

45^e NIJMEGEN - ROTTERDAMMARS

SATURDAY 18 - SUNDAY 19 SEPTEMBER 2010



INFORMATION

&

Enrollment

Contact

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Enrollment / Information

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Dates September 18 to 19, 2010

Distance 160 km, From Nijmegen to Rotterdam (Netherlands)

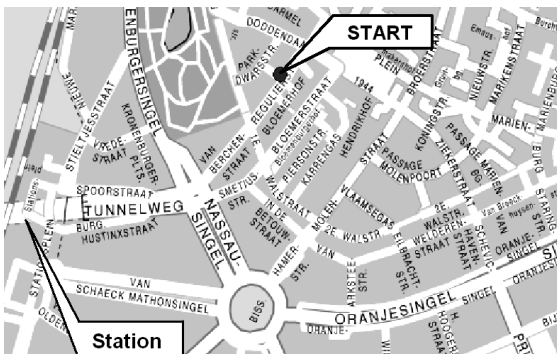
Route The walking route from Nijmegen to Rotterdam goes directly over the river Waal, over the footbridge along the rail bridge. We follow the river Waal in western direction for about 10 km and then we go north. Thru the Betuwe we go to Heteren (20km), cross the river Rijn and then thru the forest of Renkum and over the Ginkelse Heide to Ede (40km). On our way to Leersum we follow the Grebbeliniedijk. In Leersum (60km) participants get a nice warm meal. In the dark we follow the route thru the forest near Maarn in the direction of Bunnik (80km). Thru Rhijnduyn we go what Southerner. After Nieuwegein (100km) the route continues to IJsselstein, Benschop and the Snelrewaard to Oudewater (120km). After sunrise the walker continue thru the Reeuwijkseplassen to the last indoor stop in Waddinxveen (140km). From Waddinxveen the route goes to Zevenhuizen and then along the river Rotte to the finish in Rotterdam (160km).

Start Saturday September 19th at exactly 11.00 uur from: Buurthuis Doddendaal.

Achter Valburg 2, 6511DM Nijmegen, +31(0)024 3603573.

Walkingroute from Nijmegen

Central Station: From the exit of the railwaystation go left along 'Meterswane' on the Burgermeester Hustinxweg (parallel with the Tunnelweg). Follow the Van Berchenstraat left of the 'Kolpinghuis' building. Go straight on the Regulierstraat. The first street left is Achter Valburg. This route will also be marked.



Arrival The arrival will be on Sunday September 19th, between 15.30 and 16.30 in the canteen of sport complex Langepad in Rotterdam (Kralingen). A small ceremony will take place about 20 minutes after the arrival of the first group. The participants who arrive in the first group can take a shower before for commencement of the ceremony. Participants who finish later can take a shower after the ceremony. The ceremony will be kept as short as possible, but we want give attention to the achievements of walkers and volunteers/helpers.

Care Due to many years' experience you can offer you a good service and care during the whole walk. You even get a diner in Leersum (included in the enrolment). Before the start in Nijmegen we will start to take care of you by

offering you sandwiches. At convenient intervals (16x) you will get drinks and food. This is free. Food and drinks in the large indoor rests (6x) are at your own costs.

Medical / foot care The medical care is in the hands of our own well experienced first aid team. Indications of the medical team must be followed at all times. If medical reasons are indicated by this team, the participant will be considered disqualified.

Minimum age Participants must be at least 20 years old.
This means you can participate in you are born in 1990 or before.

Trophy / Certificate For those that finish according the schedule there will be a nice certificate and (if requested) a beautiful trophy.

Enrollment procedure You can send your entry form to:

Hansje Zoon
Beatrixlaan 11 familiezoom@hetnet.nl
3247 AA Dirksland Phone: +31 (0)187 - 603352

You can also send an e-mail with all information that is requested on the entry form. This replaces the paper document. These electronic entries are processed after receiving your enrollment fee.

The enrollment fee should be paid to:

Bank account number 190898 (ING)
Penningmeester RWV in Heesch
IBAN=NL98 INGB 0000190898
BIC = INGBNL2A

People living in countries that use the Euro can use the above information to do the payment of the enrolment fee to RWV free of charge. We expect that they will do this.

People from outside the Netherlands are allowed to pay at the start at no extra costs. If you prefer that, please mention this on your enrollment form.

