



The Rambler—July 2007

Pre-Nijmegen Vierdaagse Edition

The last edition of the Rambler before the 4-Days walk itself.

We trust that for all those walking this year all your training has gone well and that you are fit and ready to challenge yourself for the Vierdaagsekruijs.

Thank you for the complimentary feedback that we have received for the regularity and content of the Rambler throughout the year. We hope that it will have especially clarified many of the changes that have been implemented by the walk organisation since Nijmegen 2006.

Nijmegen Event Manager (NEM) and Office Manager (OM).

Unfortunately, Doug Davidson our elected NEM for 2007 has been taken ill and, having been 'signed-off' by his doctor for at least a month and placed on medication, he will not now be able to attend Nijmegen this year. I'm sure we all wish Doug a full and speedy recovery and trust that we'll see him again in the lead up to Nijmegen 2008.

However our organizing and arrangements had to continue and I am pleased to announce that Herman Boston has agreed to step into the breach (or into Doug's 'paddle boat' shoes as Herman refers to it) as NEM for 2007 and that Katie Elliman, having ruled herself out of this years Nijmegen due to a back injury, has volunteered to be Office Manager. I'm sure we wish them well and please give them every support in these very demanding roles.

Have a safe journey – on a previous Vierdaagse one of our members slipped on the steps **getting off the coach at the Sportshall** and had to withdraw from the event. Please take care and we look forward to seeing you all there.

Roy Hayward
Chairman

British Dutch
Walking Fellowship

Volume 7, Issue 1

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40K Walkers and Registration Desk

In the June issue of the Rambler regarding the early/late starts for 40K walkers, I highlighted the names of walkers so that you can if needed swap tickets and “Buddy-up” to ensure no one misses the coach each morning. This month I enclose the associated desk number. I trust this will be useful:

Mick Abbott	40B	Ted Pinch	40Z
Sheila Abbott	40J	Kate Pitt	40V
Thomas Adams	40W	Ken Redman	40B
Dominic Bray	40W	Ron Richardson	40B
Jeanne Carter	40B	Jan Roberts	40D
Vicky Couper	40W	Chris Rolls	40C
Richard Courtney	40C	Charles Shaw	40K
Richard Dean	40W	Philip Simkin	40C
Angela Douglas	40B	Alison Sinclair	40W
Chloe Dutton	40S	Bridget Sinclair	40Y
Caroline Ennals	40J	David Sinclair	40Y
Daniel Foxwell	40W	Peter Sinclair	40W
Aiden Glennie	40W	Robert Sinclair	40
Roy Hayward	40A	Ian Slipper	40C
Dave Holyday	40B	Rhianwen Slipper	40E
John Howell	40F	Josh Veitch Michaelis	40F
Jeff Hurley	40Z	Alexander Thompson	40W
Dafydd Jones	40G	Roger Trent	40Z
Frankie Mabbott	40D	Henry Wakelam	40S
John McManus	40U	Jacqui Wakelam	40H
Dan Mosely	40F	Tom Wakelam	40E
David Mugford	40G	Elaine Whitaker	40G
John Nicholson	40B	Ann Williams	40C
Ann Oliver	40U	Paul Williams	40A
Doug Pearce	40Y		
Karen Pearce	40E		

This is not the complete list of names

As a reminder of the information given out in the May edition of the Rambler, as taken from the official 4-Days web site www.4daagse.nl, walkers checking in at desks 40A to 40N will receive an early checkpoint card for Tuesday and Thursday. Walkers checking in at desks 40P through to 40Z will get early checkpoint starting cards for Wednesday and Friday.

These starting cards are not walker-specific and so are transferable. If you want to exchange starting cards the above in-house information should help in the first instance. An exchange point will also be set up near the registration tents at Wedren to allow registered walkers to meet up and to organise their own exchange of starting cards.

4-Days Walking Distance Changes

Changes in the distance to be walked can now only be handled on Friday the 13th, Saturday the 14th or Monday the 16th of July at the Central Administration located on the Wedren at Nijmegen. The cost of any such change will be €12.50.

Additional 'Vitens' Water Points.

