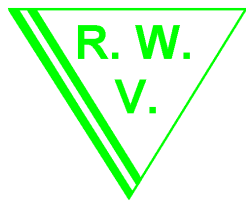
 <p>Schiedam</p>	<p>11th RWV-WANDELWEEKEND</p> <p>May 22 – 23, 2010</p> <p>CONTINENTAL CENTURION RACEWALKING</p> <p>Schiedam - Holland</p>	
<ul style="list-style-type: none"> • 24 hours / 100 Mile (160,934 km) • 50 Mile (80,467 km) • 100 kilometers • 50 kilometers 		

This year RWV will organize the 11th *Continental Centurion* race (100 Mile within 24 hours) in Schiedam, the Netherlands. There are also races over other long distances.

DATES : Saturday May 22 and Sunday 23, 2010

STARTLOCATION : DWS, sportpark Thurlede (Beatrixpark), Parkweg, 3119 CA Schiedam (☎ 010-4706076)

HOW TO GO THERE : Take subway/metro from railway station Rotterdam-CS to 'Parkweg'. From there it is a short walk and the route is marked by arrows.

By car you take exit 11 from the A20 (north of Rotterdam). Turn right, 's-Gravenlandseweg and the railway bridge turn right again, Burg van Haarenlaan. The second road to the right brings you to the start, Parkweg.

DISTANCES : 50 km – 50 EM (80,467 km) – 100 km – 100 EM (160,934 km) and 24 hours

For the race the participants need to have an official racewalking(athletics) license. IAAF racewalking rules apply during this race. Participants in the 'fun-walk' do not need an official registration/license.

TRACK : In the Beatrixpark a lap of about 4 kilometer.

Distance	Start	Min. age *	Limit	* in 2010
100 EM	22 mei 12:00	20 jaar	24 uur	
24 uur	22 mei 12:00	20 jaar	105 km	
100 km	22 mei 18:00	18 jaar	18 uur	
50 EM	22 mei 20:00	16 jaar	16 uur	
50 km	22 mei 12:00	14 jaar	10 uur	

PRE-ENROLEMENT : In the Netherlands: by payment of enrolment fee to account 190898 of RWV in Heesch AND sending the enrolment form to Hans van der Knaap, Schieweg232c, 3038 BP, Rotterdam. Or by e-mail to Hansvanderknaap@CS.com. To avoid extra costs, Foreigners can pay the enrolment fee at the start.

ENROLMENT AT THE START : At extra costs enrolment is possible at the start. Foreigners do not pay this higher enrolment fee if they have registered in advance by sending the enrolment form or by e-mail.

ENROLMENT FEES :

Distance	With Cup	No Cup	Extra fee late enrolment.	RWV-member reduction
100 EM / 24 uur	€ 37,00	€ 22,50	€ 7,50	€ 2,50
100 km	€ 28,00	€ 15,00	€ 5,00	€ 1,50
50 EM	€ 19,00	€ 9,00	€ 2,50	€ 0,50
50 km	€ 14,00	€ 5,50	€ 1,50	€ 0,50

Schiedam 	11th RWV-WANDELWEEKEND May 22 – 23, 2010 CONTINENTAL CENTURION RACEWALKING Schiedam - Holland	
------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------

CATERING : At this 4 km lap you will find a feeding station where you can get soft drinks, fruit, coffee, tea, soup, bread and others. Halfway there is a water/drink station. There is a first aid team.

CONTINENTAL CENTURION: Everybody who completes the 100 Mile (160,934 km) within 24 hours will receive the title 'Continental-Centurion', and a special broche with the CC number engraved.



24 HOURS : Qualifying limit is 105 km.

KENNEDY-VRIENDEN : Everybody who completes the 50 Mile (80,467 km) within 12 hours will receive the title 'Kennedy-friend', and a special broche with the KV number engraved.

HONDERDMAN : Racewalkers that walk 100 km within 11 hours and 30 minutes, the first time receive the official KNAU '100 man' broche from the KNAU.

RACE /FUN-WALK: Trophies will be available for the winning athletes. Those that participate in the 'fun-walk' can not win the race. They are

CERTIFICATE/CUP : All participants will receive a special certificate with their results. Those participants that enrolled (and paid) 'with cup' will receive a cup in line with their performance.

SAFETY : Reflecting vest is compulsory during the night for safety reasons.

INFORMATION: Hans van der Knaap ☎ 010 – 466 20 15 Hansvanderknaap@cs.com

www.RotterdamseWandelsportVereniging.nl

INSCHRIJFFORMULIER RWV Wandelweekend 2010 Enrolment form	First Name (for Certificate)	Last name	Address	Postal code	Place	Telephone	E-mail	Date of Birth	Club	<input type="checkbox"/> 24uur / 100 EM <input type="checkbox"/> 50 EM <input type="checkbox"/> 100 km <input type="checkbox"/> 50 km	Previous achievements	CC: KV: 100-man: <input type="checkbox"/> Racewalking <input type="checkbox"/> Trophy <input type="checkbox"/> Fun-Walk <input type="checkbox"/> No Trophy	Remarks
-------------------------------------------------------------------------------------	---------------------------------	-----------	---------	-------------	-------	-----------	--------	---------------	------	------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------

Send before May 1, 2010 to:

Hans v/d Knaap, Schieweg 232c, 3038 BP Rotterdam

or Hansvanderknaap@cs.com