



RUNNER'S GUIDE

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PARTNER









SPONSORZY



4MOVE





















Dear Competitors,

Gdynia is a city full of energy that inspires to be active every day. This is where passion for sports meets with unique atmosphere of the seaside landscape, and where streets turn into an arena of competition, determination and joy of overcoming your own limits.

PKO Gdynia Half Marathon is a celebration of running, where not only the result counts, but also the fighting spirit, the support of fans and unforgettable emotions. I am convinced that taking part in this race will not only be an opportunity to test yourself but also to experience the extraordinary atmosphere created by competitors and local residents.

I wish all participants good luck, strength and the feeling of satisfaction on the route. May this day provide you with many positive experiences and may reaching the finish line become a source of pride and satisfaction.

Mayor of Gdynia Aleksandra Kosiorek

Grand Prix Gdyni 2025

Nocny Bieg

Swiętojański

Z DECATHLON

zapisy do 9 czerwca

Gdyński Bieg

Niepodległości

Z @ DEC4THLON

zapisy do 28 października

gdyniasport.pl



HEALTHY AND ACTIVE - FOR SURE!

PKO Bank Polski Ekstraklasa, the Polish Volleyball League, road and trail running events, as well as triathlon and equestrian sports – these are areas that PKO Bank Polski has been supporting for many years. Promoting a healthy and active lifestyle, supporting both professional and amateur athletes, and focusing on overall well-being are key elements of PKO Bank Polski's strategy.

Supporting sports, often linked with charity work, is also one of the tools that actively supports the bank's business activities. This helps us create nationwide brand recognition and establish our position as a solid and trustworthy partner.

Since 2013, the bank has been running its own program, PKO Bank Polski Biegajmy Razem. The program's ambassadors are renowned Polish athletes Sofia Ennaoui and Joanna Jóźwik. We support running events across Poland, ranging from a few hundred meters to ultramarathons. Our ambassadors eagerly share their experiences with runners, offer valuable advice, and always give a motivational "high-five."

We are also the Main Sponsor of Sofia Ennaoui, the European 1500m silver medalist. We support Sofia in preparing for major sporting events, enabling her to train at the highest level.

We know how important physical activity is. Particularly in the age of rapid technological development, it is essential to take care of physical and mental fitness, which healthy movement guarantees. At events, we organize activity zones and athletic villages to inspire passion for sports among the youngest. In these events, we are not just sponsors but also – as a bank – we actively participate. Bank employees and board members regularly take part in race events and cross the finish line with a smile on their faces. Additionally, the bank has had a running section for over 10 years, uniting more than 500 running employees.

As a partner of the BiegamBoLubię initiative, we help prepare for running events. Free training sessions are held throughout the week at nearly 100 athletics stadiums across Poland, under the guidance of professionals. During these sessions, coaches teach basic running techniques, offer tips on how to maintain overall fitness, improve running results, prevent injuries, and recover after intense effort.

The bank is also the author and organizer of the PKO Charity Run – a nationwide charity relay that takes place simultaneously in 12 cities across the country. In 2024, we ran for the eighth time. In all previous editions, participants, along with children taking part in the PKO Charity Run for Youth, completed 214,565 laps, which equals 85,826 kilometers. In return for their dedication, the PKO Bank Polski Foundation donated over 8 million PLN to the most needy children in Poland.

Since 2018, PKO Bank Polski has been a sponsor of Ekstraklasa S.A. In the 2018/2019, 2019/2020, and 2020/2021 seasons, the bank was the Main Partner, and in the 2021/2022 and 2022/2023 seasons, it was the Title Partner of the Ekstraklasa competition. In 2023, the Title Partnership was extended for another 4 years (until the 2026/2027 season). The bank also supports football initiatives for children and youth – including the Ekstraklasa Academy, Ekstra Talent, and Ekstra Club. Every month, we award the PKO Bank Polski Youth Player of the Month, supporting young football talents.