A gentle reminder of the information contained in our May Rambler and which now appears on the 2007 daily route maps on the 4-Days web site.

These additional water points, one per day, will all be located on the second half of each days walk as follows:

Day 1 – At the start of the Oosterhoutsdijk

Day 2 – At Wilhelminalaan leading to Beuningen.

Day 3 – At the end of the Zevenheavenlenweg (Seven Hills Road) just before Berg en Dal

Day 4 – Just before the N271 in the centre of Malden

These are key locations and have been chosen by the organizers for a reason – please make full use of them.

Maps of each days walk, showing the location of the above, will be displayed outside the Control Room.

BDWF Web Site

Our 2007 Nijmegen Handbook on the web site has been updated to Issue 5 to reflect the enforced change in NEM, to identify the final number of registrations for the 2007 event and to show an additional earlier 12:30 return coach run especially for the early start 40Km walkers potentially able to finish much earlier – but of course it's available for 30Km and 50Km walkers also !!

The C&Rs have also been updated to Issue 5 to include a required Child Protection Code of Conduct at Appendix 6. This identifies a Code of Conduct for students and young persons and a good practice guideline for the First Aid treatment of young persons.

'Bum Bags' For Sale

14 brown bum bags — no, it's not a song — These will be available for purchase from the office in Nijmegen. Give me a call or drop me an email to reserve one, two or 5. Cost per 'bum bag' is €10 or £6.50.

Herman

Articles to take to Nijmegen

The under mentioned are articles I consider **Desirable** or **Essential** to take with you to Nijmegen. A full list is contained in the 2007 handbook at www.nijmegengroup.org/index.php

Articles	Essential	Desirable	tick
Medal (if been before) & safety pin	E		
Books / magazines / games		D	
Bumbag / Rucksack	E		
Camera / Film / batteries		D	
Cereal / Bowl /spoon		D	
Clothes (Mon / Fri / Sat)	E		
Currency (Euros)	E		
EHIC Card	E		
Hat	E		
Passport	E		
Pillow	E		
Sleeping bag / Duvet	E		
Socks (spares)	E		
Suncream	E		
Towel	E		
Trainers / Boots	E		
Underwear (not boxers)	E		
Vaseline	E		
Wash kit	E		
Waterbottle / waterproof	E		
iPod / MP3 / walkman /mobile		D	
Travel pillow / Pen / String		D	
Track suit bottoms / sunglasses	E		
Sense of humour	E		

Your letters

Seeking sponsors!

Marin Snijders is walking the Marches again after having fully recovered from a double organ transplant, receiving both kidney and liver. This year, he and his daughter Cindy will walk the marches and try to collect money for the Kidney Foundation. This is a Dutch registered charity that promotes and finances research to deal with kidney diseases. It also strives to increase the number of organ donors. Cindy and Marin will be wearing special T-shirts.

If you want to contribute to a good cause, please contact Marin at marinsnijders@orange.com. You can also take a look at his website, at: <http://home.wanadoo.nl/marinsnijders>.

Marin and Cindy were interviewed by one of the major Dutch morning papers, AD, as you can see in the picture. Below, you will find a translation of the article.

During the Marches, they will probably be interviewed by the same paper again, as well as by the regional radio station



Marin en Cindy Snijders lopen dit jaar weer samen de Nijmeegse Vierdaagse.

Een jaar geleden zou je niets voor hem gegeven hebben, zo ziek was Marin Snijders. „Ik ben voor de poort weggesleept. Het had niet veel langer moeten duren voordat een donor-hart en -nieren beschikbaar kwamen.“

Wie vorig jaar had gezegd dat de Alpenaar dit jaar weer de Nijmeegse Vierdaagse zou lopen zou voor gek zijn verklaard. En toch gaan Marin Snijders en dochter Cindy dit jaar op 17 juli van start. Mét de zegen van zijn huisarts. „Ja, ik ben volledig hersteld, dus het mag. Vorig jaar nog dacht ik nooit meer de Vierdaagse te zullen lopen.“

Cindy (19) liep vorig jaar de slechts één dag durende Vierdaagse alleen. Dit jaar is haar vader er weer bij. Uit dankbaarheid voor het herstel lopen ze dit jaar voor de Nierstichting. Ze zoeken de publiciteit om meer donoren te werven. „Ik leef nog omdat vorig jaar 9 juni iemand is overleden die zijn organen ter beschikking had gesteld. Zo simpel ligt het.“ Snijders vertelt zijn verhaal zonder opsmuk, bijna afstandelijk, maar de emoties liggen merkbaar nog aan de oppervlakte.

