android:

The application should be allowed to work in the background (SETTINGS - APPLICATIONS – Maraton Warszawski - BATTERY – allow the application to run in the background. The energy saving option should also be turned off).

iOS (iPhone):

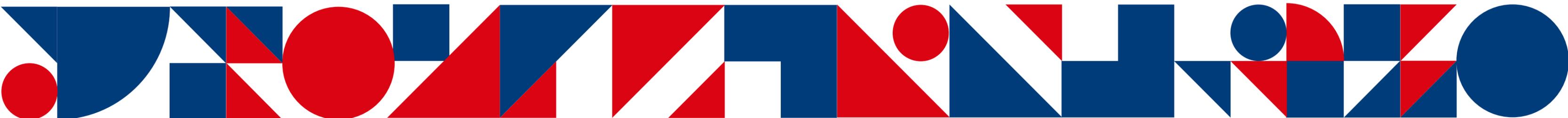
The application should be allowed to refresh in the background (SETTINGS – Maraton Warszawski – Background App Refresh off).



The first time it is started, the application will ask for permission to use GPS tracking and to access the camera. You must issue your approval for both functions for the application to be able to work properly.



The application has no auto-stop function and cannot be stopped during the race.

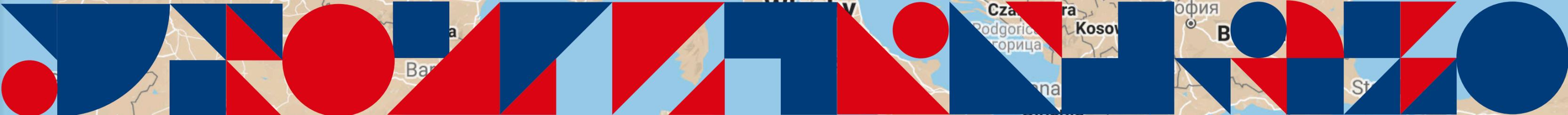


Although we may be far apart, we are all connected by a mutual passion! Thanks to you, the runners of the 42nd edition of the Warsaw Marathon, almost 400 different places are becoming marathon locations.

Check where people have already run >

Thanks to our event on Facebook, participants will be able to get in contact with each other. Check which routes all over Poland (and beyond!) our runners are proposing, find partners in your area to run and celebrate the 42nd PZU ORLEN Warsaw Marathon with.