Enrollment fee **The enrollment fee is:**

- a) trophy, certificate and care 42,50 euro per person
 - b) certificate and care 32,50 euro per person
- Members of a walking association get a discount of € 0,50.
RWV-members get € 2,50 extra discount.

***Enrollment at
the start costs
€ 12,50 extra***

Closing date Before September 1st your enrollment should be received (including payments). If your enrollment is received after September 1st, it is considered a late entry. This will be at the same price as those enrollments at the start. The enrollment fee at the start is:

- a) trophy, certificate and care 55,00 euro per person
- b) certificate and care 45,00 euro per person

Confirmation If participants mention their e-mail address on their enrollment form, they will receive a list with the names of all participants, names and tasks of the volunteers/helpers, time schedule, phone numbers and other details. We will send this by normal post to those that did not include an e-mail address. Because of the short period before the actual event, we ask to give your e-mail address

Medical check When you start at Nijmegen-Rotterdam you should be healthy. A medical check is recommended.

Transportation. RWV will take care of transportation of one piece of luggage per participant. This will be available in all indoor rests. (Ede, Leersum, Bunnik, Nieuwegein, Oudewater en Waddinxveen).

We have seen that participants take more and more in their luggage in the last few years. RWV evaluated this and found that it should be enough to take a bag of around 15 kg. We encourage you to limit your bag to this. If needed we will transport an additional bag that you will receive at the finish in Rotterdam.

Safety You must wear a vest with reflecting material from Ede (about 40 km) until the moment it is fully light again the next morning. You can buy this vest at the start (5 Euro) if you do not have one. We recommend taking a flashlight with you for the parts of the route where it can be very dark.

Walking speed The organization of Nijmegen-Rotterdam is based on the historic schedule of 160 km in 29 hours. A walking speed of 7.0 km/hr is the ideal speed, although in practice faster or slower is possible. At each indoor rest (at about 40-60-80-100-120-140 km), we will re-start with all participants. This means that the time you will be at these rests, depends on the time it took you to get there. The schedule below shows the average time in the indoor rests at a given walking speed.

| | | | | | | | |
|--------------------|-----|-----|-----|------|-----|------|-----|
| Speed = km/hr | 9,0 | 8,0 | 7,0 | 6,75 | 6,5 | 6,25 | 6,0 |
| Time in rest = min | 85 | 70 | 45 | 35 | 25 | 20 | 10 |

These are approximate times. Only a short stop at the outdoor RWV feeding stations is taken into these calculations. If you spend more time at these rests, your period in the indoor rest will be shorter. If you walk too slow, it can be that we are not able to support you anymore and you will be disqualified. If you are too fast, you might encounter that the feeding station or the rest is still closed.

Rests The RWV outdoor feeding stations and the indoor rests are located at regular optimized places. The schedule below shows the expected departure times from Heteren (large outdoor rest) and the 6 indoor rests.

| Rest | Km | Depart |
|---------|------|--------|
| Start | 0.0 | 11:00 |
| Heteren | 18.5 | 14:00 |
| Ede | 37.2 | 17:15 |
| Leersum | 57.4 | 21:10 |

| Rest | Km | Depart |
|-------------|-------|--------|
| Bunnik | 79.7 | 1:10 |
| Nieuwegein | 98.4 | 4:45 |
| Oudewater | 117.9 | 8:30 |
| Waddinxveen | 138.9 | 12:25 |
| Finish | 159.6 | |

The above schedule is based on the latest information available. The real schedule might deviate due to changes in the walking route. The organization can change the schedule at all times if needed.

GPS The locations of all feeding stations and rests are available for GPS users. Send an e-mail to GPS@RotterdamseWandelsportVereniging.nl with the requested file format to and we will send you this information by e-mail.

RWV – Sportiek At the start / finish the following items are available:

- T-shirts with Nijmegen - Rotterdammars 160 km
- Badge with the logo of Nijmegen-Rotterdammars 160 km
- Reflecting vest with Nijmegen - Rotterdammars 160 km

Rules The start takes place at exactly 11:00. Until after the bridge over the river Waal you need to stay with the group. After that, until the larger outdoor stop in Heteren at about 20 km you need to keep in such a distance of the group that walks at a speed of maximum 7.0 km/hr, that you can see them at all times. The walking speed is indicated by two experienced walker. You are not allowed to pass them. After Heteren the walking speed is not regulated with only the following limitations: The announced times that we leave from the indoor rests are fixed.

