

# **The 39th Veluweloop** **Run, Forest, Run**



**Participation brochure**

**39th Veluweloop October 9th 2021**



**@VELUWLOOP**

**Running together, enjoying nature!**

## Important addresses and phone numbers

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### Central Post VeluweLoop (CP)

*In case of small medical emergencies and problems related to the VeluweLoop*  
Sports Centre De Bongerd, WageningenUR  
Bornsesteeg 2, Wageningen  
+316 4443 0839

### Hospital De Gelderse Vallei

**General practice center**  
Willy Brandtlaan 10, 6716 RP Ede  
0318 43 44 44

### Vredenoord

Kemperbergerweg 806, 6816 RX Arnhem

### Hospital Rijnstate Arnhem

Wagnerlaan 55, 6815 AD Arnhem  
088 00 58 88 8

### Police (no rush)

0900 88 44

### Emergency number

(police, ambulance, fire brigade) 112

## A tree for each team

**This year, together with FrieslandCampina and Plan Boom, we will ensure that a tree is planted for each participating team! Read more about Plan Boom below:**

"With Plan Boom, we contribute to the planting of 1 million throughout Gelderland in the coming years. Trees absorb CO<sub>2</sub>, are of great importance in combating heat stress, provide shade and coolness and retain water in dry times. In doing so, they strengthen the resilience of nature and biodiversity, so that nature can better absorb the effects of climate change. In this way, trees contribute to a healthy, green and beautiful living environment.



Would you like to know more about Plan Boom and how we can help you if you want to plant trees yourself? Go to [www.natuurenmilieugelderland.nl/projecten/plan-boom](http://www.natuurenmilieugelderland.nl/projecten/plan-boom)

*Plan Boom Gelderland is a collaboration between Natuur en milieu Gelderland and Stichting Landschapsbeheer Gelderland and is made possible by the Postcode Loterij."*



**FrieslandCampina** 

nourishing by nature

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## Preface Veluweloop 2021

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**Yvet Renkema**  
**Chair Committee de Veluweloop**  
**Committee 2021 "Run, forest, run"**

Dear nature loving runners,

In spite of all special circumstances last year, the 39th edition of this beautiful event can take place of which I am very proud! In February, we as the organising committee started a seemingly impossible task: organising a relay race that we had never participated in, let alone organised. With our slogan 'Run, Forest, Run' we took the challenge leaning on our fresh perspective and inexhaustible energy.

The former organisation committee members and the current board members of Stichting (foundation) de Veluweloop have helped us a lot and kept answering our endless questions. Their enthusiasm and passion for the Veluweloop helped keep our motivation levels high.

As the months passed by, the organising committee got more independent and our perseverance got tested over and over again when new corona related measures were announced. Many press conferences we hung on Rutte's and De Jonge's every word whereby as had become a tradition taco's were served.

The process of organising such a dynamic event that doesn't fit into any box, has taught me and the other members of the committee a lot. Moreover, I dare to say that we have become a close group of friends due to the collective and personal setbacks and victories that we have encountered in the past few months.

We hope that you as participants and volunteers have a great day and that the efforts of the committee are visible during the day! Good luck with the run, enjoy the nature and have fun,

Yvet Renkema

On behalf of the 39th Organising committee of the Veluweloop



## Ambassadors 2021

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**Arthur Mol**  
*Rector Magnificus Wageningen  
University & Research*



**Floor Vermeulen**  
*Mayor of Wageningen*



**Jan Markink**  
*Deputy Gelderland Sport*



**Henri ten Klooster**  
*Head Sports Centre De Bongerd*



**Tonnie Dirks**  
*Trainer of WAV Tartlétos*



**Simon Vroemen**  
*Dutch recordholder 3000m steeple*

## Charity 2021: Natuurmonumenten

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"Natuurmonumenten is an association for people loving nature. We give the nature in the Netherlands space. We protect nature reserves, precious landscapes and cultural heritage. This way nature is preserved and we can all enjoy it for centuries. We thank our success to our 730.000 members and donors and to our volunteers and partner companies. Thanks to their support everyone in the Netherlands can enjoy the alternating nature we have in this country.

The Veluweloop goes right through one of the prettiest nature reserves of the Netherlands: National Park Veluwezoom and the IJsselvallei. Beautiful nature that gives you the opportunity to cycle and challenge yourself. Nature lets you live. That's why Natuurmonumenten protects and reinforces nature in the Netherlands. Like wild flowers. Flowers give color to our landscape. But where did they go? On meadows, floodplains or arable fields, you rarely find wild flowers. With the disappearance of flowers, also insects disappeared. Flowers are an important piece of the cycle of nature. If flowers disappear, it results in a disaster. For all nature (not only for insects) and for humans, because land without flowers is achy and colorless. That's why we make space for wild flowers in verges, gardens, dikes, along arable land and in the meadow. That's how we make the landscape flourish and how we make the Netherlands beautiful. Also in National Park Veluwezoom and the IJsselvallei.

Join too, give the Netherlands color and donate your deposit!"



Want to know more about Natuurmonumenten and how you can contribute? Scan the QR code or go to [www.natuurmonumenten.nl](http://www.natuurmonumenten.nl)



## In memoriam: IJnze Hoekstra

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1965-2021

On September 3rd, our former secretary and Veluweloper in heart and soul IJnze Hoekstra passed away unexpectedly. IJnze was closely involved with the Veluweloop for 15 years. For years, he was the first contact for participating teams and employees. He was the secretary of the organizing committee and therefore the direct point of contact for team leaders and employees. IJnze was also a member of the board of the Veluweloop foundation for several years. This way, IJnze was an important link in the organisation.

Many will remember IJnze as the head of the start office where team leaders and employees reported early in the morning before the start of the Veluweloop. To meet IJnze again during the day at one of the restart points. IJnze was enthusiastic in his role as traffic controller. As a traffic controller, he often accompanied the motorcyclists to ensure that the Veluweloop runners could cross various points safely. IJnze once tried running as a member of the committee in the last stage. Running was not his thing, however, his heart was more with the organizational side of the Veluweloop. Exploring the route by bicycle suited him better: he was always present to explore the route a few months prior to the Veluweloop, and he was also a route cyclist for the organization during the Veluweloop.

IJnze's involvement did not stop at the Veluweloop. He was a driving force of the Veluweloop team that helped at the Batavierenrace as a Switch Point Team. And with his Veluweloop motorcycle friends, he was often a traffic controller at various events, where he also advertised the Veluweloop.

IJnze was a figurehead of the Veluweloop. We will miss him immensely.



## For your information - Useful tips

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### Medical Tips

The Red Cross provides medical care on 9 October. It will drive the route with several teams throughout the day and will in any case be present at every (re)start, every exchange point and at the finish. Help is always available via the central reporting number of the Veluweloop 0317 48 23 10. In case something happens on the way, never leave the person alone! Use the central reporting number and/or engage other cyclists to inform the people at the exchange point. Remember that the health and safety of the participants always comes before the competition!

### Ticks tips

Ticks are always present in the forest. Especially when you really walk through a bush, there is a good chance that you will encounter one. Always check for ticks after walking. They can be anywhere, but especially the warm places like armpits and groin are favorite. Remove ticks with tick tweezers or tweezers and disinfect the area or ask the emergency room for help. Keep an eye on the spot and if a red ring appears after a few days, consult your doctor.

### Running Tips

- Do not consume any milk or fat products or a full meal 3 hours before you start walking.
- Warm up your muscles before running and remember not to cool down between the warm-up and the start.
- Many paths are unpaved, so wear good footwear.
- The weather can suddenly change, so always make sure you have warm and dry clothing.
- Drinking is very important, especially when it is hot. You can do this before the start and of course on route. It is useful to give drinks to the accompanying cyclist. After running you should drink a lot, preferably with sugar and minerals.
- Read the route description of your stage in advance and learn about the first kilometer by heart. Your accompanying cyclist may need some time to overtake you.
- In addition to the length, also view the height differences of a leg.

### Cycling tips

- Set up a schedule in advance of who should be where. Don't forget bicycle keys!
- Remember to eat and drink enough.
- Make sure that there is always a repair kit and bicycle pump for each group of cyclists. In case of emergency, these are also available at the exchange points.
- Make sure you have a sturdy bike. For accompanying cyclists, a mountain bike is recommended due to unpaved paths.
- As a cyclist you sometimes have to take the runners route. Pay extra attention to this and runners always have priority! Special routes are indicated for cyclists at (re)starts and exchange points so as not to hinder the runners.
- Bicycles may only be parked at the (re)starts and exchange points at the designated place. Make sure you have a lock, especially if you rent mountain bikes.

### Bad weather

In the event of a thunderstorm, the race management may decide that the race will be abandoned. At the restart points and the Bongerd there are possibilities to take shelter, try to go to these points as much as possible. The organization will ensure that as much information as possible about the situation is available on these points. If the storm is nearby, try to find shelter in a building or a car. If you have no hiding place and the lightning and thunder follow in less than 3-5 seconds, squat down with your arms wrapped around your legs and feet as close together as possible. Do not lie on the floor. Do not stand in groups, do not stand under trees, avoid metal fences, masts and hilltops. If someone close to you is affected, get medical attention immediately and start CPR. The heart stops or beats irregularly. Every second matters. Remember your own safety! Always stay with the victim until help arrives.



## For your information - Time registration

### Start numbers

In contrast to previous years, this year we use start numbers instead of runners' vests because of the Covid-19. The runners do not have a chip but are registered manually via a computer and immediately put in a database with name, team and time. The runners do not have to transfer this number to other runners.

### Time registration

Normally, the VeluweLoop uses a gate system in which people walk through an invisible 'gate' and are registered using the chips in their vest. We normally rent this system, but this year we are working hard on our own system. That is why there is no chip this year but an old-fashioned start number and you are registered manually. Don't worry, this is just as accurate, but make sure your number is clearly visible! One team will have the honor of testing the new system and will therefore receive a small chip in addition to a start number. This team will be chosen at random on the day itself. If you are part of this team, you will be registered manually as well as electronically.

### Results

After the switch point closes, the times are checked and processed using a computer program. Provisional split times will be published at the assembly points if possible. After the finish of the last stage, the final result will be announced as soon as possible.

### Deposit

As mentioned, runners' vests were used in past editions. These were provided at the start and served as a 'relay baton' to pass on. This edition we have decided as an organization to use start numbers due to Covid-19 and because we are testing our own time registration system. The vests had a deposit and you could get it back or donate it to our charity. You can keep and take with you the starting number that you receive this edition. Please make sure that you don't just throw it on the ground after the game, but keep it or throw it in the right waste bin!

### ***De VeluweLoop loopt al een aantal jaren over het landgoed "Vrijland" in Oosterbeek***



Op dit landgoed is het missiehuis Vrijland gevestigd; een uniek verzorgingshuis dat een thuis biedt aan een groep rustende missionarissen van Mill Hill en Franciscaanse missiezusters van St. Jozef. In dit verzorgingshuis is de sfeer binnen het team collegiaal, informeel en voelt aan als een warme deken. Er zijn regelmatig vacatures binnen de verzorging en de huishouding. Ook vakantie- en weekendwerkers vinden hier vaak een leuke plek om te werken.

Wilt u meer weten over Missiehuis Vrijland dan kunt u bellen met 026-3398000 of een e-mail sturen naar [vrijland@vrijlandmhm.nl](mailto:vrijland@vrijlandmhm.nl)

## For your information - Competition regulations

Below follows a shortened version of the competition regulations of the 39th edition of the VeluweLoop. The complete regulations can be downloaded on [www.veluweLoop.nl](http://www.veluweLoop.nl). These regulations were adopted by the board of the VeluweLoop Foundation Wageningen in its meeting on May 1st, 2014, and revised on April 25th, 2021.

### Abbreviations

VLC	-	VeluweLoop organisation committee	RSL	-	Restart location
CM	-	Competition management	RP	-	Relay point

### Article 3 - Liabilities and authorizations

1. These regulations are adopted by the board after hearing the VLC.
2. Participants declare that they are familiar with these regulations and that they will comply with them.
3. Competitors, running teams and long-distance teams participate at their own risk. Neither the board nor the VLC is liable for the loss or damage of the property of teams or participants, nor for any personal injury sustained. In the case of minors, the parents, caretakers and/or team leader are responsible for assessing whether participation in the VeluweLoop is justified.
4. The VLC may refuse to register a team if the registration conditions are not met or if the team has been disqualified in previous years.
5. Medical support is authorized to remove a runner from the race on medical grounds.
6. The CM is authorized to punish or exclude a runner or team from further participation in the competition or in the VeluweLoop.
7. Vehicles of emergency services, CM, VLC and employees must be allowed unimpeded passage at all times.
8. The CM has the power at all times to change the route or to cancel one or more stages or to exclude the determination of the result or to cancel the race.
9. The board is at all times authorized, having heard the VLC, to cancel the entire VeluweLoop.
10. The VLC takes out liability insurance that covers damage caused by employees and CM to third parties. This insurance only relates to the cases where the foundation according to art. 2 is responsible for.
11. During the event, traffic wardens will be deployed to regulate traffic. Instructions from these traffic wardens must be followed. Failure to follow this will have consequences, see Article 11.

### Article 4 – Registration, participation and refund of registration fees

1. A team is registered for participation if the requirements set by the VLC have been met. These are:
  - a. The registration fee must be received by the VLC in a manner to be determined by the VLC and the latest day.
  - b. A name of the team is known to the VLC.
  2. The amount of the registration costs is determined by the VLC.
  3. If a registered team withdraws from the VeluweLoop, a refund scheme applies. This is determined annually by the VLC.
  4. A withdrawal must be made according to the re-registration module. After re-enrollment, the withdrawal can only be made via email to the VLC. The date for the withdrawal is the date on the postmark or electronic date (for email).
  5. If the race or the entire VeluweLoop is canceled after the start of the first runner, no refund of the paid entry fees will be given.

