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Stichting Internationale Vierdaagse Afstandsmarsen Nijmegen



Press release 2016.001

Nijmegen, 23 October 2013

1,000 days to the start of the 100th Four Days Marches

Special committee is making preparations for memorable anniversary edition

The countdown to the 100th edition of the Four Days Marches has begun. The anniversary edition of the world's biggest multi-day walking event is to be especially festive and memorable. The idea is for the 100th edition to be a 'normal' Four Days Marches in terms of the format. What is certain is that the high hopes entertained by some of a considerably larger number of participants will not be met. Regulations for participation in the 2016 Four Days Marches will be announced in the spring of 2014. Stichting DE 4DAAGSE has set up a special committee in the form of a foundation that is currently in the process of formation and will be called Stichting Honderdste Vierdaagse (One Hundredth Four Days Marches Foundation) that will be in charge of preparations for the anniversary edition. On 23 October 2013 there were 1,000 days to go to the start of the 100th Four Days Marches, according to calculations by the committee. To mark that date as the official start date of the work of the Stichting Honderdste Vierdaagse, a huge countdown banner was suspended from one of the towers of Nijmegen's De Vereeniging concert hall.

The special date of 23 October 2013 was also taken as the occasion to announce the first plans for the anniversary edition. In general terms, the 2016 edition of the walking achievement event will not differ greatly from previous editions. As always, walkers will set off on their daily 30-kilometre, 40-kilometre or 50-kilometre walk in the third week of July, largely following the same routes as ever.

No 100,000 participants

Expansion of the army of walkers is possible only to a very limited degree. In terms of ensuring the enjoyment and safety of the walkers, the routes are already nearing their maximum capacity. And access to the region and the accommodations for overnight stays are also under pressure. The organisers are therefore exploring the possibilities of raising the current limit of 46,000 entries by a few thousand.

"Any speculations to that effect that are already doing the rounds now in the world of walking are unfounded. We need time to make a careful and reasonable assessment, and that's why we're calling for patience," said the organisers of the Four Days Marches in a statement.

Over 130 ideas

Over the past period, the organisers have received over 130 highly varied ideas on how to add an extra festive and sporty touch to the 100th Four Days Marches. The approximately 30 suggestions that were selected from these ideas will over the coming period be subjected to a feasibility study.

The exact plans will gradually be announced over the coming two years, although some of the plans will be kept secret up to very last moment. There will in any case be an exhibition about the history of the Four Days Marches. The topic of sustainability will also be highlighted in various initiatives, such as the Four Days Marches Forest.

Organisation

Stichting Honderdste Vierdaagse, which is taking care of preparations for the 2016 Four Days Marches, is made up of volunteers who will provide input from the various disciplines they represent. Ron Adriaans, secretary of KNBLO, the Dutch Walking Association, is the chairman. The other members of the committee are Jeannine Liebrand, Anneke Bruisten, Martine Willemstein, Marcel Claassen, Chris Crucq and Bram Brinkman.

A Recommendations Committee will also be set up. As soon as all the seats have been assigned, an announcement will be made of who will sit on the Recommendations Committee.

History of the Four Days Marches

On 3 April 1908, the Dutch Walking Association Nederlandse Bond voor Lichamelijke Opvoeding was founded. One of first things this new association did was to organise a four-day walking event in 1909, which was intended primarily for servicemen and women. Participants could start from any of 15 locations across the Netherlands. 306 walkers took part in that very first edition. Starting in Utrecht, the gradually growing army of walkers was put up at the Prins Hendrik barracks in Nijmegen on the third day of the 1912 edition, which also finished on the grounds of barracks on the fourth day. It turned out to be a successful experiment, as the walkers were regularly received in Nijmegen in subsequent years. In 1925, Nijmegen became the Four Days Marches permanent start and finish location.

The Four Days Marches have meanwhile grown into a high-profile sporting phenomenon in the Netherlands, with 46,000 entries every year, approximately 1 million people lining the routes, and many more following the event through the media.

