

citi handlowy®
IRONMAN
70.3®  **WARSAW**
POLAND

FAN GUIDE



WARSAWA 2023

GET IN THE VIBE WITH 2022 HIGHLIGHTS



WELCOME



What do we associate holidays with? With carefree moments by the water, bike rides in the countryside, walks in the woods or, for the more active people, jogging.

Triathlon combines all these activities and if I didn't know how hard you train, I could joke that you do not do triathlon, but... one big holiday.

However, I very much appreciate your daily training, I know how much effort it takes to take part in competitions. That is why we are trying to create the conditions for sports competition at the highest level in Warsaw. We will be cheering you on along the course and I would like to thank you in advance for inspiring the crowds of Varsovians and Varsovians for at least one of your competitions.

As the president of the capital, I also have one request. Tell your friends that Warsaw is a city where you can swim, cycle, run - and all this to the applause of the fans. We want Warsaw to be diverse, a city for everyone, so that everyone can feel at home here.

On the weekend of 10-12 June, the capital will be first and foremost the home of female and male triathletes.

Mayor of the City of Warsaw
Rafał Trzaskowski

WARSZAWA



Warszawa

STOLICA
WOLNEGO
CZASU

WELCOME



DEAR TRIATHLETES,

I am glad that we can invite you to the next edition of Citi Handlowy IRONMAN 70.3 Warsaw. We are really proud that we support you in pursuing your sports passions!

Our mission at Citi Handlowy is to enable progress. We take care of our clients so that they can achieve their most ambitious goals here in Poland and around the world. We often say that our entrepreneurs are "progress makers". They are the engine of the economy and create new jobs and space for development of new products and services.

However, during this weekend of June while taking part in various races during the Citi Handlowy IRONMAN 70.3 Warsaw, you will be our Progress Leaders! I have no doubt that your passion and energy will carry us much further. It will be inspiring progress for many of us!

Citi Handlowy IRONMAN 70.3 Warsaw is a story about great passion, extraordinary perseverance so needed to pursue this passion, but also about friendship and teamwork. Many of you are going to compete in a team. You will be joined by teams of employees, clients and partners of Citi Handlowy, who will compete this year in the 5150-triathlon relay. I am happy that together we have been building the triathlon culture in Poland!

When swimming, biking or running to the finish line, please remember that all those long months of sacrifices, tight training plans, ups and downs have already made you the winners! Also don't forget about your fans – family, friends, loved ones – who were with you during those long preparations. This year's Citi Handlowy IRONMAN 70.3 Warsaw event's motto is "The Year of Cheering". This slogan both draws attention and appreciates those whose absence would make sports rivalry much more difficult and deprived of the joy of celebrating together.

Success, including success in sports, is usually a result of good team play! We wish you to feel the taste of your success together with your fans at the finish line!

Maciej Kropidłowski

Vice President of Citi Handlowy, sponsor of the Live Well at Citi initiative and team member of a triathlon relay during Citi Handlowy IRONMAN 70.3 Warsaw



Twoja pasja, Twój biznes.

razem możemy więcej!

Wiemy, że to, co robisz, wymaga wytrwałości, siły i otwartości na współpracę.
Sprawdź, co globalny bank może zrobić dla Ciebie i Twojej firmy.

www.citihandlowy.pl
Bank Handlowy w Warszawie S.A.

citi handlowy[®]

Znaki Citi oraz Citi Handlowy stanowią zarejestrowane znaki towarowe Citigroup Inc., używane na podstawie licencji. Spółce Citigroup Inc. oraz jej spółkom zależnym przysługują również prawa do niektórych innych znaków towarowych tu użytych.

WELCOME

Dear Athlete!

I would like to extend a warm welcome to the municipality of Nieporęt on Lake Zegrzyńskie to the participants of the "Citi Handlowy IRONMAN 70.3 Warsaw" event.



This year's competition will take place under special circumstances - this year the Zegrzyńskie Lake is turning 60! According to Travelist magazine, our reservoir has been recognised as one of the most beautiful lakes in Poland. It is also the largest lake in the Mazovia region. With its picturesque scenery and excellent conditions for active recreation and water sports, Lake Zegrzyńskie is one of the most popular destinations for residents of the Warsaw agglomeration.

I am glad that the conditions offered by the Nieporęt municipality have been recognised by the organisers. Thanks to this, our residents will once again witness sporting rivalry at the highest level. I'm glad that the conditions offered by the Nieporęt municipality have been recognised by the organisers. The athletes will start competing in the waters of Lake Zegrzyńskie, and then cover the route to Warsaw on bicycles and finish on the cross-country course.

This gives us the opportunity to cheer on your struggles and experience, together with you, enormous positive emotions. Fighting with yourself, overcoming barriers and striving to achieve the best possible result are probably the most valuable values of this competition. I am convinced that after this competition, more people, encouraged by your example, will decide to join the group of those who actively train. The Nieporęt municipality is an athlete-friendly place, which is why on the day of the "Citi Handlowy IRONMAN 70.3 Warsaw". I promise a hearty cheer and wish the participants much success and unforgettable experiences and emotions.

Mayor of the Municipality of Nieporęt
Slawomir Maciej Mazur

WELCOME

Dear Fans!

Can anyone imagine sports without you?
We certainly can't!

After all, cheering the athletes is an integral part of sports competition, both in large professional arenas and during mass sporting events that bring together amateurs of various disciplines



Citi Handlowy IRONMAN 70.3 Warsaw is a unique event not only because of its sporting significance, scale, or its location in the heart of a large European capital but also for another reason. Athletes from over 60 different countries from all around the world will be at the starting line!

