

Veluweloop Corona edition

From Vredenoord there are 2 routes of 5 and 8.5 kilometers. These routes are through the forest and through a piece of heather. Teams of 12 are divided over the 2 routes. All teams are divided over 4 shifts: 9:00-11:00, 11:15-13:15, 13:30-15:30 and 15:45-17:45. You are allowed to enter Vredenoord when your shift begins. This way, a maximum of 180 runners will be on the site every shift. This ensures that, including volunteers and organization, there are at all times less than 250 people present on the site."

Safety and hygiene regulations for everyone

- Always use common sense.
- Do you have symptoms? Stay at home and get tested. If the result of your test is positive or if one of the members of your household is ill, stay at home
- Go home immediately if you experience any symptoms like cold symptoms (nasal cold, runny nose, sneezing, sore throat), coughing, shortness of breath, elevated temperature or a fever (above 38 degrees Celsius), sudden loss of taste and smell (without nasal congestion)
- Make sure you can always keep 1.5 metres distance from others
- Avoid busy places
- Wash your hands often with water and soap, before and after your visit to the sport location.
- Avoid shaking hands
- Always follow the instructions given by the organisation
- The organising committee will check if participants adhere to the measures
- Disinfect your hands where possible
- First aid will be available all day long

Picking up bibs

Registration is only possible online. The team leader can pick up the numbers of his/her team at Vredenoord and can divide the bibs among the team.

Starting procedure

Participants of one team will start at the same time. Everyone will follow the same course, until the +/- 3K point. That is where the long course and the short course separate. One team will start every 30 seconds to make sure that there is enough space on the course. We will attempt to let fast teams start early, so runners won't have to pass each other. Teams will be assigned to a place in the starting section, in which there will be spots with 1,5 metres in between.

Passing other participants

- Stay at the right side of the paths as much as possible. This way, other runners can be passed at the left side.

Spectators

- Keep 1,5 metres distance and do not shout or cheer if you are supporting your team mates.

Facilities

- At Vredenoord, there are a couple of facilities, for example sanitary facilities. Near those facilities, walking routes will be indicated and there will be 1,5 metres distance marking. There will also be points where you can disinfect your hands.

Transport

- Follow RIVM regulations for transport before, during and after the race.
- Travel by bike or car if possible.
- Wear a face mask if you share a car with team mates that are from a different household.
- Avoid travelling by public transport if possible.