We all know how positive emotions volleyball evokes in our country, which is why it was a natural step for us to partner with the Polish Volleyball League in 2024. During these matches, we can watch world-class athletes, and Polish teams regularly compete in the Volleyball Champions League finals. Polish volleyball is a brand in itself, and as the largest bank in Poland, we want to support its global development. The agreement covers PlusLiga, the women's TauronLiga, and the PLS 1st League.



- · zakup i obsługa funduszy inwestycyjnych
- wygodny zakup biletów komunikacyjnych oraz opłacanie przejazdów na wybranych odcinkach autostrad

Aplikacja IKO stanowi usługę bankowości elektronicznej. Usługa Opłaty za autostrady w aplikacji IKO świadczona jest za pośrednictwem PKO BP Finat.

www.pkobp.pl, infolinia: 800 302 302 brak opłat dla numerów krajowych na terenie kraju; w pozostałych przypadkach opłata zgodna z taryfą operatora, +48 81 535 60 60 opłata zgodna z taryfą operatora. Dear Runners,

A warm welcome to the PKO Gdynia Half Marathon 2025! The fact that you chose to participate in Gdynia is a great source of pride for me and the entire organizing team.



There is a global running boom, and it is very noticeable in Poland as well. The PKO Gdynia Half Marathon is no exception – we have over 20% more participants than last year. Thank you for your trust, and our team, including hundreds of volunteers, will do everything possible to make your experience at our event memorable.

A special greeting and best of luck to all the debutants – both those who will face the half marathon distance for the first time and those who will run their first official "5K" during PKO Gdynia 5K. Seeing your joy at the finish line is always something special for us!

I am also rooting for all the female runners. Women will make up nearly 1/3 of all participants in the PKO Gdynia Half Marathon, and in the case of PKO Gdynia 5K, that percentage exceeds 45%. Our goal is to reach a point where female runners will represent at least half of all participants in the event. We hope that initiatives like the Sportowa Przystań in Gdynia and the special women's zone in our half marathon village will contribute to achieving this goal. After all... Gdynia is a woman!

I am also thrilled by the significant increase in attendance at the Frugo Kids Run. Thanks to this, even more young people will catch the running bug, and we will support local educational institutions with donations.

The PKO Gdynia Half Marathon would not be possible without the support of our partners, led by PKO Bank Polski. The event is also supported by the authorities of the City of Gdynia and the Marshal of the Pomeranian Voivodeship, for which I am truly grateful.

In summary, we are in for a fantastic running weekend! Cherish every moment and enjoy every kilometer of the course. Smile at our photographers, camera operators, and volunteers. Your smile is the best reward for us!

Good luck! Michał Drelich Director of the PKO Gdynia Half Marathon

SlotMarket

NAJWAŻNIEJSZE IMPREZY SPORTOWE NA JEDNEJ PLATFORMIE ONLINE



 Indywidualne konto użytkownika z historią startów i wyników



Szybka i wygodna rejestracja na wiele eventów



Innowacyjne ustugi z poziomu formularza



Płatności online

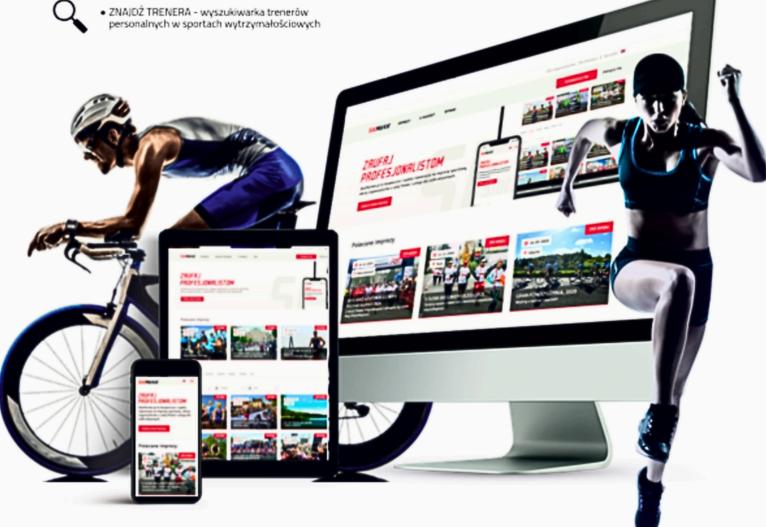


Ocena eventu



Za pośrednictwem SlotMarket.pl możesz:

- zapisać się i opłacić swój udział w imprezie
- prowadzić rejestrację na swój event
- korzystać z innowacyjnych usług e-commerce



INFORMATION





FRUGO Kids rwy

DATE

April, 26th Saturday April, 27th Sunday April, 26th Saturday

START

20:30

9:00

12:00

DISTANSCE

21,0975 km

5 km

100 m - 1000m

LIMITS

3 hours

45 minutes

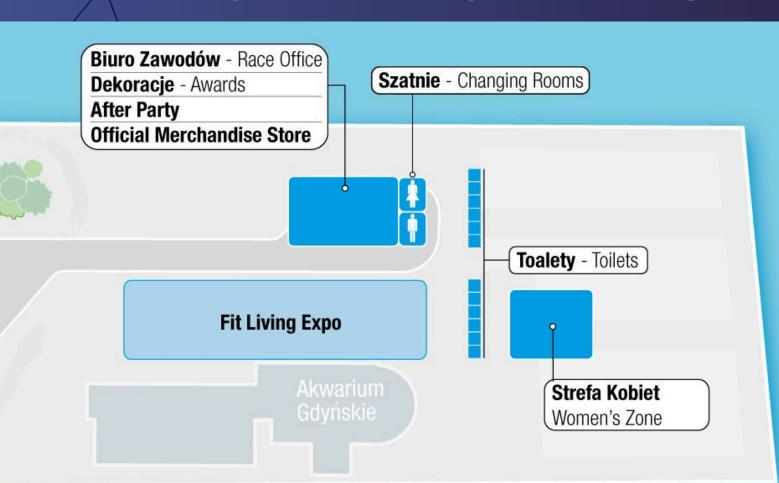
none

COURSE CERTIFICATE









EVENT SCHEDULE

April 25th, Friday

location: Kościuszko Square, Gdynia

14:00 - 20:00 Race Office - check-in

14:00 - 20:00 Fit Living Expo

April 26th, Saturday

location: Kościuszko Square, Gdynia

10:00 - 20:30 Fit Living Expo

10:00 - 19:30 Raco office - check-in

10:00 - 13:00 Race office - check-in (Frugo Kids Run)

12:00 <u>Start Frugo Kids Run</u>

13:45 Awards Frugo Kids Run

19:00 – 00:00 Deposit - opening hours

20:00 Opening of the starting zone

20:30 Start PKO Gdynia Half Marathon

21:00 - 02:00 After Party (Race office tent)

21:30 Expected finish time of the winner PKO Gdynia Half Marathon

23:45 Expected finish time of the last athlete PKO Gdynia Half Marathlon (closing the course)

00:00 Awards PKO Gdynia Half Marathlon and Relay (Race office tent)

April 27th, Sunday

location: Kościuszko Square, Gdynia

7:30 - 10:30 Deposit - opening hours

8:30 Opening of the starting zone

9:00 <u>Start PKO Gdynia 5K</u>

9:15 Expected finish time of the winner PKO Gdynia 5K

9:50 Expected finish time of the last athlete PKO Gdynia 5k

10:15 Awards PKO Gdynia 5K (Race office tent)

