



Bank Polski

PKO Sopot
Półmaraton



ATHLETES GUIDE

OCTOBER 25, 2026

Partners:

Title partner:



Bank Polski

Host city:

Sopot



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Dear Ladies and Gentlemen, Runners

It is with great joy that I welcome you, the participants of the Sopot Half Marathon, a unique race that I hope will become a regular autumn sporting event in our resort town.

Sopot is a city open to active people who participate in large numbers in sports and recreational events organized in the city. Outdoor running is a popular form of activity, and I am very glad that long-distance running enthusiasts also have the opportunity to test themselves in Sopot.

At the starting line in front of the ERGO ARENA, there will be about five thousand participants running the half marathon distance, a thousand runners for the 5 km, and hundreds

of the youngest running adepts. The motto guiding this year's event is „Run in the rhythm of the city”. I am convinced that the race route, leading through the picturesque corners of the resort, will provide participants with unforgettable experiences and will inspire them to visit again and get to know Sopot even better.

I wish you successful races and satisfaction with your achieved goals, and above all, a wonderful sports competition. Thank you for being with us and that we can jointly create the history of long-distance running in Sopot.

Magdalena Czarzyńska-Jachim
Mayor of Sopot



Dear Runners

It is with great joy that I welcome you to the start of the PKO Sopot Half Marathon - a unique event that combines sports passion, an active lifestyle, and the unforgettable atmosphere of one of the most beautiful Polish resorts.

For years, Sopot has attracted active people open to challenges. I am glad that it is here that running enthusiasts can test their abilities over the half marathon distance and experience running emotions together.

The motto of this year's PKO Sopot Half Marathon: „Run in the rhythm of the city” perfectly reflects the character of this race. The picturesque route leading through beautiful corners of Sopot will allow you to discover a city that inspires all year round.

PKO Bank Polski has been supporting running and sports events thro-

ughout Poland for many years. We believe that sport builds community, teaches perseverance, and shows how much can be achieved through determination and consistency in fulfilling dreams. That is why we are proud - as the title sponsor - to support events that inspire taking on challenges and taking care of physical activity.

I wish you a successful start, satisfaction, and unforgettable impressions on the route. Regardless of your time at the finish line, each of you is already a winner. See you on the route and at the finish line of the PKO Sopot Half Marathon!

Yours sincerely,

Krzysztof Dresler
Vice-President of the
Management Board
of PKO Bank Polski



Bank Polski

Płyn, podziwiaj, nie przeliczaj

Z kartą kredytową **PKO Mastercard Platinum**
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za przewalutowanie

RRSO 16,96%

RRSO - Rzeczywista Roczna Stopa Oprocentowania dla przykładu reprezentatywnego, stan na 5.03.2026 r. Przyznanie karty i wysokość limitu kredytowego zależą od pozytywnej oceny zdolności kredytowej, którą oceniamy po złożeniu wniosku. Informacje o karcie, w tym szczegóły dot. opłat znajdziesz na naszej stronie. Zasady przewalutowania transakcji znajdziesz w Regulaminie wydawania i używania karty kredytowej PKO BP SA.



Dear Runners.

As an organizer of sports events in our city, we engaged with pride and energy in the idea of organizing a large race in Sopot, which attracts thousands of people to the starting line, not only from Poland. Such a large number of people willing to run in a unique seaside scenery after many years of break shows how much Sopot can offer to all active running enthusiasts.

Organizing a wide spectrum of intimate runs for the residents of Sopot and the metropolis, we focus on utilizing the unique location of the Resort. Today, we translate these advantages into the shape of the half marathon route. While covering it, you will see the most beautiful places and corners on the map of Sopot. In line with the motto „Run in the rhythm of the city”, you will be able to experience how active Sopot residents pursue their passions every

day and draw energy from the surrounding nature.

Regardless of whether the PKO Sopot Half Marathon 2026 is your first start at this distance or you are collecting another „half” for your running history, I am convinced that you will take away unique, unforgettable experiences that you will share with family and friends. We want this event to become our common celebration. I am also glad that so many children and youth will compete and pursue their passions here. This education and promotion of healthy habits will certainly pay off in the future.

I wish you perseverance, successes, personal bests, and above all, having fun in the unique city of Sopot. See you at the finish line!

Grażyna Dobrzyńska
Director of MOSiR in Sopot



Aktywny Sopot



Miejski Ośrodek
Sportu i Rekreacji
Sopot

  @aktywnysopot

 aktywnysopot.pl



Dear Runners

The PKO Sopot Half Marathon is not just a sports challenge. We know perfectly well that this is the finale of many weeks of training, plans, sacrifices, and small decisions that brought you right here - to the starting line of our half marathon. For some, it will be a fight for a personal best, for others their first half marathon, a return to racing after a break, or simply a well-spent morning in running company. Everyone has their goal, everyone runs for something, and we are glad that we can be a part of your running adventure.

I would like to thank the City of Sopot and Mayor Magdalena Czarzyńska-Jachim for their trust and the opportunity to organize the PKO Sopot Half Marathon. We believe that from now on it will be an important point on the sports map of Sopot and the entire Tricity. Thanks are also due to the Title Sponsor, PKO Bank Polski, which supports us in providing you with sports emotions.

On October 25, we will meet at the ERGO Arena to run together through Sopot and feel the atmosphere of an event that combines sport, the energy of the city, and a unique seaside climate. Before the start, be sure to read this guide. In it, you will find the most important information regarding, among others, picking up the starter pack, start organization, the route, refreshment points, and what awaits you after crossing the finish line.

And then there is only one thing left: run in the rhythm of the city. Good luck!

See you at the start and finish line of the Sopot Half Marathon!

Adam Greczyło

Director of

the PKO Sopot Half Marathon 2026

ENERGA
GDAŃSK
MARATON

Run in the city
of freedom!

GDAŃSK
MARATHON



24-25
04.2027



GENERAL INFORMATION

	Distance	Start Date & Time	Start and Finish	Time Limit	PZLA Certificate
PKO Sopot Half Marathon 2026	21,0975 km	25.10.2026, 9:30 AM	ERGO Arena, Plac Dwóch Miast 1, Sopot	3:00 h	✓
Czaniecka Piątka - 5 km run	5 km	25.10.2026, 8:30 AM	ERGO Arena, Plac Dwóch Miast 1, Sopot	50 min	✓
PKO Sopot Half Marathon Junior	200 – 1000 m	25.10.2026, 13:00 PM	ERGO Arena, Plac Dwóch Miast 1, Sopot	Brak	✗



RACE OFFICE

Location: Small ERGO Arena, Plac Dwóch Miast 1, Sopot (entrance from the P0 parking side)

Opening hours:

October 24 (Saturday): 12:00 – 21:00 – (all runs and distances)

October 25 (Sunday): 7:00 – 8:00 – issuing starter packs (5 km run)

7:00 – 8:45 – issuing starter packs (half marathon, relay)

7:00 – 11:45 – issuing starter packs dla biegów dziecięcych

! Do not leave the collection of the pack to the last minute.
If you can, pick it up on Saturday - on Sunday before the start
● you will save yourself time and extra stress.