Ook Cindy dacht dat het niet meer goed zou komen: „Als het nog twee weken had geduurd was transplantatie niet eens meer mogelijk

geweest.“ Marin Snijders had een erfelijke nierafwijking die ook de lever aantastte, maar die weerhield hem er niet van veel te bewegen. Tien, elf keer liep hij de Vierdaagse, altijd zonder problemen. Cindy deelt zijn passie van jongs af aan. „Op mijn vierde wandelde ik al, en dat is alleen maar meer geworden“, zegt ze. Zodra ze op haar twaalfde mee mocht doen in Nijmegen schreven vader en dochter samen in.

Begin vorig jaar kreeg Marin Snijders griepklachten. Na enige tijd bleek één van de cysten op zijn leven ontstoken te zijn. Hoewel hij antibiotica kreeg ging de leverfunctie hard achteruit. „Binnen drie weken was duidelijk dat een gecombineerde leven-niertransplantatie onvermijdelijk was.“ zegt hij. „Daar schrok ik wel van, al heb ik altijd ge-

weten dat een transplantatie een mogelijkheid zou zijn.“

Snijders mocht het ziekenhuis al niet meer verlaten zonder transplantatie. „Ik heb twee weken gewacht en dat waren de langste weken van mijn leven. Een dag voordat bekend werd dat er donororganen waren had ik bezocht. We keken elkaar aan met iets van: nou, dit is het dan.“

De operatie was ook een hachelijke onderneming. „Mijn bloeddruk daalde enorm en er is een derde chirurg bij gebaald om tijd te winnen.“ Maar het resultaat was zeer bevredigend en het herstel ging wonderbaarlijk snel. Inmiddels is Snijders geheel uit de Ziekte-wet en heeft hij zijn werk als activiteitenbegeleider bij De Bruggen in Den Haag hervat. En wandelen doet



Om deze medaille gaat het. FOTO'S LIESBETH VAN DER VIS

hij ook weer. „Zo dra ik kon ben ik gaan lopen. Eerst alleen blokjes om, met begeleiding van mijn buurman.“ Maar nu kan hij veertig kilometer per dag weer aan. „Ik ben een dankbaar mens.“ zegt hij dan ook.

Zo dankbaar dat hij sponsors werft voor de Nierstichting. „Wie onze Vierdaagse wil steunen met een bijdrage kan contact met mij opnemen. En ik maak alles over aan de Nierstichting.“

Maar eigenlijk is het Marin vooral te doen om de aandacht. Cindy en hij lopen dan ook met T-shirts van de Nierstichting aan. „Want er zijn zoveel donoren nodig. Zonder donor was ik er niet meer geweest.“ Sponsors kunnen zich per e-mail aanmelden: marinsnijders@orange.nl

Translation : "I am still alive, because somebody died June 9th, last year"

A year ago, no one would have thought he would survive, being ill as Marin Snijders was. "I was dragged away from the gates. It shouldn't have taken any longer before a donor-heart and donor-kidneys became available."

Anyone who would have said, last year, that the man from Alphen would march again in Nijmegen this year, would have thought to be a fool. Yet, Marin Snijders and his daughter Cindy will start this July 17th. *With* the consent of his doctor. "Yes, I am fully recovered, so it's ok. Last year I thought I'd never march Nijmegen again."

Cindy marched alone last year, but this year her father will be there again. Grateful for the recovery, they march this year in order to support the Kidney Foundation. They seek publicity in order to acquire organ donors. "I am still alive, because somebody died June 9th, 2006, and had given his organs up for transplant. It's as simple as that." Marin tells his story without byways, almost detached, but it is sensible that his emotions are only this close under the surface.

