



# CENTENNIAL MARATHON



nationale  
nederlanden

46<sup>th</sup> NATIONALE-NEDERLANDEN  
WARSAW MARATHON



NICE TO  
FIT *you* | WARSAW  
10K



NICE TO  
FIT *you* | MINI  
MARATHON

## RACE GUIDE



A hundred years have passed in the blink of an eye, transforming a handful of oddly dressed men standing in a muddy side street in the suburbs of Warsaw into a multi-thousand-strong crowd equipped with everything technology offers in the 21st century.

We want more, faster, and cheaper. And surprisingly, the world continues to tempt us with the promise that it's possible. More, faster, cheaper. Fortunately, the marathon is different. It's real. You can trick yourself, your parents, and even your own expectations, but you can't cheat the marathon. You might fake it for 20 or even 30 kilometers, but in the end, it will say, "Let's see what you've got." And that's the good news. Because it teaches us firsthand that it's worth being solid, consistent, and ambitious. That a dream turned into a goal, mapped out step by step, is attainable for everyone. But also that shortcuts are often the longest paths—just like in life. Here's to another 100 years for us all!

**Marek Tronina**  
CEO of the "Warsaw Marathon" Foundation





Dear Sir or Madam,

The Warsaw Marathon is one of the largest running events in Poland and has become a permanent fixture in the capital's sports calendar. For twenty years now, the City of Warsaw has been providing funding for the organization of this race. Running is the most natural and simplest form of physical activity, accessible to everyone, regardless of age, gender, or current fitness level. The marathon is undoubtedly a special race, requiring immense self-discipline, consistency, and determination. It allows participants to overcome their weaknesses while also providing strength and joy, fostering connections with new people from around the world who share the same passion.

Runners will cover the marathon distance of 42 kilometers and 195 meters through the streets of Warsaw. The route has been designed to highlight tourist attractions while facilitating personal bests.

I wish all runners good luck and hope for the best possible results. I'm cheering for you and wish you all the best!

**Renata Kaznowska**  
**Deputy Mayor of the City of Warsaw**



**Warszawa**



Runners!

When the first marathon in Poland took place in 1924, there were 8 participants who had received a doctor's approval. Today, 100 years later, at the 46th Nationale-Nederlanden Warsaw Marathon, over 8,000 running enthusiasts will line up at the start, and our company will ensure their insurance in case of an unfortunate accident.

I am very happy that once again we can be part of such an important and historic celebration for runners. Our passion for sports and health prevention is in our DNA, which is why we will support you under the slogan 'Take care of your fitness now. For your health – for the long term.' We know that the royal distance requires preparation of both body and spirit, and good health requires prevention and activity.

The actions you take NOW will positively impact your life and health – IN THE LONG RUN.

As the title sponsor, we have prepared many attractions for you and your supporters. We hope that, in the centenary of the marathon in Poland, you will fondly remember this year's race.

See you at the start!

**Edyta Fundowicz**  
**Member of the Management Board**  
**of Nationale-Nederlanden Insurance Company S.A.**



**nationale  
nederlanden**

Marketing material



**Take steps for  
your safety now to  
ensure peace of  
mind in the long run.**

Just as we think about our health in the long-term, we also prioritize safety in our daily lives. That is the reason why **Nationale-Nederlanden Towarzystwo Ubezpieczeń S.A.** has prepared discounts on its insurance, such as travel or bike insurance. It is worth to insure yourself, your family and your home in advance – just in case.



15%  
off

**Travel**

Discount code:  
**ALE\_ODPOCZNE24**



10%  
off

**Bike**

Discount code:  
**JADE24**



5%  
off

**Child**

Discount code:  
**CZUWAM24**



10%  
off

**Home**

Discount code:  
**BEZPIECZNY\_DOM24**



10%  
off

**Trip cancellation  
or interruption**

Discount code:  
**WYJAZD24#M**

 **For more information about Nationale-Nederlanden's offer, please see: [www.nn.pl/maraton](http://www.nn.pl/maraton)**

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

For detailed information about the scope of insurance and limitations to our liability, and insurance terms and conditions, please see the General Insurance Terms and Conditions available on nn.pl

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

# SCHEDULE

## September 27, 2024, Friday

### Palace of Culture and Science, entrance from Marszałkowska Street

2:00 PM – 8:00 PM – Race Office open for race packet pick-up

2:00 PM – 8:00 PM – Expo Sport&Fitness

## September 28, 2024, Saturday

### Palace of Culture and Science, entrance from Marszałkowska Street

10:00 AM – 8:00 PM – Race Office open for packet pick-up

10:00 AM – 8:00 PM – Expo Sport&Fitness

### Marathon Fan Zone close to the Palace of Culture and Science, on Świętokrzyska Street:

11:00 AM – 5:00 PM – Marathon Fan Zone, a village with attractions for runners, spectators, and children.

11:00 AM – 5:00 PM – Nice To Fit You Mini Marathon.

Awards ceremonies for Nice To Fit You Mini Marathon participants will take place after the last round of each category.

1:00 PM – 5:00 PM – Discussions about the direction of Polish marathon runners, featuring stars from Poland's running scene.

## September 29, 2024, Sunday

### Start/Finish area at Świętokrzyska Street

7:30 AM – 4:00 PM – Deposits hours for participants of the 46<sup>th</sup> Nationale-Nederlanden Warsaw Marathon

7:30 AM – 11:30 AM – Deposits hours for participants of the Nice To Fit You Warsaw 10K

8:30 AM – 4:00 PM – Marathon Fan Zone close to the Palace of Culture and Science – a village with attractions for runners, spectators, and children

8:45 AM – Warm-up with Zdrofit

8:45 AM – Warm-up for wheelchair athletes with the Avalon Foundation

8:57 AM – Start of wheelchair athletes with direct drive in the

46<sup>th</sup> Nationale-Nederlanden Warsaw Marathon

9:00 AM – Start of the 46<sup>th</sup> Nationale-Nederlanden Warsaw Marathon

9:20 AM – Warm-up with Zdrofit

9:20 AM – Warm-up for wheelchair athletes with the Avalon Foundation

9:27 AM – Start of wheelchair athletes with direct drive in the Nice To Fit You Warsaw 10K

9:30 AM – Start of the Nice To Fit You Warsaw 10K

### Main Stage in Marathon Fan Zone close to the Palace of Culture and Science

10:45 AM – Award Ceremony for the Nice To Fit You Warsaw 10K

– Overall classification

– Classification of wheelchair athletes with direct drive

– NN Running Team

12:00 PM – Award Ceremony for the 46<sup>th</sup> Nationale-Nederlanden Warsaw Marathon

– Overall classification

– TEAM UP! Europe

– Age categories: K/M 20, K/M 30, K/M 40, M 50

1:45 PM – Award Ceremony for the 46<sup>th</sup> Nationale-Nederlanden Warsaw Marathon

– Classification of wheelchair athletes with direct drive

– TEAM UP! Everyone – Team classification

– Age categories: K 50, K/M 60, K/M 70, K/M 80

2:15 PM – Award Ceremony for the 46<sup>th</sup> Nationale-Nederlanden Warsaw Marathon

– NN Running Team

– Awarding of the leaders of the #IRunWell fundraising campaign

– Presentation of Nationale-Nederlanden grants for the largest #IRunWell fundraising campaigns

# HOW TO COLLECT THE RACE BIB

You will collect your race bibs at the Race Office in the Palace of Culture and Science (Plac Defilad 1, entrance from Marszałkowska Street).