9:30 - 11:00 Breakfast for PKO Gdynia 5K athletes

FIT LIVING EXPO

OPENING HOURS

April 25, 2025, Friday April 26, 2025, Saturday 14:00 - 20:00

10:00 - 20:30

LIST OF EXHIBITORS

E BRIDGE

CRACOVIA MARATON

GDYŃSKIE CENTRUM SPORTU

IRONMAN POLAND

JYSK

KUCHNIA VIKINGA

MARSQUEST EUROPE

NOCNY PORTOWY MARATON SZCZECIŃSKI

OMNI RUNNING

SPORT CENTER

THULE

TRISTAYLE

UNIWERSYTET WSB MERITO GDYNIA





OFFICIAL MERCHANDISE

SKWER KOŚCIUSZKI, GDYNIA





25-26 KWIETNIA 2025 _

GODZINY OTWARCIA
OPENING HOURS

PIĄTEK | FRIDAY 14:00 - 20:00 SOBOTA | **SATURDAY** 10:00 - 20:30

RACE OFFICE

OPENING HOURS

April 25, 2025, Friday 14:00 - 20:00

April 26, 2025, Saturday 10:00 - 19:30

ON SUNDAY, APRIL 25, THE RACE OFFICE WILL BE CLOSED

Check-in instruction

1. An email with a QR code has been sent to the email address provided during registration. Click the link and save the code to your phone. The QR code will also be available in your account on the SlotMarket.pl portal.

If you don't see the email, please check your spam or promotions folder.

2. Show the QR code and a valid ID at the race office to collect your race pack.

Can't check in yourself? Authorize someone else to do it for you!

The person collecting the race pack on behalf of the athlete will need: the registered athlete's QR code, a copy of their ID (for verification), and an authorization to collect the race pack.

AUTHORIZATION TO CHECK-IN

In the case of underage participants taking part in the PKO Gdynia 5K and Frugo Kids Run, the race pack may be collected by a parent or legal guardian upon presentation of the QR code, or the underage participant must present a signed consent form from a parent or legal guardian when collecting the race pack.

CONSENT FOR UNDERAGE PARTICIPANT - PKO Gdynia 5K

CONSENT FOR UNDERAGE PARTICIPANT - Frugo Kids Run



Relay team - check-in

The race pack can be collected by the entire team or by a team member.

To collect the race packs, the following must be presented at the race office: the QR code of each registered team member, an ID, and copies of IDs (for verification) of any absent team members, along with a written authorization.

AUTHORIZATION TO CHECK-IN

DEPOSIT

location: Kościuszko Square, Gdynia

April 26th, 2025 - Saturday 19:00 - 00:00

April 27th, 2025 - Sunday 7:30 - 10:30

Belongings for the deposit will only be accepted in the bags provided with the race pack. The sticker with your race number, included in the race pack, must be attached to the designated area on the bag.



WOMEN'S ZONE

PKO Gdynia Half Marathon is all about women! We are creating a Women's Zone at Skwer Kościuszki – a place where comfort and support are a priority.

Access to the Zone will be exclusive to women – we want each of you to feel comfortable, safe, and just good here. Spacious locker rooms will feature mirrors, and personal hygiene products will be available at specially designated points. The toilets, dedicated exclusively to women, will be marked by a pink color.

The Zone will also include a space for nursing mothers and a changing table. Diapers will also be available.

PKO Gdynia Half Marathon is a celebration for all female runners. Join us and feel the power of the women's community!



Parents who decide to participate in the PKO Gdynia 5K on Sunday will be able to leave their little ones at the Sportowa Przystań in Gdynia, located at Świętojańska Street 139.

For active parents, we have prepared the Stroller Race powered by Thule during the PKO Gdynia 5K. You can participate with your own jogging stroller of any brand or rent a Thule stroller for free at the booth during the Fit Living Expo (limited number of strollers available).

MAKE A RESERVATION AT THE SPORTOWA PRZYSTAŃ



UWOLNIJ SWÓJ CZAS NA BIEGANIE!

GODZINY OTWARCIA

PONIEDZIAŁEK – PIĄTEK

16:00 - 20:00



ADRES

UL. ŚWIĘTOJAŃSKA 139

GDYNIA





START



An athlete can change their starting wave, but only to a slower one! Moving from a lower wave to a higher one is prohibited, and any such change will result in an additional 3 minutes added to the final time.

Each participant has been assigned to a wave based on the declared finish time provided in the registration form. Those registering after March 27 will be assigned to the last starting wave.

The starting wave assigned to each participant is indicated on their race number.