End of press release

Stichting Internationale Vierdaagse Afstandsmarsen Nijmegen



Press release 2016.002

Nijmegen, 22 Januari 2014

100th Four Days Marches open to maximum of 50,000

Advantage in 2016 registration for walkers who participated persistently from 2010

The maximum number of registrations will be increased to 50,000 exclusively for the 100th Four Days Marches in 2016. Walkers who have successfully completed the Four Days Marches at least four times between 2010 and 2015 will be guaranteed a starting ticket for the 100th edition. Civilian groups will also need to have walked the Four Days Marches as a group at least four times within this period. Participants aged 12 to 15 inclusive and first-time entrants registering through the Via Vierdaagse training and support programme will also be guaranteed a starting ticket.

Based on figures for previous years, the board of Stichting DE 4DAAGSE expects to have some 12,000 starting tickets available through the draw to the remaining 'non-exempt' participants. The draw will be weighted for many of these participants, according to the number of Four Days Marches Crosses they have already achieved. Participants excluded by the draw in 2014 and 2015 will also have a weighted, i.e. increased, chance in the draw.

One-off increase

A maximum of 50,000 walkers will be able to take part in the 100th Four Days Marches in 2016, instead of the 46,000 in recent years. This is a one-off increase. Stichting DE 4DAAGSE and its organisational partners – including the 12 Four Days Marches municipalities and the Dutch Ministry of Defence – need to take a range of complex measures in order to guarantee the safety and minimum walking comfort needed on the existing routes for 50,000 participants. It is not possible to make major changes to the route and the organisers will have their hands full keeping the army of 50,000 walkers moving in 2016.

Children

Stichting DE 4DAAGSE has opted to give the youngest participants preferential treatment, since "children are the future". Participants who turn twelve years old in the year that they walk the Four Days Marches have been exempt from the draw for years now, with some 400 new young walkers taking part each year as a result.

In due course, Stichting DE 4DAAGSE will specify the rules governing registration for the 100th Four Days Marches in a protocol. The key provisions of this protocol are being published now so as to prevent further speculation about the possibilities of guaranteed participation in 2016.

Stichting Internationale Vierdaagse Afstandsmarsen Nijmegen



Press release 2016.003

Nijmegen, 4 April 2014

Press Release 2016.003, 4 April 2014

Trees planted for 100th Four Days Marches in 2016

Four Days Marches forest makes march routes even greener

The 'Four Days Marches forest' was unveiled on Friday 4 April 2014 in Park Lingezege, along the route of the first marching day of the Nijmegen Four Days Marches. The anniversary slogan for the hundredth Four Days Marches in 2016 has also been revealed - 'Wie wandelt wordt honderd' (Those who walk will turn 100).

The 100th edition of the Four Days Marches will be held in 2016 and will be even more festive than usual. A special committee has been preparing the anniversary activities for almost two years now. Following on from the celebration on 23 October 2013 (1,000 days to go to the 100th), the presentation of the Four Days Marches forest is the second milestone on the way to 2016. The young trees will grow into a beautiful forest in Park Lingezege, Overbetuwe municipality, over the next two years. The period of growth represents the build-up to the anniversary's climax - the start of the 100th Four Days Marches on 19 July 2016.

Green route

Walking and nature go hand in hand, and it is key for Four Days Marches participants to be able to enjoy a nice green route around Nijmegen. This is why the anniversary committee got in touch with Park Lingezege, situated between Nijmegen and Arnhem. The park's organisers were full of enthusiasm for the idea of a 'Four Days Marches forest'.

A location has been selected in the park along the route of the 'Day of Elst', on the corner of Breedlersestraat and Kattenleger, and the forest's first trees were planted there on the Netherlands' version of Arbor Day, 'Nationale Boomfeestdag', in March 2014.