EXPO

Location: Small ERGO Arena, Plac Dwóch Miast 1, Sopot (entrance from the P0 parking side)

Opening hours:

October 24 (Saturday): 12:00 – 21:00

October 25 (Sunday): 7:00 – 14:00



DEPOSIT

Location: ERGO Arena, Plac Dwóch Miast 1, Sopot

Opening hours:

October 25 (Sunday): 7:30 - 14:00

Items for the deposit should be left in the bag marked with a sticker with the starting number. The organizer provides bags and stickers in the starter pack.



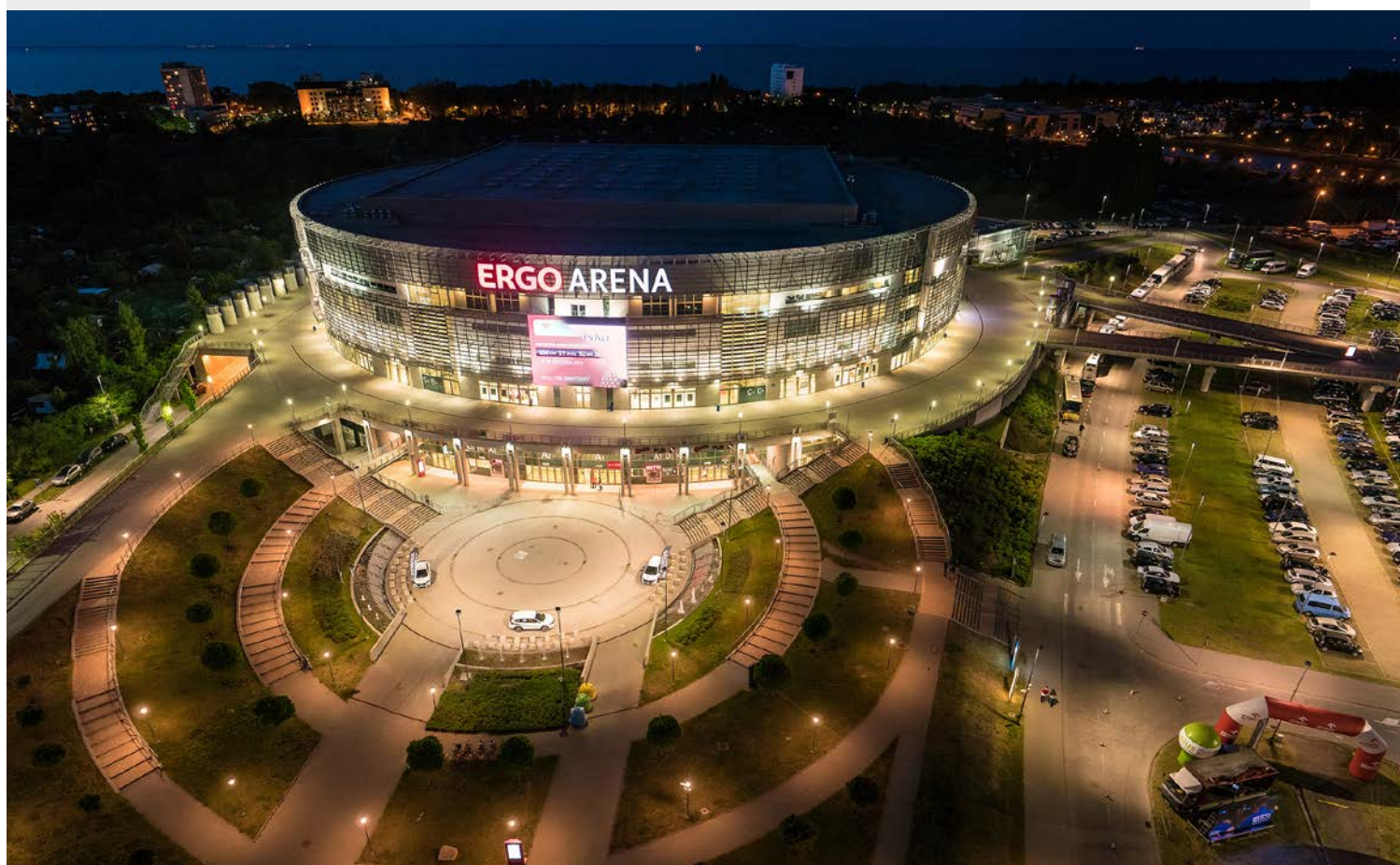
So French.
Newport Collection



HERBELIN

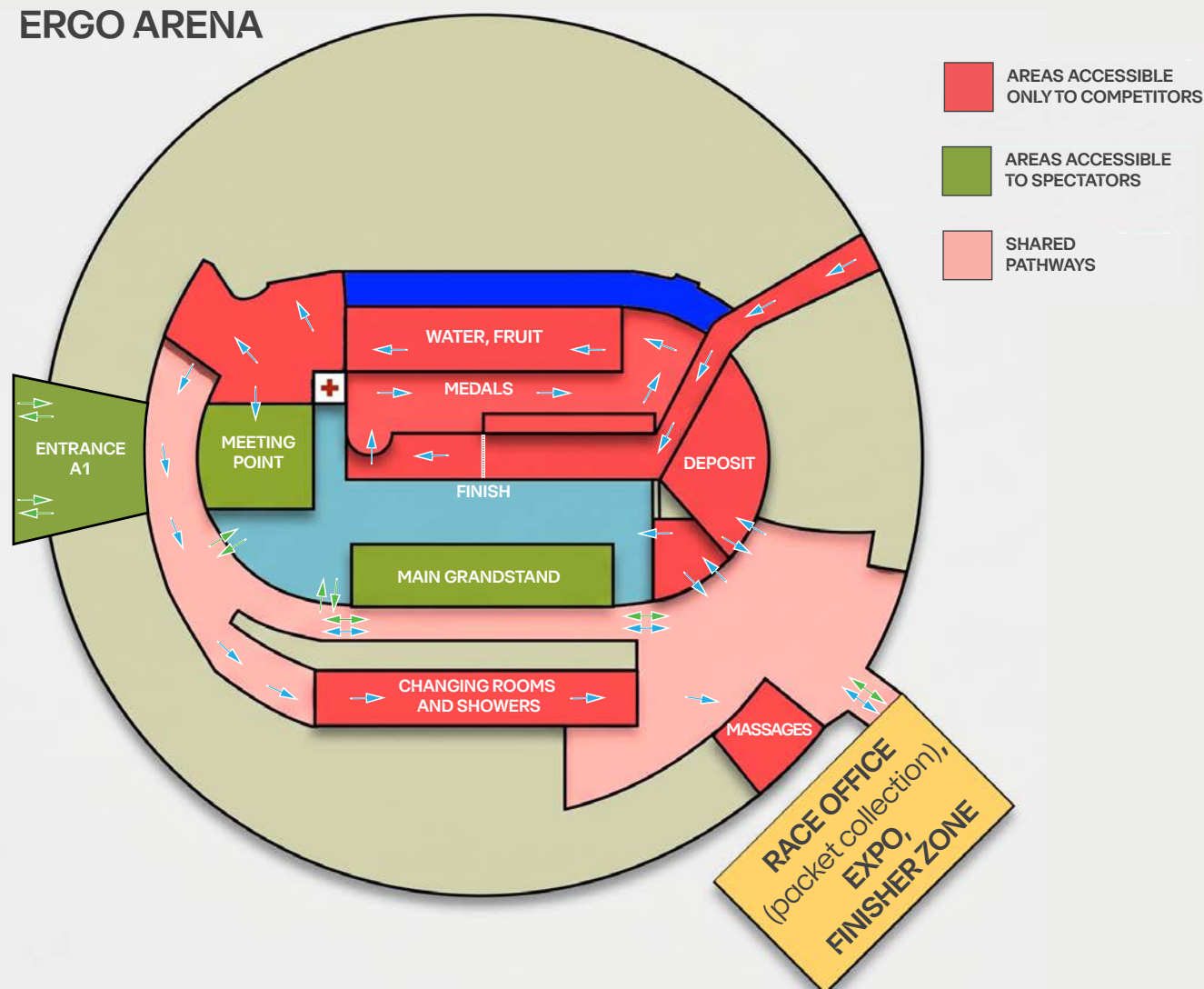
HORLOGER CONTEMPORAIN DEPUIS 1947

Event area map

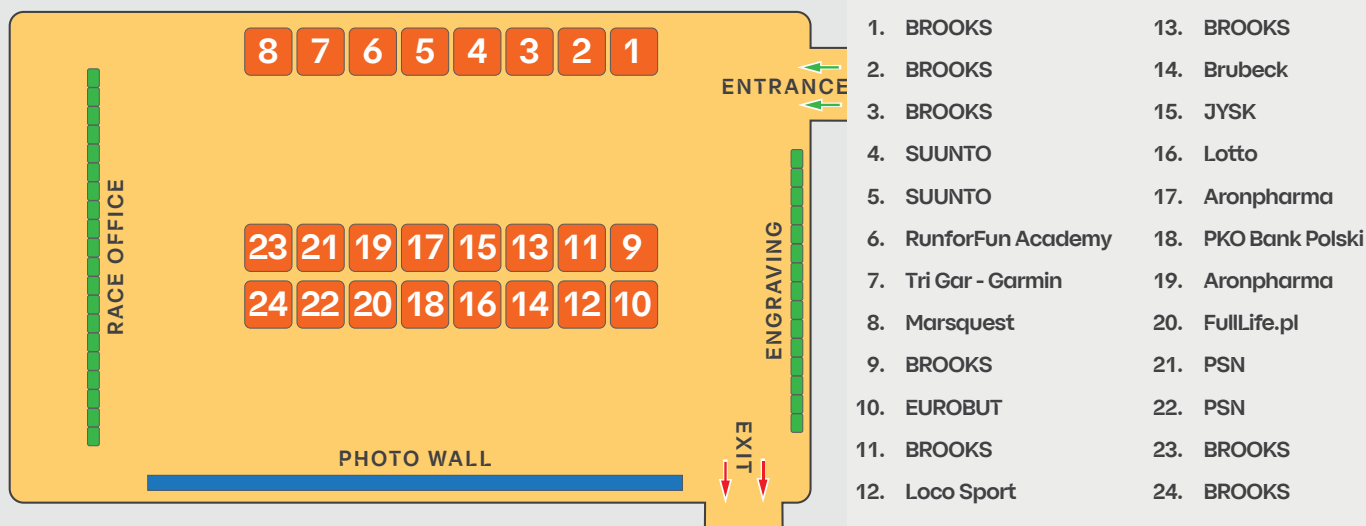


Site plan, race office

ERGO ARENA



Race office, EXPO, finisher zone





EVENT SCHEDULE

24.10.2026 (Saturday)

Time	Description	Location
12:00 - 21:00	Issuing starter packs for all distances in the race office	Small ERGO Arena, Plac Dwóch Miast 1, Sopot
12:00 - 21:00	EXPO Zone	Small ERGO Arena, Plac Dwóch Miast 1, Sopot

25.10.2026 (Sunday)

Time	Description	Location
07:00 - 08:30	Issuing starter packs in the race office (small ERGO Arena)	Small ERGO Arena, Plac Dwóch Miast 1, Sopot
07:00 - 11:45	Issuing starter packs for children's runs in the race office	Small ERGO Arena, Plac Dwóch Miast 1, Sopot
07:30	Opening of deposits before the start	ERGO Arena, Plac Dwóch Miast 1, Sopot
08:00	Opening of starting zones	ERGO Arena, Plac Dwóch Miast 1, Sopot
08:00 - 08:20	Warm-up before the start of Czaniecka Piątka - 5 km run	ERGO Arena, Plac Dwóch Miast 1, Sopot
08:25	Official opening of the Sopot Half Marathon	ERGO Arena, Plac Dwóch Miast 1, Sopot
08:30	START - Czaniecka Piątka - 5 km accompanying run	ERGO Arena, Plac Dwóch Miast 1, Sopot
08:45	Expected finish of the winner of Czaniecka Piątka	ERGO Arena, Plac Dwóch Miast 1, Sopot
09:00 - 09:20	Warm-up before the start of the Sopot Half Marathon	ERGO Arena, Plac Dwóch Miast 1, Sopot
09:20	Time limit for participants of the 5 km run	ERGO Arena, Plac Dwóch Miast 1, Sopot
09:30	START Sopot Half Marathon (individual and half marathon relays)	ERGO Arena, Plac Dwóch Miast 1, Sopot
10:35	Expected finish of the winner of the Sopot Half Marathon	ERGO Arena, Plac Dwóch Miast 1, Sopot
12:50	Time limit for participants of the Sopot Half Marathon	ERGO Arena, Plac Dwóch Miast 1, Sopot