Also from Waddinxveen the maximum walking speed will be regulated at about 7.0 km/hr. The last few kilometers are walked together as a group.

When a participant walks too slow and he can not be supported anymore by the RWV-team, he will be considered disqualified.

Participants must wear a vest with reflecting material from Ede (about 40 km) until the moment it is fully light again the next morning.

Participants are not allowed to follow other ways than the marked route, or go to other restaurants/bars than the official rests.

All directions of the leader of the march, the police and/or the medical team should be followed. RWV can not be held responsible for any accidents and/or damage before, during or after this event.

When these rules do not cover any situation, the decision of the leader of the march will be binding.

Inschrijfformulier Nijmegen - Rotterdammars

Entry form / Anmeldeformular / Formulaire d'inscription

Inschrijfformulieren dienen voor 1 september 2010 in het bezit te zijn van:

The entry form must have reached us before 1 September:

Anmeldung einsenden bis 1. September an:

Inscription retourner jusqu'au 1 septembre à:

Rotterdamse Wandelsport Vereniging
Hansje Zoon
Beatrixlaan 11
3247 AA Dirksland (Netherlands / Niederlande / Pays Bas)

Het inschrijfgeld dient voor 1 september overgemaakt te worden op bankrekening 19.08.98 t.n.v. Penningmeester RWV te Heesch onder vermelding van Nijmegen-Rotterdamars.

Buitenlanders (niet-Euro landen) mogen aan de start betalen of dienen bij betaling gebruik te maken van de volgende gegevens:

Foreigners (non-euro counties) are allowed to pay at the start, or they need to use the following information:

Ausländer (Nicht euro Lander) dürfen am Start zahlen, oder man sollte untersehende Info benutzen:

Les étrangers peuvent payer au départ. (Pays Non Euro)

Bankrekening 190898
Bank account

IBAN=NL98 INGB 0000190898
BIC=INGBNL2A

Inschrijfformulier Nijmegen - Rotterdammars

Entry form / Anmeldeformular / Formulaire d'inscription

| |
|--|
| Achternaam Name / Familienname / Nom |
| Roepnaam First name / Vorname / Prénom |
| Geboortedatum Date of birth / Geburtstag / Date de naissance |
| <input type="checkbox"/> Man Man / Mann / Homme <input type="checkbox"/> Vrouw Woman / Frau / Femme |
| Adres Adress / Adresse / Adresse |
| Postcode + Woonplaats Postcode+place / Postcode+Wohnort / Code postal+Domicile |
| Telefoon (mobiel voor onderweg) Mobile phone number / Handy Nummer / Numéro du téléphone |
| Aantal succesvolle deelnames tot nu toe Number of times I participated successfully until now Anzahl mal das ich bis jetzt das Ziel erreichte Je participe et arrivée ... fois |
| Land Country / Land / Pays |
| Emailadres Emailadress / Emailadresse / Emailadresse |
| Vereniging Club / Verein / Club |
| <input type="checkbox"/> A Herinnering, diploma plus verzorging (42,50 euro) Certificate and cup / Urkunde und Pokal / Brevet et bocal <input type="checkbox"/> B Diploma plus verzorging (32,50 euro) Certificate only / Nur Urkunde / Seulement le brevet |
| Ik kies voor de maaltijd in Leersum voor een: I would like to have a / Ich möchte eine / Je désire un <input type="checkbox"/> Vegetarisch diner , vegetarean meal / vegetarische Mahlzeit / repas végétarien <input type="checkbox"/> Standaard diner , regular diner / standard Mahlzeit / repas normal |
| Ondergetekende verklaart op de hoogte te zijn van de reglementen en zich hieraan te houden. The undersigned declares to know the conditions concerning the march and to keep the regulations. Unterzeichnete(r) erklärt die Bedingungen für den Marsch zu kennen und die Regelungen nachleben zu werden. Le soussigné déclare d'être bien informé des conditions pour la marche susmentionnée et de se conformer strictement au règlement. |
| Plaats Place / Ort / Lieu |
| Datum Date / Datum / Date |
| Handtekening Signature / Unterschrift / Signature |