Cindy as well thought her father would not be able to recover. "If it had taken another two weeks, a transplant would simply have been impossible. Marin Snijders suffered an inherited kidney-disease that also attacked his liver, but it didn't stop him exercising a lot. Ten, eleven times, he did the Marches and never had any problem. Cindy has shared his passion ever since she was a little girl. "I've been walking when I was four and it has only increased during the years", she says. As soon as she was allowed to go to Nijmegen, at the age of twelve, father and daughter went together.

In last year's the early months, Marin Snijders suffered from complaints that looked like flu. After a while, it turned out that he had an inflammation to his liver. Though he was given antibiotics, his liver worked less and less. "Within three weeks it became clear that a combined liver and kidney-transplant was unavoidable", he says. "I was shocked, though I always knew this was an option."

Snijders wasn't even allowed to leave hospital without a transplant. "I waited for two weeks and those two weeks were the longest of my life. One day before I heard that donor organs were available, I had some visitors. We looked at each other and thought: well, this is it..."

The operation was a precarious endeavour. "My blood pressure dropped very low and they called in a third surgeon to gain time." The result however, was very satisfactory and the recovery went remarkably quickly. By now, Snijders is no longer on sick-leave and he has resumed his post as an activities supervisor in The Hague. And he's walking again as well. "As soon as I could I started walking again. At first, only a couple of blocks, with my neighbour to accompany me." But now, he is able to cope with 40 km a day again. "I am a grateful person", he so says.

So grateful he is, that he is seeking sponsorship for the Kidney Foundation. "Those who want to sponsor our Marches can contact me, and I will turn over all revenues to the Kidney Foundation." But aside from money, Marin hopes to gain a lot of attention. Cindy and he will be walking with T-Shirts with the Kidney Foundation on it. "For there is such a need of donors. Without one, I wouldn't have been here anymore."

Sponsors can contact Marin by e-mail: marinsnijders@orange.nl.

Birthdays

British

1st -Roy Walker
2nd - Gavin Lofts, Linda White & Paul Grant
3rd -Peter Shaw
4th -Ceri Love
6th - Brian Gee
8th - Jackie Miles & Robert Slight
10th -Ben Fowler
13th -Graham Oldham
14th -Alexander Thompson & Kim Mugford
15th -Joanne Smith
16th -Emma Nelson
20th -Ted Blair
21st -Gill Hughes & Ted Pinch
22nd -Adam Brockman-more
23rd - Caroline Ennals, Victoria Thomas &
Lewis Ginevra
24th -Mathew Jewers & Jill Pearson
25th - Josh Veitch-Michaelis & Kristina Luft
26th -Jonathon (Pongo) Errington &
Matthew Sutton
28th -Deborah Towson

Dutch

1st -Sylvia Waterdrinker-Eskes
4th -Judit Wassing
10th—Ben Jeursen
13th -Michiel Maarschalk & Jan Wigmans
14th -J Noordman
15th -Paul Mansveld & Jaap van den Bos
17th -A Joosten-Bronkhurst
20th -Marin Snijders
21st -Sylvia Hammingh
22nd -P Swart, Ineke Verhagen &
Lenie Verweij-Visser
23rd -Magda van Doorn-Schenk
25th -Jacqueline Kronenberg
26th -Nico Maarschalk
27th -J Bakker
28th -Hans Ludema
30th -E Gelaudemans
31st -M Hoof

Joke of the month

I met this bloke with a didgeridoo and he was playing Dancing Queen on it.

I thought, "That's Aboriginal"

And Finally

Thoughts for the journey to Nijmegen

- What if there were no hypothetical questions?
- Is there another word for synonym?
- What was the best thing before sliced bread?
- Why is abbreviation such a long word?
- Why isn't phonetic spelled the way it sounds?

And remember:

Change is inevitable except from vending machines !!

For those returning -- **PLEASE DON'T FORGET YOUR MEDAL**

Have a safe journey and see you in Nijmegen.

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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 any one 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 Herman by

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

Herman Boston
BDWF Treasurer, Youth Secretary and CPO