### Article 5 - Competition, general conditions

1. The race is a relay race with 12 stages, of which 7 men- and 5 women stages. There are 4 and 1 stages for long-distance teams and -runners respectively, in which no distinction is made between men- and women stages.
2. Stages start and end at the start, a RPL, a RSL or the finish.
3. A participant of a running team only competes for one team and on one stage. Runners in a long-distance team are allowed to run more than one stage.
4. Conditions for a long-distance team:
  - a. A long-distance team may consist of 2 or 3 runners
  - b. Each runners must run on average at least 10 km per hour
  - c. It is mandatory to stop at each RSL, after which a restart occurs with the assigned starting group
  - d. Each runner is accompanied by a cyclist
  - e. The last stage can only be run by one of the team members
  - f. The runners of the long-distance teams are obligated to wear a band of the VeluweLoop that is given by either the VLC, a collective employee or an individual employee.
5. Conditions for a long-distance runner:
  - a. The whole route is run by one runner
  - b. The runner must run on average at least 10 km per hour
  - c. It is mandatory to stop at each RSL, after which a restart occurs with the assigned starting group
  - d. The runner is accompanied by a cyclist
  - e. The long-distance runner is obligated to wear a band of the VeluweLoop that is given by either the VLC, a collective employee or an individual employee.
6. A stage may not be divided among several participants.
7. The runner must complete the entire stage on foot.

## For your information - Competition regulations

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8. Each runner is accompanied by a cyclist, except for the last stage.
9. VLC members and employees and / or their cars are recognizable on the day of the Veluwe-loop by their clothing and / or by indications on their vehicles.
10. At several parts in the route the accompanying cyclists have to follow a different route than the runners. Especially around RPLs and RSLs the cycle routes are adjusted so starting, finishing and transfer of the vests is not hindered.
11. The VLC announces the route in advance on the website and in a program book. At least it is indicated in the directions:
  - a. The name and location of the start, RPLs, RSLs and finish.
  - b. The times between which the time registration at RPLs, RSLs and finish are open.
  - c. The scheduled times when the starting groups will leave at the start and RSLs.
  - d. The length of each stage, a global characterization, if it is a men- or women stage and detailed directions, including differences in the route for accompanying cyclists.
12. A team must start and restart in the starting group determined by the CM.
13. The route description in the program book is binding.
14. Contrary to paragraph 13, "last-minute" changes can be made. These are stated in a race list to be issued to the team leaders and / or at the team leader's instruction meeting that is held prior to the start. Team leaders must inform the participants of their team about these changes.
15. For support, the route is marked with signs, arrows and tension tape.

### Article 6 - Course of the race

1. Vests are used as relay batons. The vests are provided by the VLC and contain the team number.
2. A runner starts at an RPL when he has received the vest of its finishing teammate.
3. At the start of the race, the runners per starting group will start on the signal given by or on behalf of the CM.
4. At the start, RPLs and RSLs runners should wear their vests at departure. Runners must wear the vests throughout the stage, and keep it until after the timekeeping at the end of the stage. Not wearing a vest will result in a penalty (see article 11).
5. At all RPLs, RSLs and finish the arrival time of each runner is registered. At RPLs the arrival time is also the departure time of the departing runner.
6. Contrary to paragraph 4 and 5, if a runner of a team has not arrived at 10 minutes before the closing time of a RPL, the departing runner has to report at the RP team. The RP team can allow the runner to start with a replacement vest and possibly without an accompanying cyclist.

### Article 7 - Safety

1. Each runner is accompanied by a cyclist. This does not hold for the last stage, at which cyclists are not allowed.
2. If a runner ends his stage prematurely, this must be reported to an employee as soon as possible. The accompanying cyclist stays with the runner that stopped.
3. The Road Traffic Act and the Traffic Rules and Traffic Signs Regulations are in full force during the race, unless explicitly stated otherwise in those situations in which an exemption has been granted to the organization.
4. Participants must follow instructions from traffic wardens, CM, VLC members and employees. Failure to comply will lead to a time penalty or disqualification, see article 11.
5. Ignoring instructions from traffic controllers or employees, stop signals and red traffic lights at intersections and stop signs and signals at level crossings will lead to disqualification of the relevant runner.
6. Runners and cyclists keep as much as possible at the right side of the road or track, unless stated otherwise.
7. Runners must wear their vests, with the starting number visible, throughout the entire stage (see article 6.4). Failure to wear the vests or not having the starting number visible means that runners will not be recognized as such by the organization and employees and therefore no traffic regulation is taken for them. Not wearing the vests results in a penalty (see article 11)

### Article 8 - Results

1. Three rankings will be announced after the race: a general classification including all teams, a classification of company teams and a student classification. If possible, the results will be published in printed form on the evening of the day of the Veluwe-loop. The results will be published on the website and social media in a few days after the event.
2. The result is based on the total running time of each team. This total running time is the sum of the individual running times of all runners in the relevant team.
3. A runner's individual running time is the time elapsed between the recorded departure time and the recorded arrival time on that stage. A runner who has to wait for traffic lights, level crossings and other obstacles is not compensated for this.
4. The total running time of a team is corrected as follows:
  - a. If a man runs on a women's stage, 40% of his individual time is added to the team time.
  - b. There is no bonus for a woman who runs a men's stage.
5. A time penalty can be awarded to a team, see article 11. Time penalties are discounted in the total result.

## For your information - Competition regulations

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6. Contrary to paragraph 4, on the last stage no runners of the opposite gender are allowed, except for long-distance teams and runners. Long-distance teams may decide among themselves which team member, regardless of gender, runs the last stage.

7. If a team has no departure time and / or no arrival time recorded on a stage, or if the runner of this team has been disqualified on a stage, then it is assumed that the team has not run that stage. To determine the finish time of this team, a fictitious time is then used for the relevant stage. This fictitious time is the time of the slowest runner on this stage plus 15 minutes. When determining the fictitious time, gender is not considered.

### **Article 9 - Transport before and after the race**

1. Each team is responsible for the transport of people and materials during the race between the start, RPLs, RSLs and finish. They can do that exclusively per bike ("cycling team") or by using motorized vehicles ("car team"). The registration of cycling and car teams, when signing up or changing registration, is of importance for the VLC to organize the event logistically.
2. Teams can rent bikes (normal and MTBs) via the VLC by filling in the reservation form.
3. The VLC publishes on the website and as much as possible in the program the routes for cyclists and cars to access the different locations (start, RPLs, RSLs and finish). Teams are obligated to follow these routes between the different locations.
4. At the different locations it is indicated where and how bicycles and motor vehicles should be parked. Instructions from employees must be followed.
5. Only one accompanying cyclist per runner is allowed on the running stage.
6. When the running stage, cycling route and/or car route meet, cyclists and/or cars are not allowed to hinder the runners in any way.

### **Article 10 - Nuisance to third parties**

1. The Veluweloop largely takes place within areas and terrains with great scenic, natural history or cultural-historical value. In many places the organization has received special permission to organize the event there or to lead the route somewhere. Participants are expected to realize this well and to behave accordingly. This means, among other things, that they:
  - a. Do not leave any waste.
  - b. Do not smoke where prohibited or present a risk of fire.
  - c. Do not let go of dogs where prohibited.
  - d. Do not harm the property of others.
  - e. Do not let vehicles drive or park in places not intended for this purpose.
  - f. Do not produce excessive noise, not even through megaphones, radios, amplifiers and the like.
2. Violation of these rules can lead to consequences, see article 11.

### **Article 11 - Consequences**

1. The CM is the only team authorized to award time penalties to teams and / or participants.
2. Consequences can be attributed for:
  - a. Violations of articles 5 to 10 of these regulations.
  - b. All other misconduct by participants or teams that disrupt the proper course of events during the Veluweloop, including the transport of the teams and the behavior at the start, finish and all other activities organized by or on behalf of the VLC and on the used or directly adjacent activities, accommodations and areas such as parking spaces, eating, drinking, toilet and other facilities, regardless of whether these are always present there or have been specially designed for the Veluweloop.
3. The following consequences are possible:
  - a. Awarding a time penalty to a team.
  - b. Disqualification of a competitor.
  - c. Disqualification of a team.
  - d. Exclusion of a participant (from further participation).
  - e. Exclusion of a team (from further participation).
  - f. A combination of these punishments.

### **Article 12 – Protests**

1. Only team leaders can submit protests.
2. A protest can be lodged:
  - a. If a team is hindered or disadvantaged by the actions of another team, or if another team gains an illegal advantage, for example by cutting off the route.
  - b. If a team, or members thereof, is affected by a decision of an employee, of a member of the CM or of the CM as a whole. Protests are only possible against decisions of a general nature or against decisions affecting one's own team or the participants of which it consists.
3. Protests must be submitted in writing.
4. Decisions made by an employee or an individual member of the CM are submitted to the CM. These protests must be submitted as soon as possible after the relevant decision has become known.

## For your information - Competition regulations

### Article 13 - Cancellation

1. The event will continue under all circumstances, unless the VLC deems the loop impracticable.
2. If one or more stages become too dangerous, for example due to severe storms or smog, the CM can, if possible after having heard the entire VLC and the board, decide to cancel them.
3. The race can be stopped at any RPL, at which the participants assemble at the next RSL.
4. The decision of the competition management is by majority. In the event of a tie, the chairman decides. If due to circumstances not everyone can be reached, the members reached will decide. In the absence / unavailability of the chairman, the vice-chairman takes over his duties. If the latter is also not available, Vice-President B will take over the chair's duties.

### Article 14 - Covid-19

1. Adhere to the measures around Covid-19 drawn up by the municipality of Arnhem, the GGD, the RIVM and the VLC. Directions and assignments from employees, CM and VLC related to this should be followed up at all times.
2. Employees, CM and VLC have the right to point out to participants and each other the measures taken around Covid-19 by the municipality of Arnhem, the GGD, the RIVM and the VLC. The VLC and CM have the right to dismiss/disqualify offenders and their team from the event.
3. Participants who have tested positive for Covid-19 shortly after the event and therefore may have become infected before or during the event, must notify the VLC immediately or via their team leader. The VLC will communicate this incident to team leaders with teams from the same shift, whereby the identity of the competitor in question will remain anonymous.

### Article 15 - Other provisions

1. Only on the day of the VeluweLoop the CM is authorized by the VLC to make decisions.
2. The chairman of the VLC makes the decisions that fall outside the competition management, if possible after consultation with those directly involved and as much as possible in consultation with the VLC members.
3. In all cases not provided for in these regulations, the board will decide after consultation with the VLC and/or the CM.
4. When participating in the VeluweLoop, the team leader automatically agrees on behalf of the entire team to the use of visual material for promotional purposes. If one or more participants of a team object to this, this must be notified in writing or by e-mail to the VLC no later than the day of the event.



**wing** partner  
in ruimte  
en ontwikkeling

Bij Wing draag je bij aan een duurzame, eerlijke en mensgerichte samenleving met focus op de kwaliteit van onze leefomgeving. De mensen van Wing werken vanuit een combinatie van inhoudelijke kennis, proces vaardigheden en strategisch ontwerp. Wij helpen overheden, bedrijven en maatschappelijke partners om samen antwoorden te vinden op maatschappelijke vraagstukken.

**Interesse? Kijk op: [www.wing.nl](http://www.wing.nl)**

**Laat je volgende stap  
een sprong zijn!**

## Program

### Wageningen Sports Centre De Bongerd, start

07:30	Sports hall 2B	Team leader desk and bicycle collection open
08:00	Space between sports hall 2 and 4	Last instructions team leaders
08:55	Running track	Opening
09:00	Running track	Start starting group 1
09:20	Running track	Start starting group 2

### Arnhem, Vredenoord, 1st restart

12:15	Starting gate	Start starting group 1
12:35	Starting gate	Start starting group 2

### Arnhem, Vredenoord, 2e herstart

15:30	Starting gate	Start starting group 1
15:45	Starting gate	Start starting group 2

### Wageningen, Campus, 3e herstart

18:30	Start stage 12	Starting groups 1 & 2 at the same time!
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### Wageningen, Sports Centre De Bongerd, finish

18:45 – 19:10	Running track	Finish runners last stage (12)
19:10	Meeting Room 1	Last moment for submitting a protest and/or calamities
17:00 – 18:15*	Climbing wall	Collection of rental bicycles (per team!)
19:00 – 20:30	Sports hall	Dinner
20:30 – 21:30	Terrace/small hall	Award ceremony
21:00 – 24:00	De Bunker	Drinks

**\*NOTE: collection of rental bicycles is earlier than previous years!**

## Overview of stages

### Start De Bongerd

01. De Bongerd-Oostereng	5.7 km	M
02. Oostereng-Gelderse Roos	7.3 km	M
03. Gelderse Roos-De Petteflet	9.0 km	M
04. De Pettefelt-Vredenoord	5.1 km	F

### Restart Vredenoord (2)

09. Vredenoord-Planken Wambuis	8.1 km	F
10. Planken Wambuis-Oostereng	11.8 km	M
11. Oostereng-Campus	6.0 km	F

### Restart Vredenoord (1)

05. Vredenoord-Beerenberg	8.9 km	M
06. Beerenberg-Emma Piramide	4.3 km	F
07. Emma Piramide-IPC	8.0 km	M
08. IPC-Vredenoord	8.2 km	M

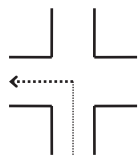
### Restart Campus

12. Campus-De Bongerd	4.2 km	F
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### Finish De Bongerd

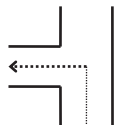
## Runners route indication

### Traffic situations



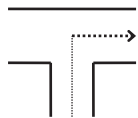
A crossing is only mentioned if a left or right turn should be taken. So here turn left at the crossing (LA)

- In case there are no signs at crossings, the route continues straight ahead (RD).



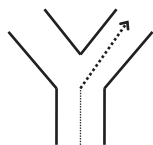
Byroad turn left (LA)

- 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.



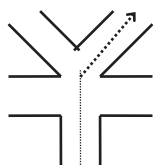
T-split turn right, or: turn right at the end of the road (RA).

- 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 exchange. At some intersections there are police and/or crewmembers. Always follow their instructions punctually!



Y-split turn right (RA).

- 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.



Intersection of five roads, second road turn right (RA).

- 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).

