



The Rambler-March 2009

Nijmegen 2009 Registrations Update

Number of Walkers Registered to date:

With registration having commenced on Monday 2nd February 2009, as of midday on Thursday 5th March 2009 some 27,259 walkers have already registered in the first period for this year's event.

This first tranche finishes on Friday 6th March with registrations for tranche 2 starting on Monday 9th March and finishing on 9th April or sooner if the 45,000 walkers maximum limit is reached before then.

As a comparison, 33,323 walkers registered in tranche 1 in 2007 with a final total of 42,270. In 2008 these figures were 25,954 and 43,450 walkers respectively, that is some 17,496 registered in tranche 2.

In 2008 of the 43,450 registered for the walk only 39,128 turned up to hand in their registration cards and then unbelievably only 38,432 started the 4 Days walk itself.

It follows that walkers who really want to take part need to register as early as possible in case the maximum limit is reached by including those who think that they 'might' want to take part and ultimately do not.

Remember that registrations cannot be changed for another walker to take part.

As of midday Friday 6th March 2009 — only 136 days and 15 hours to go !!!

British Dutch Walking Fellowship

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Training

Walking a marathon achievement event like the Four days marches requires thorough preparation. It makes good sense to build this up systematically to allow your body to get used to the exertion. This will help avoid injury and disappointment and make walking much more enjoyable.

- Train weekly and gradually increase the distance
- Listen to your body and lower the pace if necessary. If you have any doubts at all about your health and / or physical condition, consult a doctor
- Carry a rucksack as this will improve your walking posture
- Carry a little ball or stick in your hand to prevent your fingers from swelling.
- Choose attractive routes, in varying landscapes and environments for your training
- Walk at different paces; this will help improve your stamina
- Do not sit on the ground when you take a break. Your muscles will cool down too quickly, causing stiffness
- Make sure you get enough mileage into your training.

Nourishment

- Adopt a set eating pattern and drink before you are thirsty
- If you feel your energy levels are low, eat a high energy glucose sweet
- Drink water, tea or sport drinks regularly. Avoid carbonate drinks and alcohol as the consumption of alcohol and physical exertion poses a health risk.
- Do not use stimulants and / or tranquilisers

Clothing

- Every individual is different so seek professional advice on footwear and the right shoes
- Always wear your shoes in well, and wear moisture absorbent socks
- If bad weather is forecasted take a spare pair of socks with you.

Weather

- Train in all weather conditions and take appropriate precautionary measures

In extreme heat

- Always cover your head and protect your neck from the sun
- Drink plenty of water
- Take enough rest preferably in the shade

In the event of thunder or lightning

- Seek shelter inside a farmhouse or other building
- Do not stand under a tree or lamppost, as you will not be adequately protected
- If you cannot find an overhead shelter, crouch down at the side of the road, preferably in a dry ditch or other low-lying area.

4 Days Web Site: Weblog—Johan Willemstein

4 February 2009.

The registration for the 93rd Four Days Marches opened the day before yesterday. Over 9,000 participants have registered already. And over 800 participants have registered for the 'Via Vierdaagse' project, which I mentioned extensively in my last entry. Such a wonderful beginning of the month February. There is fresh snow outside. The first ice skating races on natural ice are already of the past. Many wonder whether the cold winter will come again to - finally - ensure an Elfstedentocht. And meanwhile, over 9,000 participants are looking forward to the third week of July. This gives me and my colleagues a boost to continue on preparing for the Marches in a steady pace.

Let me begin by mentioning that the route of the Entry has returned to the Oranjesingel in 2009. After deliberating with the Council and police services it has been decided that, after the Keizer Karel Plein, the walkers will walk across the entire width of the Oranjesingel and will then turn left at the Prins Bernhardstraat towards the finish on the Wedren. No more small streets and subsequent blockages. This alteration in the route of the Entry will probably have consequences for the lay-out of the Wedren. It is not inconceivable that some registration desks need to be relocated. There are also advanced plans to re-establish the footbridge over the Oranjesingel. Going from the city and station towards the Vereeniging and Wedren and vice versa will prove to be a lot less difficult on the fourth day once the bridge has been established again. It is likely that the Royal Netherlands Army are going to build this bridge for us. All honour to them.

There will be no other route changes, except for the route in Beuningen on the second day. The route will be shortened here by 600 metres. The walkers will go from the Burg. Geradtslaan, Haagstraat and Hogewaldseweg to the Van Heemstraweg. This also implies that the military resting area will be relocated. On the first day of walking, the route over the Waalbandijk in Oosterhout to Lent will stay the way it is. The proposal of the neighbourhood council of Oosterhout has been rejected by us for several reasons.