## Race Office opening hours:

- September 27, 2024 (Friday) – 14:00 – 20:00
- September 28, 2024 (Saturday) – 10:00 – 20:00

## IMPORTANT! The Race Office will be closed on race day.

### → If you are picking up your race package in person:

The package will be issued based on a photo ID and a QR code.

### → If you want someone else to pick up your race package on your behalf:

They will need the provided QR code and a photocopy/photo of the participant's ID.

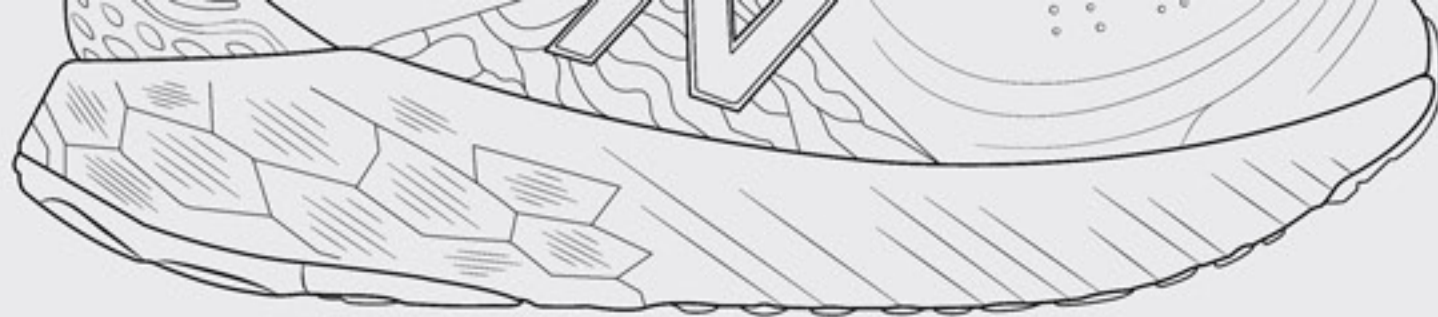
You will receive your QR codes via SMS before the Race Office opens.

Please note – queues form as soon as the office opens! If you can, avoid coming right at the start time to avoid the crowd. We will be working all day – you will definitely have time to pick up your package.



**Be sure to fill out the back of your race bib with the necessary personal information! This is very important – please do not ignore this request!**

v10



2020



v11



2021



v12



2022



v13



2023



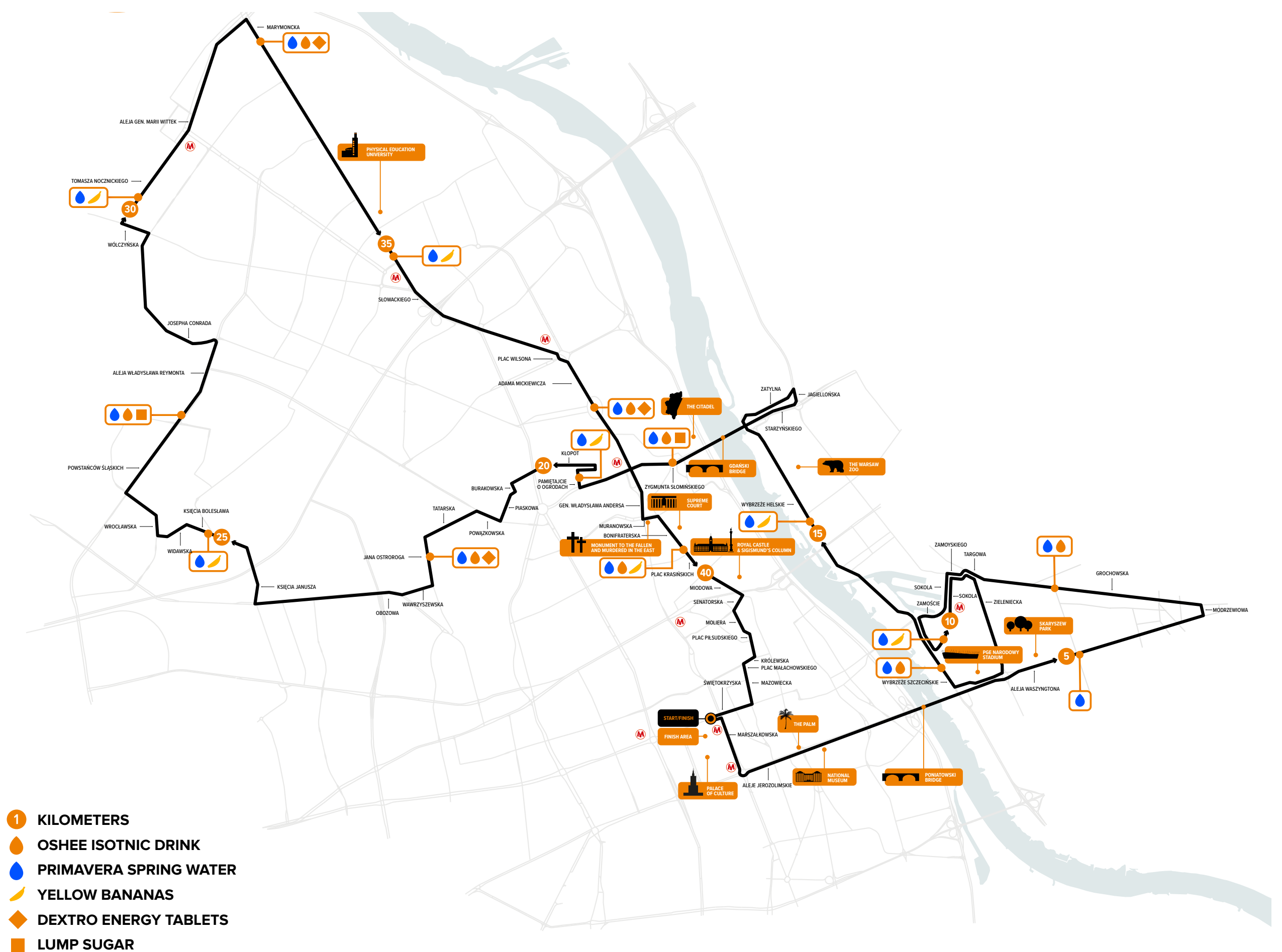
v14

**Fresh Foam X 1080v14**  
**Available 10.10**

2024







*“Perhaps in its 46-year history, the Warsaw Marathon has never had such a fast and extraordinary route. The start and finish by the Palace of Culture, two bridges, seven districts, and minimal hills and challenging sections. Are you a running tourist wanting to see the city center, the Vistula River, the National Stadium, the wonderful panorama of the Old Town, and experience the incredible support from the residents of Bemowo, Chomiczówka, or Bielany? Or perhaps you want to fight for the best possible result? Warsaw has a route that any city would envy!” – Marek Tronina, race director and president of the ‘Warsaw Marathon’ Foundation.”*

**CLICK HERE TO CHECK ADDITIONAL MATERIALS  
ABOUT THE COURSE!**



## HERE'S THE MAP OF THE MARATHON FAN ZONE!

Every year, in the last weekend of September, professional athletes and amateurs, young and old, sports fans, and entire families come together in Warsaw. We invite you to visit us in large numbers – there will be plenty to do!

Our partners have prepared attractions for both adults and children. Face painting, art workshops, photo booths, themed photo walls, bouncy castles, and educational stands will surely delight the little ones, while adults can enjoy chill-out zones, health screenings, and sample coffees, beverages, fruits, and delicious snacks.