Starting Zones - PKO Gdynia Half Marathon

- A1 up to 01:39:59 + relays
- B1 from 01:40:00 to 01:49:59
- A2 from 01:50:00 to 01:59:59
- B2 from 02:00:00 to 02:04:59
- A3 from 02:05:00 to 02:34:59
- B3 from 02:35:00 + registrants after March 27

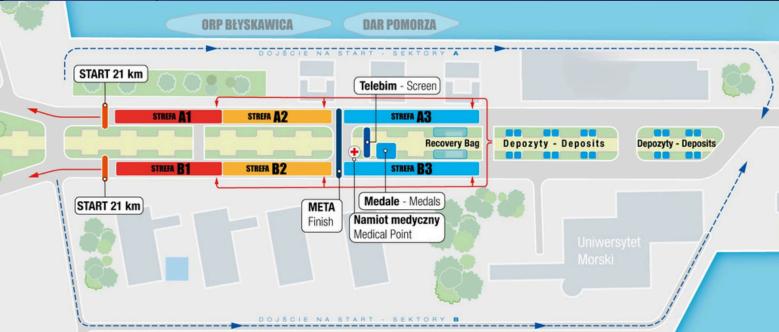
Entrance to the zones will open at 20:00.





PKO Gdynia 5K

Athletes running the 5K will start in a single wave. The starting wave will open at 8:30.



PACEMAKERS

During the PKO Gdynia Half Marathon, 21 pacemakers will lead the runners.

The pacemakers will be positioned in the starting zones according to the target time for their pace group.

Time 1:25



Time 1:20

Time 1:35



Najmowicz



Szczykutowicz



Antkowiak



Time 1:30



Maciej Esteban Łojko



Kluczyk





Time 1:40





Time 1:45



Czarnowski



Time 1:50



Ewa Kulczyk



Time 1:55





Time 2:00



Penk



Time 2:10





Time 2:20

REFRESHMENT POINTS

There will be four refreshment points along the half marathon course (at 5km / 11km / 15km / 18.5km).

Cisowianka water will be distributed in 0.3L bottles, while the 4MOVE isotonic drink will be served in cups.



The refreshment zones will stretch over a distance of 100 meters. Please do not stop at the beginning of the zone. A trash bin will be placed at each zone — we encourage you to use them and help keep the area clean.

grawej bus

www.grawerbus.com

884 911 777

kontakt@grawerbus.com

PRZYJDŹ PO BIEGU WYGRAWEROWAĆ SWÓJ MEDAL

uwiecznij swój występ i zapamiętaj ten mecz na zawsze!

Twoje imię i nazwisko

Umieść swoje imię i nazwisko na medalu

Twój czas

Umieść na medalu czas uzyskany w biegu







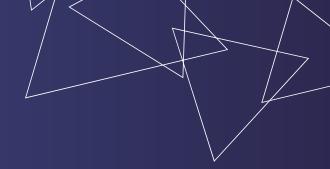








RELAY



Teams will collectively cover the distance of 21.0975 km. Participating as a group is a great opportunity for beginners to get comfortable with running and an ideal way to start their journey with sports.

The relay segments are as follows:

- 1st athlete (10 km): starts at 8:30 from the A1 starting zone at Skwer Kościuszki.
- 2nd athlete (6.1 km): starts from the exchange zone located at the 10 km mark of the route, on Władysława IV Street, near the SKM Gdynia Wzgórze Św. Maksymiliana railway stop.
- 3rd athlete (5 km): starts from the exchange zone at the 16.1 km mark of the route, on Al. Zwycięstwa, 100 meters past the intersection with Hallera Street.

The relay athlete exchange takes place with a hand tap in designated exchange zones.

DEPOSIT FOR RELAYS

- 1st ATHLETE: The first athlete should leave their deposit in the deposit bus for the 1st leg, which will be located next to the deposit tents at Skwer Kościuszki. The deposit must be dropped off by 20:00. It will be available for pickup at the 1st exchange point (Władysława IV Street).
- 2nd ATHLETE: The second athlete should leave their deposit in the deposit bus located near the 1st exchange point (Władysława IV Street). It will be available for pickup at the 2nd exchange point (Al. Zwycięstwa).
- 3rd ATHLETE: The third athlete should leave their deposit in the deposit bus located at the 2nd exchange point. The deposit will be available for pickup in the bus next to the deposit tents at Skwer Kościuszki.

