



The Rambler-February 2010

Nijmegen 20-23 July 2010 Registrations

The first registration period began on Monday 1 February and ends on Friday 5 March 2010.

The second registration period opens Monday 8 March and ends Friday 9 April 2010.

In total some 9,329 walker registrations were made on the opening day. By the end of day 2 this had risen to 11,750 and by the end of day 3 to 13,160

The only available comparison with Nijmegen 2009 is that by midday on day 3 some 9119 walkers had registered for the event.

Nijmegen 2010 Handbook Issue 2.

One of the key decisions to make is to decide the appropriate time to release the first issue of a new Nijmegen year handbook — too early and you miss KNBLO updates, too late and it's less effective to our membership. Well we waited and no sooner had Issue 1 been uploaded onto our web site than a significant change was made by the organisers - we are to have wristbands this year instead of barcode swipe cards — they will still be readable via new scanners.

To avoid repetition, fuller details are highlighted in Johan Willemstein's weblog copied into this edition of the Rambler — it also identifies minor changes to the 30Km route and that the poorly-attended "Blister Ball" has been discontinued.

As a consequence of this, our Nijmegen 2010 Handbook has already been updated to Issue 2 and uploaded onto our web site.

All changes from the Nijmegen 2009 handbook are shown at the 'Contents' and 'Issue Change Control' pages — Enjoy !

As of distribution date there are only 164 days to the start of Nijmegen 2010.

British Dutch Walking Fellowship

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Weblog of Johan Willemstein

Friday 1 January 2010

It is 1 January 2010 and the perfect time to update my weblog once more. Perhaps it's a resolution to do better this year, as I wasn't very reliable last year and often had to be prompted by our organisers. Sometimes I was too busy with work, other times there was nothing to report and occasionally I just couldn't get motivated. Human nature, I know. However, at this moment in time I promise to get better, in spite of being fully aware of how it usually goes with resolutions.

And seeing as it's the first day of the New Year let me wish all readers a Happy 2010! I sincerely wish you good health, that your dreams come true and that you fulfil your ambitions and resolutions. I wish you this on behalf of the entire of the board of the Stichting DE 4DAAGSE, the permanent staff of the organisers and around 300 volunteers from the Executive Committee.

At the same time, here's to an enjoyable 94th edition of the Four Days Marches together; an edition that not only builds on the splendour, heraldry and tradition of past editions, but that simultaneously is up for change and improvement, wherever necessary or desirable.

In terms of the routes, the most significant change currently planned is that the 30km walkers will once again walk through the town centre and the market in Wijchen. Detailed arrangements have been put in place with the local authority to ensure that the delays experienced in the past are averted. The additional couple of hundred metres that will need to be walked will be absorbed in the early morning outward leg to Nijmegen.

The barcode card is being discontinued and replaced by a wristband, with the printed barcode replicated several times. A new generation of scanners will also be used, reducing the risk of a miss-scan to virtually zero. Whilst scanning will take place at the check in and finish points (as in the past), there's a good chance that it will be rolled out to all other checkpoints. The latter is dependent on the outcome of discussions regarding the logistical and financial impacts. The intention is that the wristband will be attached at registration on Sunday or Monday, and continue to be worn through to the finish on Friday. It is waterproof, can be worn in the shower and has been tested against all known allergies. It should be worn at all times, just like when on holiday at an all-inclusive resort. Besides the improvements to scanning, it facilitates identification of walkers' distances and imposter walkers. The wristband also brings new potential improvements for the future. For example, it might be used for access to and recording of blister treatment, or for special discounts (e.g. on public transport, catering, to museums, etc.). The possibilities are endless and will be explored fully in the years ahead.

In 2007 we tried to inject new life into the Blister Ball, held on the Friday evening in De Vereeniging. After three attempts we have to admit that this was unsuccessful. The number of walkers attending each year can be counted on one hand. This hardly comes as a surprise when the entire of the Nijmegen's city centre is one huge blister ball of its own. Consequently the board has decided to discontinue this event.

Weblog of Johan Willemstein (cont)

In the meantime a think-tank has been set up, tasked with presenting its recommendations about the location and format of the opening ceremony to the board in May.

In 2010 the Flag Parade will be held in the Goffert Stadium, just as in the past. The location and format of the opening ceremony from 2011 onwards depends on the recommendations and subsequent decisions. The think-tank includes representatives from the walkers, guests, residents of Nijmegen, the Four Days Marches Festivities and the Ministry of Defence. In other words, a broad cross-section of the customer base, designed to encourage well-balanced and wide-ranging recommendations.

Finally, registration is set to open again in a month's time, on 1 February. Blood will start pumping faster and training programmes will commence once more. So let me close with the motto of the KNBLO-NL: "Get walking, more often!"