[MORE INFORMATION](#)



*The taste of  
athletic passion!*

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Use code **BIEGI**  
and get up to  
**-15% discount**  
on any order.

**NICE TO  
FIT you**

CATERING DIETETYCZNY  
Z WYBOREM MENU



Order at **NTFY.PL**



Discount code is valid until 03.10.2024, and disables the loyalty program.

# INFORMATION

## **ACCESS TO THE RACE OFFICE AND START LINE**

Parking spaces around the Palace of Culture and Science are limited. We recommend using public transport to reach the area near the Palace (the start and Race Office) and getting off at CENTRUM station (metro/tram/buses).

On race day, runners can use public transport in the first fare zone for free with their race numbers. Reusable cardboard passes for entering the metro through barriers will be available at the Race Office at the INFO point. Mail-in participants will receive their passes in an envelope with their race number.

## **#IRunWell**

Charity Runners! While visiting the Race Office, make sure to stop by the booth of the organization for which you are running. Remember, your fundraising efforts continue until October 4, 2024.

## **RACE BIB**

The race bib must be displayed on the front of your outfit. It cannot be covered or modified in any way. Violating these rules will result in disqualification. You must have your race number when entering the start area.

## **START TIME AND LOCATION**

All starts will take place from Świętokrzyska Street. The start times are listed in the program at the beginning of this information guide.

## **CLOTHING AT THE START**

If you want to wear an extra layer before the start, we encourage you to choose items you no longer need. Please discard any unnecessary clothing over the barriers in the start area. All clothing left on the ground, barriers, etc., will be removed immediately after the start.

## **STARTING ZONES**

Please line up in the designated zone according to the markings on your race number – the zones will be marked with flags along the start line. Assignment to a specific zone is based on the declared time you provided in the registration form. We cannot guarantee placement in the declared time zone for those registering after August 31, 2024.

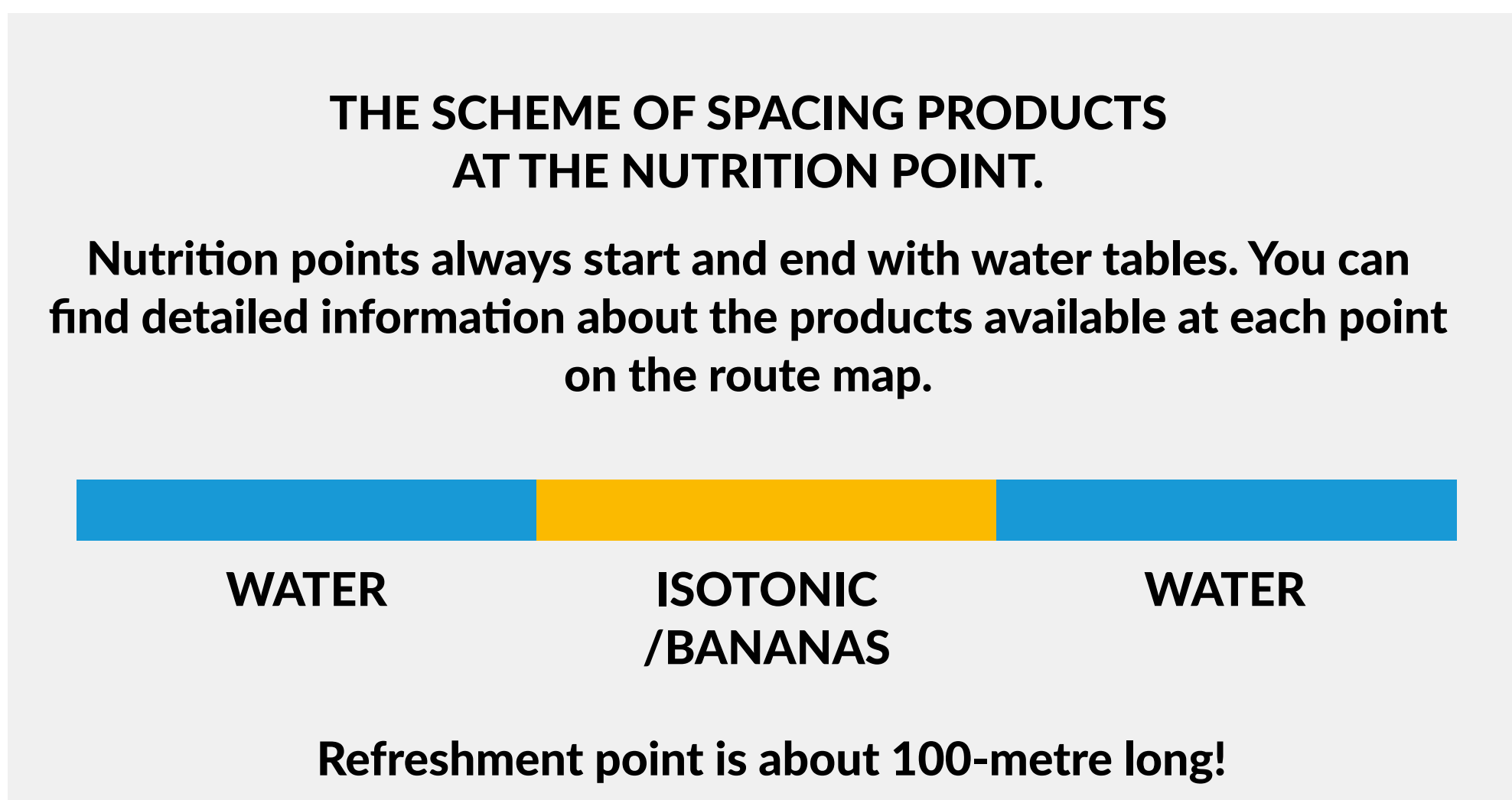
## **ON THE COURSE**

For safety reasons, it is prohibited to move on the race course without a race number or organizer pass, as well as using bicycles, Nordic walking poles, skateboards, scooters, other mechanical devices, or bringing pets. Individuals violating this prohibition will

## **NUTRITION STATIONS**

The nutrition station for the Nice To Fit You Warsaw 10K will be located around the 5 km mark. Details can be found on the course map! For the 46th Nationale-Nederlanden Warsaw Marathon, water stations will be set up approximately every 2.5 kilometers starting from the 5 km mark. Details are available on the course map!

Each station is about 100 meters long. You don't need to rush to the first table – approaching the farther tables can help you avoid congestion in that area.



## **DROP ZONES**

After each nutrition station, there will be „drop zones” where you can dispose of your cup. Please make sure to throw your trash in the designated area. Do not throw cups on the ground where runners are passing. This will help keep the course clean and will not obstruct those running.

## **TOILETS ON THE MARATHON COURSE**

There will be portable restrooms located near each nutrition station. Accessible toilets for individuals using manual wheelchairs will be available on the marathon route after the following points: 4 (near the PGE National Stadium), 8 (Ostroroga Street), 12 (Marymoncka Street), and 14 (Plac Inwalidów).

## **DEPOSITS**

Along with your race bib, you will receive a bag for storing your belongings during the race. To drop off your deposit, attach the sticker with your bib (found in the envelope) to the bag. To collect your deposit after crossing the finish line, you will need your race bib. You can find your deposit zone number on your race bib. The exact location of the deposits is shown on the Marathon Fan Zone map.

