

Organising a cycling team

During the VeluweLoop, there will always be one runner and one cyclist per team completing a stage. The rest of the team must be at the switch points (WP) in time to alternate between the runner and the cyclist. That takes some planning. There are two possibilities, you can register as a car team, indicating that your team is moving between switch points by car. Or you're a cycling team and you're traveling from point to point on your Dutch two-wheelers. Below we try to give you some guidance on how best to organize such a thing.

Rent bikes

Bicycles can be rented via the VeluweLoop. You can opt for 'normal' bicycles for the fast cycle routes over paved roads to the various switch points. A mountain bike can be hired for the runner's companion (many unpaved paths). Bicycles can be reserved online through the reservation form.

Cycling schedule

There are always 2 or 3 cycling teams to ensure that the runner reaches his switch point (WP) on time. A cycling team will cycle directly to the WP where the runner has to be. At the WP a cyclist and a runner alternate. The runner will then return with the cycling team and the cyclist will now walk a stage. The cycling team will cycle to the restart point. At the restart point the 3 cycling teams meet again. To make sure this goes well, make a cycling schedule. In such a cycling schedule you will find the following:

- The number of the stage
- The name of the switch points
- Who runs which stage
- Who accompanies the runner (accompanying cyclist)
- Whoever picks up the incoming runner at the switch point and switches bicycles with the runner
- Attention: No accompanying cyclist is allowed in the last stage!

One on a mountain bike, the rest on regular bikes!

One cyclist of the team accompanies the runner along the route. Because the running route goes as much as possible over unpaved (forest) paths, a mountain bike is advised for the accompanying cyclist. You can choose to have a permanent/fixed accompanying cyclist on the mountain bike, or always have someone else ride along with the new runner. It is smart to include this in the schedule for the cycling team. Other cyclists follow the cycling route described in the programme booklet. This route consists almost entirely of cycle paths or other paved roads. A good 'city bike' is suitable for this route. Good bikes are important, don't think about that too easily. You cycle a lot of kilometres and you have to reach the switch points in time.

Be on time at the next switch point

Make sure you arrive at the switch points in time. The one who is going to run has to be present at least 20 minutes in advance in order to finally get into the trap, the place where the runners will arrive, and the running vests will be handed over. So, make sure the cyclists leave on time. The cycling schedule in the programme book shows how many kilometres you have to cycle to get to the WP. Especially the groups that leave from a restart location have to leave on time: well before the restart!

If you have to go to the first WP after a restart, leave at least half an hour before the restart.

If you have to go to the second WP after a restart, leave at least 15 minutes before the restart!

On the website you will find an example of a cycling and running schedule. Enter the times you expect your runners to run in the running schedule. In the cycling schedule you can then see what time you have to be at a WP. It is also better not to visit intermediate switch points. Cycle directly to the switch point where the runner has to start, otherwise there is a good chance that you will run out of time. In some places the cycling route crosses the running route. Give space to the runners, that's very neat.

Classifying groups

From the start point and the assembly points, groups of at least three people cycle to the exchange points. Group A will cycle to the first WP, group B to the second and group C to the last. At each switch point (WP):

One of the arriving cyclists continues as a runner and the arriving runner takes over the bicycle from the arriving cyclist.

The third person (key keeper) arranges for the arriving runner and accompanying cyclist to continue cycling. This person keeps the key so that the runner can cycle.

The new runner leaves his bicycle at the switch point (WP). The key keeper needs to know where these bicycles are so that the arriving runner and accompanying cyclist can continue on them. The key keeper is also the one who has to ensure that the bicycle keys of the departing runner and the departing accompanying cyclist remain with him at the switch point. Otherwise both the runner and the accompanying cyclist will not be able to go either way and the cycling schedule will be confused. Pay close attention to this! This can cause annoying situations. Imagine standing there at the WP, completely sweaty after a tough race, exhausted and you cannot cycle away because the bike is locked.

Resting after a stage

The runner who just ran should be able to rest for a while. Make sure that he/she does not have to continue immediately as an accompanying cyclist for the next runner but arrange the schedule in such a way that someone else is ready to do so. Things a runner would like to have after running (dry clothes, drinks, food,...) are best carried in a backpack with the accompanying cyclist. After all, they leave together and also arrive together at a change point.

Changing bicycles

During the day the bikes change owners quite often. A runner runs to the next switch point and usually sees his bicycle only at the next restart point. This means that sometimes you have to continue on a bike that is too big or too small. In that case it is useful if you have tools to adjust the saddle. Sometimes, adjusting saddle heights can be prevented by clever arrangement of the groups.

After running a stage

Once you ran, it suddenly becomes a lot easier. Then all you have to do, according to the schedule, is cycle to the restart point. And sometimes you can easily go to another switch point before you definitely go to the restart point. At that other switch point, you'll see other members of the team and welcome the runner. Then you go to the restart point, where you meet the whole team. It is often busy there, so make an appointment somewhere or make sure you are recognisable to your

team.

The last restart

At the end of the day you can basically choose to go to the third restart or go straight to De Bongerd.

Skipping Nieuwland will save you some cycling kilometers, but also a lot of fun. Keep in mind that from Nieuwland there will only be one stage left and the runners will be on the Bongerd fairly quickly. Finally, you all meet at the Bongerd where the final runners are welcomed.

Handy to take with you

- More than enough to eat!
- Rainwear
- Tire repair kit, bike pump and other repair stuff
- Keys to adjust saddle height
- Food and drinks on the go
- Mobile phone
- Program booklets with bicycle route
- Schedule who cycles what and when
- A cycling map of the Veluwe. A good map is the ANWB VVV Recreatiekaart, Gelderland Veluwe Zuid, Arnhem, Ede, Wandelen en Fietsen, schaal (=scale) 1:40.000
- GPS, the running route is available as gps file

Finally

Cycling may be tough, but it's also a lot of fun. In case of bad luck on the road, those who have to run/accompany the runner can best continue on the good bikes to the WP. Then the runner will arrive on time and give his clothes to the accompanying cyclist before the start. The third person can repair and arrange. Bike repair items are available at every switch point. For each participant: do not make any uproar or mess. Keep in mind that bad behaviour can complicate the organisation of a next Veluweloop. A large part of the Veluweloop route leads over private property. The owners have given their permission for this to happen. So, the Veluweloop committee is very concerned that the event runs in an orderly fashion, for this we count on your cooperation.

Furthermore, it is of course the intention that it will be a pleasant day!