### Abbreviations used

LA turn left  
RA turn right  
RD straight ahead

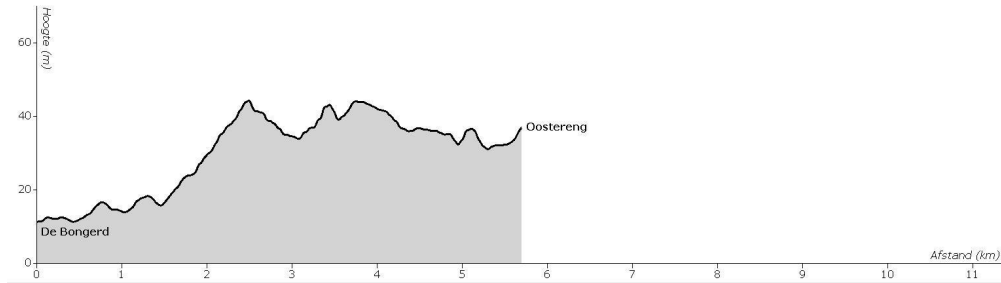
WP exchange point

VZP collection point

PS mushroom (permanent ground signs)

- 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.

# Runners route: Stage 1. De Bongerd-Oostereng



Male stage

**5.7 kilometer**Mostly unpaved,  
sloping

## 0.00 START DE BONGERD

Starting group 1 9:00 - Starting group 2 9:20

<b>0.00</b>	Start on the running track, entrance on the other side (running direction counter clockwise)	Running track
<b>0.11</b>	Halfway through bend RA (path at steeplebak), past bushes LA past wharf building. End of T-junction LA.	Brick road
<b>0.22</b>	In front of De Bongerd RA, between De Bongerd and tennis courts	Brick road
<b>0.31</b>	After ± 80 meters to the right, along the parking lot	Brick road
<b>0.41</b>	At tile path RA along training field	Tile path
<b>0.55</b>	At cycle path LA	Bike path
<b><i>Pay attention to the directions!</i></b>		
<b>0.61</b>	At crossing RA, cross double lane (Nijenoord Allee). Follow bike path LA immediately	Bike path
<b><i>Pay attention to the directions!</i></b>		
<b>0.84</b>	Crossing with traffic light RD (Grindweg)	Bike path
<b><i>Pay attention to the directions!</i></b>		
<b>0.94</b>	First side road (Bosweg) RA	Asphalt, unpaved
<b><i>Pay attention to the directions!</i></b>		
<b>1.23</b>	Crossing RD, cross road (Bennekomseweg)	Asphalt
<b><i>Pay attention to the directions!</i></b>		
<b>1.33</b>	Crossing RD, cross road (Oude Diedenweg)	Gravel path
<b><i>Pay attention to the directions!</i></b>		
<b>1.68</b>	End of the road RD, cross road (Hollandseweg). Directly follow bike path LA	Bike path
<b><i>Pay attention to the directions!</i></b>		
<b>1.88</b>	1st dirt road RA, between meadows	Sandy path
<b><i>Accompanying cyclists RD and takes 1st road right (Zoomweg)!</i></b>		
<b>2.15</b>	End sandy path RD, cross asphalt road (Zoomweg). Keep right directly after crossing and follow forest path	Grass path
<b><i>Pay attention to the directions!</i></b>		
<b>2.23</b>	Keep right	Forest path
<b>2.25</b>	After ± 20 meters Y-junction LA	Forest path



## Runners route: Stage 1 continuation

<b>2.34</b>	Crossing RD (cross path)	Forest path
<b>2.53</b>	T-junction RA	Forest path
<b>2.95</b>	Forst path passes into bike path	Bike path
<b>3.10</b>	Crossing with asphalt road RD cross at mushroom 23808 (Geertjesweg)	Forest path

***Pay attention to the directions!***

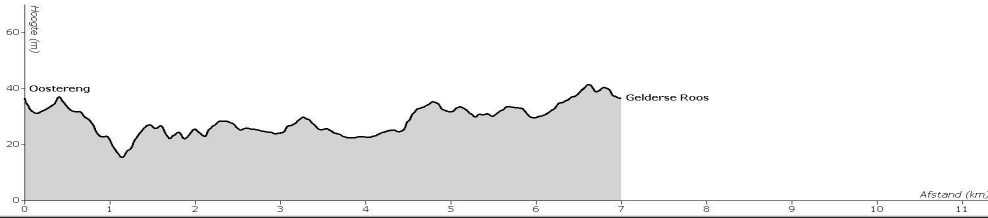
<b>3.25</b>	1st path LA	Forest path
<b>3.88</b>	Just before crossing with bike path RA, follow path parallel to bike path	Forest path
<b>4.03</b>	Forst path passes into bike path	Bike path
<b>4.24</b>	Crossing with forest path LA	Forest path
<b>4.30</b>	Y-junction RA	Forest path
<b>4.85</b>	3rd RA. Path goes down diagonally right	Forest path
<b>4.94</b>	1st crossing LA	Forest path
<b>5.18</b>	Crossing with bike path and road RD, cross (Hartenseweg)	Forest path

***Pay attention to the directions!***

<b>5.24</b>	After 50 meters T-junction LA (corner can be cut off)	Forest path
<b>5.28</b>	Y-junction RA <b>Watch out for tree trunk!</b>	Forest path
<b>5.45</b>	Crossing of forest paths RD (keep to main path)	Sandy path
<b>5.62</b>	After ± 20 meters RA and directly LA to WP1	Forest path

**5.65 WP Oostereng (open 09:20 - 09:55)**

## Runners route: Stage 2. Oostereng-Gelderse Roos



Male stage

**7.3 kilometer**

Mostly unpaired

### 0.00 WP OOSTERENG

<b>0.01</b>	At WP LA, back to main path	Forest path
<b>0.03</b>	At main path (sandy path) RA, follow main path	Sandy path
<b>0.30</b>	End of sandy path. Cross Keijenbergseweg/Bennekomseweg, after which RA follow bike path	Bike path

**Pay attention to the directions!**

<b>1.33</b>	5th LA at small path in lawn <b>Note: This is a change in the route that was implemented last year! It is normally not allowed to enter Estate Quadenoord with an MTB!</b>	Forest path
<b>1.64</b>	At five-way jump, 2nd RA	Forest path
<b>1.88</b>	At T-junction on bike path LA	Bike path
<b>2.40</b>	End of descent at crossing RA towards broad sandy path before houses	Sandy path
<b>2.72</b>	RD along the field ( <b>Note: this is changed compared to 2019!</b> )	Sandy path
<b>3.06</b>	At T-junction LA	Bike path
<b>3.77</b>	After 700 meters RA through gate. Through cow meadow	Walking path

**Attention: cows! Do not approach and/or disrupt.**

<b>4.28</b>	End of cow meadow through gate	Forest path
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**Pay attention to the directions!**

<b>4.28</b>	Crossing with road RD, cross road (Telefoonweg)	Small path
<b>4.68</b>	Second side path LA	Forest path
<b>5.15</b>	Crossing with sandy path RD	Forest path
<b>5.21</b>	T-junction LA	Sandy path

**Pay attention to traffic!**

<b>6.17</b>	After farm Bosch-hoeve RA (turn left in turn). Follow field path (straight ahead)	Sandy path
<b>6.51</b>	T-junction LA	Forest path
<b>6.74</b>	Y-unction RA	Hard sandy path
<b>6.82</b>	After ± 20 meters RA to forest path (cycling is prohibited, dismount bike)	Forest path
<b>6.86</b>	Crossing forest paths LA	Forest path
<b>6.90</b>	Crossing with asphalt road RA	Asphalt road
<b>7.03</b>	± 70 m. diagonally LA	Forest path

### 7.30 WP GELDERSE ROOS (open 09:55 - 10:35)

**IPC**

**GROENE  
RUIMTE**

**PRAKTIJKENTRUM  
VOR VAKMENSEN**

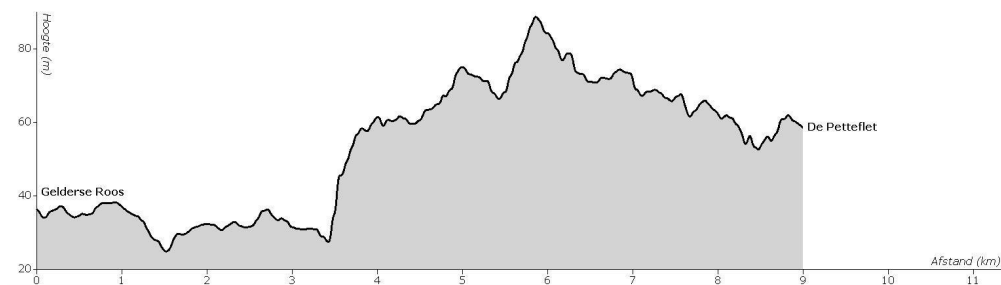
# IPC WENST ALLE TEAMS VAN DE VELUWELOOP VEEL SUCCES!

Ben jij professioneel actief in de buitenruimte en toe aan een carrièrestap? Dan hebben wij de juiste trainingen en opleidingen die jij nodig hebt. Met meer dan 100 trainingen en opleidingen is er altijd wel iets dat bij jou past. Kijk voor meer informatie op onze website.



**WWW.IPCGROEN.NL**

## Runners route: Stage 3. Gelderse Roos-De Petteflet



Male stage

**9.0 kilometer**

Mostly unpaved

<b>0.00 WP GELDERSE ROOS</b>		
<b>0.05</b>	End of parking lot RA	Asphalt road
<b>0.15</b>	End of driveway LA, runners via sidewalk, cyclists via bike path	Walking path
<b>0.36</b>	2nd road LA (in turn to right, towards Plein 1 t/m 6). Cross road and follow walking path	Walking path
<b>0.57</b>	Cross road via pedestrian crossing LA immediately RA, between station and restaurant (past fire brigade), so NOT via the train track	Walking path

***Pay attention to the directions!***

<b>0.73</b>	Road narrows into bike path	Asphalt road
<b>1.40</b>	1st path LA into tunnel	Brick road

***Attention: runners bend and cyclists dismount bike!***

<b>1.50</b>	Directly after tunnel RA	Bike path
<b>2.20</b>	Bike path passes into brick road and later into sandy path	Sandy path
<b>2.71</b>	1st path LA (directly after end of fence)	Forest path
<b>2.81</b>	1st path RA, through road with trees between fields	Sandy road
<b>3.70</b>	Crossing with asphalt road RD	Forest path
<b>4.00</b>	L around place of worship, crossing RD follow until large road	Forest path
<b>4.48</b>	Through fence, crossing with side road RD (cross road)	Forest path

***Pay attention to the directions!***

<b>4.53</b>	Bike path RA	Bike path
<b>4.65</b>	End of bike path LA through fence	Forest path
<b>4.66</b>	After fence directly RA	Forest path
<b>4.77</b>	T-junction RA	Forest path
<b>4.85</b>	1st path LA	Forest path
<b>4.93</b>	Y-junction RA	Grassy path
<b>4.98</b>	Y-junction RD	
<b>5.12</b>	Crossing RD (path narrows)	Grassy path
<b>5.20</b>	End of path RA, follow path along fields	Forest path
<b>5.67</b>	Crossing with paved road RD (estate Boschveld)	Forest path

***Pay attention to the directions!***

## Runners route Stage 3 continuation

<b>5.68</b>	Follow main road	Forest path
<b>6.02</b>	Crossing RA (follow grey-blue pole, yellow-blue+ red-white shield)	Forest path
<b>6.23</b>	Crossing with paved road RD (along white fence, Mariëndaal, Geldersch Landschap en Kastelen).	
<b>6.30</b>	Follow asphalt road to the left	Asphalt road
<b>6.88</b>	Follow road to the right	Asphalt road
<b>7.35</b>	1st corssing LA	Gravel path
<b>7.52</b>	End path LA	Bike path
<b>7.72</b>	End path RA	Asphalt road

***Pay attention to the directions!***

<b>7.77</b>	T-junction keep left	Asphalt road
<b>8.22</b>	Just before construction site LA, follow bike path parallel to road	Asphalt road
<b>8.35</b>	Right angle turn before sign "ZCC-IT" (towards tunnel)	Bike path

***Do NOT use the stairs after the tunnel!***

<b>8.63</b>	T-junction LA (Bauerstraat)	Asphalt road
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***Pay attention to the directions!***

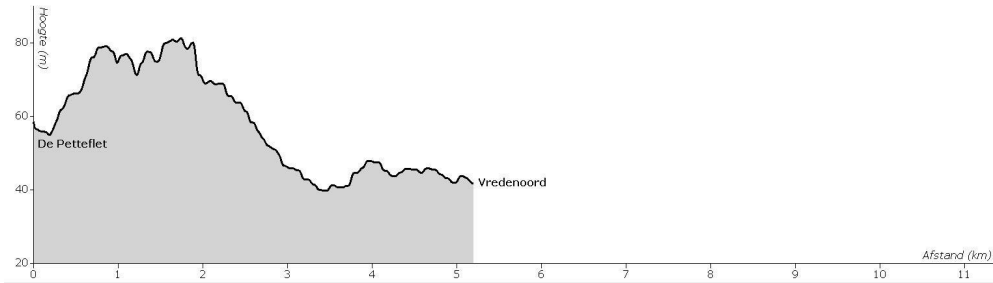
<b>8.77</b>	Y-junction RA (Tooropstraat)	Gravel path
<b>8.86</b>	1st road RA (Colenbranderstraat)	Gravel path

**8.98 WP DE PETTEFLET (open 10:25 - 11:25)**



***Pay attention! There is a portable toilet at the Petteflet! If necessary, please use this and do not urinate in public!***

## Runners route: Stage 4. De Petteflet-Vredenoord



Female stage

**5.1 kilometer**Mostly paved,  
sloping

### 0.00 WP DE PETTEFLET

<b>0.00</b>	Follow road after WP (keep left)	Gravel path
<b>0.11</b>	Crossing with priority road RD (Van Ruisdaelstraat)	Asphalt road

**Pay attention to the directions!**

<b>0.21</b>	Crossing LA (Van Heemstralaan)	Pavement
<b>0.51</b>	In turn towards the left RA, turn into dead end road	Asphalt road

**Pay attention to the directions!**

<b>0.58</b>	1st path RA, into forest (Gulden Bodem)	Forest path
<b>0.65</b>	1st path LA (at bench) follow RD	Gravel path
<b>0.95</b>	Path turns right	Forest path
<b>1.17</b>	LA between fields	Forest path
<b>1.34</b>	Along white fence and directly RA onto the bike path	Bike path
<b>1.48</b>	1st LA and cross Schelmseweg	Bike path

