

The Rambler

July 2014



How to boost your health and fitness levels!

Summer is just around the corner, well we hope!!
Below are a few tips that are guaranteed to help accelerate your health and fitness levels ready for summer.

Tips:

****Drink plenty of water** -water is essential, we are made of it after all. Drink at least 1 ½ -2 litres each day.

**** Control breathing**- When stressed we make short sharp breaths, CO2 is vital for maintaining the PH in our body, deep breaths will help to keep your levels balanced.

**** Accumulate physical activity**- Instead of using the escalators use the stairs, choose to walk as often as you can.

**** Keep alcohol for the weekends**- Try to stick to red wine and real ales if you can, all in moderation of course!!

**** Snack on dried fruit, nuts and seeds**- They will help satisfy you and you will benefit from all of their goodness.

British Dutch Walking
Fellowship

Volume 91

Friday 4th July 2014

Contents:

[How to boost your health and fitness](#)

[Nijmegen Feedback forms for Nijmegen 2014](#)

[Walking around Nijmegen](#)

[Alternative Four Days Marches](#)

[Ticket sale](#)

[Ice-O-Tonic drink](#)

[Football...Its significance in the history of the Four Days Marches](#)

[Forthcoming Events](#)

[For Rainy Days...](#)

[Happy Birthday](#)

[Useful Information](#)

Our state of mind can also factor in how we feel about ourselves and how we choose to improve and maintain our health and fitness levels. Most of us at times will find ourselves lacking in motivation or inspiration to improve our health and fitness levels but it is very important to use our state of mind in a positive way.

**** Focus on setting yourself realistic goals-** keep these goals in your head before and during your gym or fitness sessions, try not to miss workouts or your goals will move further away.

**** Stay in control-** It's very easy to allow negativity to creep into your mind and ruin your chances of achieving your goals. DON'T!! let negativity get in the way push past it or accept what ever the issue may be and continue to move forwards.

**** Strength of emotions-** Many of us are unaware of how much we can push the human body or what we are capable of. Our emotions can either work in our favour or they can work against us. Begin to recognise how your emotions can help you to succeed on the right path towards boosting your health and fitness levels.

BDWF Feedback Forms for Nijmegen 2014

One of the issues that came to light from our 2013 Feedback Forms was confusion regarding where to comment on actual First Aid treatment and then Roadside support. As a result the ultimate markings did not reflect the comments associated with the markings. Hopefully revised wording on the 2014 form will clear up any confusion.

Despite the lack of early notification of the locations of the military rest points, we trust that our support facilities will be clearly and more visibly identified this year. Don't forget to check where our support locations will be on the maps that will be posted outside the Control Office for each of the four walking days.

In a similar vein, the corrupted sections of the Dutch Feedback Form have also been corrected to mirror the revised 2014 British Feedback Form.

If you have any queries regarding these forms during the Nijmegen Marches please refer them to the Control Office at the Sportshall.

Roy Hayward
Walker Liaison.

Walking around Nijmegen

The Four Days Marches have a different route each day; through the landscapes of Dutch provinces of Gelderland, Brabant and Limburg, through the city of Nijmegen and its outskirts. Every walking day revolves around a different town in the vicinity of Nijmegen. The first day is otherwise called the day of Elst, the second day the day of Wijchen, the third the day of Groesbeek and finally the fourth day the day of Cuijk.

During the Four Days Marches the routes are signposted by means of coloured arrows. The colours of these arrows are equal to the colour of the wristband that all participants will wear. Participants who walk the 50Km follow the red arrows, participants on the 40Km follow the white arrows, military participants (Heumensoord) follow the green arrows and participants on the 30Km follow the blues arrows. For each walking day there is a route map which are downloadable from the <http://www.4daagse.nl/en/> website under Routes.

Distance in 2014

In the table below you will find the exact distance you will walk each day in the Four Days Marches 2014.

	30Km	40Km	40Km*	50Km
Day 1	32.5	39.7	43.8	52.1
Day 2	33.1	39.1	37.0	48.1
Day 3	30.3	39.1	39.8	49.1
Day 4	30.0	42.3	46.4	50.01
Total	125.9	160.2	167.0	199.4

* Military distance 40Km

Alternative Four day Marches

An alternative Four Days Marches were held in Mazar-e Sharif, Afghanistan. In four consecutive days the participants marched 15 kms per day. In total 64 participants fulfilled the four marching days. Day one started with 75 participants. They came from Germany, The Netherlands, United States and Sweden.