Polish fans are known worldwide and have been held up as an example in disciplines such as volleyball and ski jumping for years. However, Polish triathlon fans are not falling behind. Thousands of participants in IRONMAN events in Gdynia, Warsaw, and Poznań are already aware of this. I am convinced that together with you, we will make the Polish fans heard once again!

In the following part of the document, you will find the most important information about our competition, as well as tips that will, hopefully, facilitate your logistics and cheering throughout the entire weekend.

However, we also remember the other side of the coin. Such events bring temporary transportation disruptions. Above all, on Sunday, June 11, there will be several-hour road closures in Warsaw and Nieporęt Commune. Temporary modifications will also affect the schedules of selected public transportation lines.

Therefore, in the following part of this Guide, you will find more information about the disruptions. We also provide a special helpline for residents and drivers. Furthermore, road closures related to our event will be visible in the free Waze navigation app. We hope that this will help minimize inconveniences related to road transportation on the day of our event.

Finally, I would like to thank our sponsors, partners, the authorities of Warsaw and Nieporęt, as well as the organizing team and all the volunteers who will assist us throughout the Citi Handlowy IRONMAN 70.3 Warsaw weekend.

I also thank each and every person who will join us to cheer on the IRONMAN athletes! I am convinced that, thanks to you, this will be an unforgettable event!

Michał Drelich
Race Director

Enea
IRONMAN
70.3 *GDYNIA*
POLAND

4-6.08.2023



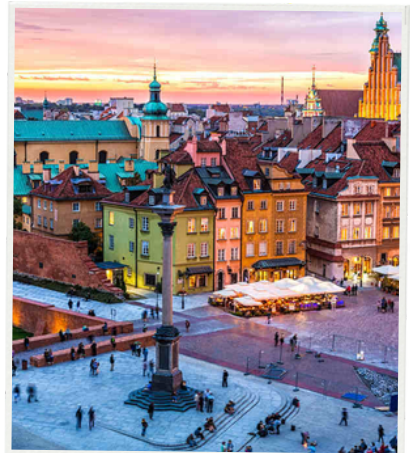
GDYNIA 2023

TOP 5 THINGS TO SEE



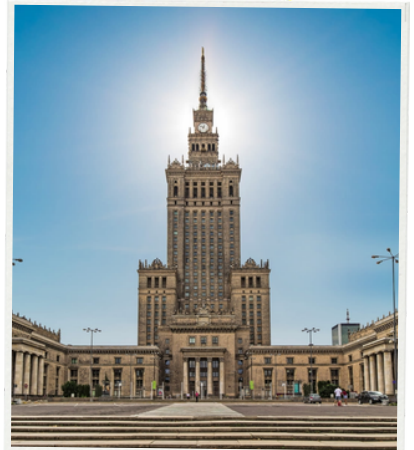
The Royal Łazienki
Museum

The **Old Town** is a lively place frequented by tourists. Charming streets paved with cobblestones and medieval buildings renovated after World War II. The centrepiece of the Old Town is the Market Square - a bustling square, around which are the townhouses of the former bourgeoisie and elegant restaurants serving Polish cuisine.

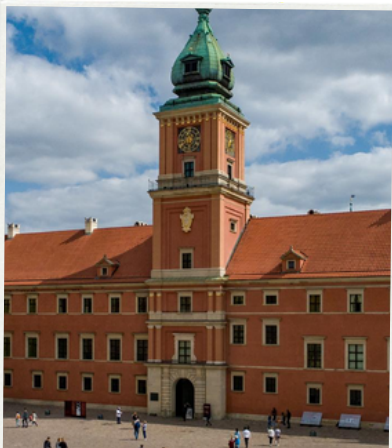


Old Town

The **Royal Łazienki Museum** is a garden at the heart of which is hidden the summer residence of the last king of Poland - Stanisław August Poniatowski. The garden also contains orangeries, an amphitheatre, a court theatre and numerous sculptures.



The Palace of
Culture and Science



The Royal
Castle

The **Palace of Culture and Science** is a landmark of the city and the most characteristic building of Warsaw. The palace was "a gift from the Soviet people to the Polish people". It was built in 1955. It is the second tallest building in Poland.

The **Royal Castle** is an ornament of Warsaw's Old Town. It was completely destroyed during World War II in 1944. It took nearly 13 years to rebuild the castle. It now houses a museum.

You cannot visit Poland without trying some **traditional dishes**. Polish cuisine is primarily famous for its world-famous pierogi, as well as meat, soups or noodles.