Ecological stepping stone

The Four Days Marches forest has an area of around 2.5 hectares and contains thousands of trees, ranging from willow, poplar, oak, sweet cherry, hornbeam and hawthorn, to dog rose, alder buckthorn and one apple tree. The designers of the Four Days Marches forest, Jan Heersche and Astrid Harsveld of the Ministry of Economic Affairs' Government Service for Land and Water Management, also see the forest as an ecological stepping stone for the poplar admiral butterfly, which they hope will eventually start to inhabit the area between the Rhine and Waal.

A bench for walkers to rest on has also been placed next to the Four Days Marches forest. Flanked by a walnut tree, the bench was a gift from Stichting DE 4DAAGSE to Park Lingezen. Walkers will be encouraged through Four Days Marches media sources to help maintain 'their' forest.

Sustainability

As part of its sustainability measures (CO2 reduction), Stichting DE 4DAAGSE is planning to facilitate new green areas at several points along the route over the next few years. They will look for suitable sites, in consultation with the municipalities the route passes through. The 'Four Days Marches vineyard' was already planted at winery De Colonjes in Groesbeek in 2013. The two thousand vines that were planted will hopefully produce the first 'Four Days Marches wine' in the anniversary year 2016.

Anniversary slogan and Recommendations Committee

The Four Days Marches forest was opened with the unveiling of a large sign bearing the anniversary slogan 'Wie wandelt wordt honderd' (Those who walk will turn 100). All other anniversary activities will also be presented with this motto. Members of the Recommendations Committee formed to support the anniversary committee unveiled the sign.

All sectors that are important for the Four Days Marches are represented in the Recommendations Committee:

Province of Gelderland: Clemens Cornielje, King's Commissioner in Gelderland.

Nijmegen City Council: Hubert Bruls, Mayor.

Dutch Ministry of Defence: Peter van Uhm, former Commander of the Armed Forces.

Health-care sector: Cathy van Beek, member of UMC St Radboud's Executive Board.

Sponsoring: Teun Verheij, Managing Director of Albron.

Sport: Olga Commandeur, former athlete and sport presenter.

Tourism: Jurriaan de Mol, Managing Director of Regiomarketing Gelderland.

End of press release

Four Days Marches participants can opt to walk 55km

A special one-off 55km route will be open to walkers in 2016 to mark the 100th edition of the International Four Days Marches Nijmegen. The 55km route is an extended distance, and the existing 30, 40 and 50km routes will still apply.

Earlier this week, the board of Stichting DE 4DAAGSE gave the green light for the extended 55km route. Mayor Luciën van Riswijk of Druten was the first to be informed of the decision by a special delegation of board members. Druten has organised various fun activities in recent years, with a view to being able to welcome walkers again during the 100th Four Days Marches in 2016.

Participants will pass through Druten on the second day, the Day of Wijchen and Beuningen, making Druten the thirteenth official Four Days Marches en-route municipality for one year only in 2016.

Talks will be held with Druten over the next few months to determine the best way to tackle traffic and safety issues. The other en-route municipalities will also be involved in the talks. The extensions for the 55km distance have currently been planned for Driel (municipality of Overbetuwe, Day of Elst), Groesbeek (municipality of Berg and Dal, Day of Groesbeek) and Beers (municipality of Cuijk, Day of Cuijk).

Up until 1966, 55km was the regulation distance for men aged between 19 and 50 taking part in the Four Days Marches. This time, anyone can opt for this distance. The board of Stichting DE 4DAAGSE decided to reintroduce the distance for one year only based on recommendations from Stichting 100ste Vierdaagse, which is preparing the festivities for the 100th edition in 2016, as well as from the Association of Holders of the Four Days Marches Gold Cross and other parties.

Registration of Dutch military participants for the 100th edition

Same rules as for civilians

Dutch military participants will be subject to the same registration rules as civilian participants for the 100th Four Days Marches in 2016.

Individual military participants must have successfully completed the Four Days Marches four times during the period from 2010 to 2015 inclusive in order to be guaranteed a military starting ticket in 2016. Military detachments must have taken part in the Four Days Marches as a detachment at least four times during the same period. Detachments must consist of at least eleven participants, and no more than the average number with which they took part between 2010 and 2015. If not all of the available starting tickets can be issued under these regulations, a draw will be held among participants who do not meet the requirement.