Gun In Netherlands is organized every year in July. The world famous event is of course also known by soldiers.

Soldiers in Afghanistan can not broadcast this. Today was therefore, for all soldiers at Camp Marmal, Mazar-e Sharif, launched by the alternative gun.

At 04: 00 (local time), a group of 75 Dutch soldiers on Mountain in Mazar-e Sharif for the first day of ' the 4 Days March '. The group included not only from Germany, but also Dutch soldiers and some from America and Sweden.

Due to the extreme climate soldiers here do not walk 40 kilometres, as in Netherlands, but only 15 kilometres per day. The participants have the rest of the day so that we can carry out their mission tasks. The kickoff was given with a welcoming speech by the Commander, Colonel Quota command (ContCo) Daan Noort. Following a short briefing by the sport instructor, sergeant Robert.

The 15 kilometres every day look different. Soldiers under 50 years wears required backpack of 10 pounds or a shard vest. For soldiers over 50 this choice is smoking.

On day 1, the last hikers around 7 am (local time) inside.

In recognition of their performance, each participant who finishes the 4 Days March ' receives a medal and a certificate.

The Dutch military on Mazar-e Sharif are part of the Air Task Force (ATF), National Support Element (NSE), Quota command (ContCo) and have a position at Regional Command (RC) North. In addition, there are also soldiers of the Redeployment unit (RDE) on the camp present: the Air Task Force flies the last air support missions over Afghanistan on 30 June, after 12 years,.

[Article thanks to Captain Henk-Jan in Mazar-e Sharif]

Article was posted on Facebook

Ticket sale starts Monday 14 June

Would you like to cheer on your friends and family members from a great spot on the Via Gladiola? Tickets went on sale on 10th June, but on Monday 14th July (12pm) tickets sales for the Wedren. Prices may vary from €15.00 - €18.00 Euros. For more information please visit www.stadsschouwburgendevereeniging.nl.

Ice-O-Tonic 'frozen' sport drink during the marches

During the Four Day Marches the new brand in sport drinks Ice-O-Tonic introduces its first 100% natural and isotonic 'frozen' sport drink. The hydrating and cooling qualities help to improve sport efforts and make better results possible. So it claims.

Football...Its significance in the history of the Four Days marches

With the quadrennial World Cup, this time in Brazil, about to take over our TV screens in the next few weeks it's worth remembering the significance of the sport in the history of the Four Day Marches.

A football tournament and improved fitness through sporting activities laid the foundation for the International Four Days Marches.

In the autumn of 1904, sergeants from the 6th Infantry Regiment in Breda founded a football club. It proved so popular that on the first anniversary of the club they organised a tournament which became the 1906 and 1907 Field Army Sports Days.

The success of their initiative motivated other sports associations and social organisations to set up an umbrella organisation. Previously physical education in the Netherlands had been by teachers themselves with former soldiers providing the instruction.

The first sports umbrella organisation in the Netherlands, the Dutch Physical Education Association or NbvLO (Nederlandse Bond voor Lichamelijke Opvoeding), was founded at a meeting on The Hague's Groenmarkt on 3rd April 1908. Other organisations quickly joined their initiative.

Based on an idea to organise a four day march to the Field Army Sports Days in Breda, which had been proposed the year before (July 1907), the NbvLO put together 15 routes for the first Four Days Marches in 1909. So, on 1st September 1909, 306 military participants and ten civilians set out from ten barracks to walk the 150Km from garrison to garrison. However, the organisation of the walk didn't go exactly to plan as the poor condition of the road in Friesland enforced that section of the route to be cancelled and an outbreak of cholera in Rotterdam meant that a further three sections were omitted.

In 1910 the NbvLO limited the Four Days Marches to one route from Arnhem through Doesburg, Zutphen and Apeldoorn. Over the next few years other towns hosted the start of the march – Utrecht in 1911-1913, there were no marches in 1914-1915, Kamp Nieuw Milligen in 1916-1917, s'Hertogenbosh in 1918, Amersfoort in 1919 and 1921, Nijmegen in 1920 and 1922-1923 and Breda in 1924 before Nijmegen in 1925 was declared the 'Four Days Marches Town' and from then on the starting point for the Four Days Marches.

So football has got a lot more to answer for than we might have thought !!