Polish cuisine

SCHEDULE

FRIDAY, 9th JUNE 2023

TIME	EVENT	LOCATION
15:00-20:00	RACE OFFICE (IRONMAN 70.3 & 5150 TRIATHLON SERIES) - OPENING HOURS	MULTIMEDIA FOUNTAIN PARK
15:00-20:00	EXPO - OPENING HOURS	MULTIMEDIA FOUNTAIN PARK
15:00-22:30	RACE OFFICE (NIGHT RUN)	MULTIMEDIA FOUNTAIN PARK
23:00	NIGHT RUN	MULTIMEDIA FOUNTAIN PARK
23:45	AWARDS NIGHT RUN	MULTIMEDIA FOUNTAIN PARK

SATURDAY, 10th JUNE 2023

TIME	EVENT	LOCATION
10:00-20:00	RACE OFFICE AND EXPO OPENING HOURS	MULTIMEDIA FOUNTAIN PARK
12:00-14:00	KIDS RUN WARSAW	MULTIMEDIA FOUNTAIN PARK
12:00-20:30	GEAR CHECK-IN - T2	MKS POLONIA WARSZAWA - TRAINING PITCH
12:00-21:30	BIKE CHECK-IN - T1	PORT OF NIEPORET / LAKE ZEGRZYNSKIE
13:30-18:00	WELCOME BANQUET	MULTIMEDIA FOUNTAIN PARK (FINISHER ZONE)
13:40	SPECIAL TRAIN TO T1 - DEPARTURE	WARSZAWA GDAŃSKA TRAIN STATION
14:30	AWARDS - KIDS RUN	MULTIMEDIA FOUNTAIN PARK
15:00	ATHLETE BRIEFING - POLISH	MULTIMEDIA FOUNTAIN PARK
15:39	SPECIAL TRAIN TO WARSZAWA GDAŃSKA - DEPARTURE	PKP NIEPORĘT TRAIN STATION
15:55	SPECIAL TRAIN TO T1 - DEPARTURE	WARSZAWA GDAŃSKA TRAIN STATION
16:00	ATHLETE BRIEFING - ENGLISH	MULTIMEDIA FOUNTAIN PARK
17:41	SPECIAL TRAIN TO WARSZAWA GDAŃSKA - DEPARTURE	PKP NIEPORĘT TRAIN STATION

SCHEDULE

SUNDAY, 11th JUNE 2023

TIME	EVENT	LOCATION
5:55	SPECIAL TRAIN TO T1 - DEPARTURE	WARSZAWA GDAŃSKA TRAIN STATION
6:30-7:30	DEPOSIT OPENING HOURS - 5150 TRIATHLON SERIES	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
6:30-7:30	T1 AND DEPOSIT OPENING HOURS - 5150 TRIATHLON SERIES	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
7:22	SPECIAL TRAIN TO T1 - DEPARTURE	WARSZAWA GDAŃSKA TRAIN STATION
7:30-9:00	T1 OPENING HOURS - IRONMAN 70.3	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
7:30-9:00	DEPOSIT OPENING HOURS - IRONMAN 70.3	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
8:00-8:15	ROLLING START - 5150 TRIATHLON SERIES	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
9:00-16:00	EXPO AND IRONMAN VILLAGE OPENING HOURS	MULTIMEDIA FOUNTAIN PARK
9:30-10:00	ROLLING START - IRONMAN 70.3	PORT OF NIEPOREŃ / LAKE ZEGRZYNSKIE
9:50	EXPECTED FINISH OF THE WINNER - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
10:00-18:15	DEPOSIT BAG PICK-UP - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
12:15	EXPECTED FINISH TIME OF THE LAST ATHLETE - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
12:15	AWARDS - 5150 TRIATHLON SERIES	MULTIMEDIA FOUNTAIN PARK
13:00-16:00	BIKE & GEAR CHECK-OUT - 5150 TRIATHLON SERIES	MKS POLONIA WARSZAWA - TRAINING PITCH
13:00	EXPECTED FINISH OF THE WINNER - IRONMAN 70.3	MULTIMEDIA FOUNTAIN PARK
13:00-18:30	DEPOSIT BAG PICK-UP - IRONMAN 70.3	MULTIMEDIA FOUNTAIN PARK
16:00-19:30	BIKE & GEAR CHECK-OUT - IRONMAN 70.3	MKS POLONIA WARSZAWA - TRAINING PITCH
18:15	EXPECTED FINISH TIME OF THE LAST ATHLETE - IRONMAN 70.3	MULTIMEDIA FOUNTAIN PARK
18:15	AWARDS IRONMAN 70.3 AND SLOT ALLOCATION CEREMONY	MULTIMEDIA FOUNTAIN PARK

CHECK OUT HOW TO GET TO LOCATIONS

EXPO / RACE OFFICE	MULTIMEDIA FOUNTAIN PARK	<u>CHECK ON THE MAP</u>
T1 ZONE / START	PORT NIEPOREŃ	<u>CHECK ON THE MAP</u>
T2 ZONE	MKS POLONIA WARSZAWA	<u>CHECK ON THE MAP</u>
TRAIN TO T1 ZONE	WARSZAWA GDAŃSKA TRAIN STATION	<u>CHECK ON THE MAP</u>
TRAIN TO WARSAW	PKP NIEPOREŃ TRAIN STATION	<u>CHECK ON THE MAP</u>

EVENT SITE MAP



EXPO

EXPO - OPENING HOURS

DATE	TIME	LOCATION
9th JUNE	15:00-20:00	MULTIMEDIA FOUNTAIN PARK
10th JUNE	10:00-20:00	MULTIMEDIA FOUNTAIN PARK
11th JUNE	9:00-16:00	MULTIMEDIA FOUNTAIN PARK

The list of exhibitors can be found [HERE](#)