**Pay attention to the directions!**

<b>1.57</b>	After crossing Schelmseweg 1st path RA	Forest path
<b>1.59</b>	After 20 meters LA	
<b>1.76</b>	T-junction (at high voltage cables) RA	Grassy path
<b>1.89</b>	1st path RA (at bench on the other side)	Grassy path
<b>2.13</b>	T-junction LA (main path!)	Sandy path
<b>2.28</b>	Y-junction RD, follow path left of bench	Sandy path
<b>2.63</b>	7-way junction RD	Sandy path
<b>3.10</b>	Crossing bike path RD	Gravel path

**Pay attention to the directions!**

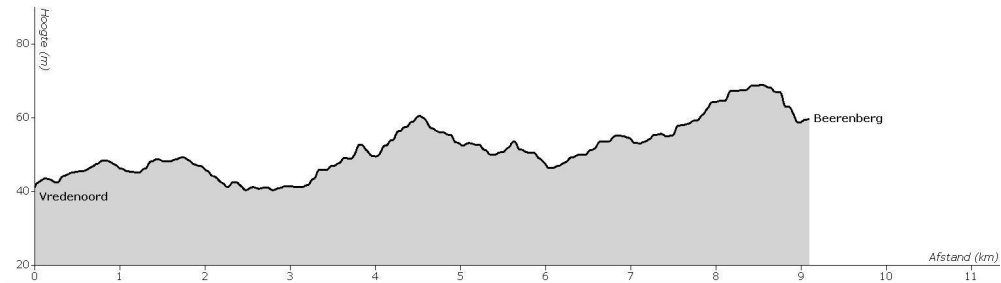
<b>4.05</b>	Path turns left at the highway	Forest path
<b>4.54</b>	Crossing bike path RA (Kemperbergerweg)	Bike path

**Pay attention to the directions!**

<b>4.83</b>	RD underneath viaduct	Bike path
<b>5.08</b>	RA onto the grass field	Grassy field

### 5.12 VZP VREDENOORD (open 10:55 - 11:55)

## Runners route: Stage 5. Vredenoord-Beerenberg



Male stage

**8.9 kilometer**

Paved,

Unpaved

**0.00 RERSTART VREDENOORD**
**Starting group 1 12:15 - Starting group 2 12:35**
**Attention! Accompanying cyclist join runners after 500 meters**

<b>0.00</b>	Cross field diagonally	Grassy field
<b>0.07</b>	RA	Gravel path
<b>0.16</b>	RD into the forest, along white fence	Forest path

**The accompanying cyclist joins the runner here**

<b>0.56</b>	2nd crossing diagonally RA	Forest path
<b>0.87</b>	T-junction RA (follow wide road)	Forest path
<b>1.63</b>	End LA, at T-junction	Forest path
<b>1.83</b>	Follow winding path	Forest path

**Pay attention, you are entering an MTB-route!**

<b>2.54</b>	RD cross Deelenseweg	Bike path
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**Pay attention to the directions!**

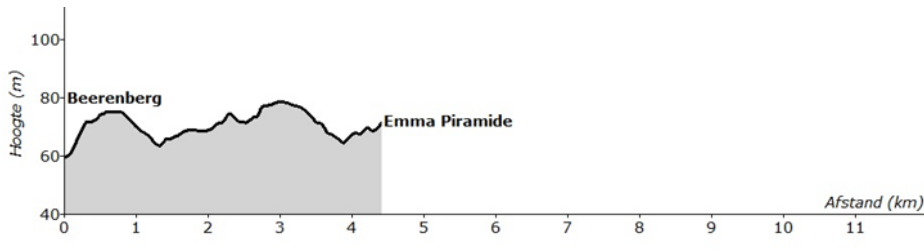
<b>4.51</b>	When bike path takes a sharp right turn and turns into sandy path" LA into the forest	Sandy path
<b>5.33</b>	T-junction RA	Forest path
<b>5.53</b>	T-junction LA (along A50)	Sandy path
<b>6.31</b>	Crossing RA, over cattle grid (viaduct over A50)	Bike path
<b>6.51</b>	Cross road and bike path, RD follow bike path (along white fence Delhuizen)	Bike path

**Pay attention to the directions!**

<b>7.12</b>	End path LA, follow bike path	Bike path
<b>7.69</b>	T-junction bike path RD onto sandy path (along yellow sign "Nationaal Park Veluwezoom")	Sandy path
<b>8.79</b>	End path RA onto bike path	Bike path

**8.90 WP BEERENBERG (open 12:50 - 13:25)**

## Runners route: Stage 6. Beerenberg-Emma Piramide



Female stage

**4.3 kilometer**

Partly unpaved

### 0.00 WP BEERENBERG

<b>0.00</b>	Follow bike path	Bike path
<b>0.10</b>	1st path RA	Sandy path
<b>1.33</b>	3rd path LA	Forest path
<b>2.38</b>	2nd path RA	Sandy path

### 4,30 WP EMMA PIRAMIDE (open 13:10 - 13:55)

## Vredenoord

### Foodkar of Hans van Bronswijk

This year, Hans van Bronswijk will again be present with his food truck in which he sells all kinds of sandwiches, nachos and sodas! Visit his truck at Vredenoord for buns (hard and soft) with ham, hamburger, vegetarian burger, or pulled chicken.

### First Aid Volunteers are very enthusiastic about Veluweloop

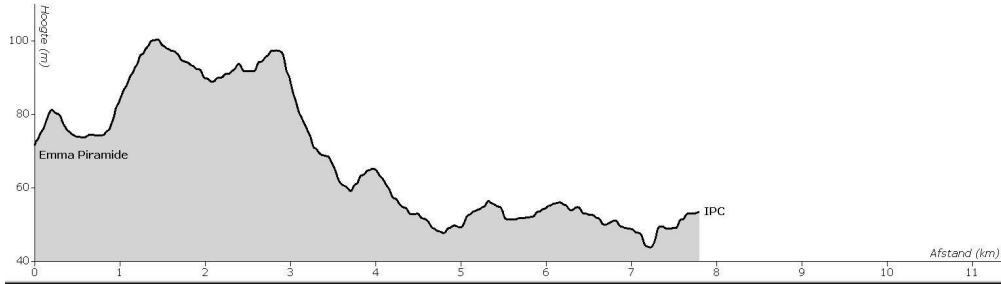
The Red Cross has been supplying voluntary first aiders for the Veluweloop for many years. The Veluweloop is also a special event for Red Crossers to which volunteers are happy to contribute. This is not only due to the beautiful environment and the professional organization, but it is mainly due to the atmosphere that is really pleasant each year. What many people don't know is that the Red Cross practices at events and keeps itself trained for emergency response activities. Are you also interested in training in first aid and event assistance? For questions, contact the Red Cross in your city or visit the information booth at Vredenoord.

### Koek & Zopie by W.A.V. Tartlétos

During the Veluweloop there will be also a stall of Tartlétos, the student athletics association of Wageningen, at Vredenoord. Here you can warm up with, for example, a hot cup of coffee or a cup of soup. There will also be homemade banana bread. Come and visit us and you can continue the race with new energy. Have fun with the Veluweloop and see you at Vredenoord!



## Runners route: Stage 7. Emma Piramide-IPC



Male stage

**8.0 kilometer**

Mostly unpaved

### 0.00 WP EMMA PIRAMIDE

<b>0.00</b>	At WP RA into forest	Forest path
<b>0.21</b>	Crossing RD (path goes slightly to the left) and keep right	Forest path
<b>0.30</b>	T-junction RA	Forest path
<b>0.60</b>	1st path sharp LA	Forest path
<b>1.51</b>	Crossing RA	Forest path
<b>1.69</b>	T-junction LA	Forest path
<b>1.72</b>	Directly sharp RA	
<b>2.32</b>	Crossing at bench RA	Forest path
<b>2.88</b>	Y-junction RA	Forest path

**Watch out for steep descent!**

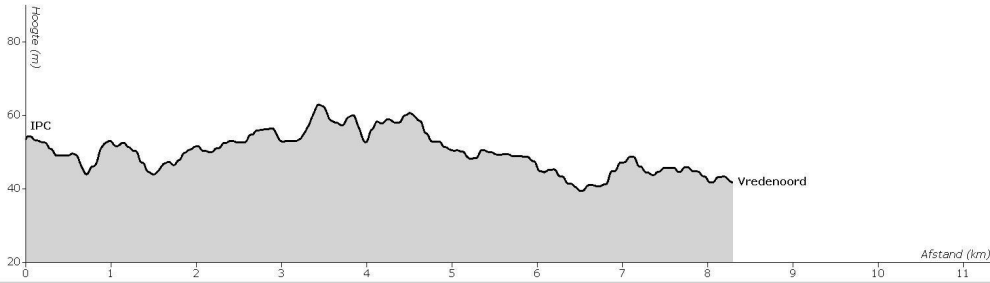
<b>3.67</b>	3rd crossing (at bench) diagonally RA	Forest path
<b>4.01</b>	Through gate	Forest path
<b>4.59</b>	Crossing, follow narrow sandy path upwards	Sandy path
	Turns into forest path	Forest path
<b>4.98</b>	1st path RA	Forest path
<b>5.19</b>	Crossing RA	Forest path
<b>5.37</b>	Crossing with bike path LA	Forest path
<b>5.45</b>	Crossing with road RD	Bike path

**Pay attention to the directions!**

<b>5.62</b>	Directly after the bridge over the highway RA	Forest path
<b>5.80</b>	1st path LA	Forest path
<b>6.96</b>	Crossing RA, follow bike path	Bike path
<b>7.06</b>	Crossing RA, follow equestrian trail	Sandy path
<b>7.89</b>	At five-way junction, 2nd path LA	Forest path

**8.00 WP IPC GROENE RUIJTE (open 13:45 - 14:35)**

## Runners route: Stage 8. IPC-Vredenoord



Male stage

**8.2 kilometer**

Mostly unpaved

### 0.00 WP IPC GROENE RUIMTE

<b>0.00</b>	Follow path towards five-way junction back	Forest path
<b>0.11</b>	Follow bike path back	Bike path
<b>0.90</b>	Crossing bike path RD	Forest path
<b>1.12</b>	1st path LA	Forest path
<b>1.17</b>	After 50 meters T-junction RA	Forest path
<b>1.62</b>	2nd path LA	Forest path
<b>2.04</b>	1st path RA	Forest path
<b>2.90</b>	At crossing 2nd road LA (over cattle grid, follow bike path underneath highway)	Bike path
<b>3.41</b>	Crossing after viaduct RA, towards richting junction (knooppunt) 47	Gravel path
<b>4.51</b>	Crossing RD at black pole cycle route the Netherlands	Forest path
<b>5.14</b>	Crossing with asphalt road RD, cross road (Deelenseweg) and directly LA over bike lane	Bike path

***Pay attention to the directions!***

<b>5.24</b>	1st bike path RA	Bike path
<b>6.13</b>	2nd crossing RA (at bench)	Gravel path
<b>7.57</b>	Crossing bike path RA (Kemperbergerweg)	Bike path

***Pay attention to the directions!***

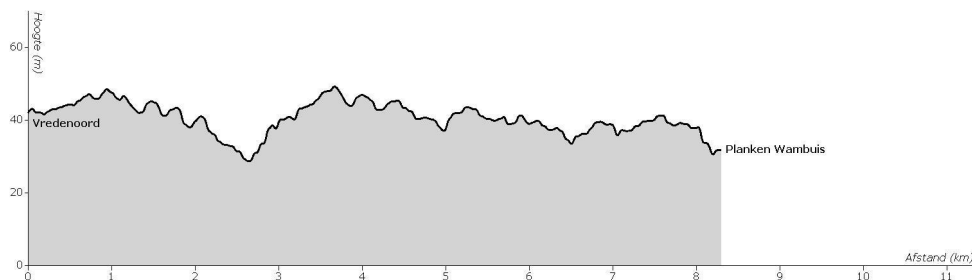
<b>7.88</b>	Underneath viaduct RD	Bike path
<b>8.12</b>	RA into field	Field

### 8.22 VZP VREDENOORD (open 14:25 - 15:20)



**knaek.**  
Dé studentenkortingsapp

# Runners route: Stage 9. Vredenoord-Planken Wambuis



Female stage

**8.1 kilometer**

Half unpaved

**0.00 RERSTART VREDENOORD****Starting group 1 15:30 - Starting group 2 15:45**

<b>0.00</b>	Back over field towards bike path	Field
<b>0.04</b>	Bike path LA towards viaduct (Kemperbergerweg)	Bike path
<b>0.06</b>	Before viaduct (at Arnheems war museum 40-45) cross road	

***Pay attention to the directions!***

<b>0.08</b>	LA cross bike path	Bike path
<b>0.58</b>	Bike path turns into parallel road	Asphalt road
<b>0.76</b>	1st road RA	Brick road

***The accompanying cyclist joins the runner here***

<b>0.96</b>	1st path LA. Keep to right path	Forest path
<b>1.22</b>	Crossing RD (mushroom 22703)	Forest path
<b>1.46</b>	Crossing RA onto forest path (at mushroom 21027)	Forest path
<b>1.76</b>	Crossing with asphalt road RD (mushroom 21053)	Forest path
<b>2.00</b>	RA, after which directly LA through gate	Gravel path
<b>2.98</b>	End of path through gate, after which (before house "Kleine Kweek")	Sandy path
<b>3.60</b>	1st crossing LA	Forest path
<b>3.67</b>	1st path RA (very narrow forest path)	Forest path
<b>3.83</b>	Y-junction RA	Forest path
<b>4.07</b>	Turns into broader path. Crossing RD	Forest path
<b>3.98</b>	End pad at barrier LA	Gravel path
<b>4.30</b>	T-junction RA	Asphalt road
<b>4.32</b>	1st road LA, onto gravel path	Gravel path
<b>4.82</b>	1st road RA	Forest path
<b>5.60</b>	Straight ahead at crossing, directly LA follow bike path along Koningsweg	Bike path

