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# The Rambler - April 2013

## APRIL ALREADY!

I have no idea where the first four months of training have gone. The end of April sees the 2 day RAF Cosford walk, Gina and her team are looking forward to seeing you there.

Registration for Nijmegen closes today so it won't be long before we shall all be getting together in sunny Nijmegen! (It will be sunny, it has to be - mainly because I don't know where my wellies are!)

**101 Days to wait!**  
**16-19 JULY 2013**

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**British Dutch  
Walking Fellowship**

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## Registration forms

Registration closes today! We need your deposit and confirmation you will be going to Nijmegen this year no later than 7pm this evening so that we can register you. Your application form can follow later.

As of the 1st of April the number of registrations was 50,396, so there will be a lottery. If you think you or a family member or friend would like to go then get in touch... NOW!

Below are just a few memories of Nijmegen to bring back that happy feeling... hopefully it will make you reach for an application form...



## Training Advice

I have just returned from the RAF WARMA Marshall's walk. It was interesting to sit in on, and contribute to, their briefing. It was decided that unfortunately there is no magic formula or one size fits all advice for what shoes, socks or blister prevention works the best. You need to get to know your own feet and find what works for you.

When you are seeking the best possible comfort and the fewest amount of blisters from your road walking, it is important to give careful consideration to the 'software'.

### **When choosing walking socks do remember why you need socks in the first place...**

- to keep your feet at their optimal temperature for comfort, not too hot, not too cold.
- to minimise blisters
- to protect feet by cushioning from knocks and pounding
- to keep feet dry and comfortable by wicking away sweat
- to provide comfort and cushioning throughout at least a full days walk
- to retain their shape whilst wearing and between washes
- to perhaps even reduce foot odour
- to last longer than a seasons walks

Seek out walking socks that have carefully blended yarns to deliver the performance and protection for your feet.

Look for a high quality knit construction. Check carefully the construction and shape of the walking socks (never select tube socks!)

Pay careful attention to the elasticsation at the neck of the sock (it needs to hold the sock up but not be tourniquet tight) and the seaming at the toe, a thick seam will be a pressure point. We recommend that you turn your socks inside out so any seam rubs your shoe and not your foot. Ensure that the walking socks you select clearly show that they are designed to maintain the right temperature, will protect your feet against sheer and impact pressures, will wick moisture away from your feet and provide the right level of comfort and stimulus for your feet. You might find that a thin pair of socks inside a thicker pair is right for you. There are a few notable long distance walkers who swear by just wearing one pair of cheap sports socks.

If you follow these tips and take a little time to select the right socks, then you can ensure that you will get the best from your walking boots / trainers and also help to ensure that your feet are well protected and comfortable.

Whether you prefer boots or trainers, the most important thing is to buy and wear what you feel most comfortable in. This is likely to be those that fit best. If they are too small, your feet will be constricted, which may well lead to other problems besides blisters; if too large, your feet will lurch about in them. I would add something that is often omitted in discussions of this: that fitting is not simply a matter of length but also of width; it would be a mistake for someone with a narrow foot to buy broad footwear. So forget what the boots/shoes look like - concentrate on what they feel like; ignore the gear reviews recommending this or that boot and the glossy photos of the latest trendy products; go to a shop that stocks a wide range, try them all on, and buy those that feel best. Do remember that your feet will swell when you walk long distances so try on something that is half a size bigger than your every day shoes.

Gina Coltman

# Weblog - Johan Willemstein

Thursday, 28 March 2013

For years now, I have done my best to inform you on events and developments within our organisation, on our relationship with our partners, sponsors, politics and the city of Nijmegen and its surrounding towns, through this weblog. When I first started I steadily contributed a weblog every four weeks. But even I am starting to notice that there are other means of communication gaining ground and allowing recent events to become public before I even finish my weblog. Our organisation is also communicating with our participants more direct and more personal, via e-mail and as of last year via twitter and Facebook. Personally, I am noticing that the necessity of writing is decreasing and that the contents of my weblog are therefore often a repetition of important activities and meetings that take place every year. The weblog does not add as much as it used to.

Furthermore, because of my busy schedule, the time to write is getting scarce. Therefore, I have decided not to make any more regular contributions to the weblog. If I happen to have an urgent reason to inform you on our organisation I might use this weblog again, but the message will appear via all other means of communication as well.