The Dutch Ministry of Defence and Stichting DE 4DAAGSE came to an agreement on the registration protocol for the 2016 Four Days Marches just before the start of the 99th edition. In making these agreements, the Ministry of Defence remains in line with the registration protocol that Stichting DE 4DAAGSE previously drew up for individual civilian participants and groups.

“We are delighted to now be able to announce the procedure for next year's military registrations. All military participants concerned are currently in Nijmegen, so we can let them know which registration regulations apply to them,” explains Johan Willemstein, Chairman of Stichting DE 4DAAGSE.

Next month, Stichting DE 4DAAGSE will contact the military detachments that took part four times between 2010 and 2015. “We need to check whether our administrative records for them are correct and we also want to consult with them to establish the average number of participants,” says Willemstein. “This way, both the detachments and we, the organisation, will know the maximum number of participants that can be registered in 2016 well ahead of schedule.”

These rules also apply to international military participants who are part of the ‘small contingents’.

International military participants from the ‘delegation countries’ are subject to the usual registration rules, which are based on maximum participant numbers agreed with Stichting DE 4DAAGSE. The delegation countries are Germany, Switzerland, Great Britain, Canada, France and the Scandinavian countries.

100th Four Days Marches to get special 'Lap of Honour'

100 Four Days Marches walkers set to walk 5x50 kilometres in 2016

To give the 100th Four Days Marches in 2016 that extra bit of sparkle, and above all to highlight the event's sporting nature, a total of 100 walkers will walk 100 kilometres on one of the four days.

This additional 50-kilometre lap will honour the participants, walking as a sport and the Four Days Marches in a way that will never be forgotten. As a 'Lap of Honour', 100 selected participants will be given the unique opportunity of taking on this extraordinary once-in-a-lifetime challenge. A different group of 25 walkers will complete this special tour de force on each of the four days.

Through the night

Participants in this 'Lap of Honour' will initially walk the 50-kilometre route on the evening before the four regular marching days. Upon arrival back in Nijmegen, the 25 'Lap of Honour walkers' will have a short rest during the night and then walk the route again at the same time as the other 50-kilometre walkers – this time as individual participants. They will also walk as individual participants on the other three days.

Diversity

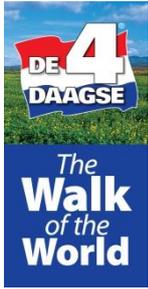
The composition of the 'Lap of Honour group' will change from day to day. "The diversity of the 'Lap of Honour walkers' will reflect the sheer variety of participants in the 100 editions of the Four Days Marches," explains Johan Willemstein, Chairman of Stichting DE 4DAAGSE.

One day is for 25 participants who put much of their energy into walking long distances throughout the year, while another day will see 25 uniformed walkers from the Dutch Ministry of Defence, the police, the fire services and customs. A third day has been set aside for 25 international participants, and the fourth group will probably be made up of Dutch celebrities and current and former sports personalities. "But the groups will definitely also feature 'average' Four Days Marches walkers," emphasises Willemstein.

By invitation only

It is not possible to sign up for the 'Lap of Honour'. People from the various groups will be specially invited by the organisers of the Four Days Marches. The health, safety and comfort of the 100-kilometre walkers will be carefully monitored both in the run up to and during the 'Lap of Honour'. During the Entry of the 100th Four Days Marches on Friday 22 July 2016, all 100 participants of the 'Lap of Honour' will walk the last few kilometres along Via Gladiola and past the grandstands together. As an extra reward, the 100-kilometre walkers will receive an exclusive 'Lap of Honour' badge and certificate.

[Press Release for the international media](#)



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Nijmegen Four Days Marches walking achievement event, Netherlands

The Walk of the World

50,000 walkers of around 100 different nationalities are expected to register for the 100th International Four Days Marches Nijmegen (Netherlands), which will be held from 19 to 22 July 2016. This figure includes 5,500 military servicemen and women from over 30 different countries.