- 7:30 AM - 4:00 PM – deposits for the 46th Nationale-Nederlanden Warsaw Marathon

- 7:30 AM - 11:30 AM – deposits for the Nice To Fit You Warsaw 10K

The organizer is not responsible for valuable items left in the baggage check.

## **CHANGING ROOMS**

Participants can use the changing rooms located near the deposits.

## **SHOWERS**

Showers for runners will be available at the Palace of Youth (entrance from Świętokrzyska Street) from 11:00 AM to 4:00 PM based on your race bib.

## **PACEMAKERS**

Pacemakers will help you achieve your desired finish time. The target net times they will lead are as follows:

46th Nationale-Nederlanden Warsaw Marathon:

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

Nice To Fit You Warsaw 10K:

40:00, 42:30, 45:00, 47:30, 50:00, 55:00, 60:00.

## **TIME MEASUREMENT**

Time measurement is done using a chip attached to your race number. Be careful not to damage the chip secured with a sponge. The overall classification is based on actual times (netto – counted from crossing the start line). The exception is the first 200 people crossing the finish line of the marathon and the first 50 in the 10K – they are classified based on official times (brutto – from the starter's gun). All additional classifications are based on actual times.

## **TIME LIMITS**

The time limit for completing the marathon is 6 hours and 30 minutes from the starter's gun. Additional time limits are: 3 hours and 15 minutes at the half marathon mark and 4 hours and 45 minutes at the 30 km mark.

The time limit for completing the 10K is 1 hour and 20 minutes from the starter's gun.

## **ONLINE RESULTS**

Results will be available online on the race website. After the race, each participant will also receive an SMS with their result.

## **AFTER THE FINISH LINE**

After crossing the finish line, participants of the 46th Nationale-Nederlanden Warsaw Marathon will receive, in addition to their medals:

- OSHEE isotonic drink
- Primavera spring water
- Banana from Yellow Bananas
- Lech Free

Participants of the Nice To Fit You Warsaw 10K will receive, in addition to their medals:

- OSHEE isotonic drink
- Primavera spring water
- Bar from Nice To Fit You

## **MEAL**

Based on your race bib from the 46th Nationale-Nederlanden Warsaw Marathon, you can enjoy a recovery meal. The location is shown on the Marathon Fan Zone map.

## **MASSAGES**

The massage zone will be located in the Marathon Fan Zone. Check the map! Massages are free. Participants of #IRunWell can enjoy massages without waiting in line!

## **MEDALS**

All participants who finish the 46th Nationale-Nederlanden Warsaw Marathon and the Nice To Fit You Warsaw 10K will receive commemorative medals upon crossing the finish line. You can have them engraved as a keepsake at the Grawerbus tent – location available on the map!





# 100 YEARS OF POLISH MARATHON

This year marks exactly one hundred years since the first official marathon in Poland. This round anniversary can be celebrated by anyone who feels part of the sporting world!

We are pleased to announce that a significant part of the celebration was naming a roundabout in honor of Polish marathon runners! The roundabout at the intersection of Strażacka and Zesłańców Polskich streets in Warsaw's Rembertów has been named the Roundabout of Polish Marathon Runners! This location is significant—it sits at the start and finish of the first marathon held in Poland on November 2, 1924.

We are celebrating this anniversary in many ways, including organizing a Centennial Picnic, opening the Marathon Walk of Fame, and researching information about the first Polish marathon.

And if you spot a group of eight men in 1920s racing outfits at the marathon on Sunday... know that such a race happens [#OnceInAHundredYears!](#)



Running Event for the Centennial of the Marathon — we ran to inaugurate the Roundabout of Polish Marathon Runners!



# Run with us!





# NICE TO FIT *you*

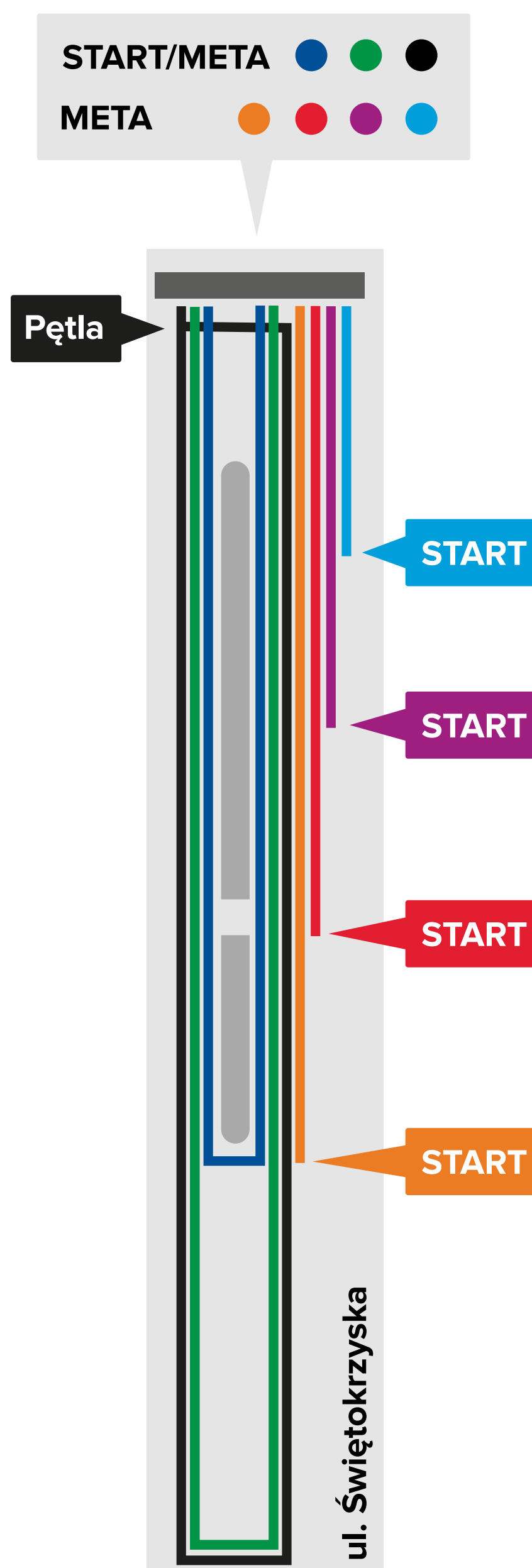
# MINI MARATHON

## Race bib pick-up

(Palace of Culture and Science, Pl. Defilad 1):

- September 27, 2024 (Friday): 14:00 – 20:00
- September 28, 2024 (Saturday): 10:00  
until 45 minutes before the start of each wave.

Kategoria/Roczniki	Tura	Godzina startu	Numery
 Bieg Bąbla do 3 lat (2021-2024)	1	11:00	A101-A140
	2	11:15	A201-A240
	3	11:30	A301-A340
	4	11:45	A401-A440
	5	12:00	A501-A540
	6	12:15	A601-A640
 Bieg Krasnala 4-5 lat (2019-2020)	1	12:30	B101-B160
	2	12:45	B201-B260
	3	13:00	B301-B360
	4	13:15	B401-B460
	5	13:30	B501-B560
	6	13:45	B601-B660
 Bieg Smyka 6-7 lat (2017-2018)	1	14:00	C101-C180
	2	14:10	C201-C280
	3	14:20	C301-C380
	4	14:30	C401-C480
	5	14:40	C501-C580
 Bieg Urwisa 8-9 lat (2015-2016)	1	14:55	D101-D180
	2	15:05	D201-D280
	3	15:15	D301-D380
	4	15:25	D401-D480
 Bieg Zucha 10-11 lat (2013-2014)	1	15:40	E101-E180
	2	15:50	E201-E280
	3	16:00	E301-E380
 Bieg Juniorka 12-13 lat (2011-2012)	1	16:15	F101-F180 G166-G180
		16:30	G101-G165



This race is divided into age categories—participants will run different distances based on their age. The youngest categories—up to 3 and up to 5 years old—can start with a guardian. The upper age limit is 16 years.