I would like to thank you from the bottom of my heart for your interest in these past years and for your reactions to my writings, and would like to refer you to [facebook](#) and [twitter](#) or to the [news page](#) on our website for future references.

Johan Willemstein

## Your letters

It was 23rd of March when my alarm clock went off at 6 o'clock. Outside an expected chill factor of -15, my bed is lovely warm.

Bravely I get out of my bed and start putting on my walking shoes. Just after 8 o'clock I start walking the 30km from Zandvoort from the race circuit that is there. Indeed it's cold, but with many layers of clothes I don't feel the cold at all.

The first 2,2 km the walker has two options: 1 is walking over the boulevard or 2 walking over the beach. On the boulevard you catch the cold north eastern wind and over the pavement I can walk everyday so I choose for the beach. Not that you catch less wind there, it was still very strong and I was sandblasted for about 8 kilometres! Just before IJmuiden I left the beach where drum players were waiting for the walkers.

After a piece of headwind we turned right into the Kennemerduinen. If you think that Holland is flat, you are absolutely wrong! I had to climb up and down before I reached the estate Duin & Kruidberg where a third registration point was. At the two earlier registration post a cookie and a bottle of ice tea or water, this time a wonderful cupcake was waiting for me. The sun was shining, but it was still very cold even so I decided to have a very short stop to eat my cupcake and some sandwiches in the beautiful garden of the estate. The house itself was so large that you could easily get lost. After 10 minutes I went on to the next registration point where again a bottle of drink was waiting for me and a currant bun! Passing by the open air theatre of Bloemendaal and the famous "Kopje van Bloemendaal" (don't expect to much of this, most of the climbing you already did earlier in the walk) I reached Kraantje Lek where two red crossers put some tape on hotspots of my right feet before it became a really big blister. The last kilometres went over a cycle road into the centre of Zandvoort where I received a beautiful medal and a flower. The organisation tried to make a good atmosphere but because of the cold weather not much people were really watching the walkers. But it still was a great walk. It's definitely a worth while walk. Next year it will take place at 30 March. So if you want to walk this walk you can already put it down in your diary! For me it was a good training for Nijmegen and it gives faith in the 42km walk that I am going to do in two weeks time on Terschelling. I only hope that it's going to be a little bit more like spring!

Caroline Kok



## Your letters (continued)

In response to your mail, "how to look after your feet". I would like to share an experience I had while on the Great Barrow Challenge last year.

After completing the first day's walk I found that I had signs of blisters on both feet but nothing too serious and certainly not bad enough to prevent me walking the next day. However it was annoying. On the second day, I found myself walking with a chap (Pete) who had done the Kalahari walk in South Africa and he told me how they treat blisters out there. By the end of day two of the Great Barrow Challenge my feet were in poor shape and by now I had blisters on both feet. So I decided to apply Pete's method, as I had nothing to lose and I was desperate to complete the challenge. I seldom get blisters so getting these ones so early into the event was somewhat annoying.

I took a needle and a thick, strong piece of cotton, which I use for stitching leather. Any strong piece of thread will do but make sure it is stronger than the usual button thread. I sterilised the needle and thread and then dropped both into a small dish of iodine so that they were both washed through the liquid. The iodine stings a little but the pain isn't half so bad as walking on a blister. The iodine also acts as an anti septic to ensure that the needle and thread don't bring additional germs to the wound.

Then I pierced the blisters and squeezed out as much fluid as possible. Once this exercise was completed, I then threaded the needle through each blister from the very top of it to the bottom being careful not to puncture the good, but tender skin under the actual blister itself. Then cut the thread so that there is about an inch of it hanging out from each end of the blister. This will allow the wound to weep a bit and prevent a further build up of fluid under the skin. This is why it is important to have strong, thick thread. That is all there is to it.

Allow the wound to heal over night. It will sting a little to begin with, but don't worry it will be fine in the morning. In my case it worked perfectly. The next morning I pulled on my walking socks, without applying plasters and walked. The last two days of the Great Barrow Challenge then presented no further problem for my feet and I have Pete to thank for this great tip. I promise, it works!