13:00	START of the 1000 m Run (children aged 12-15)	ERGO Arena, Plac Dwóch Miast 1, Sopot
13:15	START of the 500 m Run (children aged 7-11)	ERGO Arena, Plac Dwóch Miast 1, Sopot
13:30	START of the 200 m Run (children aged 1-6)	ERGO Arena, Plac Dwóch Miast 1, Sopot
13:50	Awards ceremony for the Sopot Half Marathon, 5 km Run, and children's runs	ERGO Arena, Plac Dwóch Miast 1, Sopot

GOTOWI NA START?



HYPERION ELITE 6



RĘKAWKI DASH



HYPERION MAX 4



HYPERION ELITE SINGLET



GHOST AMP



DASH CROP TANK

BROOKS

Starter pack collection



Individual Start - PKO Sopot Half Marathon and Czaniecka Piątka

Personal

You must present the QR code received via email or SMS and an identity document (passport, ID card, driving license, or student ID).

QR codes will be sent out on October 20-23, 2026.



For another person

A pack collected for another person will be issued on the basis of a photocopy/photo (can be shown on a mobile phone) of an identity document (passport, ID card, driving license, or student ID) and the provided QR code or an authorization, which should be downloaded from our website and filled out. If the QR code has been provided, the authorization is not necessary.

QR codes will be sent out on October 20-23, 2026.



DOWNLOAD AUTHORIZATION HERE

Relay

The QR code for collecting the starter pack for the relay will be sent via email and SMS to the relay captain indicated during registration.

The captain can pick up the starter pack themselves by showing the QR code and an identity document at the office. They can also



authorize any person to collect the starter pack - the person collecting the relay starter pack must present the QR code at the race office and a photocopy/photo of the relay captain's identity document (can be shown on a mobile phone). The relay captain can also fill out the authorization available on our website in the regulations, but if they provided the QR code, the authorization is not necessary.

Please remember that changes in the relay lineup must be strictly reported at the „Changes in relays” stand in the race office. Failure to report a change in the race office may result in the disqualification of the relay. The cost of changing one competitor is 30 PLN.