In the rules and regulations several changes have been made. The dispensation regulation for those with an intellectual or physical disability and the visually handicapped is still effective and has even been extended with the application of the regulation for those in a wheelchair. One can also apply for dispensation if one is a parent and/or carer of participating children under the age of 16. Finally, we have decided to do away with the marching kit requirement (10 kilograms) for military participants during the Entry.

As a result of the fact that the Four Days Festivities will be organised for the 40th time this year, a book will be launched this Spring, celebrating this anniversary, entitled "De Vierdaagse, het grootste evenement van Nederland". This book, containing plenty of photos, will include an overview of the development of the Marches and the Festivities over the years. Definitely a book we can recommend, bound and in colour, 240 pages, 24 x 29.7 cm. The selling price has been set on € 24.95. We will inform you further on the subject at a later time.

While we are on the subject of anniversaries, in 2009 it will be a hundred years ago that the very first Four Days Marches took place. Nevertheless, the board has decided not to commemorate this occasion now, since this is only our 93rd edition. We would like to save the festivities for 2016 when the actual 100th edition of the Four Days Marches will take place.

The number of sanitary facilities on the route as placed by our organisation will be increased with about 25 percent, as a result of the 2008 satisfactory survey. In combination with the toilets of the local authorities and private managers, there will be plenty of facilities each day. We genuinely hope that walkers will use these facilities. We try our utmost to offer quality with the placed

4 Days Web Site: Weblog—Johan Willemstein (cont)

facilities, especially concerning hygiene and cleanliness. In this manner, we should be able to relieve the environment and those living alongside the route.

Lastly, I would like to mention that Flag Parade tickets will also be distributed in a different manner this year. In 2008, the distribution did not go to the satisfaction of the walkers nor of the organisation. At the moment, we are considering a central point of distribution where walkers may receive a ticket for the Flag Parade on presentation of their confirmation.

Information from 4 Days web site : www.4Daagse.nl

Editor's Notes:

Daily Route Directions for Nijmegen 2009

Full details of the daily routes including those contained in the preceding weblog are now available on the 4 Days web site.

Elfstedentocht

The Great Dutch Ice-Skating Marathon

If you combined the endurance demands of the New York Marathon with the gruelling climate conditions of the Alaskan Iditarod (more familiar as the Alaskan Iditarod Trail Sled Dog Race) you'd get a sense of the Dutch ice-skating race called the Eleven Cities Tour.

Known as the Elfstedentocht in Dutch, the one-day tour is an obsession for its 16,000 participants and the millions more who follow it worldwide. The event is held in The Netherland's northern province of Friesland but only in those years when the ice freezes over the 124-mile track of lakes and canals that makes up the route. The last tour took place January 4, 1997.

The fabled marathon was officially organized as a contest nearly 90 years ago by the Friesian Skating Association though its roots go back generations before that. This century, the race has taken place just 15 times; yet, it's become one of the biggest phenomenon in Dutch sports.

During a cold snap that made the tour possible one year, the white caps of the North Sea froze over. In 1929, the winner Karst Leemburg finished in conditions so severe a frostbitten toe had to be amputated.

Because the competition hinges on weather conditions, lead-time is always short and the preparations furious. Wind chill, skating surfaces and ice thickness determine if and how the tour is run. Experts sometimes perform ice transplants to close holes in the route.

The 1997 race was organized with less than two days' notice thanks to a Russian cold front that left the country in a deep freeze. Despite nearly impossible time constraints, a virtual army of organizers and volunteers pulled the race off and, with it, one of the greatest tests of athleticism.

4 Days Web Site: Weblog—Johan Willemstein (cont)

The tour started before sunrise forcing skaters to navigate their first three hours by the light of spectator torches and farmers' tractor lamps. Some speed skaters wore headlamps. Henk Angenent, a farmer, won in 6 hours, 49 minutes and 18 seconds. By 11 that evening, those still skating were taken off the ice in police cars.

The tour always starts and ends in the Friesland capital of Leeuwarden and travels through the cities of Sneek, IJlst, Sloten, Stavoren, Hindeloopen, Workum, Bolsward, Harlingen, Franeker and Dokkum.

When the next race will be held is anybody's guess. And it's exactly that unpredictability that makes the Eleven Cities Tour so highly anticipated.

One caveat for foreigners: Racers must be members of the Elfstedentocht Union, an organization whose membership of 16,000 was capped over a decade ago. That leaves anyone except a Nederlander with little chance to participate.