OFFICIAL MERCHANDISE STORE

MULTIMEDIALNY PARK FONTANN
SKWER 1 DYWIZJI PANCERNEJ WP,
00-221 WARSZAWA



GODZINY OTWARCIA | OPENING HOURS

PIĄTEK | FRIDAY
15:00 - 20:00

SOBOTA | SATURDAY
10:00 - 20:00

NIEDZIELA | SUNDAY
9:00 - 16:00

Enea

IRONMAN

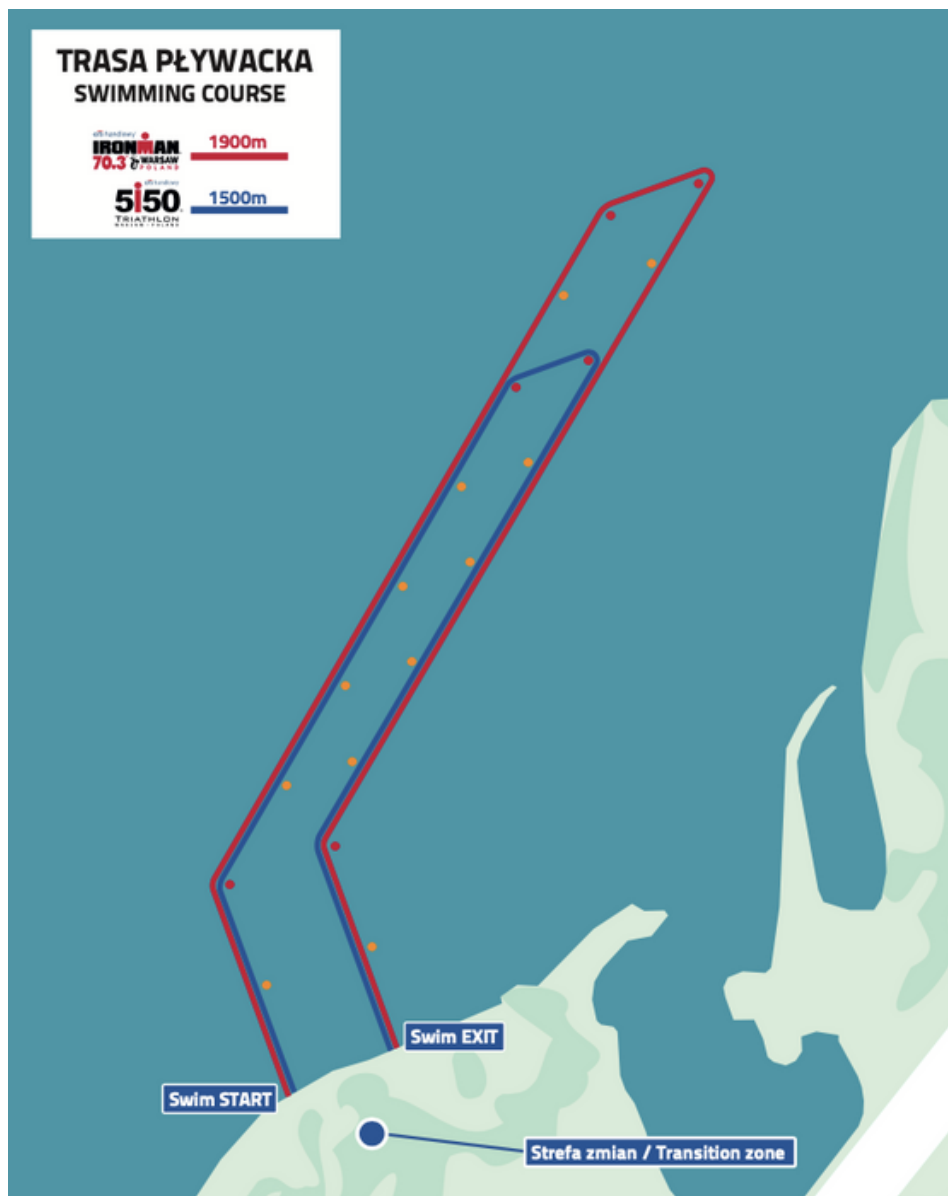
70.3[®] POZNAŃ
POLAND

2-3.09.2023



POZNAŃ 2023

COURSES



GODZINA STARTU	GRUPA	KOLOR CZEPKA
8:00	5150	Green
8:00	SZTAFETY	Red
9:30	IRONMAN 70.3 PRO MEN	Brown
9:32	IRONMAN 70.3 PRO WOMEN	Brown
9:35	IRONMAN 70.3	Blue