QR codes will be sent out on October 20-23, 2026

PKO Sopot Half Marathon Junior



Packs are collected by parents / legal guardians / coaches. You must present the QR code received via email or SMS and the identity document of the parent / legal guardian / coach (passport, ID card, driving license, student ID).

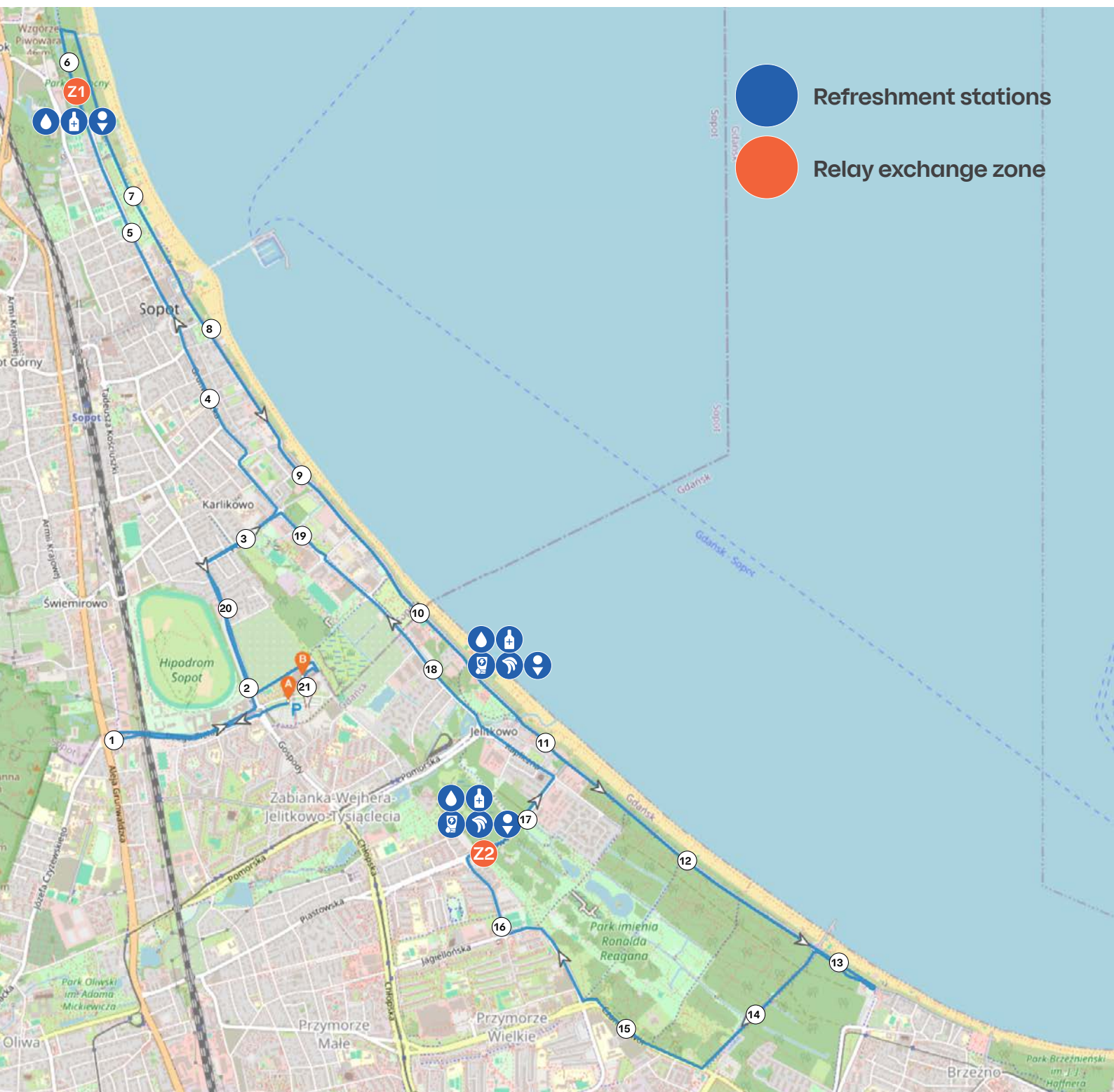
QR codes will be sent out on October 20-23, 2026.

Additionally, it is necessary to provide the signed consent of parents / legal guardians on the organizer's form.



DOWNLOAD CONSENT HERE

Half Marathon route



Refreshment points

	WATER	ISOTONIC	GELS	BANANAS	WC	DROP ZONE
5,5 km						
11,0 km						
16,5 km						

B Buffets are a part of the route's securing elements, you can safely use them during the run. If you have prepared your own nutrition and hydration strategy, stick to it, and treat the points on the route as support. Isotonics and energy gels are provided for you by B-PAC by AronPharma.



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OF TOMORROW

Start organization



Participants of the PKO Sopot Half Marathon start in 7 starting waves. The competitor's number contains information about the starting zone to which they have been assigned.

Start

The half marathon will take place at 9:30 AM and will have a wave character.

Starting Zones

Starting zones will be opened at 9:00 AM. Individual zones will start on a separate sound signal from the starter.

Warm-up

An official warm-up is planned before the start from 9:00 to 9:20 AM.

A competitor can change the starting zone only to a slower one. Moving from a slower zone to a faster one is strictly forbidden.

Such a change will be penalized by adding 5 minutes to the final result. Each competitor was assigned to a starting zone based on the declared finish time provided in the registration form. People who registered after October 6, 2026, were assigned to the last starting zone.

Entrances to the starting zones will be opened from 9:00 AM, followed by the warm-up.

Before entering the starting zone, prepare:

- starting number (pinned in a visible place on the front of the shirt),
- everything you will need during the run,
- items for the deposit (hand them over before you enter the starting zone).

The less organizational chaos before the start, the more attention you can devote to what you came to Sopot for - running!

Starting Zones

ZONE	PLANNED TIME	START TIME:
Zone A	Under 1:30:00	9:30
Zone B	from 1:30:00 to 1:39:59	9:32
Zone C	from 1:40:00 to 1:49:59	9:36
Zone D	from 1:50:00 to 1:59:59	9:41
Zone E	from 2:00:00 to 2:14:59	9:46
Zone F	from 2:15:00 to 2:29:59	9:51
Zone G	over 2:30:00	9:55

Purchased medal engraving mark



**Starting zone
mark on the bib
number**

Category
mark

Participants of the PKO Sopot Half Marathon Czaniecka Piątką start from a single starting zone.

Pacemakers

Do you want to run the half marathon in a specific time? Pacemakers will help you with this on the PKO Sopot Half Marathon route - experienced runners whose task is to maintain the most even pace possible and lead the group to the finish line in the assumed time.

How to use the pacemaker's help?

- choose a group with a pacemaker corresponding to your planned finish time,
- position yourself in your starting zone,

- during the run, stay close to the pace-maker and monitor your feelings,
- remember that the pacemaker helps maintain the assumed pace, but conditions on the route may affect its implementation.

Tip: You do not have to run exactly next to the pacemaker throughout the entire race. Treat them as a reference point for pace and time, and above all, run according to your own assumptions and capabilities on that day.

