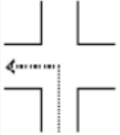
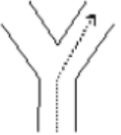

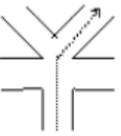



Explanation routes

Situations

	A crossing is only mentioned if a left or right turn should be taken. So here turn left at the crossing (LA).		Y-split turn right (RA).
	Byroad turn left (LA).		Intersection of five roads, second road turn right (RA).
	T-split turn right, or: turn right at end of the road (RA).		

If at a crossing of roads nothing is mentioned, the route goes straight ahead (RD).

This year we have new (blue) route signs. The signs for a left turn have an arrow to the left, for a right turn to the right. No arrow means correct walking direction (straight ahead). At 'tricky' and dangerous points, barrier tape is also used. However, the signs only serve as support. The route described in the programme booklet is binding, unless employees divert runners on the route due to unforeseen circumstances.

The first column shows the number of kilometres already covered per stage.

There are signs indicating this halfway through the stage and 1 km in front of the interchange/switch(?). At some intersections there are police and/or crewmembers. Always follow their instructions punctually!

A maximum of 1 accompanying cyclist is allowed per runner. The accompanying cyclist may not obstruct other runners. At some points a different route is indicated for the accompanying cyclist than for the runner.

In front of the trap at the interchange, runners and accompanying cyclists must be separated. The cyclist may not enter the trap! The starting runners may only enter the trap when the team number has been called (to indicate that the finishing runner is approaching).

The runner's vest may only go out into the trap. This is because of the time

This year we have new (blue) route signs, these will replace the yellow route signs on the picture. The signs for a left turn have an arrow to the left, for a right turn to the right. No arrow means correct walking direction (straight ahead). At 'tricky' and dangerous points, barrier tape is also used. However, the signs only serve as support. The route described in the programme booklet is binding, unless employees divert runners on the route due to unforeseen circumstances.

The first column shows the number of kilometres already covered per stage.

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The runner's vest may only go out into the trap. This is because of the time registration! The errata list and/or the team leaders instruction (given before the start of the VeluweLoop) indicate possible changes in the route. Keep this errata list with the route description!

Participants who do not comply with instructions from the booklet or from crew and police may be given a time penalty or the entire team may be disqualified.

Abbreviations used:

LA : turn left

RA : run right

RD : straight ahead

VKL: traffic light(s)

PS : mushroom (permanent ground signs)

WP : exchange point

VZP: collection point

Bicycle/car route

In the route description there are always 2 possibilities. You can drive from the WP to the next WP, or skip 1 or multiple WPs. At the split of the routes via a WP and along the WP, this is indicated in bold. Use the right column to enter a WP, the left column to skip a WP. Where only one column is indicated, the routes coincide.