If you haven't done it yet, do it now! >



BRIDGESTONE

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

Podążaj za Marzeniami
BEZ WZGLĘDU NA WSZYSTKO

podazajzamarzeniami.pl



Joanna Jóźwik, Karol Bielecki & Maciej Kot



BRIDGESTONE
Globalny Partner Olimpijski



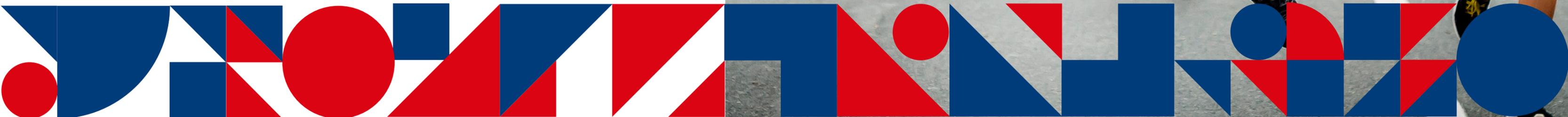
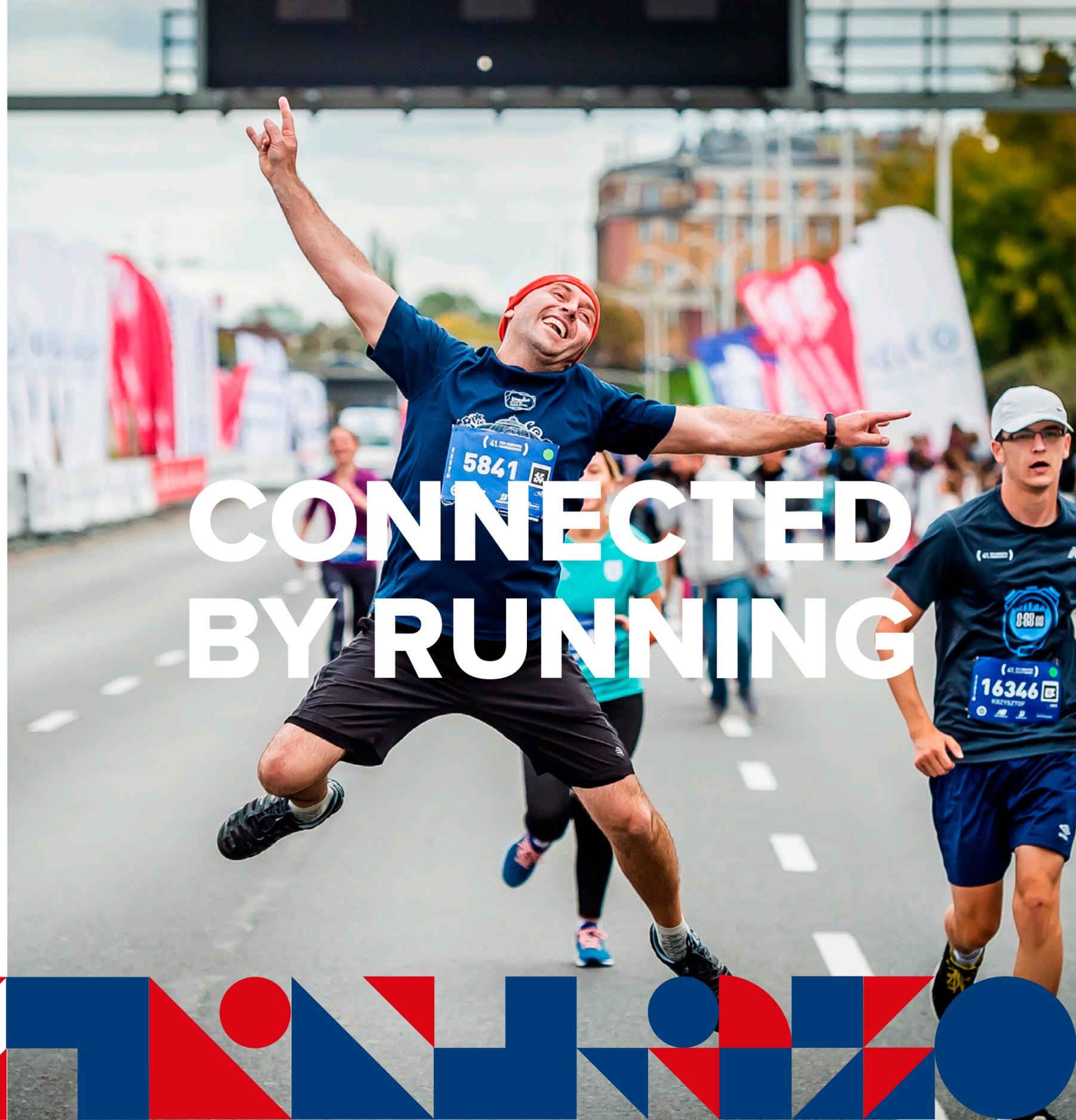
26TH AND 27TH SEPTEMBER – THROUGHOUT THE WHOLE MARATHON WEEKEND

Wherever you're going to run, you are sure to feel the atmosphere of the big race. We are trying to make sure that the thrill and adrenaline associated with a mass event on the streets will be with you right from the start to your own finish line!

We've recorded a podcast for you, which you can listen to at any moment on the course. You can easily start the podcast in the Warsaw Marathon application by activating the PODCAST.

Most probably, the fastest heat will be on Sunday at 8am (the time limit is just 4 hours). #POŁĄCZENIWBIEGU (connected by running) is our main slogan and a very important hashtag, which allows us to support you remotely.

#POŁĄCZENIWBIEGU - we look forward to receiving your pictures, reports, and recorded messages: from your preparations, the start of the race, the route and of course with your medals! By adding this hashtag, we will be able to support you remotely



**NOW
IT'S
YOUR
MOVE**

 **SWISS VITAMIN FORMULA**





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



#Połączeniwbiegu

OSTROMECKO
ŹRÓDŁO MARIII

* 15 70 *



**STWORZONA PRZEZ NATURĘ,
NIETKNIĘTA PRZEZ CZŁOWIEKA**

Strategiczne myślenie

zapewniliśmy obsługę mediową 21 wielkich biegów Fundacji Maraton Warszawski

Odpowiedzialność

wspieramy rozwiązania służące bezpieczeństwu uczestników

Wytrzymłość

zorganizowaliśmy 22 konferencje prasowe

Siła

osiągnęliśmy 35 milionów zł ekwiwalentu reklamowego

Systematyczność

wystaliśmy 320 informacji prasowych

Autentyczność

jesteśmy z Maratonem już 10 lat



To już 13 rok z rzędu
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PROJECT SUBSIDISED BY THE PZU PREVENTION FUND, THE MINISTRY OF SPORT AND THE CITY OF WARSAW.