	01:25:00 Tomasz Szczukutowicz	01:25:00 Piotr Szymański	01:29:59 Robert Sławiński	01:29:59 Piotr Maksymiuk
	01:29:59 Jerzy Kolosowski	01:39:59 Marcin Kulczyk	01:39:59 Adam Szyborski	01:39:59 Mateusz Antkowiak
	01:49:59 Ewa Kulczyk	01:49:59 Daniel Penk	01:49:59 Beata Bogdanowicz	01:59:59 Tomasz Golec
	01:59:59 Sławek Hoffman	01:59:59 Tomasz Orłowski	02:09:59 Paweł Szwed	02:09:59 Zbigniew Kordula
	02:09:59 Krzysztof Kozioł	02:19:59 Mirek Jasiński	02:19:59 Paweł Szulwach	02:19:59 Michał Kozłara

The colors correspond to the starting zone markings



Relay information

Each relay participant independently reaches their relay change zone.

All relays line up and start from the second starting zone - Zone B - 1:30:00 - 1:39:59

The first-leg runner starts the run with the baton and passes it to the next participant.

Check where your change zone is before the start.

Take your starting number with you - it is the basis for entering the change zone and participating in the run.

Most important rules of relay competition

1. Each relay consists of 3 people.
2. Each participant can only run one leg in their relay. It is strictly forbidden for the same person to cover two sections of the route.
3. Changing a relay participant without notifying the organizer and getting approval from the race office means disqualification of the relay.
4. The changeover ends at the moment the baton is passed to the next competitor in the designated change zone. The passing of the baton in the change zone must take place between the start and end line of the zone; passing the baton outside the change zone means disqualification of the relay.
5. Each relay must reach the finish line with the relay baton received by the captain when picking up the starter pack. Reaching the finish line without the baton means disqualification of the relay.
6. If during the baton pass in the change zone, the baton falls to the ground (also outside the change zone), the person passing (ending their leg) must pick it up (return to the change zone if it fell outside it) and pass it to the person starting the next leg.
7. Keep an eye on the limits; the relay is subject to a total limit of 3 hours, as well as limits for individual legs. The 1st change zone will be closed at 10:45, the 2nd at 11:20.
8. The change zone is separated and you must strictly follow the instructions of the judges. Only one participant of a given relay can be in the zone.



IMPORTANT! Relays do not have chips on their starting numbers. The relay chip is hidden in the relay baton. Therefore, do not forget the baton for the start!

CZANIECKI

SIŁA PROSTO Z TALERZA



czaniecki.pl



Czaniecka piątką - 5 km run

The accompanying event to the PKO Sopot Half Marathon struggles is a run over a distance of 5 km. The Czaniecka Piątką competitors

will start from a single starting zone. In the 5 km run, only the three fastest women and three fastest men are awarded.

Czaniecka Piątką

Distance: 5 km

Date: October 25, 2026

Start: 8:30

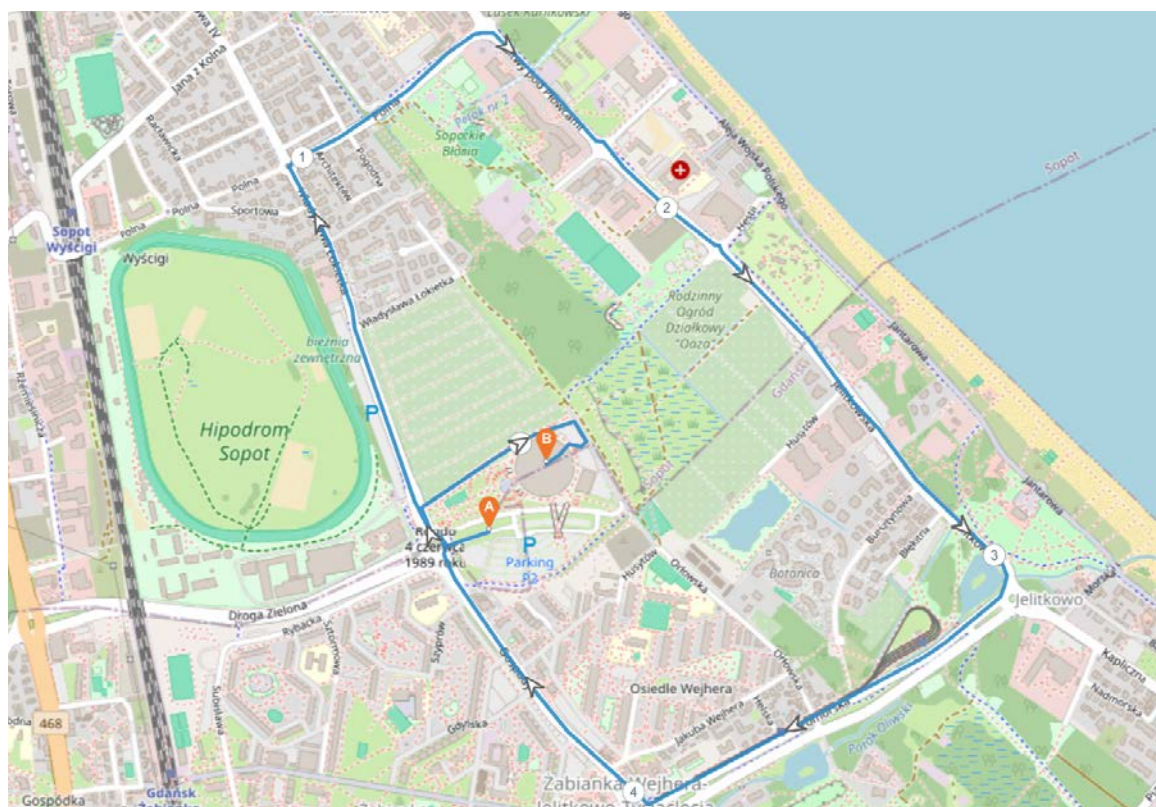
Start/Finish: ERGO Arena, Plac Dwóch Miast 1, Sopot

Time limit: 50 min

PZLA Certificate: yes

Start: The start and finish lines are located at the ERGO Arena. The race starts at 8:30, which is one hour before the start of the half marathon.

Warm-up: A warm-up is scheduled before the start from 8:00 to 8:20.



12 m

1 m

Sopot Challenge or 5+21

Sopot Challenge is a competition for people who want to complete both races held as part of the PKO Sopot Half Marathon on the same day.

If during registration for both runs you provided the same email address and independently cover both distances, you will be included in the Sopot Challenge 2026 classification.

The position in the final classification is determined by the sum of times from both runs, and in the case of an equal sum of times, the better time at the PKO Sopot Half Marathon distance decides.