***Pay attention to the directions!***

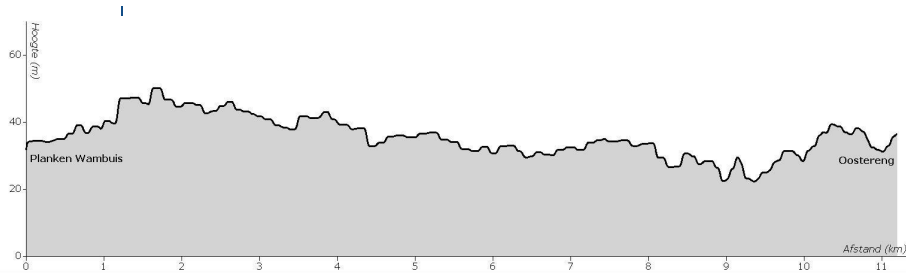
<b>6.42</b>	Before traffic light RA towards Ede / Utrecht	Bike path
<b>6.95</b>	After viaduct 3rd path RA (after gas station)	Forest path
<b>7.50</b>	End path LA	Forest path
<b>7.70</b>	1st path LA	Forest path
<b>7.92</b>	1st path RA	Forest path

***Attention! Dangerous descent out of the forest!***

<b>8.08</b>	1st crossing RA	Asphalt road
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**8.10 WP PLANKEN WAMBUIS (open 16:00 - 16:40)**

## Runners route: Stage 10. Planken Wambuis-Oostereng



Male stage

**8.2 kilometer**

Mostly unpaved

0.00	<b>WP PLANKEN WAMBUIS</b>	
0.00	Follow asphalt road	Asphalt road
0.40	After viaduct underneath highway, directly LA through gate	Sandy path
1.27	Crossing LA, grassy path turns into forest path	Grassy path
<b>Watch out for the ramp that goes over the fence!</b>		
1.66	End path RD, cross road (Arnhemseweg)	Grassy path
<b>Pay attention to the directions! Uneven berm!</b>		
1.69	At the other side of the road RA	Bike path
2.35	1st path LA along fence (at closing bar)	Forest path
2.98	5th path RA	Forest path
3.16	1st path LA	Forest path
3.34	End path LA, after which directly RA	Forest path
3.40	Keep left, path turns left after 300 meters	Forest path
4.12	Turn towards to the right	Forest path
4.31	End path LA (at closing bar and ANWB mushroom 25336)	Bike path
4.93	After tunnel 2nd path RA	Forest path
6.37	Crossing with bike path LA and follow bike path towards railway	Bike path
<b>Railway. Stop for red light! Not stopping = disqualification!</b>		
6.85	Directly after railway RA towards Bennekom / Ede (Parallelweg)	Bike path
<b>Pay attention to the directions!</b>		
7.13	LA at sign "opengesteld" <b>Pay attention: It is normally not allowed to enter Estate Quadenoord with an MTB!</b>	Forest path
8.66	End path LA (after green barn)	Sandy path
9.01	1st crossing RA before camping	Forest path
9.17	End path RA ( <b>pay attention: from here, the route is different from 2019!</b> )	Concrete path

## Runners route Stage 10 continuation

<b>9.34</b>	LA (follow turn)	Forest path
<b>9.50</b>	RA at Y-junction	Forest path
<b>9.69</b>	2nd path LA	Forest path
<b>10.65</b>	LA at crossing	Sandy path
<b>11.66</b>	RA towards WP	Forest path
<b>11.76</b>	<b>WP OOSTERENG (open 16:50–17:40)</b>	



“Hi, I’m Matthijs Klaassen from Improve Physiotherapy. This is the physiotherapy practice in Sports Center De Bongerd. Together with two sports masseurs, I ensure that as a participant in the VeluweLoop you can get a good massage afterwards. In this way, your muscles recover better and faster from the sporting performance.

As a physiotherapist, I also know that as a runner you can get injured if you run more often. In my practice I see many injuries to the shin and Achilles tendon. The knee and hip are also often problem areas.

I treat these injuries and provide a training program so that you can prevent problems in the future. For example, many runners underestimate their core stability training. It’s important to do that right, because you have a lot of fun with running.

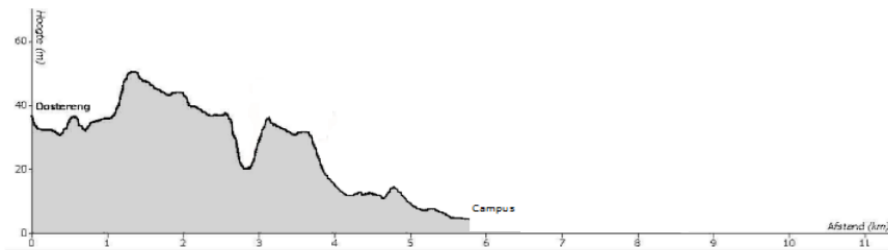
Do you have problems, injuries or do you want more tips for your training? Read my blog at [www.improvephysio.com](http://www.improvephysio.com), or contact us for an appointment via [info@improvephysio.com](mailto:info@improvephysio.com).”

# Runners route: Stage 11. Oostereng-Campus WUR

Female stage

**6.0 kilometer**

Half unpaved



## 0.00 WP OOSTERENG

<b>0.08</b>	Directly after WP Oostereng RA	Forest path
<b>1.07</b>	Crossing LA	Forest path
<b>1.26</b>	T-junction LA	Equestrian path
<b>1.33</b>	Y-junction RA	Equestrian path
<b>2.24</b>	4rd path LA	Forest path
<b>2.28</b>	T-junction RA	Forest path
<b>2.40</b>	Y-junction LA	Forest path
<b>2.50</b>	Crossing RD	Forest path
<b>2.74</b>	Four-way junction 1st road LA	Forest path
<b>2.76</b>	Directly RA	Forest path
<b>2.81</b>	Y-junction LA	Forest path
<b>2.92</b>	Y-junction RA	Forest path
<b>3.14</b>	3rd path LA	Forest path
<b>3.20</b>	RD cross Keijenbergseweg, follow Oude Zoomweg	Asphalt road
<b>3.46</b>	RA along with turn, onto Papenpad	Asphalt road
<b>3.80</b>	T-junction LA, follow Oude Diedenweg	Asphalt road
<b>4.38</b>	Y-junction RA, onto Benekomseweg	Asphalt road
<b>4.59</b>	T-junction RA, cross RD Grintweg, onto bike path	Asphalt road
<b>4.65</b>	RA, onto Wildekamp	Bike path
<b>4.71</b>	Y-junction RA, follow Wildekamp	Asphalt road
<b>4.86</b>	LA, onto bike path	Asphalt road
<b>5.00</b>	RD (do not turn right, this is private terrain)	Bike path
<b>5.26</b>	RD (follow road)	Asphalt road
<b>5.38</b>	LA before roundabout, RD cross Mansholtlaan	Asphalt road
<b>5.47</b>	Crossing RD, follow bike path	Bike path
<b>5.71</b>	Turn LA	Bike path
<b>5.95</b>	<b>VZP CAMPUS WUR (open 17:10-18:10)</b>	

## NIZZA

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Hello, we are NIZZA, a cover band of student association Franciscus. We are versed in every genre, with the only condition of course that it is a great epic song. We have only been around for 1.5 years and had to spend a lot of rehearsals in a student room, but luckily the home base at Cantil is open again to expand our repertoire every week while enjoying a nice beer. Our band consists of Stijn te Braake (drums), Bente Leus (bass), Luuk Staal (piano), Leo Mulder (guitar), Didi Tucker (vocals), Juliëtte Geuns (vocals) and Nikos Kasander (vocals). We have been asked to perform again for the first time in a long time, at the Veluwelooop. You can see us at the 11th starting point to give the runners the final push. Get ready!



**natusport**  
supplements & nutrition

## Runners route: Stage 12. Campus WUR-De Bongerd



Male stage

4.2 kilometer

Paved, flat

In this stage, accompanying cyclists are not allowed!

### HERSTART CAMPUS WUR

Starting group 1 en 2: 18:30

<b>0.00</b>	Restart next to Orion	Bike path
<b>0.28</b>	Crossing with Bornsesteeg RA and after 20 meters directly LA	Bike path
<b>Pay attention to the directions!</b>		
<b>0.35</b>	Y-junction LA	Bike path
<b>0.38</b>	Crossing with Stippeneng RD	Bike path
<b>Pay attention to the directions!</b>		
<b>0.50</b>	RA (De Elst)	Bike path
<b>Pay attention to the directions!</b>		
<b>0.76</b>	RA (Bornse Weilanden)	Brick road
<b>Pay attention to the directions!</b>		
<b>0.85</b>	Follow bike path	Bike path
<b>Pay attention to the directions!</b>		
<b>1.10</b>	3rd path after Forum building RA	Bike path
<b>1.12</b>	After 20 meters LA, follow gravel path	Gravel path
<b>1.39</b>	Crossing with Hoge Steeg RA	Brick road
<b>Pay attention to the directions!</b>		
<b>1.57</b>	RA onto bike path	Bike path
<b>1.78</b>	Pass Orion, start second round over Campus	Bike path
<b>2.04</b>	Crossing with Bornsesteeg RA and after 20 meters directly LA	Walking path
<b>Pay attention to the directions!</b>		
<b>2.12</b>	Y-junction LA	Bike path
<b>2.17</b>	Crossing with Stippeneng RD	Walking path
<b>Pay attention to the directions!</b>		
<b>2.28</b>	RA (De Elst)	Bike path
<b>Pay attention to the directions!</b>		



## Runners route Stage 12 continuation

<b>2.54</b>	RA (Bornse Weilanden)	Brick road
<b><i>Pay attention to the directions!</i></b>		
<b>2.62</b>	Follow bike path	Bike path
<b><i>Pay attention to the directions!</i></b>		
<b>2.86</b>	3rd path after Forum building RA	Bike path
<b>2.88</b>	After 20 meters LA, follow gravel path	Gravel path
<b>3.16</b>	Crossing with Hoge Steeg RD	Brick road
<b><i>Pay attention to the directions!</i></b>		
<b>3.35</b>	RA onto bike path	Gravel path
<b><i>Pay attention to the directions!</i></b>		
<b>3.52</b>	At Orion LA cross bus land and Bronland (Thymospad)	Bike path
<b><i>Pay attention to the directions!</i></b>		
<b>3.84</b>	RA onto running track, 250 meter over the track towards finish	Tartan
<b>4.16 FINISH DE BONGERD (open 18:45 - 19:15)</b>		



## Organisation committee Veluweloop 2021



**Yvet Renkema**  
*Chair*



**Julia Suijs**  
*Secretary*



**Thomas Moolenaar**  
*Treasurer*



**Sofie van Hemmen**  
*Publicity*



**Laura Egelmeers**  
*Sponsorship*



**Zhi Min Cai**  
*Volunteers*



**Joran de Bie**  
*Route*



**Esmée de Bruijne**  
*Entourage*

## Veluweloop 2021

*Run, Forest, run*



## Results 2004-2019

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### Fastest time per stage

Stage	M/F	Distance	Team	Time	Year
1	M	5.6 km	SNOT	19:28	2018
	F	5.9 km	De Jonge Honden	19:59	2004
2	M	7.3 km	RENRA 3	26:39	2018
3	M	9.2 km	De Galliërs	28:52	2007
4	F	5.1 km	SNOT	19:57	2019
5	M	8.9 km	Galliërs/Woutlopers	29:58	2011
6	F	4.3 km	Ramdrammers	16:13	2004
7	M	7.8 km	Hardlopende Endjes	25:21	2014
8	M	8.1 km	RENRA 3	26:11	2018
9	F	8.5 km	Hardlopende Endjes	30:22	2014
10	M	11.7 km	RU/HAN Batalegends   RENRA	38:58	2019
11	F	5.8 km	RENRA 3	22:03	2018
12	M	4.0 km	EenPuntEen [o]	12:22	2019
	F	4.0 km	Vitalis I	15:16	2018

*\*Stage 1 has two different distances for man and female as this stage was changed in 2018.*

## Winners from past years

### Results 2019

1. RU/HAN Bata Legends
2. RENRA
3. Trainen is voor ongetalenteerden
4. S.N.O.T.
5. Tartlétos Dream team

### Results 2017

1. GSAV Vitalis 1
2. S.N.O.T.
3. Tartlétos Dreamteam
4. Tempo Team 2017
5. De Germaanse Vandalen

### Results 2018

1. RENRA 3
2. RU/HAN/Haasje Batalegends
3. RENRA 1
4. Dreamteam
5. BURP Turbo Team

### Results 2015

1. Tartlétos Dreamteam
2. Tobbemetwobbe
3. GSAV Vitalis
4. Pallas Snelfilter
5. Hardlopende Endjes

## Explanation car and cycling routes

**The routes for car and bicycle teams are different, but the route descriptions are the same.**

### Car teams

It is customary for car teams to drive with two cars or vans. One car goes to the finish of the even stages, the other car to the finish of the odd stages. Both cars are coming to the restarts.

### Cycling teams

For cycling teams, at least 3 'sub' cycling teams are required per team. The organization of bicycle teams is more complicated than for car teams. That is why documents can be downloaded from the website with more information and an example schedule: Route -> Cycle route.

### Exchange points

There are always two options in the route description:

- 1) You can skip one or more WPs from the WP.
- 2) You can drive from the WP to the next WP.

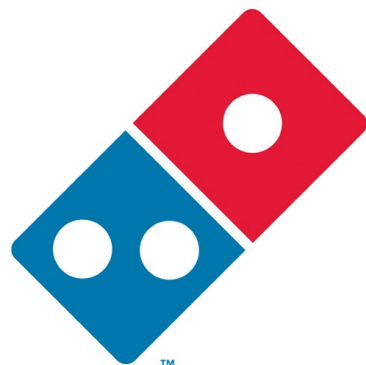
This is indicated in bold at the split of the routes via a WP and along the WP. You use the left column to put on a WP, the right column to skip a WP. Where only one column is indicated, the routes coincide.

### Tips

- Read your odometer carefully if distances are indicated. Counting starts from (0,0) again and again.
- Always read one or two directions ahead of time.
- Always follow directions in the route description and from the police and/or employees.
- Private entrances and dead-end roads are not regarded as roads, unless stated otherwise.
- A detailed map is useful, e.g. the map for holidays and leisure: Midden- en Zuid-Veluwe, ANWB media (scale 1:50,000), but:
- Do not come up with alternative routes yourself!