TRASA ROWEROWA/ BIKE COURSE

off handlowy
IRONMAN
70.3 **WARSAW**
POLAND



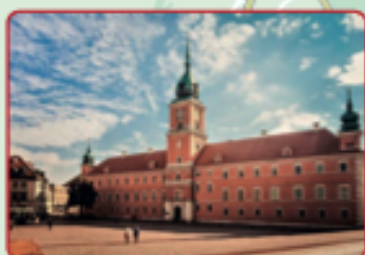
Jezioro Zegrzyńskie



Nieporęt



Most Marii Skłodowskiej-Curie



Zamek Królewski



Tunel pod Wisłostradą



Kanał Żerański



Cytadela Warszawska



Stadion Narodowy

Strefa zmian / Transition zone

Strefa zmian / Transition zone

 Punkt odżywiania
Aid Station

0,0 km 200 km 400 km 600 km 800 km 1000 km

116m
47m

**TRASA ROWEROWA/
BIKE COURSE**

ofiary
5i50
TRIATHLON
WARSAWA - POLSKA



Jezioro Zegrzyńskie



Nieporęt



Most Marii Skłodowskiej-Curie



Zamek Królewski



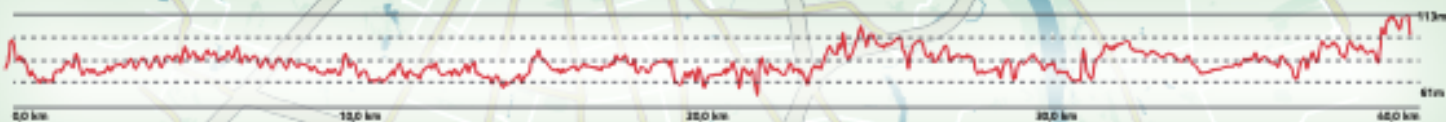
Cytadela Warszawska

Strefa zmian / Transition zone

Kanał Żerański

Strefa zmian
/ Transition zone

 **Punkt odżywiania**
Aid Station



TRASA BIEGOWA/ RUN COURSE

citi handlowy
IRONMAN
70.3 & WARSAW
POLAND

Strefa Zmian T2 / Transition Zone

Start biegu / Run Start

Meta / Finish

4
okrążenia
4 laps



Park Fontann



Sąd Najwyższy / Supreme Court



Zamek Królewski / King Castle



Pałac Krasińskich



Plac Zamkowy / Castle Square



Pałac Prezydencki / Presidential Palace



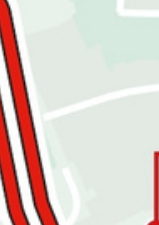
Uniwersytet Warszawski / University of Warsaw Campus