The races will take place on Świętokrzyska Street, the same location where adults will start the following day!

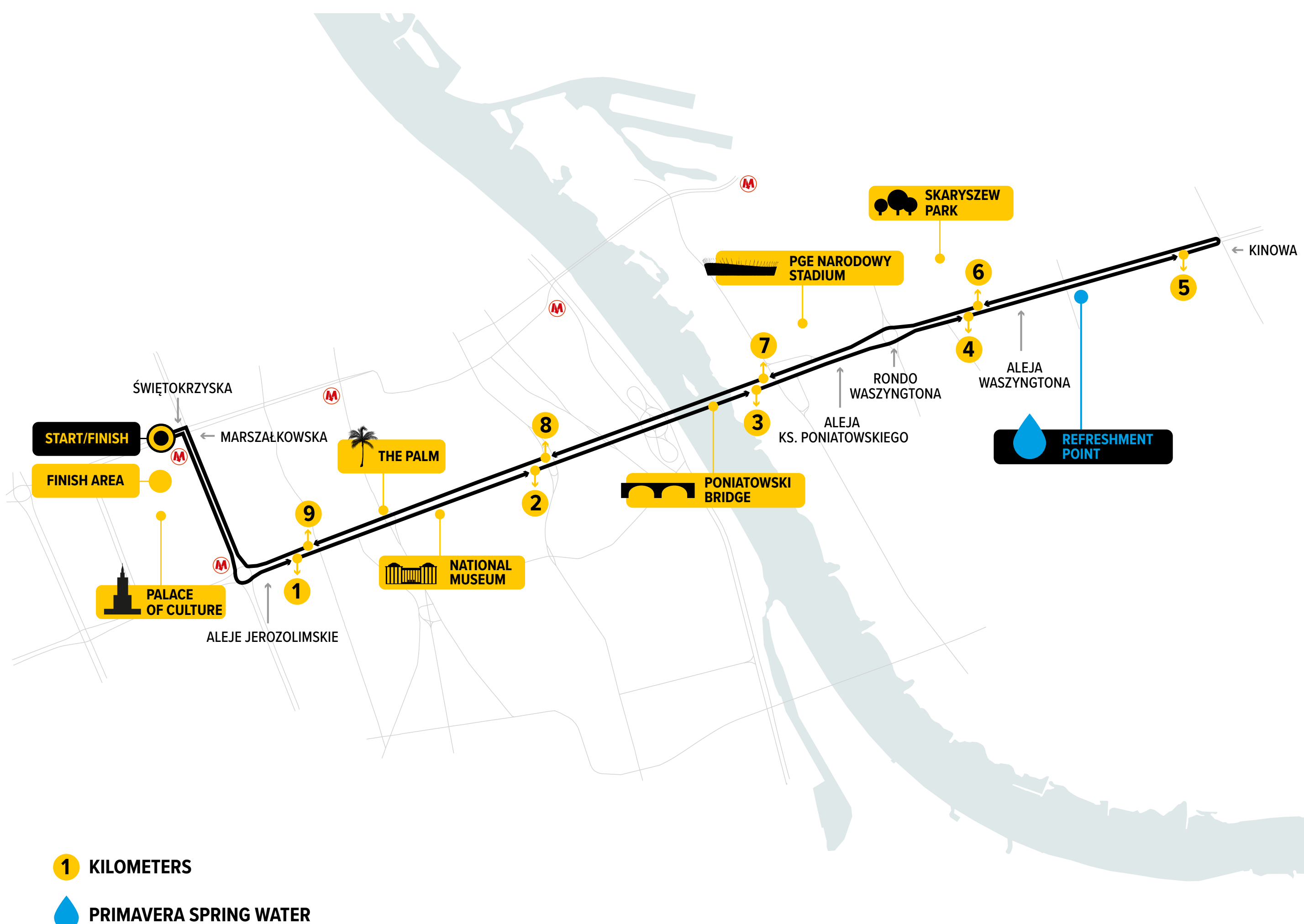
**To pick up the race number for the Nice To Fit You Mini Marathon, a printed and signed Start Card by the guardian is required. The Start Card is available for download after logging into the Participant's Running Panel.**