Charles Coldrey

# Remember this?

## Rosemary's 1996 Nijmegen Song 1

Chorus: One currant bun is your ration  
Take two and you'll rouse Trevor's passion  
If you know what's good for you  
This you never will do!

**Verse 1** They're sweet and they are all sticky  
Getting two is all very tricky  
Trevor has his spies about  
He will surely find out.

**Verse 2** One day a walker of 50k  
Put three currant buns on his tray  
Towards the door he then did lurch  
Caught by Trevor's body search.

**Verse 3** Next year I've thought of a better plan  
You'll all look for a time twice the man  
But currant buns we'll smuggle out  
Of this there really is no doubt.

**Verse 4** Put two buns in to two placky bags  
Seal tightly with two metal tags  
Tuck each side your precious bits  
For girls, that's somewhere that rhymes and fits.

**Verse 5** Security will be tightened  
No need to get very frightened  
The job has gone to some of us  
And we've got it all well sussed.

**Verse 6** When searched by us you have all been  
We'll say you're all very squeaky clean  
Than out the buns you'll need to take  
Or they'll have a second bake.

**Verse 7** This plan should work to perfection  
We will do a careful inspection  
Then you will have an extra bun  
And some of us extra fun.

This is the first time I have heard this, it was the year before I joined!

We have found this poem and a few others collected over the years and will be including them in the Rambler over the next few months. If you fancy having a go at writing a poem about your experience with us we will make sure it is shared with all!

## Forthcoming Events 2013:

April 2013

**27th - 28th 32nd RAF 2 Day March** For more information please visit the website [www.rafwarma.org.uk](http://www.rafwarma.org.uk) and click on RAF two day march.

May 2013

**5th Sarsen trail.** For more information take a look at <http://www.wiltshirewildlife.org>

**26 - 27th RAF Lyneham 2 day March.** For more details contact Herman Boston Tel: 07936 390500 or Email: [hermies@btinternet.com](mailto:hermies@btinternet.com)

June 2013

**2nd - Hawkdean** Hike For more information see <http://www.hawkdean.co.uk/>

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.

# Birthdays

## British

- 1 Christopher Staunton; Natalie Williams;  
Lee Anderson
- 2 Luke Sharratt
- 3 Macualey Byrnes
- 4 John Prowse
- 5 Dave Holyday; Sylvia Boston;  
Mathew Willis
- 6 Emily Brown
- 7 Kimberly Walter; John Phillips;  
Megan Bryan
- 8 Richard Ballard; David Passmore;  
Ben Marsh; Jack Pike
- 10 Emma Gunn
- 11 Diane Walker
- 12 Sarah ann Cubitt
- 13 Liam Henry
- 14 Ian Ferguson; Nicola Jones; Poppy  
Marshall
- 15 Thomas Hartnell
- 16 Howard Johnson; David Richards;  
Andrew Jones; Kieran Poole
- 17 Laura Green; Georgina Crowley
- 18 Elaine Whittaker; Rhianwen Slipper
- 19 Brian Campbell; Alan Slater; Lor-  
raine Lavender
- 20 Anneke Day; Anna Millard;  
Richard Browne
- 21 Craig Gould; Thomas Adams;  
Mitchell Scott; Jonathon Goddard;  
Johnsley Goddard
- 23 Bob Mason; James Sayer; Kate Pitt
- 24 Alexander Thomason; Kirsty Lindsay;  
Luke Ferina
- 26 Stephen Davies
- 27 Stan Fowler; Maxwell Cook
- 28 Stephen Doyle
- 30 Tina Angell; Cassandra Dunn

## Nederlanders

- 1 Rombout Grondman
- 2 Eric Evers
- 3 Andre Klinkenberg
- 7 J Mounoury
- 8 Florian Hupkes
- 9 Cees Van Den Bos; Hilda de Bruijn
- 11 Chiel Vogels
- 12 Moniek Abbekerk
- 13 Lambert Hulleman
- 15 Anneke Vogels
- 18 Johan Tiggelaar
- 20 Bep van der Krabben
- 22 Anita Ludema
- 24 Janny A de Reus-de-Boer
- 25 Fia Moller
- 27 Rijk Jacobs

*Many happy returns to  
you all*

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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 26th April 2013**

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

**Katie Elliman**  
**Editor**