Pomnik Kopernika / Copernicus Monument



Polska Akademia Nauk / Polish Science Academy



**TRASA BIEGOWA/
RUN COURSE**

citi handlowy
5i50
TRIATHLON
WARSAW · POLAND

Strefa Zmian T2 / Transition Zone

Start biegu / Run Start

Meta / Finish

2
okrążenia
2 laps



Park Fontann



Sąd Najwyższy / Supreme Court



Zamek Królewski / King Castle



Pałac Krasińskich



Plac Zamkowy / Castle Square



Pałac Prezydencki / Presidential Palace



Uniwersytet Warszawski / University of Warsaw Campus



Pomnik Kopernika / Copernicus Monument

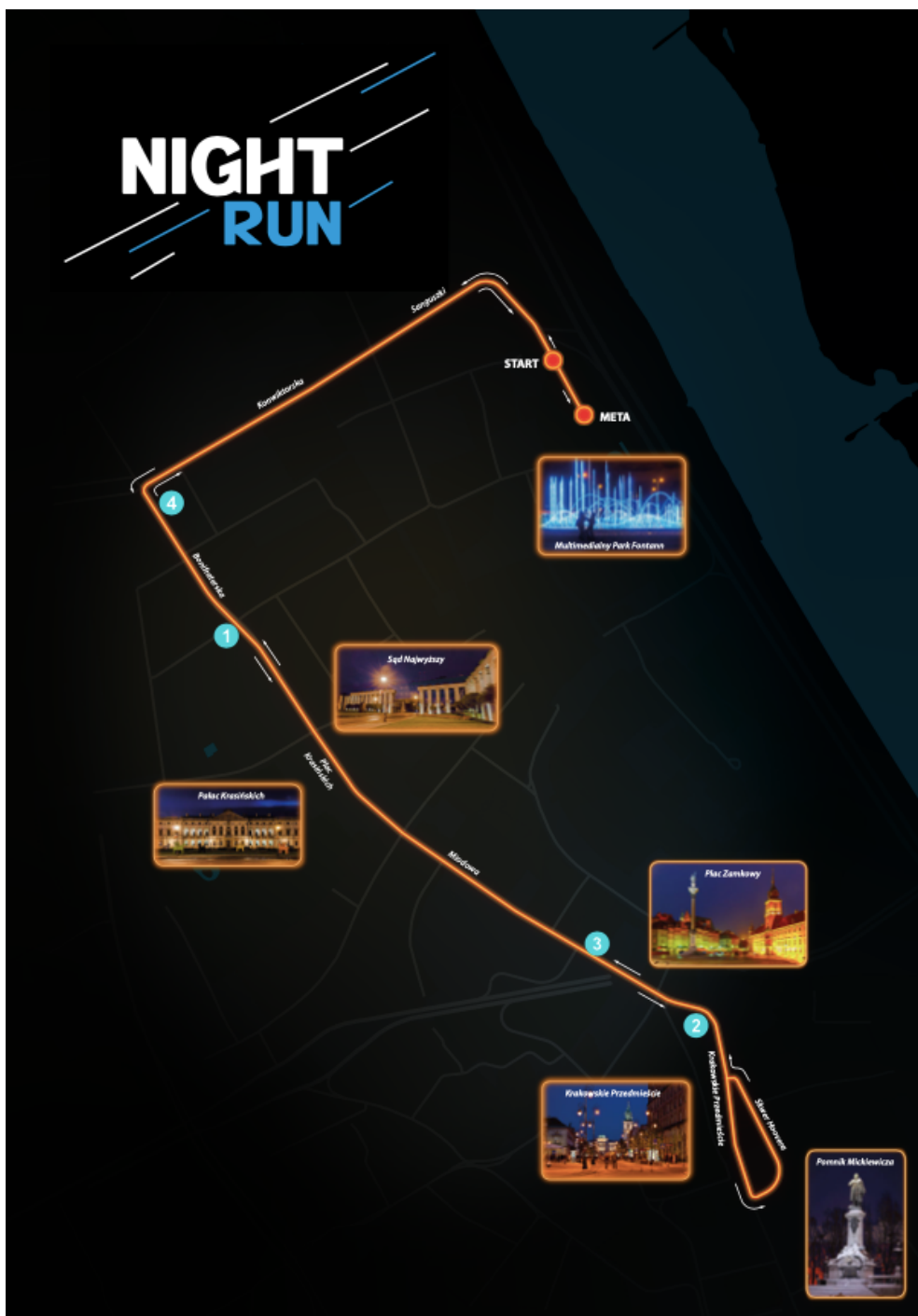


Polska Akademia Nauk / Polish Science Academy



NIGHT RUN

DATE	TIME	EVENT	LOCATION
9th JUNE	15:00-22:30	RACE OFFICE	MULTIMEDIA FOUNTAIN PARK
9TH JUNE	23:00	START	MULTIMEDIA FOUNTAIN PARK
9TH JUNE	23:45	AWARDS	MULTIMEDIA FOUNTAIN PARK



KIDS RUN WARSAW

DATE	TIME	EVENT	LOCATION
10th JUNE	12:00-14:00	KIDS RUN WARSAW	MULTIMEDIA FOUNTAIN PARK

Before Citi Handlowy IRONMAN 70.3, young athletes will be on the course! Once again, the youngest will line up at the starting line of the Kids Run Warsaw competition to tackle the cross-country course!

Young athletes aged 3-15 will take part in the Kids Run Warsaw. The length of the course will depend on the age category.

Children will start in waves according to the distances - the first distance at 12:00 and subsequent distances every 20 minutes. The exact time of the Athlete's start is given on the start list and QR ticket.

Born in 2020-2019 - 1 loop - ok. 350m
Born in 2018-2017 - 1 loop - ok. 350m
Born in 2016-2015 - 2 loops - ok. 700m
Born in 2014-2013 - 2 loops - ok. 700m
Born in 2012-2011 - 3 loops - ok. 1000m
Born in 2010-2008 - 5 loops - ok. 1700m

Qualification for an age category is based on the year of birth.

ATTENTION

You can still sign up your kid(s) to the race. You can buy the entry in the Race Office located in the Multimedia Fountain Park in Warsaw.

Number of entries is limited.



KIDS RUN WARSAW

KIDS RUN

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TRIATHLON
WARSAW • POLAND

citi handlowy
IRONMAN
70.3
WARSAW
POLAND

Biuro Zawodów
Race Office

Start/Meta
Finish Line

Wybrzeże Gdańskie

Park Fontann

ul. Rybaki

Rocznik Age Category	Petle Loops	Dystans Distance	Godzina Time
2020-2019	1	ok. 350m	12:00
2018-2017	1	ok. 350m	12:20
2016-2015	2	ok. 700m	12:40
2014-2013	2	ok. 700m	13:00
2012-2011	3	ok. 1000m	13:20
2010-2008	5	ok. 1700m	13:40



FUNDACJA MIASTA SPORTU

Fundacja MIASTA SPORTU powstała z kilku powodów:

Po pierwsze, by promować wolontariat sportowy i pracowniczy.

Po drugie, by pomagać młodym i utalentowanym sportowcom.

Po trzecie, by promować wiedzę o nowoczesnym zarządzaniu imprezami i klubami sportowymi.



Poprzez nasze działania chcemy pokazać idee wolontariatu sportowego, który jest ogromnym wsparciem dla zawodników jak i organizatorów dużych wydarzeń. Zaangażowanie w działania społeczne ma także ogromne korzyści dla wolontariuszy - od niezapomnianych wrażeń, zawieranie nowych znajomości, po rozwój osobisty.

Dołącz do grona naszych wolontariuszy!

Zarejestruj się na stronie

<https://staff.fundacjamiastaspportu.org/>

Po zalogowaniu się znajdziesz wiele ciekawych ofert wolontariatu!

www.fundacjamiastaspportu.org





FOR FANS

Are you a random fan or someone close to you or your friends participating in the competition, and you want to cheer them on and have a great time? Below, we gather key attractions and events from a fan's perspective!

NIGHT RUN WARSAW - FRIDAY, JUNE 9, 11:00 PM

You can cheer or even participate! Start and finish at the Multimedia Fountain Park. Distance: 5 km. Registrations at the race office.

FOUNTAIN SHOWS - WATER, LIGHT, AND MUSIC

You must see this! Free shows at the Multimedia Fountain Park on Friday and Saturday at 9:30 PM.

EXPO & OFFICIAL MERCHANDISE STORE

From Friday to Sunday, we invite you for shopping and other attractions prepared by our sponsors and exhibitors present at the Expo.

KIDS RUN

Let's cheer on the youngest athletes and make them feel like professionals! Your child can join them too. Registrations at the race office, and the Kids Run starts on Saturday at 12:00 PM.

COMPETITION AMONG TOP TRIATHLETES

Robert Wilkowiecki, Kacper Stępniaak, Miki Morck Taagholt, Lucy Buckingham, Agnieszka Jerzyk, and Michelle Vesterby - these are the names of favorites in the Citi Handlowy IRONMAN 70.3 Warsaw. Their competition will take place on Sunday, June 11. The winner is expected to cross the finish line in Warsaw around 1:00 PM, but the fastest participants of the Olympic-distance race, the Citi Handlowy 5150 Warsaw, will already finish before 10:00 AM. Let the finish line at the Multimedia Fountain Park light up with loud cheering!