### Used abbreviations

LA	turn left
RA	turn right
RD	straight
VKL	traffic light(s)
PS	mushroom
WP	exchange point
VZP	meeting point



**Domino's**

## Car route: Stage 1, 2, 3 en 4

### START FROM PARKING LOT CAMPUS WAGENINGEN UR

<b>0.0</b>	Exit parking area Campus Wageningen UR towards roundabout (Droevendaalsesteeg/Mansholtlaan)
<b>0.5</b>	Roundabout LA, towards Ede/A12 (N781, Mansholtlaan)
<b>1.4</b>	At traffic lights RA (Kierkamperweg)
<b>2.3</b>	Roundabout RD (Heelsumseweg)

#### Richting WP1 - OOSTERENG

#### Skip WP1 - OOSTERENG

<b>5.3</b>	After sign "Einde Bennekom" 4rd road RA (Regentesselaan)	<b>5.3</b>	Follow Keijenbergseweg (turns into Bennekomseweg)
<b>5.6</b>	Follow instruction for parking		

### WP1 - OOSTERENG (stage 1 -> 2)

<b>0.0</b>	Drive back along Regentesselaan		
<b>0.3</b>	End road RA (Keijenbergseweg) <i>ATTENTION: RUNNERS ON ROUTE!</i>		
<b>2.2</b>	Roundabout LA (Telefoonweg)	<b>7.2</b>	Roundabout LA (Telefoonweg)
<b>5.2</b>	Follow road towards right	<b>10.2</b>	Follow road towards right

#### Richting WP2 - GELDERSE ROOS

#### Overslaan WP2 - GELDERSE ROOS

<b>7.2</b>	T-junction RA (at NS-station)	<b>7.2</b>	T-junction LA (at NS-station)
<b>7.3</b>	1st RA, RD Plein 1 t/m 6. <b>30 km zone!</b> <i>ATTENTION: RUNNERS ON ROUTE!</i>		Follow Wolfhezerweg
<b>7.5</b>	T-junction RA, follow P-centraal		
<b>7.7</b>	RA, follow P-centraal		
<b>7.9</b>	Follow instruction for parking <i>Please note: you are on the premises of a psychiatric institution, so keep that in mind!</i>		

### WP2 - GELDERSE ROOS (stage 2 -> 3)

<b>0.0</b>	Drive back, from parking area RA		
<b>0.2</b>	T-junction LA <i>ATTENTION: RUNNERS ON ROUTE!</i>		
<b>0.4</b>	In turn towards right LA (Plein 1 t/m 6)		
<b>0.6</b>	End road LA (Wolfhezerweg)		
<b>2.5</b>	Traffic light RA towards Arnhem (Amsterdamse weg)	<b>9.0</b>	Traffic light RA towards Arnhem (Amsterdamse weg)

#### Towards WP3 - PETTEFLET

#### Skip WP3 - PETTEFLET

<b>3.4</b>	1st traffic light RD, after viaduct A50 at Papendal	<b>3.4</b>	1st traffic light LA, after viaduct A50 at Papendal (Koningsweg)
<b>8.1</b>	3rd traffic light LA (Jacob Marislaan)	<b>2.3</b>	T-junction RA (Koningsweg)
<b>8.3</b>	1st RA (Gabriëlstraat)	<b>2.5</b>	Roundabout 1st exit (RA) (Kemperbergerweg)

## Car route: Stage 1, 2, 3 and 4 continuation

<b>8.5</b>	Follow instructions for parking Poggenbeekstraat (2nd LA) and Weissenbruchstraat (3rd LA)
	Walk to WP: Gabrielstraat down, T-junction LA (Tooropstraat) 1st RA (Colenbranderstraat)

### WP3 - PETTEFLET (stage 3 -> 4)

<b>0.0</b>	Continue, LA (Bakenbergseweg)
<b>0.8</b>	Traffic light RA (Schelmseweg)
<b>1.4</b>	1st LA (Kemperbergerweg) Pay attention to traffic wardens!

<b>4.5</b>	RA park around field <b>Follow instructions volunteers and traffic wardens and pay attentions to runners!</b>	<b>2.8</b>	LA park around field <b>Follow instructions volunteers and traffic wardens and pay attentions to runners!</b>
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### VZP VREDENOORD (stage 4 -> 5)



Als u wel voor hem stopt



Dan stopt u toch ook voor hem



**Er is geen verschil alleen de kleding**

## Car route: Stage 5, 6, 7 and 8

### VZP VREDENOORD (stage 4 -> 5)

#### Richting WP5 - BEERENBERG

<b>0.0</b>	Exit parking area RA (Kemperbergerweg)
<b>0.5</b>	Roundabout 1st exit (RA) (Koningsweg)
<b>4.8</b>	Viaduct over A50. Then, 1st LA towards airport Terlet (dead end road) (Apeldoornseweg)
<b>6.0</b>	Follow instructions for parking

#### Skip WP5 - BEERENBERG

<b>0.0</b>	Exit parking area LA (Kemperbergerweg)
<b>2.9</b>	End road LA, T-junction (Schelmseweg)

### WP5 - BEERENBERG (etappe 5 -> 6)

**For destinations WP7 - IPC en VZP Vredenoord continue reading at "Skip WP6 - EMMA PIRAMIDE"**

<b>4.3</b>	Take exit Velp / Valkenhuizen
<b>4.5</b>	Traffic light LA towards Rozendaal, at viaduct N784/Apeldoornseweg (N785, Schelmseweg, N785)

<b>5.7</b>	Traffic light RD towards Rozendaal, bat viaduct N784/Apeldoornseweg (N785, Schelmseweg, N785)
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#### Towards WP6 - EMMA PIRAMIDE

<b>7.0</b>	Roundabout RD (Schelmseweg)
<b>7.7</b>	Roundabout LA (Ringallee, N785)
<b>8.2</b>	Roundabout RD (N785, Ringallee)
<b>8.7</b>	2nd road LA (Dennenweg)
<b>10.0</b>	Crossing RD (Kluizenaarsweg)
<b>11.0</b>	Follow instructions for parking (1st parking space)
<b>11.3</b>	Walk the last part

#### Skip WP6 - EMMA PIRAMIDE

<b>0.0</b>	From WP BEERENBERG, ride back towards Arnhem
<b>1.2</b>	RA towards Schaarsbergen / Otterlo, back towards VZP Vredenoord (Koningsweg, N311)
<b>3.0</b>	1st road LA, towards IPC Groene Ruimte
<b>3.1</b>	After 50m LA, parking area
	Park as much as possible towards the end of the parking area
<b>3.2</b>	From end parking area, follow bike/walk path for 100m towards WP

### WP7 - IPC (stage 7 -> 8)

### WP6 - EMMA PIRAMIDE (stage 6 -> 7)

<b>0.0</b>	Ride back along Kluizenaarsweg
<b>1.0</b>	Crossing RA (Boerenallee)
<b>2.5</b>	Roundabout RA (Schelmseweg)
<b>6.3</b>	Roundabout RD

**Continue reading at "WP7 - IPC" on page 40**

#### Towards WP7 - IPC

<b>7.2</b>	1st road RA (Deelenseweg, N803)
<b>10.5</b>	End road (crossing) RA (Koningsweg, N311)
<b>11.8</b>	2nd road RA, towards IPC Groene Ruimte

#### Skip WP7 - IPC

<b>7.7</b>	2nd road RA (Kemperbergerweg)
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## Car route: Stage 5, 6, 7 and 8 continuation

<b>11.9</b>	After 50m LA, parking area		
	Park as much as possible towards the end of the parking area		
<b>12.0</b>	From end parking area, follow bike/walk path for 100m towards WP		
<b>WP7 - IPC (stage 7 -&gt; 8)</b>			
<b>0.0</b>	Exit parking area RA		
<b>0.1</b>	LA (Koningsweg, N311)		
<b>2.6</b>	Roundabout 3rd exit (LA) (Kemperbergerweg)		
<b>3.0</b>	LA park around field <b>Follow instructions volunteers and traffic wardens and pay attentions to runners!</b>	<b>10.8</b>	RA park around field <b>Follow instructions volunteers and traffic wardens and pay attentions to runners!</b>
<b>VZP VREDENOORD (stage 8 -&gt; 9)</b>			

## Doe jij ook mee?

Op de laatste zaterdag van februari vindt de Heidewerkdag plaats, georganiseerd door de Gemeente Rheden en de Geërfden. Elk jaar doen er vele tientallen mensen aan mee en wordt een groot deel van het heidegebied ontdaan van jonge boompjes en ongewenste struiken. Een leuke en gezonde activiteit voor jong en oud!

Trek stevige schoenen aan en neem gereedschap (bijvoorbeeld een snoeizaag, snoeitang of takkenschaar ) en werkhandschoenen mee. Voor eten en drinken wordt gezorgd. We verzamelen om 09:00 uur op de grote parkeerplaats van het hondenloosloopgebied ten zuiden van het Rozendaalse veld.



## Car route: Stage 9, 10, 11 and 12

### VZP VREDENOORD (stage 8 -> 9)

<b>0.0</b>	Exit parking area RA (Kemperbergerweg)
<b>0.3</b>	Roundabout 3rd exit (LA) towards Otterlo (Koningsweg, N311)
<b>2.9</b>	At side road LA (Koningsweg, N311)
<b>4.3</b>	PAY ATTENTION: RUNNERS CROSS ROAD!
<b>5.2</b>	Traffic light RA towards Ede (Amsterdamseweg, N224)
<b>6.1</b>	Traffic light LA towards Wolfheze (Wolfhezeweg, N783)

#### Towards WP9 - PLANKEN WAMBUIS

#### Skip WP9 - PLANKEN WAMBUIS

<b>6.1</b>	Directly RA (50m), Carpool area
	Follow instructions for parking
	<i>Walk towards WP (400m): Cross Amsterdamseweg (N224), RD onto Van Nieuwhuizenweg.</i>

### WP9 - PLANKEN WAMBUIS (stage 9 -> 10)

<b>0.0</b>	Exit parking area, RA towards Wolfheze	<b>0.0</b>	Follow road
<b>1.8</b>	After railway RA towards Renkum (Parallelweg)		
<b>3.8</b>	Turn towards left (Telefoonweg)		
<b>6.8</b>	Roundabout 1st exit (RA) towards Bennekom (Bennekomseweg, N782)		
<b>8.5</b>	PAY ATTENTION: RUNNERS CROSS ROAD!		

#### Towards WP10 - OOSTERENG

#### Skip WP10 - OOSTERENG

<b>8.7</b>	4th road LA, towards 'Hotel Nol in 't Bos' (Regentesselaan)	<b>8.8</b>	Crossing LA towards camping De Wielerbaan (Hollandseweg)
<b>9.0</b>	<b>Follow instructions for parking</b>	<b>9.1</b>	Crossing with priority road RD (Hollandseweg)

### WP10 - OOSTERENG (stage 10 -> 11 & 12)

<b>0.0</b>	Follow road		
<b>0.3</b>	End road RA (Hartenseweg)		
<b>1.4</b>	Crossing LA towards camping De Wielerbaan (Hollandseweg)	<b>11.9</b>	Follow road (Hollandseweg) until roundabout (Hollandseweg - Diedenweg)

#### Towards CAMPUS & DE BONGERD

<b>3.4</b>	Roundabout 1st exit (RA) (Diedenweg)
<b>3.8</b>	Traffic light RD (Mansholtlaan, N781)
<b>4.6</b>	Roundabout 3rd exit (LA) (Wageningen Campus)
<b>4.7</b>	1st LA (Bronland) follow turn towards right
	PAY ATTENTION: RUNNERS CROSS ROAD!

## Car route: Stage 9, 10 ,11 and 12 continuation

<b>4.9</b>	RD Cross bus lane, follow turn right
<b>5.3</b>	RD at exit Plantage
<b>5.7</b>	LA at WUR Parking P3
	Walk towards VZP Campus (ca. 500m) and De Bongerd (ca. 100m)
<b>VZP CAMPUS (Stage 11 -&gt; 12)</b>	
	Walk towards De Bongerd (ca. 100m)
<b>FINISH DE BONGERD (finish stage 12)</b>	

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## Cycling route: Stage 1, 2 ,3 and 4

### Start De Bongerd (start stage 1)

<b>0.0</b>	From sports hall: cross large parking area and LA exit terrain Bongerd
<b>0.3</b>	End road LA (Bornsesteeg)
<b>0.5</b>	Traffic light RD, cross road (Churchillweg)
<b>1.2</b>	4rd road LA (before VW-garage, Dolderstraat)
<b>1.9</b>	Crossing priority road RD, cross road (Dolderstraat).
<b>2.7</b>	End road RA (Zoomweg)
<b>2.8</b>	Crossing priority road LA (Geertjesweg, towards junction 89)
<b>3.2</b>	<b>Attention: runners on route!</b>
<b>3.6</b>	"End" bike path RD, follow road (do not enter the bike path!)
<b>4.8</b>	End road LA (Hartenseweg, bij Nol in 't Bosch)
<b>5.0</b>	1st side road RA (Regentesselaan)

### Skip WP1 - OOSTERENG

### Towards WP1 - OOSTERENG

<b>5.2</b>	Follow Regentesselaan	<b>0.0</b>	After 250 m enter parking area at the right side. Park bike and walk forest
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### WP OOSTERENG (stage 1 -> 2)

		<b>0.0</b>	From parking area RA, follow Regentesselaan
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<b>5.6</b>	End road RA (Keijenbergseweg)
<b>5.8</b>	<b>Attention: runners cross route!</b>
<b>7.2</b>	LA directly after sign "Renkum" at PS 63024/002 (Bosweg, towards Ede /Ginkel)
<b>7.5</b>	RA at Y-junction PS 62763 (LF4b, Eneco-route, towards Ginkel)
<b>9.1</b>	<b>Attention: runners cross route!</b>
<b>10.1</b>	RA at PS 20325 (Parallelweg, bike path parallel to railway, towards Wolfheze)
<b>11.0</b>	Crossing RD (keep following bike path Parallelweg, towards Wolfheze)