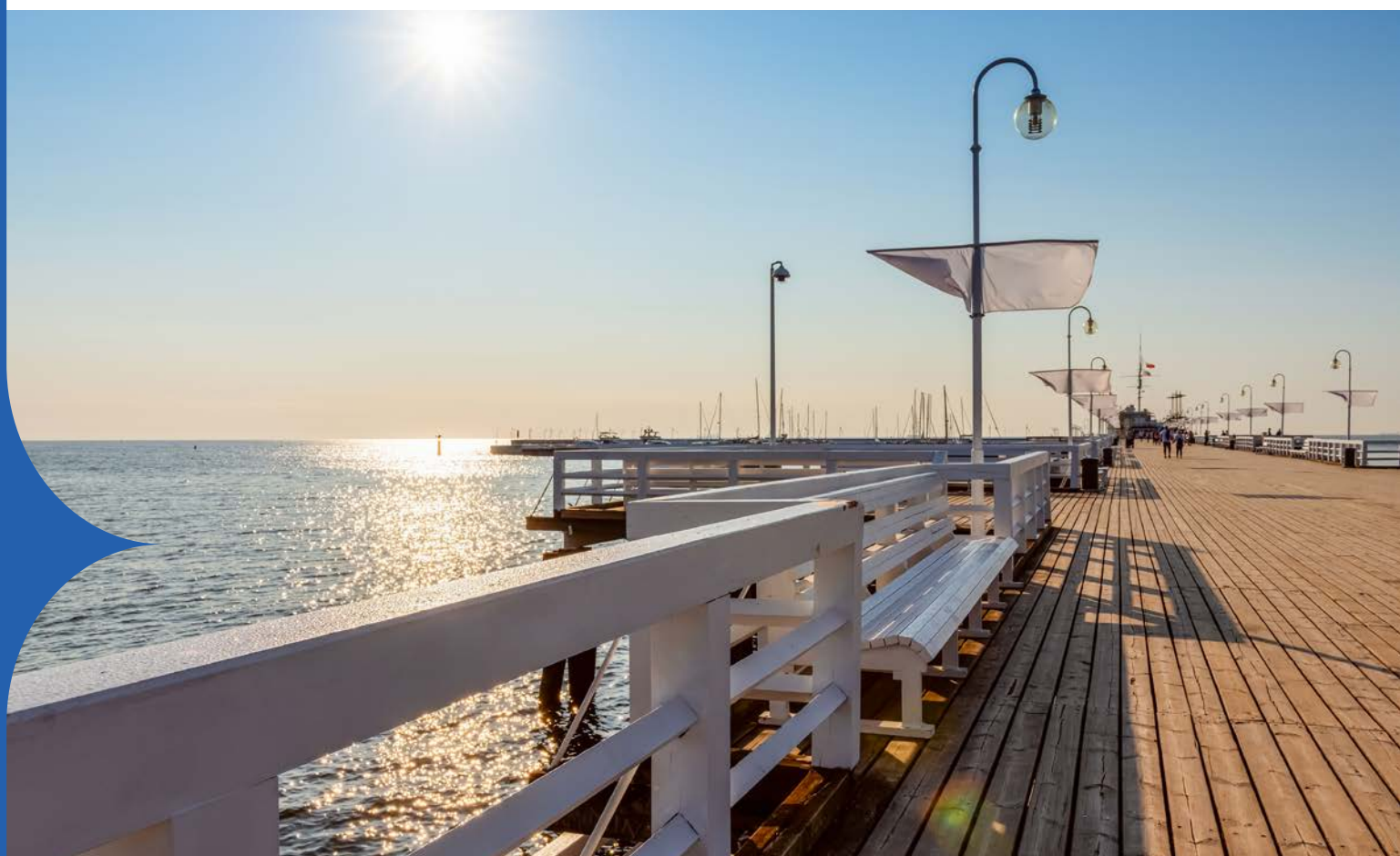
In the Sopot Challenge classifica-

tion, we will award the top 3 women and the top 3 men.

The decoration will take place during the awards ceremony at 14:00 in the ERGO Arena hall.



IMPORTANT! Remember that you will receive two starting numbers in two packs! You must wear the appropriate starting number for each run. Running with two starting numbers on any of the distances is not allowed.





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— **CityMotors** —
Gdańsk

CityMotors Gdańsk
ul. Uczniowska 36, 80-530 Gdańsk
tel: +48 58 511 90 00, bdc@citymotors.pl
www.volkswagengdansk.pl



PKO Sopot Half Marathon Junior



Running always starts with the first steps! On Sunday, October 25, 2026, at 13:00, the PKO Sopot Half Marathon Junior awaits the youngest. Children and youth aged 1-15 participate in the run.

The distances have been adjusted to age: 1-7 years - 200 m, 8-11 years - 500 m, and 12-15 years - 1000 m. Starts take place at: 13:00 - 1000m, 13:15 - 500m, 13:30 - 200m.

Depending on the final number of children registered for runs at particular distances, the organizer, in agreement with the head judge of the competition, reserves the right to change the time schedule of accompanying runs and the possibility of dividing particular runs for the safety of participants, e.g., separate runs for girls and boys, etc. Detailed information will be provided by the event announcers and competition judges. We ask the children's guardians to carefully follow the given announcements.

Junior Categories

Year of birth	Age category	Distance
2023 – 2025	1–3 years	200 m
2020 – 2022	4–6 years	200 m
2018 – 2019	7–8 years	500 m
2015 – 2017	9–11 years	500 m
2013 – 2014	12 – 13 years	1000 m
2011 – 2012	14 – 15 years	1000 m

The youngest competitors finish at the same finish line where the PKO Sopot Half Marathon participants will finish earlier.

The youngest competitors finish at the same finish line where the PKO Sopot Half Marathon participants will finish earlier.



Schedule

October 24, 2026 (Saturday)

12:00 PM– 9:00 PM Distribution of race packs for children's races at the race office

October 25, 2026 (Sunday)

7:00 AM– 11:45 AM Distribution of race packs for children's races at the race office

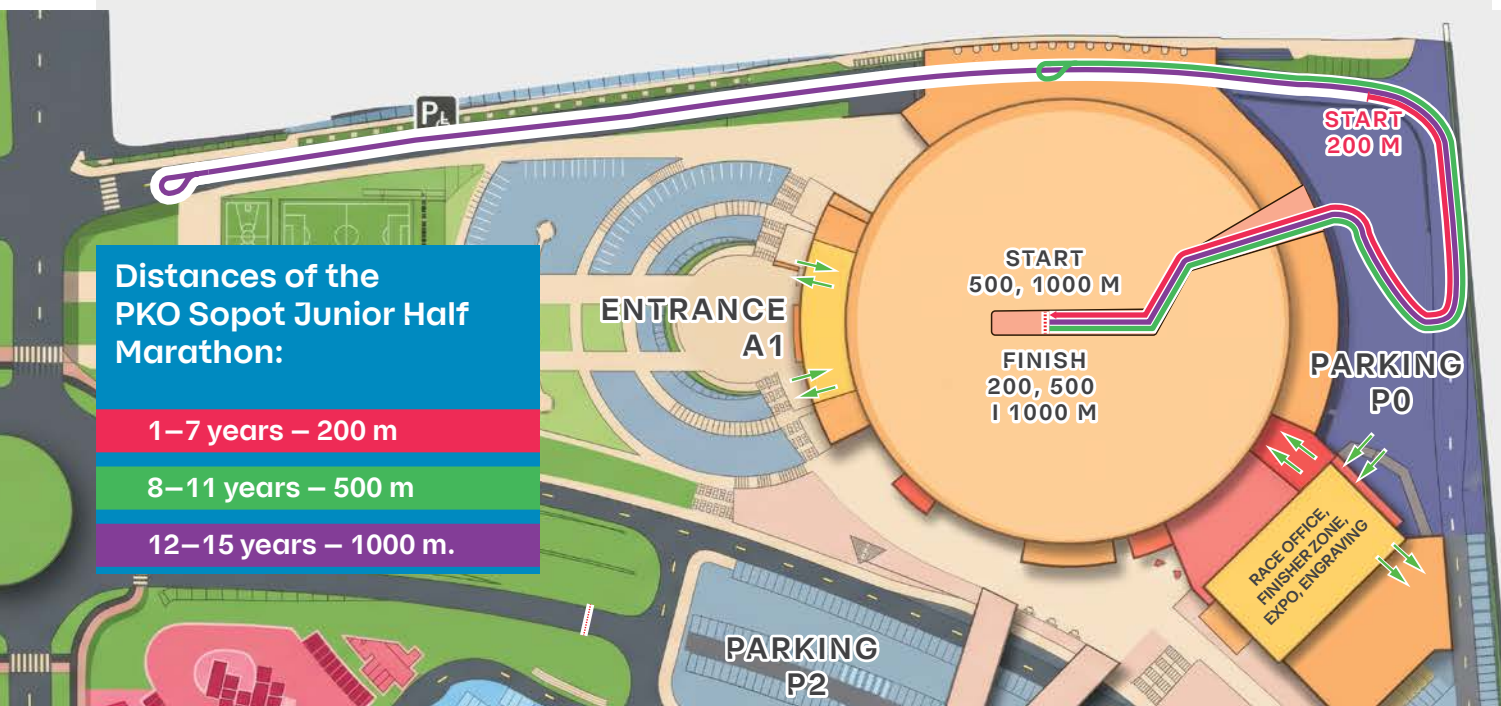
13:00 PM **START of the 1000 m run (children aged 12 – 15)**