Weblog taken from 4 Days web site: www.4daagse.nl

Currency Exchange

We all like to get the best return for our £'s so with the £/Euro rate varying considerably, we thought that an item highlighting the best deals around would be of interest to our members.

We would appreciate any feedback regarding where they are to be found.

So, this month's offering:

www.no1currency.com

Available throughout the UK—an 'outlet locator' is on the home page of the web site as is a short comparison of their rates with for example M&S, Post Office, Thomson etc. The small booth-style exchange desks can be found in the likes of 'Cash Generator' or 'Cheque Centre' shops.

Rates are shown daily but as always there's a caveat of 'actual rates may vary'. However, contact details are given so ring first and confirm the exchange rate.

Can anyone do better ??

Exclusive '10' Club

Individuals who successfully complete their number 10 Nijmegen Vierdaagse, are invited to join the exclusive '10' club. I am not aware of the cost of membership, perhaps someone can enlighten me. However, there are benefits to membership.

Each person is given a unique membership number and participants quoting this number on their application form, have their entry fee discounted.

So when you attain your number 10 medal and are invited, please take up the offer. It pays to belong.

Apparently, the IML number requested on the BDWF application form does not exist. IML members do not have membership numbers.

Walk in the 40K or 50K teams

Have you thought about participating in this years Nijmegen?
Have you thought about walking in a team? If so, read on.

Once again Lenny Goldsmith will be organising a 50K walking team under the BDWF banner.

It is possible to participate in the Four Days Marches as a member of a group and consequently to be eligible for a group medal.

At the start of the event a group must comprise of a minimum of eleven participants registered by name.

All members of the group will walk the same distance as a group throughout the entire Four Days Marches event and be recognisably dressed as a group. This could result in some participants walking the extended distance instead of the regulation distance i.e. 50k in lieu of 40K.

Civilian groups are not allowed to walk 40 kilometres with full kit. This is only for military contingents of the Dutch armed forces or foreign armed forces.

If there is interest, we shall run a 40K team as well.

Please note that nominated leaders will be responsible for all aspects of organisation of the teams. Having agreed with team leaders, I will only be responsible for the invoice payment elements for the teams.

If you are interested, please drop me an email with your details or give me a call. My details are at the back of this document.

Just a Few Words:

www.smartphrase.com/Dutch/dutch.shtml

www.speakdutch.co.uk/phrases/basic-phrases

www.speakdutch.co.uk/vocab

| THE WEATHER | |
|---------------|----------------|
| it's sunny | Het is zonning |
| it's nice | Het is fijn |
| it's cold | Het is koud |
| it's hot | Het is warm |
| it's snowy | Het sneeuwt |
| it's rainy | Het regent |
| it's windy | Het waait |
| it's foggy | Het is mistig |
| it's freezing | Het ijskoud |
| storm | storm |
| lightning | bliksem |
| changeable | wisselvallig |

| COLOURS | |
|-------------|--------|
| black | zwart |
| white | wit |
| grey / gray | grijs |
| red | rood |
| yellow | geel |
| blue | blauw |
| orange | oranje |
| pink | rose |
| green | groen |
| brown | bruin |
| purple | paars |

| DAYS & TIME OF DAY | |
|--------------------|------------------|
| morning | morgen |
| afternoon | namiddag |
| evening | avond |
| night | nacht |
| yesterday | gisteren |
| today | vandaag |
| tomorrow | morgen |
| Monday | maandag |
| Tuesday | dinsdag |
| Wednesday | woensdag |
| Thursday | donderdag |
| Friday | vrijdag |
| Saturday | zaterdag |
| Sunday | zondag |
| day | dag |
| week | week |
| last, previous | afgelopen, vorig |
| next | vogend |

Translation of Dutch phrase If you must clip your toenails now, kindly leave the kitchen.
for last month:

Dutch phrase for the month: Mijn drink wordt eenzaam. Zou jij met jou drink bij me
(Translation if needed next aansluiten?
month)

Committee Post Elections at Nijmegen 2010

Every 3 years committee posts come up for election. The 5 key posts of Chairman, Group Secretary, Group Treasurer, First Aid & Support Co-ordinator and the recently incorporated Webmaster to replace the Events Co-ordinator role comprise the voting roles on the committee. In addition we also have a Youth Secretary post which historically does not have voting rights having always been covered by our Group Treasurer.

In order that committee experience/expertise cannot be totally 'lost' during a single election, the posts are divided across 3 groups which are annually out of step with one another. In 2010, it will be the posts of First Aid & Support Co-ordinator and the Youth Secretary that will once again be up for election.

The current post holders are Gina Coltman (First Aid & Support Co-ordinator) and Herman Boston (Youth Secretary) and both are eligible to stand again for the posts.

Nominations will be sought from February until 31st May.

If only one individual is nominated for a particular post, that person will automatically be elected without a vote being necessary on Founders Day (the last Saturday of Nijmegen week). If more than one nomination is received for any of the posts up for election, the election will take place in Nijmegen (closing date Thursday 22/01/10) and all members whether in Nijmegen or not are eligible to vote. Election results as appropriate will be declared on Founders Day.

Nomination forms are available on our web site or via the editor — details on the back page of this Rambler. The return address (Chairman) is on the nomination form itself.

Once the deadline for nominations has passed, all details will be cascaded to our members in the June Rambler (distribution date 4th November) when we will know if a vote is needed. If needed, members not in Nijmegen will be able to request a voting slip — full details will be included in the June Rambler.

Your Letters

Dodentocht, Belgium

Do you know of anyone organising a trip to the Dodentocht in Belgium and have room for others to join the party. If so, please let me know. Details at the back of this magazine.

Kind regards
Herman

Past Nijmegen Medals — Nijmegen medals since 1908

This website gives details on the various medals and awards made over the years in connection with Nijmegen Vierdaagse

<http://www.nijmegenmedals.com>

Forthcoming Events 2010:

April 2010

TBC **50th Bogle Stroll** (1st weekend in April)

Distances: 55mile; 25mile and 12 mile all taking place within 24 hours and the Bogle Roll; (a cycle ride of the north loop in multiples of 25 miles). More details to follow

24th-25th **RAF WARMA** 2 day march (participants are required to pre-register).

Time: 06:30—09:00 from DCAE Cosford Nr Wolverhampton WV7 3EX.

Contact: Event secretary P.O Box 567, Macclesfield, Cheshire, SK10 9GL. Tel: 01625 610707 or email: events@rafwarma.org.uk for application forms. (www.rafwarma.org.uk)

May 2010

15th **Marlborough Down's Challenge.** 33 or 20 mile trail race and a 20 mile Challenge walk. All information available via <http://www.marlboroughrunningclub.org.uk/>

29—31st **3 day RAF Lyneham walk.** Distance: 40K Start time 07:00. Contact Herman for more information

June 2010

TBC **Walkley Midnight Walk** (20 miles—Avebury to True Hart public house, Bishopstone (across the Ridgeway). Breakfast at the end (optional). Certificate only. No medal. More details to follow.

19—20th **White Horse Challenge 2010** there are options for everyone from the complete challenge of 55 miles, to doing half the distance on one day or other, to taking part in the Family Challenge of 7 miles. web site is up and running which has all the information you will need about the event, along with a registration form, and the link below will take you there.

<http://www.whitehorsechallenge2010.co.uk/index.htm>

July 2010

11-17th **38th Haervejsvandring**, Denmark (www.fodslaw.dk)

20-23rd **94th International 4 Day Marches**, Nijmegen.

August 2010

13th **Dodentocht** ("Death March", 100Km), Belgium (www.dodentocht.be/en)

If you know of other walks that our members would be interested in, please drop me a line or give me a call. My details are at the back of this newsletter.

Birthdays

British

- 3 Shaun Perry, Benjamin Biggs,
Brian Green, Cathie Burr ridge
- 4 Peter Gardner
- 5 Ian Shearer, Rachel Shirreffs
- 6 Charlotte Rhodes
- 7 Marc Best
- 8 Emma Armitage
- 9 Gareth Miles, Tom Ashdown
- 10 Nigel Goodman
- 11 George Buxton, Stephen Wood
Richard Courtney
- 12 Tina & Teresa Blanpain
- 13 Sean Phillips
- 14 George Harmer, Dan Foxwell
- 16 Pascal Munster, Matthew Cordas
- 20 Charles Shaw
- 21 Daniel Westlake, Tanya Newell
- 23 Genevieve Williams
- 26 George Beecham MBE,
Marie Dimaline, Thomas Newberry
- 27 Moira Veitch, Kristina King
- 28 Chris Bexhill, David Barber,
Andrew Sprules

Nederlanders

- 1 Lydia Boonen
- 2 Jozien Vercouteren
- 6 Wim Magnin
- 7 Ineke Mulder-Parmentier
- 9 Ria van Numen Mejis
- 10 Astrid Rooijen-Jansen
- 11 Theo de Bruijn
- 16 Robert Viestra
- 17 Niek Rouschop
- 20 Jan Eggink, Jan Elfink
- 21 Henk Mounoury
- 26 Coby van Noord

Many happy returns to you all

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 15 February 2010**.

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