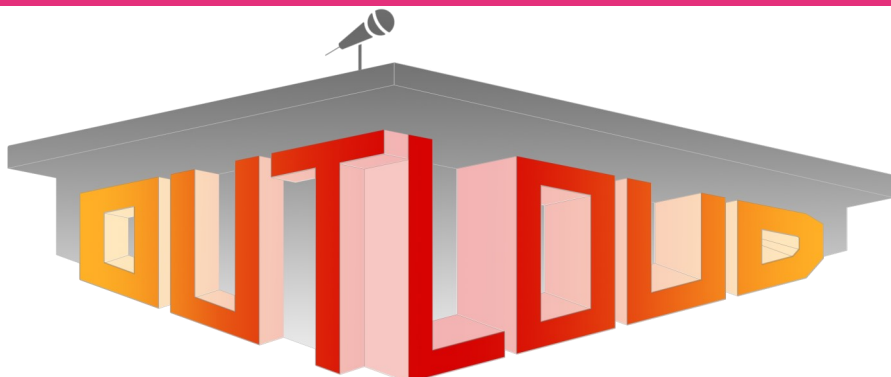
### Skip WP2 - GELDERSE ROOS

### Towards WP2 - GELDERSE ROOS

<b>12.7</b>	RD keep following road	<b>0.0</b>	Ca 300 m before NS-station Wolfheze side road RA (Parallelweg 4 t/m 70)
		<b>0.1</b>	2nd road RA (before parking area)
		<b>0.1</b>	LA between houses (after nr 60)
		<b>0.2</b>	RA along building "Sonneheerdt"
		<b>0.2</b>	Park bikes on parking area
			<b>Please note: you are on the premises of a psychiatric institution, so keep that in mind</b>

## Cycling route: Stage 1, 2, 3 and 4 continuations

		<b>WP GELDERSE ROOS (stage 2 -&gt; 3)</b>	
		<b>0.2</b>	Back through houses
		<b>0.3</b>	After houses RA
		<b>0.4</b>	Follow turn LA
		<b>0.5</b>	End road RA (Parallel road, bike path)
<b>13.0</b>	Crossing priority road before station LA, cross railway (Wolfhezerweg, towards Arnhem/Ede)		
<b>14.8</b>	End Wolfhezerweg RA (N224, Amsterdamseweg)		
<b>Skip WP3 - PETTEFLET</b>		<b>Towards WP3 - PETTEFLET</b>	
<b>15.8</b>	Crossing VKL LA (N310, Koningsweg towards Schaarsbergen/Otterloo)	<b>0.0</b>	Crossing VKL RD (N224, towards Oosterbeek/Arnhem)
<b>18.1</b>	T-junction RA (N311, Koningsweg, towards Schaarsbergen/Arnhem)	<b>4.7</b>	3rd traffic light LA (directly after sign "Arnhem", Jacob Marislaan)
<b>20.7</b>	Roundabout RA (Kemperbergerweg, towards Schaarsbergen/Arnhem)	<b>5.3</b>	3rd road RA (Bakenbergseweg)
<b>21.1</b>	After 300 m on the left side VZP Follow instructions for parking	<b>5.6</b>	3rd road RA (Coolenbranderstraat). Dismount bike. After 100 meter is WP
		<b>Bike route goes against runners route in!</b>	
		<b>WP PETTEFLET (stage 3 -&gt; 4)</b>	
		<b>5.7</b>	Back along runners route
		<b>5.8</b>	LA onto Bakenbergseweg
		<b>Pay attention to runners!</b>	
		<b>6.7</b>	RD at VKL (Bakenbergseweg, towards sports park Bakenberg)
		<b>7.6</b>	3rd roadRA (Strolaan)
		<b>8.2</b>	T-junction LA, Kempenbergerweg
		<b>9.9</b>	<b>Pay attention to runners!</b>
		<b>10.4</b>	VZP is on the right side, after viaduct Follow instructions for parking
<b>VZP VREDENOORD (stage 4 -&gt; 5)</b>			



## Cycling route: Stage 5, 6, 7 and 8

### VZP VREDENOORD (stage 4 -> 5)

#### Towards WP5 - BEERENBERG and WP7 - IPC (So not to WP6 - EMMA PIRAMIDE)

<b>0.0</b>	From end terrain Vredenoord RA (bike path Kempenbergerweg, along signs "Manege")
<b>0.3</b>	Roundabout RA (N311, towards Hoenderloo/Apeldoorn)

#### Richting WP5 - BEERENBERG

#### Richting WP7 - IPC

<b>4.7</b>	End road LA (directly after over viaduct A50, towards Terlet/Apeldoorn)	<b>0.0</b>	RA, directly after hm pole 5.0 (to IPC Groene Ruimte)
<b>5.9</b>	Park bikes in the berm (bike point 15224/1 - WP Beerenberg on the right)	<b>0.1</b>	After 100 m LA (just before entrance IPC, sandy path along white fence)
<b>WP BEERENBERG (stage 5 -&gt; 6)</b>		<b>0.2</b>	Park bike on the left side along the Sandy path, walk towards WP
<b>5.9</b>	At bike point 15224/1: cycle back (towards Schaarsbergen/Arnhem)	<b>WP IPC (stage 7 -&gt; 8)</b>	
<b>7.0</b>	First road RA (N311, Koningsweg, towards Schaarsbergen/Deelen)	<b>0.2</b>	Cycle back along sandy path, from WP
<b>8.9</b>	On the left side just before hm pole 5.0 is IPC Groene Ruimte. Here you can join WP7-IPC	<b>0.4</b>	End sandy path RA, brick road
		<b>0.5</b>	Crossing VRW LA (N311, towards Utrecht)
			Further towards VZP Vredenoord

#### Towards VZP8 - Vredenoord

#### Towards WP7 - IPC

<b>8.9</b>	RD along Koningsweg	<b>0.0</b>	Turn to IPC Groene Ruimte
		<b>0.1</b>	After 100 m LA (just before entrance IPC sandy along white fence)
		<b>0.2</b>	Park bike at the left side of sandy path walk towards WP
		<b>WP IPC (stage 7 -&gt; 8)</b>	
		<b>0.2</b>	Cycle back along sandy path, from WP
		<b>0.4</b>	End sandy road RA, brick road
		<b>0.5</b>	Crossing vrw LA (N311,towards Utrecht)
<b>11.4</b>	Roundabout LA (Kempenbergerweg, towards Schaarsbergen/Arnhem)		
<b>11.7</b>	After 300 m on the left side VZP. Follow instructions for parking		

### VZP VREDENOORD (stage 8 -> 9)

### VZP VREDENOORD (stage 4 -> 5)

#### Towards WP6 - Emma Piramide

<b>0.0</b>	From end terrain Vredenoord LA (bike path Kempenbergerweg, towards viaduct)
<b>2.5</b>	After 2.5 km cross Kempenbergerweg and continue on other side of the road
<b>3.2</b>	End road LA (Schelmseweg, towards Rozendaal)
<b>4.7</b>	Roundabout RD (Schelmseweg, towards Rozendaal)

## Cycling route: Stage 5, 6, 7 and 8 continuations

<b>6.1</b>	Vkl directly after viaduct RD (Schelmseweg, towards Rozendaal)
<b>8.5</b>	Roundabout in Rozendaal LA (Kerklaan, towards castle Rosendael)
<b>9.0</b>	First road LA (Rosendael, towards Eerbeek/Zijpenberg)
<b>10.0</b>	After very steep climb follow bike path along cemetery
<b>11.2</b>	Crossing parking area/road LA (at PS 67764)
<b>11.3</b>	Directly after Y-junction LA (towards knp 24)
<b>11.6</b>	After 300 m is WP
<b>WP EMMA PIRAMIDE (stage 6 -&gt; 7)</b>	
<b>11.6</b>	Cycle the same path back
<b>12.0</b>	Parking area RD (at PS 67764, Kluizenaarsweg)
<b>12.9</b>	First crossing RA (towards Roozendaal)
<b>14.5</b>	At roundabout RA (Schelmseweg, towards Oosterbeek)
<b>16.9</b>	Vkl before and after viaduct RD (Schelmseweg, towards Oosterbeek)
<b>17.8</b>	Cross Schelmseweg and continue on left side
<b>18.4</b>	Roundabout RD (Schelmseweg, towards Oosterbeek)
<b>19.8</b>	After Burgers Zoo, field and short climb RA (Kempenbergerweg, towards Schaarsbergen)
	<b>Pay attention: turn is hard to see from bike path</b>
<b>21.4</b>	<b>Pay attention: runners route from forest on the right side</b>
<b>22.9</b>	After viaduct VZP on the right side. Follow instructions to park bikes
<b>VZP VREDENOORD (stage 8 -&gt; 9)</b>	

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## Cycling route: Stage 9, 10 ,11 and 12

**VZP VREDENOORD (stage 8 -> 9)**

<b>0.0</b>	From terrain Vredenoord RA (bike path Kempenbergerweg, along signs "Manege")
<b>0.3</b>	Roundabout LA (N311, towards Utrecht)
<b>2.9</b>	At hm pole 0.0 LA (N311, Koningsweg, towards Utrecht)
<b>4.5</b>	<b>Pay attention to runners route!</b>
<b>5.3</b>	Crossing with vkl RA (N224, Amsterdamseweg, towards Utrecht)

**Skip WP9 - PLANKEN WAMBUIS****Towards WP9 - PLANKEN WAMBUIS**

<b>6.2</b>	At VKL LA (Wolfhezerweg, towards Wolfheze)	<b>0.0</b>	At VKL RA (Van Nieuwenhuizenweg)
		<b>0.1</b>	Park bikes

**WP PLANKEN WAMBUIS (stage 9 -> 10)**

		<b>0.1</b>	Back to traffic lights
		<b>0.3</b>	At VKL RD (Wolfhezerweg, towards Wolfheze)

<b>8.1</b>	Directly after railway crossing RA (Parallelweg, towards Bennekom/Ede)
<b>10.1</b>	End Parallel road RD, bike path along railway
<b>11.0</b>	1st bike path LA (PS 20325, bike path towards Renkum)

**Pay attention: runners route from the right side!**

<b>13.5</b>	PS 62763: RD (towards knp 06)
<b>13.8</b>	Crossing with priority road RA, at PS 22953 (Bennekomsweg, towards Ede)
<b>15.3</b>	<b>Pay attention: runners cross route!</b>
<b>15.4</b>	LA, towards Campman (Regentesselaan, just before hm pole 4.1)

**Skip WP10 - OOSTERENG****Towards WP10 - OOSTERENG**

<b>15.9</b>	Follow Regentesselaan	<b>0.0</b>	After 400 m enter parking area on left side. Park bikes and walk along forest path towards WP
		<b>WP OOSTERENG (stage 10 -&gt; 11)</b>	
		<b>0.0</b>	From parking area LA, follow Regentesselaan

<b>16.1</b>	End road RA (Hartenseweg)
<b>16.5</b>	1st bike path LA, at PS 21871 (Callunaroute, towards Wageningen)
<b>17.8</b>	Bike path makes turn to the left
<b>18.0</b>	End bike path RA, at PS 23808 (Geertjesweg, towards Wageningen)

**Towards VZP - CAMPUS and FINISH DE BONGERD**

<b>18.4</b>	1st crossing RA (Zoomweg)
<b>18.5</b>	1st road LA (Dolderstraat) towards flats
<b>19.3</b>	Crossing VRW RD (Dolderstraat)
<b>20.0</b>	Crossing at Volkswagen garage RA (Churchillweg)
<b>20.7</b>	Traffic lights RD (Bornsesteeg)

## Cycling route: Stage 9, 10, 11 and 12 continuation

<b>20.9</b>	1st road RA, enter terrain de Bongerd
<b>21.1</b>	End driveway LA is VZP CAMPUS (Thymospad / Plantage). Park bikes at de Bongerd!
<b>VZP CAMPUS</b>	
<b>21.1</b>	End driveway RA, towards parking area and bike parking
	<b>Pay attention: runners route on the left side!</b>
<b>FINISH DE BONGERD (finish stage 12)</b>	

## VeluweLoop October 8th 2022

We are back! The most natural relay race in the Netherlands took place for the 39th time. Next year the VeluweLoop will be on Saturday October 8th.

### Committee members

If you want to help the VeluweLoop long-term, then joining the committee is for you! Together with the other committee members, you ensure that the next VeluweLoop is organized and that many sports enthusiasts are motivated to participate in this unique event. Is your heart in PR, sponsor recruitment, coordination or tokens? Undoubtedly, there is a task you can indulge in!

A little less time but still want to be involved from the start? Perhaps one of the subcommittees is something for you! Organizing the VeluweLoop afterparty is one of the options.

### Staff members

The VeluweLoop can be used by many people for various functions. From competitive cyclist, where you cycle in front of, between or behind the runners all day, to photographer, videographer. Or from technicians to traffic controllers on motorcycles. They are also very welcome. Check out our website for the various functions and detailed descriptions. There's bound to be something you like to do.

### Sponsors

In Dutch we say: "Many hands make light work!" We have not only been helped with helping hands, but are also looking for sponsors every year. With a growing number of participants towards 1300, the VeluweLoop is a pleasant and attractive event with a large audience. This most natural relay race in the Netherlands is characterized by competing together, as a team, over more than 80 kilometers with other teams. The Veluwezoom National Park, one of the most beautiful nature reserves in the Netherlands, is the setting here.

In order to experience the VeluweLoop up close and get involved in this event, we offer you the opportunity to enter into a collaboration and to get to the attention of the participants. We would be happy to discuss the sponsorship options at the VeluweLoop with you.



## Veluweloop, on to the 40th!

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It's hardly believable, but in 2022 the 40th edition Veluweloop will take place! That's a sure thing, because with a fresh new committee and board members the Veluweloop is once again as vibrant as ever. In recent years we have been working hard to improve the Veluweloop to become a better and 'greener' event. So that for the coming years as many students, alumni and other athletes as possible can enjoy the most natural relay race of the Netherlands!

### **Anecdotes for the anniversary book**

With the 8th lustrum around the corner, we want to have a look at the Veluweloop's history in a special anniversary book. We will of course cover all the previous committee's, but also all of the ups and downs of the Veluweloop throughout the years.