**MORE INFORMATION**

# COURSE

NICE TO  
FIT *you*

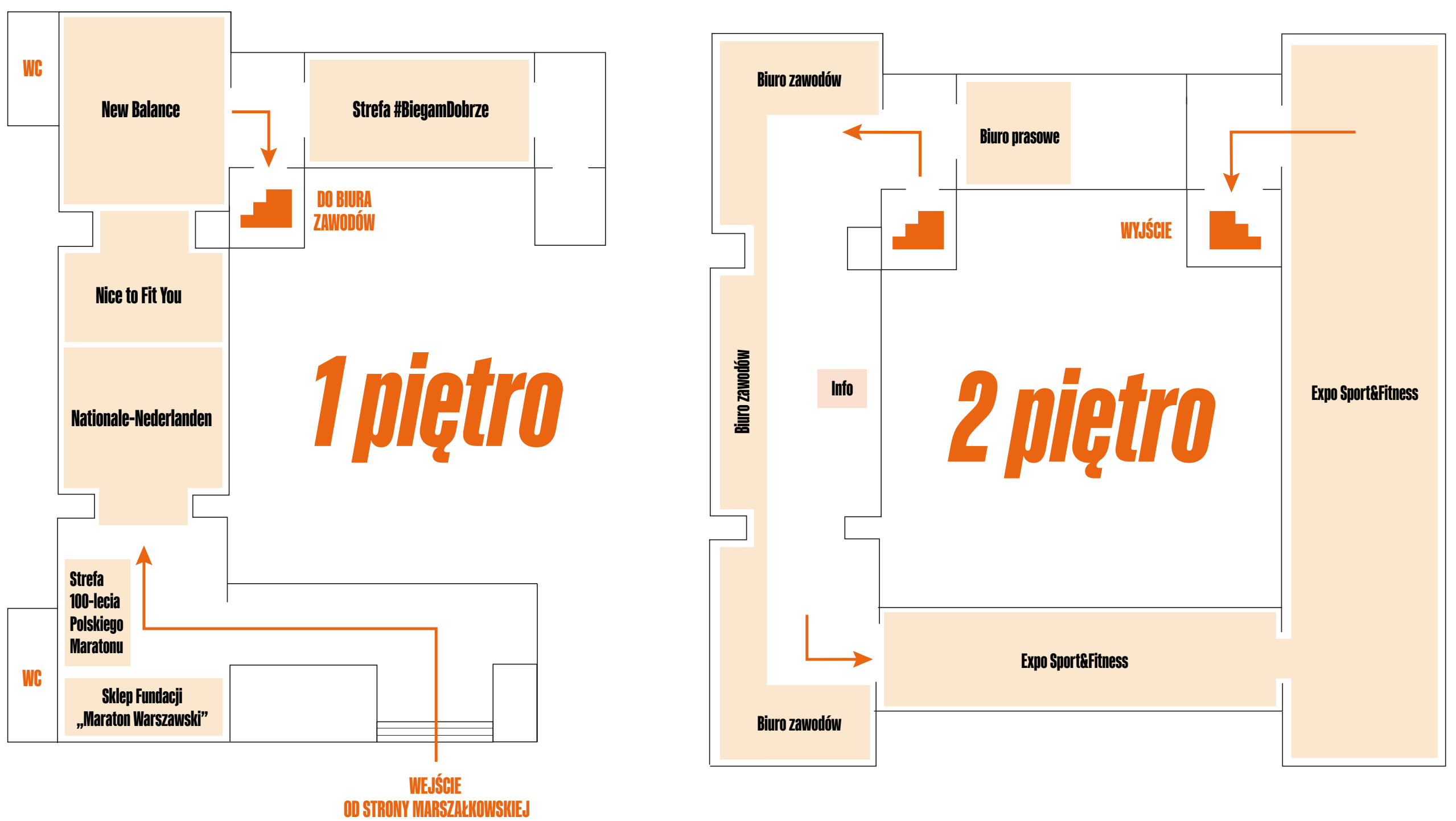
WARSAW  
10K



Nice To Fit You Warsaw 10K connects the left and right banks of the Vistula River. The start is in the city center on Świętokrzyska Street, then it goes down Marszałkowska and Aleje Jerozolimskie, passing the Palm and the National Museum, across the Poniatowski Bridge, along the Vistula and the Praga Washington Avenue. After a turnaround, it returns to the starting point. It's a snapshot of Warsaw! The long straight stretches allow you to pick up speed and focus on maintaining your pace or enjoying the views.

[CLICK HERE FOR MORE INFORMATION](#)

# SPORTS&FITNESS EXPO



**We invite you to visit the Sport&Fitness Expo! At the Race Office, you'll find booths featuring sports equipment manufacturers, running gadgets, and supplements. It's a great opportunity to chat with experts and make some pre-race purchases.**

There will also be play areas for kids and attractions from our partners, including equipment tests, tastings, and health screenings.

## #IRunWell Zone

Rak'n'Roll Foundation – Win Life,  
Amnesty International,  
We Give Children Strength  
Foundation,  
Synapsis,  
Preemie Parents to Parents  
Foundation,  
Spartans for Children Foundation,  
Polish Humanitarian Action,  
To the Rescue of Children with  
Cancer Foundation,  
DKMS Foundation,  
Faces of Depression Foundation,  
Avalon Foundation

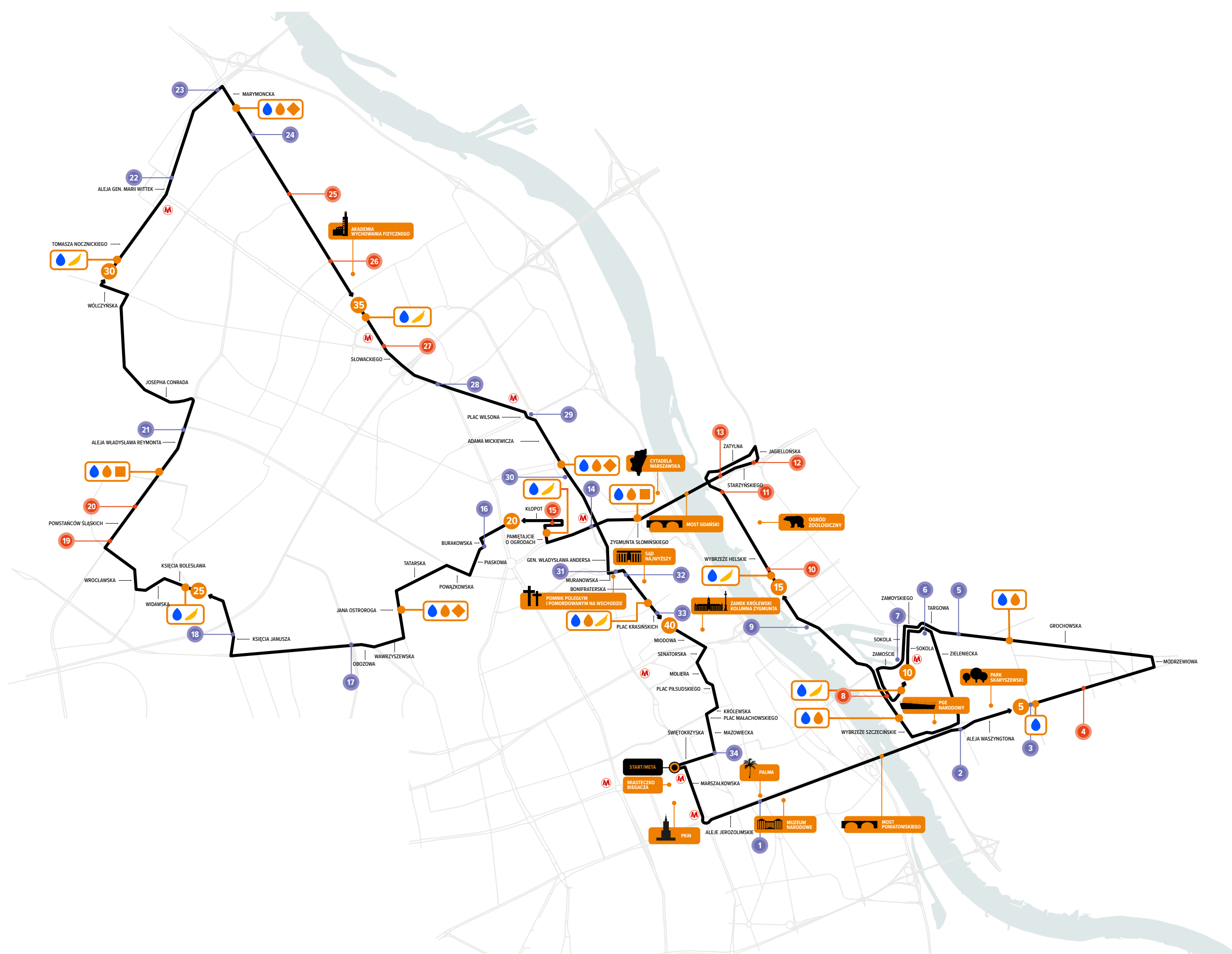
## Sports&Fitness Expo

International Runner  
CYPR  
Dr Łokieć – Sports Physiotherapy and  
Rehabilitation Clinic  
Jurek Skarżyński  
Running for cleaning air  
DOZ Maraton Łódź

## Ascis

Saucony  
Medical Sport  
Incykle  
IDC Trade  
Naturalfuel.pl  
365 sportu  
TriStyle  
Sport Center  
Aron Pharma  
Pillar Performance  
226er  
EUROBUT  
Mizuno  
Polarne Spa  
Loco Sport  
P. Bogusław – czapki  
Zack Roman Sportswear & Monika  
Kamińska  
6. Bieg z Radością  
Pulsaar Active  
Raz Event Marathon  
Run Czech