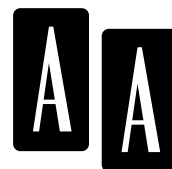
13:15 PM **START of the 500 m run (children aged 7 – 11)**

13:30 PM **START of the 200 m run (children aged 1 – 6)**

13:50 PM Medal ceremony for the PKO Sopot Half Marathon Junior!

Routes of the PKO Sopot Junior Half Marathon!





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SKUTECZNA OCHRONA PRZED POCENIEM,
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Awards Ceremony

The awards ceremony for the PKO Sopot Half Marathon, Czaniecka Piątka, Sopot Challenge, and Sopot Half Marathon Junior runs will take place on October 25 at 13:50 in the ERGO Arena.

Half Marathon Classifications

The following classifications are conducted within the half marathon:

- OPEN women,
- OPEN men,
- age classifications for women and men,
- people with disabilities,

- people in active wheelchairs with direct drive.

In each classification, three people are awarded, in accordance with the competition regulations. A competitor who takes a place in the OPEN classification is not simultaneously classified in the age category.



IMPORTANT! Receiving prizes and statuettes is possible only during the awards ceremony. The organizer does not send prizes and statuettes by mail or courier.



 SUUNTO

See the run ahead



NOWY SUUNTO RUN 2



1,32" wyświetlacz AMOLED
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Darmowe mapy offline



Odtwarzanie muzyki offline



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After the run

When the run is behind you, it's time to catch your breath and pick up your souvenir.

Half marathon and relay

After crossing the finish line, every competitor will receive a medal, and the person from the last leg of the relay, handing over the relay baton, will receive three medals (one for each relay participant). Remember that after leaving the finish zone, there is no possibility of returning. Go to the finisher zone where you will receive a meal. Additionally, on the ERGO Arena premises, you can use a shower (don't forget your towel) and a massage.

The engraving stand is located in the small ERGO Arena. Engraving will be done based on your starting number. You can also purchase engraving on site - cost 30 PLN.

5 km run

After crossing the finish line, each competitor will receive a medal.

Remember that after leaving the finish zone, there is no possibility of returning. Additionally, after the run on the ERGO Arena premises, you can use a shower (just don't forget your towel!).

The engraving stand is located in the small ERGO Arena. Engraving will be done based on your starting number. It is possible to purchase engraving on the day of the run - cost 30 PLN.

Deposit

The deposit will be open until the awards ceremony, i.e., until 14:00. Collecting items from the deposit takes place upon presentation of the starting number. In case of its loss, the bag can be issued after showing a photo ID. Do not leave valuables in the deposit. The organizer is not responsible for valuable items left in the deposit, changing room, or on the hall premises.





SAMORZĄD
WOJEWÓDZTWA POMORSKIEGO

POMORSKA KOLEJ



Nowy tabor
w latach 2022-2029

Dzięki temu
będzie

2,1 mld zł — **45 nowych**
elektrycznych Impulsów

Rekordowy 2025 r. na Pomorzu
z kolei skorzystało

76,5 mln pasażerów

**Pakt Kolejowy – wkrótce nowe linie,
nowoczesna podróż:**

- pociągi pojadą m.in. z Kartuz do Łęborka, ①
z Wejherowa do Łeby, ② z Lipusza do Bytowa ③
- elektryfikacja linii do Kościerzyny ④
to szybsza i bezpieczniejsza podróż

Projekt PKM Południe ⑤

drugi etap kolejowej
rewolucji w Gdańsku:

- z nowego połączenia
do południowych dzielnic
skorzysta nawet
kilkadziesiąt tysięcy
mieszkańców

szacowany koszt to

2,3 mld zł

Lepszy dojazd do portu:

- 9 km nowego toru
między
Pruszczem
Gdańskim
a Pszczółkami
do 2030 r. ⑥
- to więcej pociągów
osobowych



Kolej jest szybka, komfortowa i ekologiczna. I to właśnie doceniają Pomorzanie. Wybierają pociągi w codziennych dojazdach do pracy czy szkoły, ale i w dalszych podróżach. A my chcemy zapewnić wszystkim pasażerom jak najlepszy transport. Dlatego kupujemy nowe pociągi i wspólnie z rządem i Polskimi Liniami Kolejowymi modernizujemy żelazne szlaki. Chcemy, aby w ciągu najbliższych lat do każdego powiatu można było dojechać pociągiem. Pomorska kolej to coś, czego inni nam zazdroszczą. Kolej to nasza pomorska duma.

Leszek Bonna

Wicemarszałek Województwa Pomorskiego

Additional services

A Additional services could be purchased with the starter pack:

- official PKO Sopot Half Marathon 2026 t-shirt available as an additional element of the pack,
- Sopot Half Marathon long sleeve,
- headband (for 5 km run competitors),
- medal engraving.

T-shirt, long sleeve, and headband can be picked up with the starter pack in the Race Office.

Medal engraving is marked with an icon on your starting number. After finishing the run, report with your starting number to the medal engraving point in the small ERGO Arena (where you picked up the pack) and on this basis, the staff will engrave your name and time on the medal.



**Sen, który pracuje
na twój kolejny kilometr**



Access and parking

Access to the ERGO Arena on the day of the event will be possible until 8:00 AM. After 8:00 AM, Łokietka and Gospody streets will be closed.

Until 9:00 AM, access will be possible only from Niepodległości / Grunwaldzka Avenue - via Droga Zielona towards Gospody street.

It is worth reading the map of traffic difficulties in connection with the event; information can be found at

www.sopotpolmaraton.com/utrudnienia

Public transport access - please check for changes in the functioning of public transport on the ZTM Gdańsk (<https://ztm.gda.pl/>) and ZKM Gdynia (<https://zkmgdynia.pl/>) websites.