However, the Veluweloop (or the Anniversary book for that matter) wouldn't exist, if there weren't participants and volunteers. That's why we would like to collect anecdotes to be published in the book. Describe in a 100 words max what was your best, most fun, or most crazy experience at the Veluweloop (please include your teamname, year of participation and pictures). If you send us your anecdote we will of course send you an anniversary book in return. So send your contributions to [lustrum@veluweloop.nl](mailto:lustrum@veluweloop.nl)

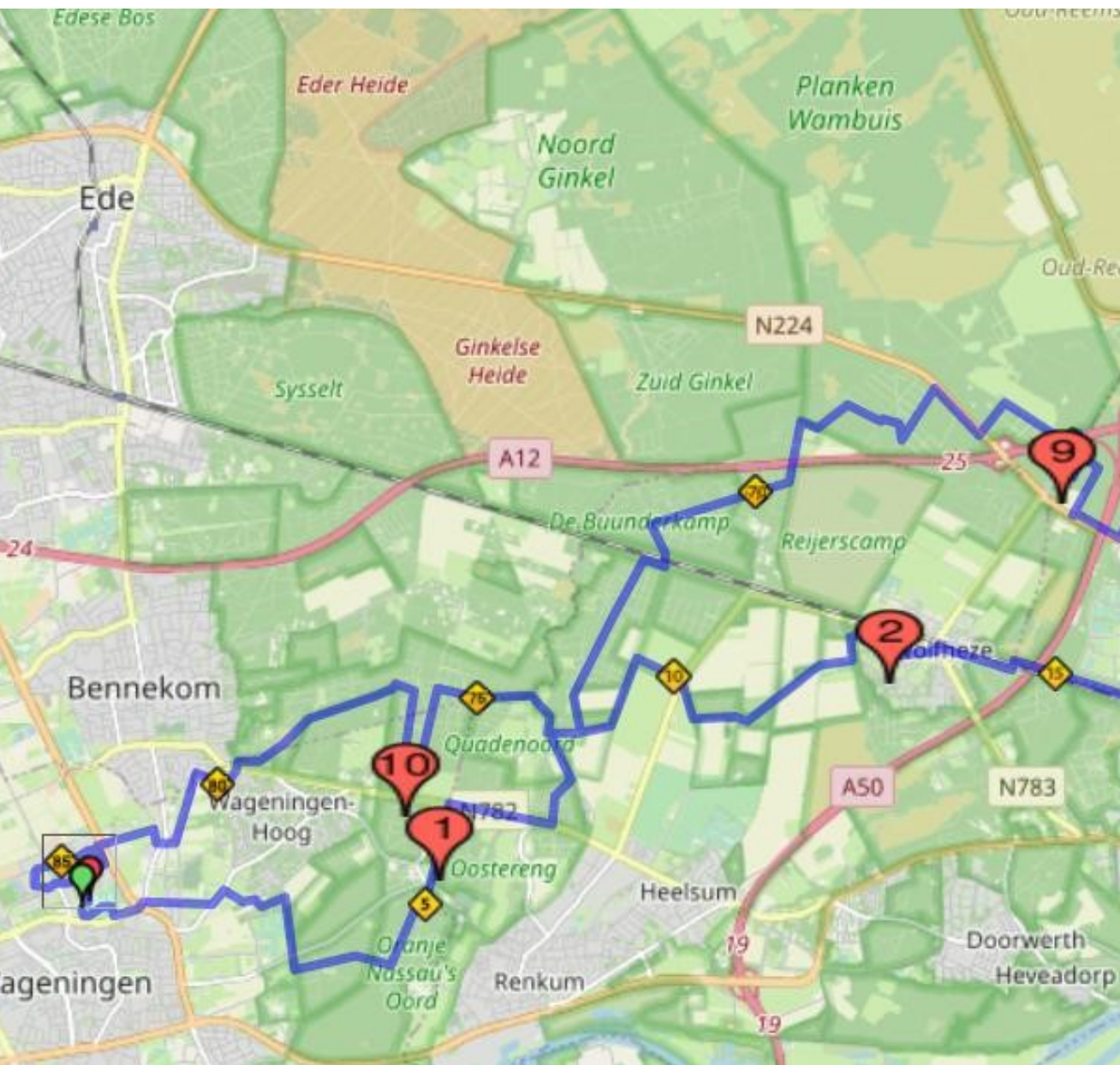
### **Contribute to the lustrum in another way?**

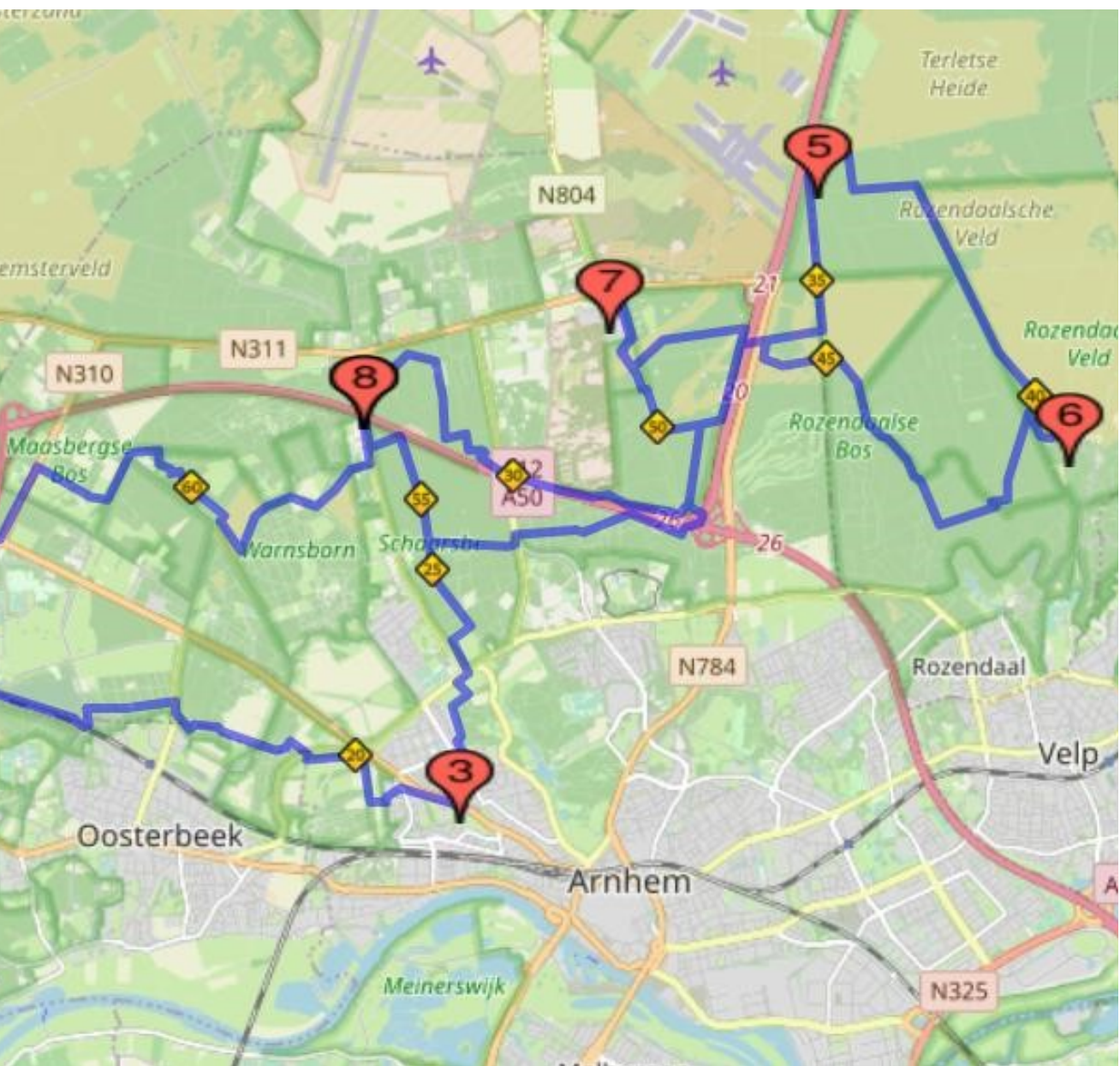
Don't have an anecdote to share? You are welcome to join the editorial team for the Anniversary book or brainstorm ideas for the lustrum. Sign up for the Lustrumcommittee via [bestuur@veluweloop.nl](mailto:bestuur@veluweloop.nl)

Thank you in advance!

On behalf of the the board of The Veluweloop Organisation  
Peter Prince (Chairman)



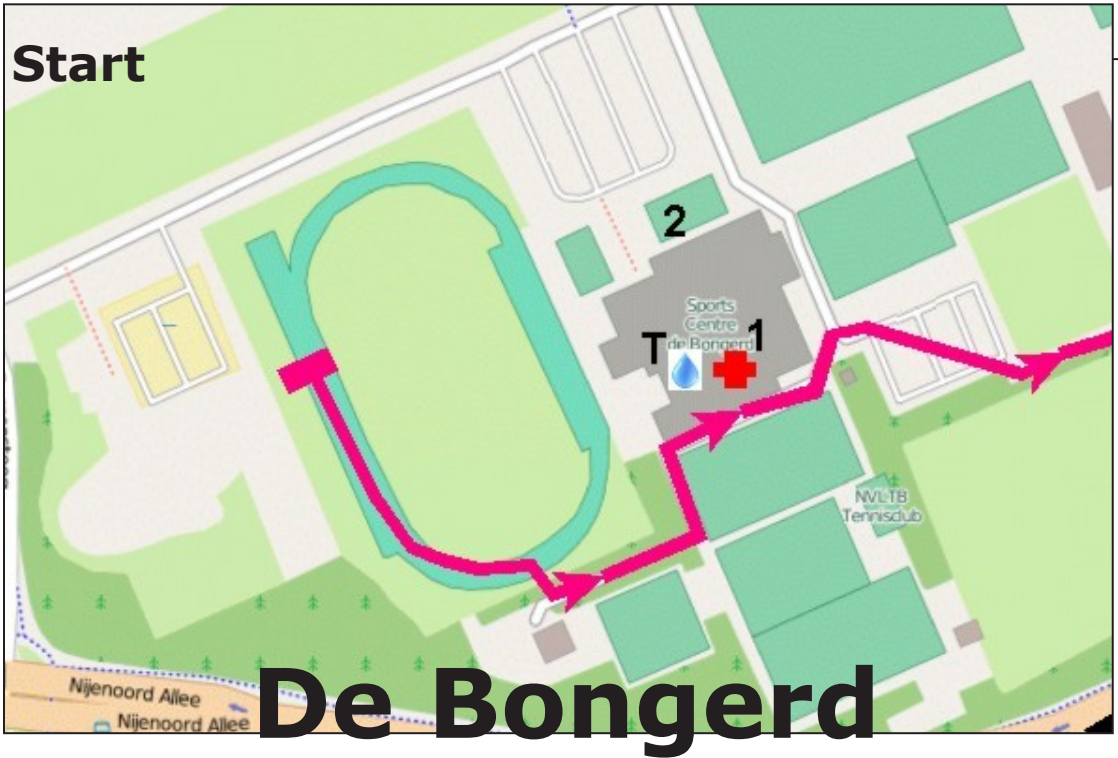


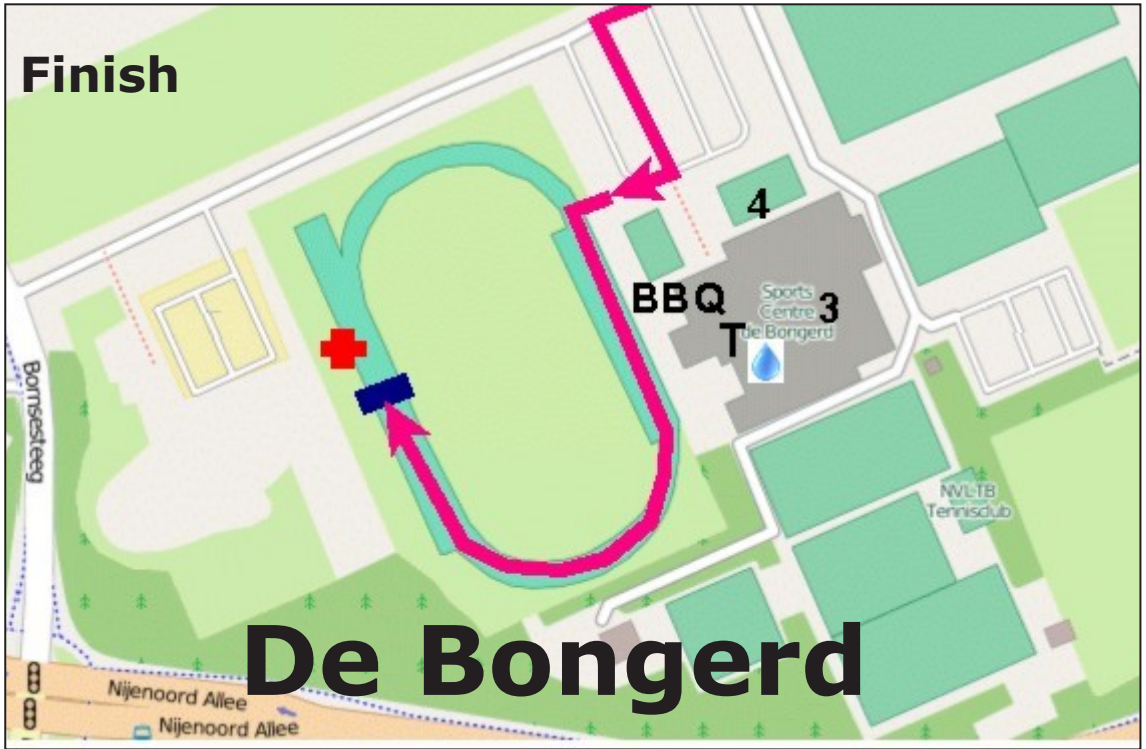


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## Thanks and Colophon

*The Veluweloop committee is established annually through cooperation of many sponsors, employees and supporting organizations. The committee would like to thank them for their support and commitment, in particular the following companies, bodies and individuals:*

The employees of Sports Centre de Bongerd; our motorcyclist and the motorcycle coordinators; Stijn Slaats and Thijs Grashuis, the presenters; our truck drivers and barrier porters; the aid workers of the Red Cross; all employees; and, last but not least, the employees of the CP, time processing, bike distribution, terrain construction and route support and all other motivated volunteers!

*We also thank:*

Province of Gelderland, Red Cross First Aid. The involved municipalities and private landowners, Geldersch Landschap en Kasteelen, Natuurmonumenten, Staatsbosbeheer, Police Midden-Gelderland, en Police Wageningen.

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Design and design content booklet:  
Julia Suijs and Sofie van Hemmen

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