Items for deposit will only be accepted in the official bags provided in the race pack. The start number sticker included in the race pack must be attached to the designated area on the bag.

THE ORGANIZER DOES NOT PROVIDE TRANSPORTATION TO THE RELAY EXCHANGE POINTS.

FRUGO KIDS RUN

Let the kids have their moment too! On April 26 at high noon, the Frugo Kids Run will kick off. The youngest participants will get the chance to compete with their peers and cross the same finish line where, just a few hours later, the athletes of the night half marathon will complete their race!

Start: Skwer Kościuszki, April 26, 2025 at 12:00

12:00 - Birth years 2023-2021 - approx. 100 meters

12:15 - Birth years 2020-2019 - approx. 300 meters

12:30 - Birth years 2018-2017 - approx. 300 meters

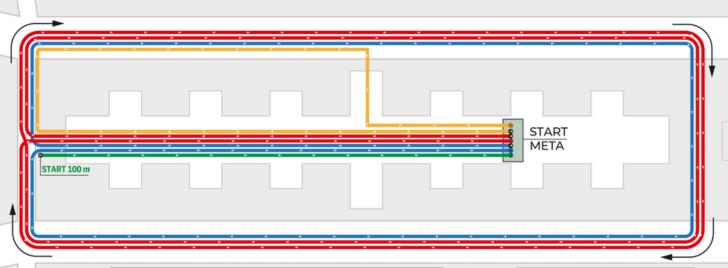
12:45 - Birth years 2016-2015 - approx. 600 meters

13:00 - Birth years 2014-2013 - approx. 600 meters

13:15 - Birth years 2012-2011 - approx. 1000 meters

The top three finishers (places I-III) in each boys' and girls' race category will receive trophies.

The Frugo Kids Run award ceremony will take place at the finish line at 13:45.



| Dziewczyny i chłopcy | 2 - 4 lat: | 100 metrów | (rocznik 2023 – 2021) |
|----------------------|--------------|-------------|-----------------------|
| Dziewczyny i chłopcy | 5 - 6 lat: | 300 metrów | (rocznik 2020 – 2019) |
| Dziewczyny i chłopcy | 7 - 8 lat: | 300 metrów | (rocznik 2018 – 2017) |
| Dziewczyny i chłopcy | 9 - 10 lat: | 600 metrów | (rocznik 2016 – 2015) |
| Dziewczyny i chłopcy | 11 - 12 lat: | 600 metrów | (rocznik 2014 – 2013) |
| Dziewczyny i chłopcy | 13 - 14 lat: | 1000 metrów | (rocznik 2012 – 2011) |



AWARDS



PKO GDYNIA HALF MARATHON AND RELAYS

The top three finishers (places I-III) in each category will receive a commemorative statuette. The award ceremony will take place at 00:00 in the race office tent.

Categories:

- · Women's and Men's OPEN
- Age categories:
 - Women and Men 18-29 years
 - Women and Men 30-39 years
 - Women and Men 40–49 years
 - Women and Men 50-59 years
 - Women and Men 60-69 years
 - Women and Men 70+ years
- Pomerania Grand Prix (women and men)
- Men's Relays (teams made up of only men)
- Women's Relays (teams made up of only women)
- Mixed Relay (teams made up of two men and one woman, or two women and one man)

Age category placement is determined by year of birth.

The OPEN, age and Pomerania Grand Prix categories are overlapping.

PKO GDYNIA 5K

The top three finishers (places I-III) in each category will receive a commemorative statuette. The award ceremony will take place at 00:00 in the race office tent.

Categories:

- · Women's and Men's OPEN
- Women's and Men's OPEN in Nordic Walking

Who says the finish line has to mean the fun is over? We invite all PKO Gdynia Half Marathon runners to the after party – from 21:00 to 2:00.

There'll be drinks, places to sit, music, and we'll also be awarding the fastest runners. Most importantly, it'll be a chance to hang out with friends, share your race experiences, and celebrate your achievements together.

WHERE?

WHEN?