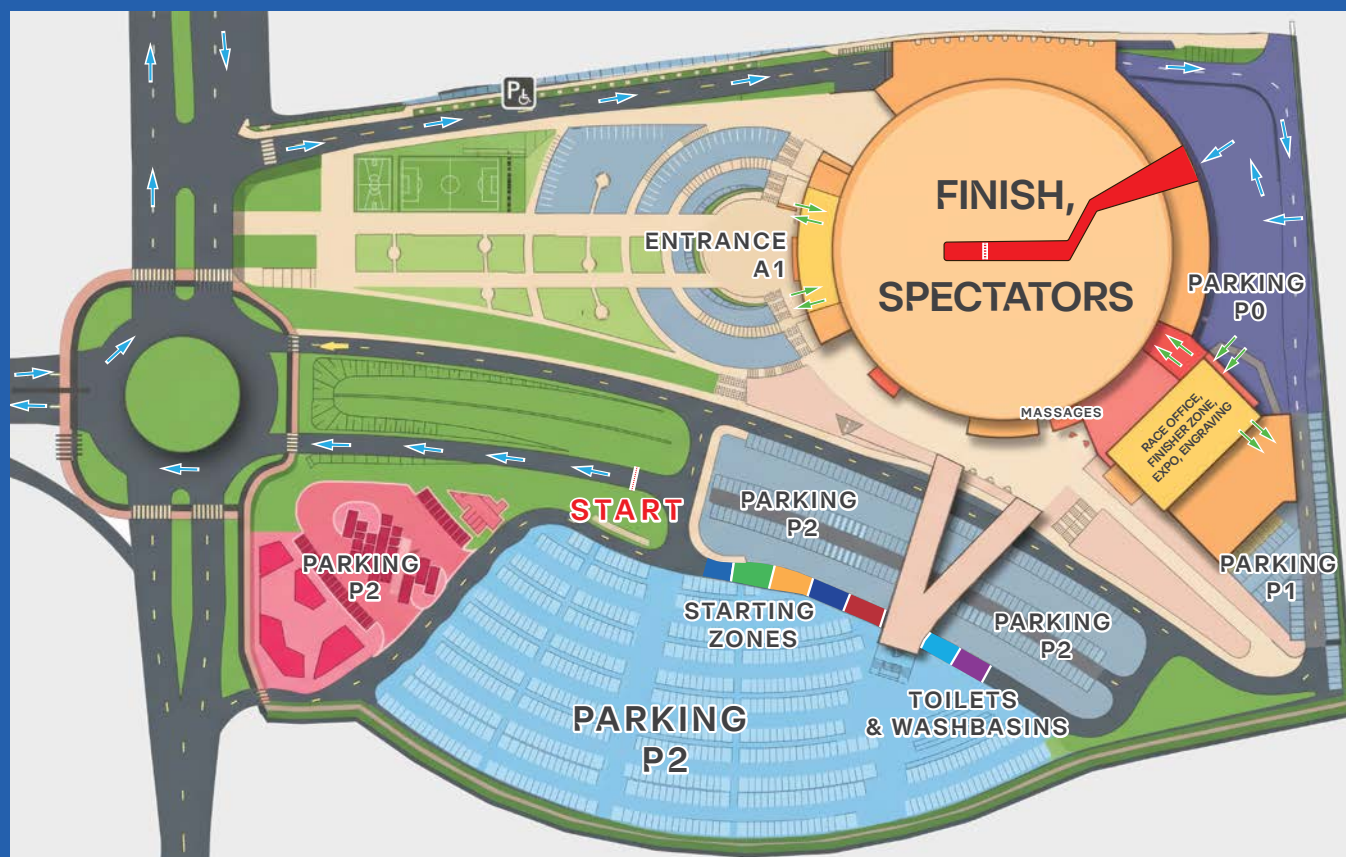
Parkings

Under the ERGO Arena, the P2 parking lot will be available for participants. Access to the parking lot until 8:00 AM. Entry from Gospody street. Exit from the parking lot - via Gospody street towards Gdańsk will be possible after 10:00 AM.

Additionally, it is possible to park vehicles in the parking lot at Łokietka street from the Sopot Hippodrome side. Access to the parking lot will be possible until 8:00 AM. Exit from the parking lot after 12:00 PM towards Droga Zielona and Gospody street.



IMPORTANT! When parking your car in the parking lots, do not forget to pay the parking fee. The parking lots are operated by external operators and they set the parking tariffs and collect



FAQ

– frequently asked questions

What time does the PKO Sopot Half Marathon start?

The start of the half marathon is scheduled for 9:30 AM, on Sunday, October 25, 2026.

Where is the start and finish?

On the premises of the ERGO Arena, Plac Dwóch Miast 1 in Sopot.

What is the time limit?

3 hours. Additionally, control limits apply at the 5th, 10th, 15th, and 20th kilometer.

Does the route have a PZLA certificate?

Yes. The route on the day of the competition will have a PZLA certificate.

Will there be refreshment points on the route?

Yes. The points are located at 5.5, 11, and 16.5 km. Water, isotonic drinks, bananas, and energy gels from B-PAC by AronPharma will be available.

Will there be toilets on the route?

Yes, toilets for runners will be available at each buffet and each relay change zone.

Will there be a deposit?

Yes. The deposit is located on the premises of the ERGO Arena and will be opened at 7:30 AM on Sunday, October 25, 2026.

Will there be showers?

Yes. Changing rooms, showers, and the deposit will be located on the premises of the ERGO Arena.

Can someone pick up the pack for me?

Yes, you can authorize any person to collect your starter pack. If you give this person the received QR code, you no longer have to fill out an authorization. If you do not give this person the QR code, you must fill out an authorization.

What do I need to bring to pick up the pack?

All you need to have with you is a photo ID, e.g., an identity card (can be mObywatel) and the QR code, which the organizer will send you via SMS and email a few days before the run.

Can I still register on site?

Yes, provided there are free starter packs left on the day of the run.

Can I transfer the pack to another person?

According to the regulations, transferring the starting fee to another person must be reported to the organizer only by October 6, 2026, until 11:59 PM. After this deadline, it is no longer possible to transfer the starter pack to another person.

FAQ

– frequently asked questions

How is time measured?

Electronically, using a chip located in the starting number.

What time is the official time of the competitor?

For most competitors, it is the net time. The first three women and the first three men in the OPEN classification are classified according to the gross time.

Will everyone who finishes the run receive a medal?

Yes. A commemorative medal is awarded to every competitor who finishes the main run or the accompanying run.

Can I participate in the Sopot Challenge?

Yes, if you previously registered for both Czaniecka Piątka and PKO Sopot Half Marathon using the same email address. The sum of times from both runs counts towards the classification.

Can I participate in a wheelchair?

The organizer allows people with a documented degree of disability moving in active wheelchairs with direct drive. Rim-push and handbike wheelchairs are not allowed.

Where can I find the official results?

The results will be available on the day of the competition in the results system indicated by the organizer. The final and official results will be published no later than November 6, 2026, by 3:00 PM.



Partners

Title partner



Host city:



Main partner:



Official Time Keeper:



Partner:



Sponsor:



Sponsor:



Sponsor:



Automotive partner:



Partner:



Partner:



Partner:



Partner:



Partner:



Partner:



Co-financing partner:



Media partner:



Media partner:



Media partner:



Social partner:



Partner:



Scientific partner:



Partner:



Partner:

