



The Rambler

June 2014

Walk your way to fitness

Forget your running shoes, walking is the best way to keep body and mind in shape.

Many of us put more effort into finding excuses not to go to the gym than we do on the treadmill or exercise bike.

Fortunately there is one exercise that most of us can work into our daily life without having to pay for gym membership and changing into sports kit – walking.

Walking is the perfect gentle, low-impact exercise. It's easy, free and suitable for most people. You can even tailor your walking speed to burn off more or less calories as it suits you.

According to Fitday.com these are the speeds – from stroll to quick-march – that you should be

British Dutch Walking Fellowship

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2 mph (slow pace) – 170 calories per hour

3 mph (moderate pace) – 224 calories per hour

4 mph (brisk pace) – 340 calories per hour

5 mph (speed walking) – 544 calories per hour

Apart from being a slow fat burner here are four more reasons you should be pounding the pavement...

Walking helps delay dementia

Dementia affects one in 14 people over 65. According to [Age UK](#), walking six miles or more per week could help prevent brain shrinkage and preserve memory.

It prevents osteoporosis

Walking is a form of weight-bearing activity, it stimulates bones and increases their density as well as maintaining healthy joints.

Walking boosts Vitamin D levels

Many people in the UK are deficient in Vitamin D. This nutrient plays hard to get - it's very difficult to find in food, but exposing the skin to the sun little and often without burning will help you to produce sufficient Vitamin D – so get those walking shoes on.

It tones legs and bum

A good walk can strengthen and shape legs, and who doesn't want defined calves? Power walking up a hill will even help tone and lift your glutes (that's bum to you and me).

And if you really pull in your abs and stand strong, a walking session can help whittle down that waist too.

BDWF Committee Post Elections at Nijmegen 2014

Every 3 years individual BDWF committee posts come up for election. In order to ensure that all committee experience/expertise cannot be totally lost at a single election, the posts are divided across 3 groups which are annually out of step with one another.

As announced in our February Rambler, the Committee posts up for election this year are the 'BDWF Secretary', 'Marketing, Media and Membership (MMM) Nederland' and the 'Child Protection Officer (CPO). The CPO post does not have voting rights and is historically covered within the functions of one of the main committee posts.

This year's closing date for nominations (31st May, 2014) having passed we can advise all members that the only candidates to receive nominations for the posts are the current committee post holders Herman Boston, Caroline Kok and Darren Gray respectively.

As such, with Herman, Caroline and Darren having accepted the nominations, there will not be a need for a formal election process at Nijmegen this year and that Herman, Caroline and Darren will be formally re-elected unopposed at our AGM on Monday 14th July, 2014 in Nijmegen.

In thanking all three for their past involvement and commitment to the successful running of the BDWF, we wish Herman, Caroline and Darren continued success over the next 3 years in the posts.

The ex-US Presidential ballot box, purchased after Nijmegen 2006, will now once again be used as a 'Feedback Form' box at the end of the 2014 weeks' walk. In response to comments on the 2013 Feedback forms, the 'Feedback Form' box will remain locked until opened by myself and another volunteer (two keys) to retrieve and count posted forms on the final Saturday morning.

As a reminder, following Darren Gray standing down as Chairman in order to take over the key role of First Aid Co-ordinator, following the resignation of Gina Coltman, the post of Chairman is being temporarily shared amongst the remaining committee members. The formal election of the committee post of Chairperson is scheduled, using the established three year cycle identified above, for 2015. However, it is essential that we try and identify a willing BDWF member to be co-opted into taking over as Chairman at the earliest opportunity. Would any current member who is interested in taking over this role and responsibilities please make contact with our BDWF Secretary, Herman Boston, secretarybdwf@gmail.com or 07936 390500 to discuss.

Roy Hayward
Walker Liaison.

Four Day Marches App

Where I am walking, How many km to the medical services area, where are my friends and what is my average speed?. To all these questions, the official four days Marches App gives an answer. Through the App you will also receive information from the organisation, such as weather reports, a revised finish time or route information. This free App for participants will be introduced shortly before the Four Days Marches.

The spectators and fans of the participants will be asked for a small contribution so they can follow the participants. the App will be available in the Apple store, Google play and Windows store. with the introduction of the App, 4D Follow me - the system with which you could track participants in the past years, will no longer be available.

Record number of registrations

Stichting De 4Daagse unfortunately had to disappoint 7,844 first-time entrants in the draw.

53,844 people from all over the world registered for the 98th Four Days Marches. Following the lottery, 7,844 first-time entrants were excluded. Interest in the Four Days Marches was greater than ever this year, beating the 2005 record by 508 registrations. The number of walkers disappointed by the draw also broke the previous record.

Other Members doing Nijmegen

| Member ard | Distance | Participation | Registered | Aw | |
|------------------------|----------|-------------------|------------|----|----|
| Gillian Mogg | 30K | Individual walker | | 19 | |
| Steve Mogg | 30K | Individual walker | | 18 | |
| Stephen Dalton Snr | 40K | Individual walker | 505768 | 4 | 40 |
| Christine Dalton | 40K | Individual walker | 516418 | 3 | 40 |
| Avril Money | 40K | Individual walker | | 5 | |
| Franklin Schalke | 40K | Individual walker | 192516 | 14 | 40 |
| Stephen Dalton Jnr | 50K | Individual walker | 493730 | 5 | 50 |
| Jeff Smith | 50K | Individual walker | | 5 | |
| Vaughn Baynes | 50K | Individual walker | 545050 | 2 | 50 |
| Sybren van Klaarbergen | 50K | Individual walker | 339550 | 11 | |

This year's award

After 4 days of walking you will want to be presented with your well deserved medal or number at your registration desk on Friday 18 July after four days of walking, and you of course want to receive the right reward. Please therefore check that you are registered for the right reward. You can find this information in the March edition of the Rambler. Should the wrong reward be listed, please contact Herman Secretarybdwf@gmail.com or Mobile: 07936 390500. Requests to change the reward during Nijmegen week is not possible.

You can change your distance free of charge until Thursday 10 July. please send an email to Herman stating the distance you are registered at and the change you require. After this date, changes to the distance can only be made on Sunday 13 or Monday 14 July at the Central Administration at start and finish location, the Wedren, for a €15 fee.

Well prepared?

The Four Days Marches is a walking achievement event. Please ensure that you get in enough training, walk in different types of weather, take enough food and drink with you, and also that you feel fit. Take responsibility for yourself. For instance, you may want to take out insurance before you travel and to make sure you have sufficient cover before starting the marches.

If you will be making use of our medical services, it is useful to know which medicines you are using, if any. You can list such medicines in a medical passport and take it with you.

Forthcoming Events

June 2014

7th Marlborough Walk. 25 mile walk starting at 7am.

Contact Herman 07936 390500 for details

15th - Hawkdean hike.

The Next Hawkdean Hike is on Sunday 15th June 2014 (Fathers Day).

The Start & Finish Location

Rose & Crown Beer Garden (at rear of Pub)

Wotton Road, Rangeworthy, Bristol, South Gloucestershire. Post code BS37 7NB

Map: 1:25,000 Explorer series OS Map No 167

Grid Ref: ST 689 862 Post code BS37 7NB

Parking

Parking for the event is in a field 100m from the public house, please use this field for parking and not the pub car park

22nd Lechlade Oak Street, Lechlade, GL7 3AY 25 miles starting at 06:45am. Contact Herman for details 07936 390500

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

Nijmegen Invoices

By now you should be in possession of your invoice from BDWF for your participation in the Nijmegen Marches. This is a gentle reminder that all invoices should have been paid by 31st May 2014. Bank transfer payments are detailed on the invoice. All other methods of payment are to directed to John Nicholson. If you are experiencing any difficulties, please let us know in the first instance.

For Rainy Days...

PATHFINDER

Starting from the shaded centre letter, move up or down or sideways (but not

diagonally) to find the path though eleven people born in 1911

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| O | R | A | H | D | V | I | N | N | T | P |
| H | E | B | I | R | E | M | C | E | I | R |
| T | R | O | E | L | R | L | B | E | C | E |
| N | O | R | S | Y | T | L | A | L | L | I |
| O | G | E | G | R | H | O | S | G | U | C |
| R | B | Y | U | R | J | M | A | I | L | S |
| Y | U | S | T | T | E | A | N | N | E | R |
| O | R | S | A | H | C | A | H | G | G | O |
| R | G | E | E | M | I | R | L | E | R | R |
| N | D | R | L | N | A | E | O | W | R | O |
| R | E | O | H | A | G | R | D | L | A | N |

Happy Birthday!

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

1. Rainer Arnold; David Mason; Christopher Kitson
2. Jane Hopcraft; Koos Vreeling; Freya Thompson; Max Bracegirdle
3. Vicky Slipper; N.E Evers; Chris Delap
4. John Wriglesworth; Jacqueline Farquharson; G Sluiter; Marcus Steward
5. Arthur Read; Gina Coltman; Timothy Warrington; Nathan Stacey; James Roberts
6. Geoff Barre; Richard Millen
7. Robert Harris

8. David Andrews; Ada Vreugdenhil; David Usher; Alice Travers
 9. Gillian Weaver; Debbie Hampson
 10. Annetta Garner-Jones; Steve Arscott; Ernest Asiama
 11. G Van der Belt
 12. John Pattenden; Elliott Ko; Lucy Eyles
 13. A Vos; Janet Knox; Alex Mann; Aidan Royston
 15. Roger Trent
 16. John Nicholson; Daniel Vaughn; James Warren
 17. Sybren van Klaarbergen; James Hancock
 18. Jean Gore; Phillip Simkin; John Surtees
 19. Lizzie Pitt
 20. Matthew Veale; Benjamin Bowen
 21. Martin Jones; Alexander Cole
 22. Coby de Bruijn; Luke Bagnall; Sophie Williams
 24. David Ellis
 25. Chris Rolls; Cindy Sniijders; Connor Buckenham
 26. Ian Slipper; Rosemary Kirby; John van der Last; Nayan Shrees
 27. Jan van de Zande; Kate Nelson
 28. Frankie Murphy; Hannah Jefferson
 29. Gerry Bouwman; Avril Money; David Kenyon; Rebecca Dutton; Adam Clarke
 30. John Williams; P.D Esseveld; John Walker; Paul Williams; Kevin Docherty; Victoria Kibbey
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Countdown to Nijmegen

38 days to go

You can contact us in many ways:

Email: info@bdwf.org.uk

Telephone: 07763026369

Snail Mail: 26 Blake Court

Trowbridge

BA14 8WE

Twitter :BritishDutchWF

Facebook:

www.facebook.com/groups/bdwnijmegen

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 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