# CHEERING POINTS



## 1 Cheering points

1. Nice To Fit You Fan Zone
2. New Balance Fan Zone
3. Nationale-Nederlanden Fan Zone
5. Lubelska Fan Zone
6. Orkiestra Dziecięca HALS
7. Domofonia
9. Marimbaki
12. Fundacja dla Dzieci i Dorosłych z Cukrzycą
14. Ricky Lion & Bakuba - jam session
16. Piaskowa Fan Zone
17. SkaDyktator
18. Koło Fan Zone
21. Bloco Central
22. Bielany Fan Zone
23. Blackout Earth Liens and DJ Cattapulto
24. Lech Free Fan Zone
28. Linard's Many Moods – jam session
29. Trec Nutrition Fan Zone
30. Nationale-Nederlanden Fan Zone
31. Lux Med Fan Zone
32. Polonia Warszawa Fan Zone
33. Zdrofit Fan Zone
34. Nationale-Nederlanden Fan Zone

## 1 Punkty organizacji dobroczynnych:

4. Foundation Rak'n'Roll
8. Foundation Avalon
10. Foundation Dajemy Dzieciom Siłę
11. Foundation Twarze Depresji
13. PAH
15. Amnesty International
19. Foundation Spartanie Dzieciom
20. Foundation Na Ratunek Dzieciom z Chorobą Nowotworową
25. Foundation DKMS
26. Foundation Synapsis
27. Foundation Wcześniak

- 1** KILOMETERS
- OSHEE ISOTNIC DRINK
- PRIMAVERA SPRING WATER
- 🍌** YELLOW BANANAS
- ◆** DEXTRO ENERGY TABLETS
- LUMP SUGAR

ARE YOU READY  
FOR RUNNING?

# TEAM UP! Europe TEAM UP! Everyone

A new dimension of team  
competition in the marathon!

**TEAM UP! Europe** is a  
competition for national teams.  
In this category, professional  
athletes compete!

Each team consists of 2  
**members** – one woman and one  
man – representing the same  
country.

**TEAM UP! Everyone** is  
a project for everyone.

Anyone can register  
a team consisting of **3 or  
4 members**. The final  
score is the sum of the  
three best results,  
converted into points  
using the World Athletics  
scoring tables.



 [\*\*team\\_up\\_europe\*\*](https://www.instagram.com/team_up_europe)



**TEAM**  
**UP!** EUROPE

100

YEARS  
OF POLISH  
MARATHON



# FASHION FOR THE MARATHON

*CONTEST FOR THE BEST COSTUME!*

Complete the course of the 46th  
Nationale-Nederlanden Warsaw  
Marathon in a 1920s-style  
costume and enter the contest –  
send us your photo!

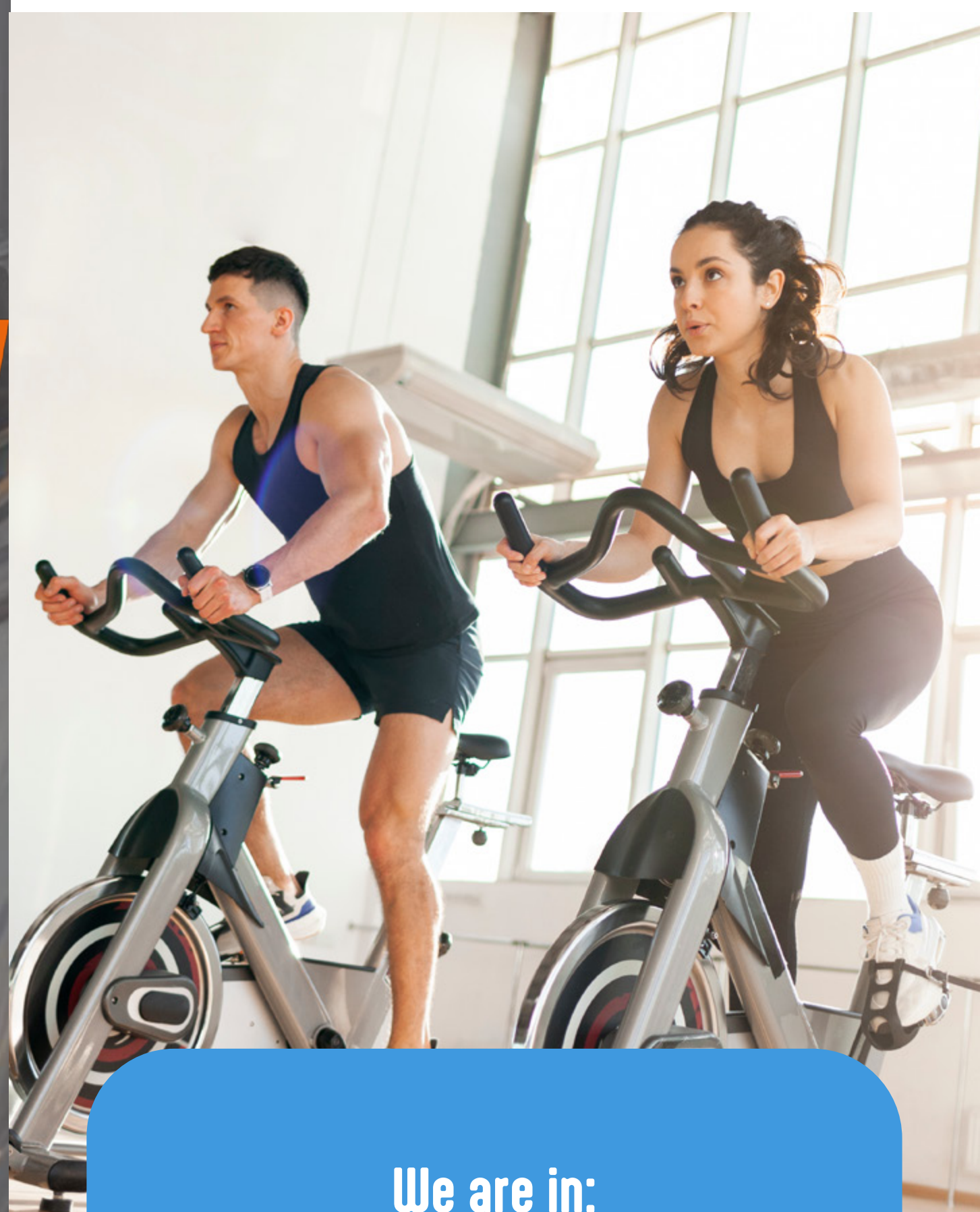
**REGULATIONS**

The sponsor of the prizes is  **ENDURANCE**

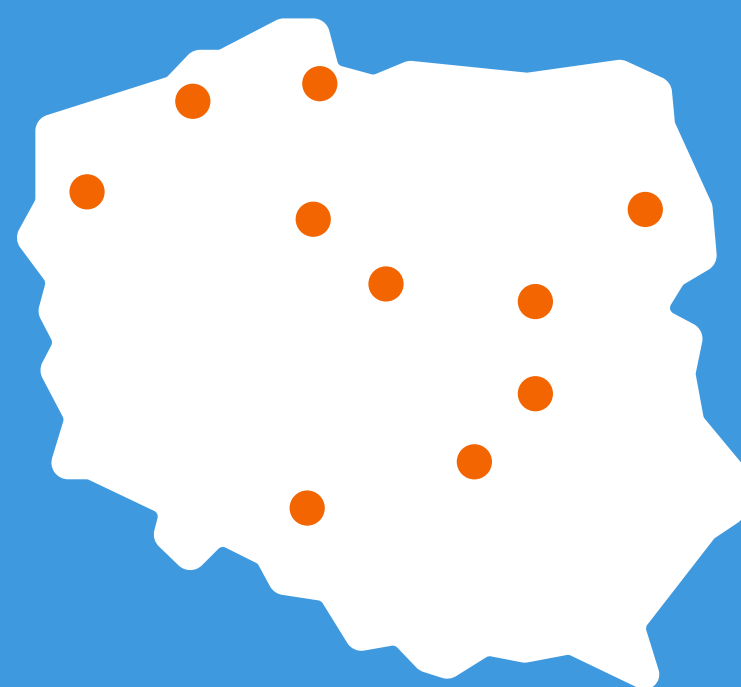
# ZDROFIT

# 104

## FITNESS CLUBS IN POLAND



We are in:  
Warsaw and surrounding areas,  
Trójmiasto, Białystok,  
Częstochowa, Kielce,  
Koszalin, Radom,  
Szczecin, Toruń and Włocławek





## WONDERFUL RUNNERS

There is a group of runners who have not missed a single edition of the Warsaw Marathon since 1979, right from the beginning of its history. Each year, our “Wonderful” runners are greeted with honors at the finish line. Their impressive running experience is truly admirable.