CHEER WITH US ALONG THE RUNNING ROUTE

Besides the finish line, it's also worth cheering on the triathletes along the race route. The most convenient locations would be Krakowskie Przedmieście or Krasińskich Square, where next to the Supreme Court building, an official cheering point prepared by Citi Handlowy will be set up. You're invited!

OTHER ATTRACTIONS

In the Multimedia Fountain Park, you will also find a climbing wall from Sportano.pl and booths from the Polish Anti-Doping Agency (POLADA) and the Play with Your Head Foundation. At the latter, you can discuss mental health, the impact of physical activity on our well-being, and psychological aspects of professional and amateur sports.

Free cheering gadgets will also be distributed near the finish line to make your cheering even louder!

HOW TO FOLLOW THE RACE

ON-SITE

We strongly encourage you to cheer on the athletes, especially along the running route along Krakowskie Przedmieście and at the finish line in the Multimedia Fountain Park in Warsaw.

IN THE APP AND ONLINE

You will be able to track the race results, including the times achieved by selected athletes, in real-time on the wyniki.datasport.pl website and in the IRONMAN Tracker mobile app. The final competition results will be available on ironman.com after the race.

SOCIAL MEDIA

It's also worth following IRONMAN Poland's social media channels. Throughout the weekend of June 9-11, 2023, posts related to the Citi Handlowy IRONMAN 70.3 Warsaw and the current progress of the race will be regularly published there.

Facebook: www.facebook.com/ironmantriPL

Instagram: @ironmanpoland

#im703warsaw #5150warsaw



Spójrz w przyszłość już dziś

Audi Q8 e-tron

Dealer Audi Porsche Połczyńska
ul. Połczyńska 109, Warszawa

Zeskanuj kod QR
i odwiedź naszą stronę!



TRANSPORTATION

SPECIAL TRAINS

Saturday, 10th June

Warszawa Gdańska train station -> PKP Nieporęt train station

Arrival*: 13:35	Departure: 13:40	Arrival**: 14:05	FREE TRANSPORTATION
Arrival*: 15:50	Departure: 15:55	Arrival**: 16:15	FREE TRANSPORTATION

PKP Nieporęt train station -> Warszawa Gdańska train station

Arrival**: 15:34	Departure: 15:39	Arrival*: 15:58	FREE TRANSPORTATION
Arrival**: 17:36	Departure: 17:41	Arrival*: 18:00	FREE TRANSPORTATION

Sunday, 11th June

Warszawa Gdańska train station -> PKP Nieporęt train station

Arrival*: 5:50	Departure: 5:55	Arrival**: 6:15	FREE TRANSPORTATION
Arrival*: 7:06	Departure: 7:22	Arrival**: 7:44	FREE TRANSPORTATION

*Arrival of the train at Warszawa Gdańska train station

**Arrival of the train at Nieporęt PKP train station

SKM TRAINS

Saturday, 10th June

Warszawa Gdańska train station -> PKP Nieporęt train station

Departure: 10:49, 12:38, 14:47, 16:50, 18:45 TIME - 31 MINUTES

VALID ZTM TICKETS ARE REQUIRED

PKP Nieporęt train station -> Warszawa Gdańska train station

Departure: 12:44, 14:50, 16:34, 18:43, 20:46 TIME - 31 MINUTES

VALID ZTM TICKETS ARE REQUIRED

WE ENCOURAGE YOU TO CHECK THE CURRENT DEPARTURE TIME OF THE TRAIN ON THE ZTM WARSAW WEBSITE

FOR DIRECTION TO NIEPORĘT -> [CHECK THE TIMETABLE](#)

FOR DIRECTION TO WARSAW GDAŃSKA -> [CHECK THE TIMETABLE](#)

BY CAR / KEY LOCATIONS

BY CAR / PARKINGS

SATURDAY, JUNE 10

On Saturday, June 10, there will be no road closures or any related difficulties. Driving to T1 should not be a problem. You can park your car, for example, at the Port Nieporęt parking lot, right next to the T1 area.

SUNDAY, JUNE 11

If you want to drive to the race start, you need to be aware that many roads will already be closed due to the race organization. Access will be possible from the Legionowo side, using the DK61 and DW631 roads.

You can park your car for free at the McDonald's restaurant parking lot in Nieporęt. From there, you should proceed to the start on foot. Departure from the parking lot and return to Warsaw will be possible during the race.

Please note that parking your car near the Multimedia Fountain Park will be practically impossible. We suggest using nearby parking lots, such as at Plac Teatralny, Plac Bankowy, or Westfield Arkadia.

KEY LOCATIONS

EXPO / RACE OFFICE

MULTIMEDIA FOUNTAIN PARK

[CHECK ON THE MAP](#)

T1 ZONE / START

PORT NIEPORĘT

[CHECK ON THE MAP](#)

T2 ZONE

MKS POLONIA WARSZAWA

[CHECK ON THE MAP](#)

TRAIN TO T1 ZONE

WARSZAWA GDAŃSKA TRAIN STATION

[CHECK ON THE MAP](#)

TRAIN TO WARSAW

PKP NIEPORĘT TRAIN STATION

[CHECK ON THE MAP](#)

ROAD CLOSURES & HELPLINE

Due to the organization of our event, there will be temporary traffic disruptions and changes in public transportation on Friday (June 9) in the evening and on Sunday (June 11) during the day. Below are the full announcements related to this.

[INFO FOR FRIDAY, JUNE 9](#) / [INFO FOR SUNDAY, JUNE 11](#)

HELPLINE: +48 500 261 000

We provide a helpline for residents and drivers where you can obtain assistance regarding information on road disruptions and detours related to the event. The helpline will be available on Saturday from 10:00 to 20:00 and on Sunday from 7:30 to 17:30.

WAZE NAVIGATION APP

Information about road closures will be included in the free Waze navigation app.

We encourage you to use the application on June 11, 2023.

Czekasz na wakacje?

Skompletuj z nami swój wakacyjny pakiet przygodowy!

Nurkowanie w ciepłych krajach, pływanie, zabawy w aquaparku czy plażowanie. Nasze akcesoria zapewnią niezapomnianą przygodę.

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Odwiedź stronę



OGRANICZENIA W RUCHU W DNIU 11-06-2023

citi handlowy

IRONMAN
70.3 & **WARSAW**
POLAND

TRASA KOLARSKA
ruch wstrzymany w obu kierunkach
9.30 - 12.00

TRASA KOLARSKA
ruch wstrzymany w obu kierunkach
10.00 - 13.00

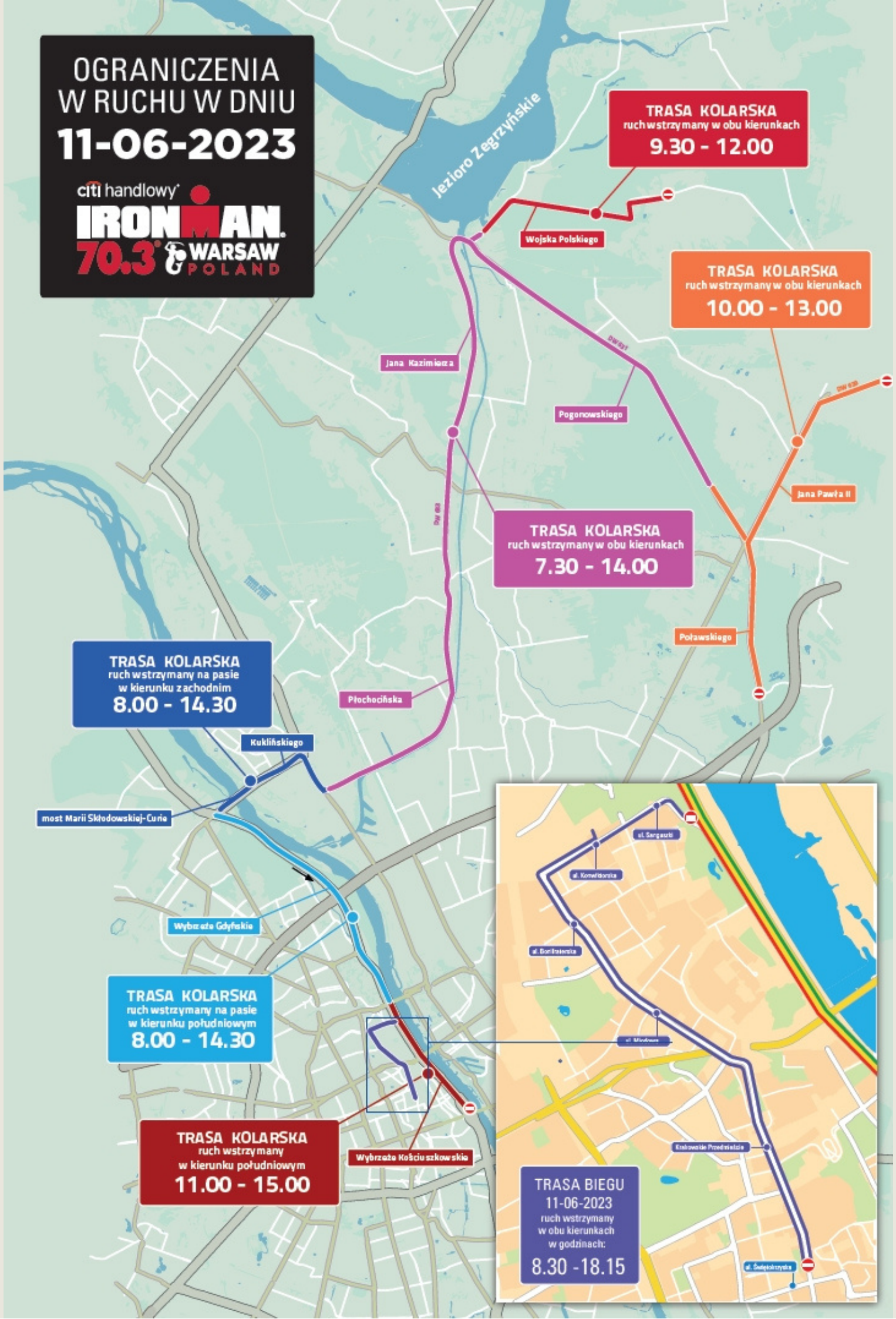
TRASA KOLARSKA
ruch wstrzymany w obu kierunkach
7.30 - 14.00

TRASA KOLARSKA
ruch wstrzymany na pasie
w kierunku zachodnim
8.00 - 14.30

TRASA KOLARSKA
ruch wstrzymany na pasie
w kierunku południowym
8.00 - 14.30

TRASA KOLARSKA
ruch wstrzymany
w kierunku południowym
11.00 - 15.00

TRASA BIEGU
11-06-2023
ruch wstrzymany
w obu kierunkach
w godzinach:
8.30 - 18.15



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