More detailed information and photos can be found on the Four days web site www.4Daagse.nl/en and at www.noviomagus.nl/Vierdaagse/vierdaagse

Forthcoming Events

Walks this month:

3rd - 6th July Castlebar International Four Days walk

Since 1967 the Castlebar International 4 Days' Walks Festival has attracted walkers from every corner of the world. This event is the ideal opportunity to walk and talk, to discover and share the bogs, rivers, mountains and unspoilt beauty of the West of Ireland with kindred spirits.

15-18th July Nijmegen 4 day Marches

As soon as dates are available for more of the regular walks I shall let you know.

There is also an excellent website detailing walks available in the Netherlands - <http://www.wandelkalender.nl/2013/meerdaagse.html>

If you know of other walks that our members would be interested in, please let us know - contact details are at the back of this newsletter.

If you are going on your own walk and would like company please let us know and we will put the word out for you.

For Rainy Days...

Pairs

Eighteen of the listed words can be teamed up with another word in the list to make a new word or phrase. There will be two words left over - put these together and rearrange the letters to spell a reptile.

BEST, BUTTER, CONTROL, COURAGE, DRESSING, DUTCH, FLAG,
FLY, GOAL, HAND, MARKET, MASS, MINT, PEPPER, REMOTE,
SHAKE, STONE, SUNDAY, TRIAL, WINDOW

Puzzle Time!

Answers to last months Pathfinder quiz: Jean Harlow, Ronald Reagan; Michael Horden, Roy Rogers, Guy Burgess, Terry Thomas, Ginger Rogers, Lucille Ball, Merle Oberon, Thora Hird, Vincent Price

10 Days to go

Happy Birthday!

Wishing all our members celebrating their Birthday in July Many Happy Returns!

1 Roy Walker; Sylvia Waterdrinker-Eskes; Sarah Turrell **2.** Linda White; Gavin Lofts; Martin Reese; Paul Grant **3.** Peter Shaw; Matthew Morecroft **4.** Judit Wassing; Cerri Love; Daniel Barry; Verity Dams
5. Declan Whicher **6** Brian Gee **7** Lesley-anne Chapman; Emma Wilson **8** Robert Slight; Lucie Nelis-Dorlandt; Jackie Miles; Edward Stevenette **10**J Bakker; Ben Jeursen; Benjamin Fowler; Tom Grice **11** Anisa Malik-Mansell; Stephen Dalton **12** Ian Walton **13**Bill Burdett; Graham Oldham; Jan Wigmans; Michiel Maarschalk; Joe Chapman **14** J Noordman; Kimberley Mugford; Alexander Thompson; Callum Young; Drew Hawker
15 Anne Lewis; Joanne Smith; Jaap Van den Bos; Paul Mansveld **16** Emma Jayne-Nelson **17** A Joosten-Bronkhurst; Ben Hawthorn **18** Pascal Voulon
20 Marin Snijders; Ted Blair **21** Mary-ann Burke; Ted Pinch; Gill Hughes; Sylvia Hammingh; Levi Sibthorpe **22** Raymond Batkin; Lenie Verweij-Visser; Ineke Verhagen; P Swart; Adam Brockman-more **23** Magda van Doorn-schenk; Caroline Simkin; Victoria Thomas; Lewis Ginevra **24**Jill Pearson; Matthew Jewers; Rebecca Birch **25** Jacqueline Kronenberg; Joshua Veitch-Michaelis; Kristina Luft **26** Nico Maarschalk; Matthew Sutton; Jonathon Errington; Ryan Torkington; Liam Nayler **28** Alfred Short; Deborah Towson; Hans Ludema
29 Dexter David; Sue Lewis **30** E Gelaudemans; Claire Andrews; Joshua Lewington **31** M Hoof; John Mosley

You can contact us in many ways:

Email: info@bdwf.org.uk

Telephone: 07763026369

Snail Mail: 26 Blake Court

Trowbridge

BA14 8WE

Don't Forget - We are on the Web too!

www.bdwf.org.uk

The most recent posts on the web include information for support crew

Twitter :BritishDutchWF

Facebook:

www.facebook.com/groups/bdwfnijmegen

registering to do Nijmegen with the
BDWF and some Bargains found on
line for walkers!

The British Dutch Walking Fellowship (BDWF) was founded out of the BT Nijmegen group in 2003. The club has no political or sectarian interests, and is non – profit seeking. Membership is open to anyone 12 years and over.

As a member, we want to make sure that you get the best from your relationship with us and that means keeping you informed.

Any news items to be included in the next newsletter should be with Kate by Friday 31st January 2014.

Contributions are always welcome. Remember, every member has a voice and this is the ideal medium to have your say