We extend our highest respect to them! At last year’s event, the group of Wonderful Runners received commemorative trophies, and this year they will receive posters as part of our “100 Posters for the 100th Anniversary” campaign.

**There is no better time to be physically active than NOW**

We have prepared plenty of attractions in LUX MED sector, you can:

- undergo a mammography screening
- join a drum parade
- make a consult with a sport dietician
- meet Olympian athlete Anna Kielbasińska and Paralympian athlete Michał Kotkowski
- squeeze fresh juice when pedalin on power bike

Join us!

 nationale nederlanden  
46<sup>th</sup> NATIONALE-NEDERLANDEN  
WARSAW MARATHON

×  **GRUPA LUXMED**

MEDICAL PARTNER OF THE EVENT

[wygrywajzdrowie.luxmed.pl](http://wygrywajzdrowie.luxmed.pl)





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WE CREATE THE IMAGE OF  
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**Nr1!**

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# #Biegam Dobrze

REMEMBER, WHEN SIGNING UP FOR THE NEXT RACE, YOU CAN PAY THE ENTRY FEE.

BUT...

YOU CAN CHOOSE THE CHARITY PATH AND GET ON THE START LIST THROUGH YOUR GENEROSITY.

HERE, THERE'S NO ENTRY FEE – INSTEAD, YOU RAISE FUNDS FOR A CAUSE OF YOUR CHOICE. THE VIRTUAL COLLECTION BOX FILLS UP THANKS TO DONATIONS.

ONCE YOU'VE REACHED THE MINIMUM AMOUNT, YOU RECEIVE AN ORANGE BIB NUMBER AS A GIFT.

THEN, YOU RUN IN THE RACE AND ENJOY A DOUBLE SATISFACTION – YOUR PARTICIPATION AND THE FEELING THAT #YOURUNFORGOOD.

**BIEGAMDOBZRZE.PL**



## RUN WITH YELLOW BANANAS



nationale  
nederlanden

46<sup>th</sup> NATIONALE-NEDERLANDEN  
WARSAW MARATHON

## Don't walk, run to our Zone!

Join us in **Xiaomi Zone**  
in Marathon Fan Zone  
- check our products,  
**grab some goodies**  
and take a photo!



46. NATIONALE-NEDERLANDEN  
MARATON WARSZAWSKI



MARKA WSPIERAJĄCA WYDARZENIE

# HOW TO FOLLOW THE EVENT?

## CAMERA AT THE FINISH LINE

As every year, we will place a camera at the finish line to capture your finish. The footage will be broadcast live – and later available to watch as a video. The link will be posted on our website.

## SOCIAL MEDIA

On our Instagram and Facebook channels, you'll find technical information, announcements, and fun facts.

Throughout the weekend, we'll be showcasing the vibrant Sport & Fitness Expo and the Marathon Fan Zone.

After the race, we'll post photo galleries from the photographers as well as an after movie – a film summarizing the event.



MARATONWARSZAWSKI



MARATONWARSZAWSKI



WARSAW\_MARATHON

ENG



TEAM\_UP\_EUROPE

ENG



## PHOTOS

### Your Photos on Fotomaron.pl

During the race, well-known Fotomaron.pl will be taking pictures. Your race bibs have a QR code and a code that will help you find your race photos. Make sure your numbers are visible during the run!

### Capture every moment with RunPixie!

Before the race: Encourage your cheering team—friends and family—to take photos of you and other runners! If they send the photos to RunPixie and include your race number, you'll receive a 5% discount for every 50 photos of other runners they submit.

After the race: Just visit RunPixie, enter your race bib, and relive the run from different perspectives!

# GOOD MOVE

FROM EUROPE



ENJOY  
IT'S FROM  
EUROPE

UNIA OWOCOWA Dofinansowane przez Unię Europejską

Sfinansowane ze środków UE. Wyrażone poglądy i opinie są jedynie opiniami autora lub autorów i niekoniecznie odzwierciedlają poglądy i opinie Unii Europejskiej lub Europejskiej Agencji Wykonawczej ds. Badań Naukowych (REA). Unia Europejska ani organ przyznający dotację nie ponoszą za nie odpowiedzialności.

# 42 KM IS PRACTICALLY A HOME STRETCH



ROZTWORY WĘGLOWODANOWO  
-ELEKTROLITOWE ZWIĘKSZAJĄ  
WCHŁANIANIE WODY PODCZAS  
ĆWICZEŃ FIZYCZNYCH.

18+ [www.abcalkoholu.pl](http://www.abcalkoholu.pl)



# RUNNING FOR

# CLEAN AIR

FOR NEARLY HALF A YEAR, IN COLLABORATION WITH WORLD ATHLETICS AND THE CLEAN AIR FUND, WE'VE BEEN MEASURING AIR QUALITY IN THE GREEN, RUNNER'S HEART OF THE CAPITAL – IN MOKOTÓW FIELD.

BUT THAT'S NOT THE END! A FEW DAYS BEFORE THE MARATHON, WE COVERED ITS ROUTE WHILE MEASURING THE AIR QUALITY ON THE STREETS, AND ON RACE DAY, WE'LL COVER IT AGAIN – THIS TIME BEHIND THE RUNNERS – WHEN THERE ARE NO CARS ON THE ROADS.

THIS WILL ALLOW US TO SEE TO WHAT EXTENT A STREET RACE AFFECTS AIR QUALITY ON URBAN ARTERIES.

FOLLOW US SO YOU DON'T MISS THE RESULTS PUBLICATION ;)

THIS INITIATIVE WAS AN OPPORTUNITY FOR US TO ORGANIZE RUNNING MEETUPS – THANK YOU TO EVERYONE WHO PARTICIPATED!

EXCELLENT COACHES, RUNNERS – IT WAS A PLEASURE!

Vision Express 



Run without limits  
in contact lenses

Check your eyesight and fit lenses  
at the Vision Express  
Contact Lens Center for only 29 PLN\*



\* The campaign covers only selected optical salons of the Organizer. Contact lenses are a medical device used on the surface of healthy eyes to correct vision defects. The entity conducting the advertising is "Vision Express SP" Sp. z o. o. based in Warsaw. The list of manufacturers of medical devices covered by the campaign can be found at <https://visionexpress.pl/parady/info/>. Details and regulations of the promotional campaign "PLN 29 for an eye examination - when choosing contact lenses" are available at [visionexpress.pl](https://visionexpress.pl).

This product is a medical device.  
Use as stated in the manual  
or the label.

# MOYA. More than just good fuel.



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**moya**  
sieć stacji paliw

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