RACE OFFICE TENT

21:00 - 02:00



RUNNERS' BREAKFAST

You've crossed the finish line, endorphins are kicking in, and your appetite is growing? Perfect! After finishing the PKO Gdynia 5K, join us for a shared breakfast – we'll start at 9:30 and stay until 11:00.

Expect a relaxed vibe among people who just did the same thing – ran 5 kilometers through the streets of Gdynia.

No pressure – just a moment to catch your breath, chat, laugh, and enjoy what you've already accomplished. Come hang out!

WHERE?

WHEN?

RACE OFFICE TENT

9:30 - 11:00



CHEERING ZONES

The PKO Gdynia Half Marathon isn't just about the half marathon, the 5K, or the kids' runs. As part of the event, we've also prepared a variety of attractions to enhance the spectator experience and boost the energy of the athletes along the course.

| DRUMMERS | December 1970 Victims Roundabout | LOCATION |
|-----------------------------------|--|----------|
| CHEERLEADERS | Maciej Brzeski Interchange | LOCATION |
| MUSIC ZONE WITH A | Piłsudskiego Avenue near the City Hall | LOCATION |
| SPORTOWA PRZYSTAŃ | Sportowa Przystań Świętojańska 139 | LOCATION |
| LIGHT ZONE: LIGHTHOUSE SIMULATION | Seaside Boulevard – approx. 19 km | LOCATION |
| FIRE SHOWS | Fish Monument, Seaside Boulevard | LOCATION |
| >>>> TORCH-LIT ALLEY | Topolowa Alley | LOCATION |







EXTRA SERVICES

The medal engraving will be done based on the race number. To the engraving point, located in the race office hall, you must go with your race number and medal. The service can also be purchased on-site at the medal engraving point.

The photo package will be sent within 5 business days after the race to the email address provided during the purchase of the service. Emails with photos may sometimes end up in the spam or promotions folder. Photos can also be purchased on the website www.maratomania.pl after the race.



PARKING



Parking at Polsat Plus Arena Gdynia **LOCATION** We encourage the residents of the Tri-City and surrounding areas to use the public transport services of ZKM Gdynia and SKM trains.



Parking under Central Park, entrance from Partyzantów Street* <u>LOCATION</u>



Parking under Grunwaldzki Square, entrance from Wybickiego Street* LOCATION Open until 23:59



Underground parking at Plac Unii, entrance from Armii Krajowej Street*

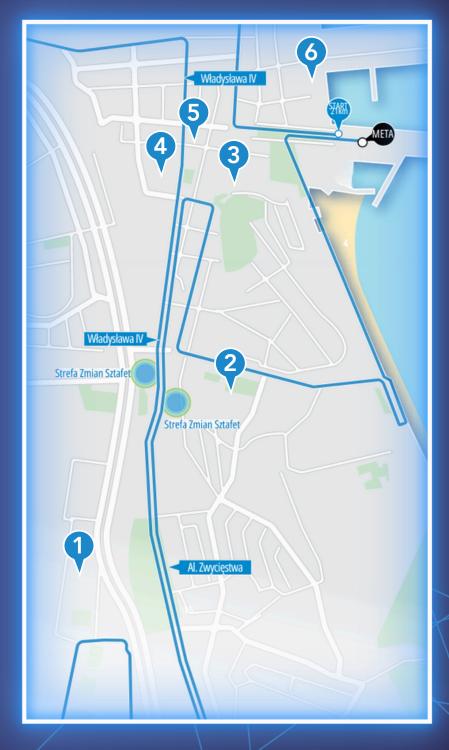
LOCATION



Parking at Batory Shopping Center* LOCATION



Parking at Dalmor, entrance from Waszyngtona Street* <u>LOCATION</u>



QUESTIONS

If you have any further questions, please check our website <u>www.gdyniapolmaraton.pl</u> or contact us by email at: <u>biuro@gdyniapolmaraton.pl</u>. Please note that response times may be longer in the week leading up to the race.

Thank you for being with us! Good luck!







SPONSOR TYTULARNY

PARTNER STRATEGICZNY







SPONSORZY













PATRONI MEDIALNI





ORGANIZATOR