Election Of Committee Post — Chairman

As identified in the Rambler last month, this year the committee post of Chairman will come up for election at Nijmegen 2009. The election itself will take place in Nijmegen and for the first time all current members will be eligible to vote whether in Nijmegen or not.

Nominations will be accepted on the appropriate Nomination Form up to the end of April, 2009.

A Nomination Form is available on our web site or on application to Herman Boston— web site and contact details at the end of this (and every) Rambler.

Please Note: The current return address for and on the Nomination Form on the web site i.e. Roy Hayward must not be used as it is the Chairman's post up for election this year. Forms must be returned to Herman Boston.

The form on the web site will be updated as soon as possible.

A list of the nominees will be identified in the May Rambler.

Voting Procedure

As a result of an incident in a previous year, all voting papers are now numbered to ensure no duplicate votes are cast . As such voting papers cannot be downloaded.

Nominees for all committee posts due for election will be known by the end of April each year and will be identified in the appropriate May issue of the Rambler.

At this stage we will know if a formal vote is necessary or that if there is only one nominee the unopposed candidate will be elected to the committee without the need for a vote in Nijmegen on Founders Day.

Where voting is required i.e. more than 1 candidate, for those current paying members who will not be attending Nijmegen, voting slips can be requested from and returned to Herman Boston by the end of June. A voting slip will be randomly and anonymously selected and forwarded to the member requesting the voting slip. In this we must have an element of trust as procedures and timescales would become too cumbersome. The slip should then be completed and returned in your own envelope annotated 'Vote'. No other correspondence should be included in the returned envelope as it will not be opened until the vote count on the Thursday in Nijmegen. No cross-reference to postmarks etc will be made.

Members attending Nijmegen will have the ability to select and sign for their voting slip as in previous years.

Full details of the procedure for nominations, voting and vote count, based upon the previous method which did not allow for voting other than being in Nijmegen, and which in all other respects is correct can be found in our current Constitution & Rules Issue 5 Appendix 4 & 5.

Your Letters

Langport 2 day festival of walking 13th—14th June 2009

There is a two day event in Langport, Somerset area in June. The walking festival is a weekend of non competitive walks. Qualifying walks towards the IVV award scheme promoted by British Walking Fellowship (BWF).

The aims of the walks are to provide a focal point for people who enjoy walking, to encourage physical activity of the kind that everyone can enjoy.

Start and Finish: Huish Episcopi, Senior school, Langport, Somerset OS map number 129. Grid reference ST428 268

Start times:

42K start at 07.30 and 08.30

20K start at 08.30 and 11.00

10K and 5K start at 11.00 and 14.00

Contact: Dray road, Odcombe, Somerset BA22 8UF

Tel: 01935 864 523

Email Slams1@btinternet.com

Your Letters (continued)

Picture of Doug Pearce standing outside of Bangkok Landmark hotel.



Birthdays

British

- 1 Callum Weaver, Coralie Hancock,
Sophie Kudelka
- 4 Jacquie Rawlings
- 5 Gemma Gillies, Christine Barre
- 6 Christine Brooks
- 7 Katerina Mabbott, Richard Dean
- 8 Christopher Allen, Robert Parkinson
- 10 Nigel Goodman, Emma Clarkson
- 13 Sarah Coupland
- 14 George Newby
- 16 Paul Kirby
- 17 Nick Neale, Ann Williams
- 18 Gareth Ball
- 21 Chris Burridge, Pat O'Connor
- 24 Pavandeep Bains
- 25 Jim Usher, Adam Merrison
- 26 David Broughton, Michael Dean
- 27 Jan Roberts
- 28 Briohny Williams, Gavin Brown
Bridget Sinclair
- 29 Stephen Morgan
- 30 Joy Wade, Michael Macdonald

Nederlanders

- 3 Sebastian van der Staal
- 4 Anneleen Bolle
- 5 Willem Wolters
- 8 H Gol, J Joosten, Marijke Zuidwijk
- 11 Anneke Duijn, Klaske Ludema-Korporaal
- 13 Ries Hauer, N van der Wijderen
- 14 Corrie Ruberg
- 15 Jasmijn Govaars, Chris van Heckeren
- 20 Jantiene Manintveld
- 21 Henri Scheepens

- 24 Leni de Vries
- 25 Raymond Barbier, Ariene de vos Lauerman
- 27 H de Vries
- 28 Jacolien Plomp

British Dutch Walking Fellowship

62 Ridge Nether Moor
Liden Village
Swindon
SN3 6ND

Phone: 01793 487296

Mobile: 07936 390500
or 07777665918

E-mail:
hermies@btinternet.com



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 Herman by **Monday 23rd March 2009**.

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

Herman Boston