The Nijmegen Four Days Marches has been the world's biggest multi-day walking achievement event for several decades now. The Four Days Marches is not a competition; it is all about personal achievement. Depending on their age and sex, participants walk 30, 40 or 50 kilometres per day for four consecutive days. On successful completion of the marches, they receive the coveted Four Days Marches Cross, a royally approved decoration.

Top achievement

As well as this decoration, the glorious entry of all walkers on the last afternoon of the Four Days Marches in Nijmegen is considered the ultimate reward for the walkers' top achievement, which is physical and often also mental. The final 15 kilometres of the route are packed with hundreds of thousands of keen spectators waiting to cheer on the Four Days Marches participants to the finish line. With musical accompaniment from numerous bands, the festive, colourful procession of walkers, which tails back for many kilometres, is showered in gladioli - the Four Days Marches flower.

Bonding, camaraderie, the sporting challenge and the atmosphere all make walking the Four Days Marches a unique experience. Many walkers find they have caught the 'Four Days Marches bug', which compels them to keep signing up for 'The Walk of the World' year after year. The current record holder is an 83-year-old man from Nijmegen, who is hoping to complete his 69th Four Days Marches in 2016. Men and women, and girls and boys take part in the walking achievement event, with participants' ages ranging from 11 to 93 years.

The Nijmegen Four Days Marches is so popular that thousands of fans have to be excluded by the draw each year, as the routes are unable to accommodate more than the maximum of 45,000 walkers. Allowing more walkers to take part in the time available would impact on walking comfort and be detrimental to the atmosphere and walkers' safety.

Range of landscapes

Walking 30, 40 or 50 kilometres in and around Nijmegen for four days is an intense way of experiencing the wide range of landscapes that the Netherlands has to offer.

Day 1 of the Four Days Marches takes the army of walkers through the Betuwe region, north of Nijmegen and traditionally seen as the orchard of the Netherlands. Situated between the cities of Arnhem and Nijmegen, this region tastefully combines its primarily agricultural landscape with the latest in urban development and architecture.

Day 2 of the Four Days Marches takes walkers to the 'Land van Maas en Waal', to the west of Nijmegen. This polder landscape, complete with windmills and dikes in true Dutch style, is nestled in between the country's major rivers - the Meuse and the Waal.

Day 3 is seen as the Four Days Marches' mountain stage by the tens of thousands of walkers. The routes for this day head south and east of Nijmegen, over hills and through valleys, centring on the wine village of Groesbeek. The hilly nature of the Day of Groesbeek tests the walkers' fitness and perseverance to the limit.

The fourth and final day of the Four Days Marches traditionally takes the walkers to Cuijk, south of Nijmegen, where troops of Dutch and German military engineers have worked together to build a special pontoon bridge over the river Meuse for the walkers. The river is closed to shipping traffic so the walkers can safely cross the Meuse without any disruptions. The village of Mook on the other side is actually the start of the glorious Four Days Marches entry. Participants walk the final 15 kilometres, filmed by dozens of TV cameras and cheered on by hundreds of thousands of keen spectators, on their way to the ultimate reward, the Four Days Marches cross.

Four Days Festivities

The Four Days Festivities descend on Nijmegen city centre during the Four Days Marches and are being organised for the 47th time this year by Nijmegen's tradespeople. The Four Days Festivities take place in the centre of Nijmegen and, together with the marches, attract 2.35 million visitors to the city every year. The Nijmegen Four Days Marches has therefore been the Netherlands' biggest free event for many years now! The event, due to take place from 16 to 22 July in 2016, will see more than 2750 artists perform on 37 stages.

Hospitable Nijmegen

Families in Nijmegen welcome thousands of walkers into their homes during the week of the Four Days Marches. Nijmegen, the oldest city in the Netherlands, is an exciting melting pot of the old and the new, combining innovation and history, modern architecture and grand old buildings, a green environment and a vibrant city centre. The city is the perfect place to shop and is renowned for its numerous bars and restaurants. It also has a greater concentration of pavement cafes than any other city in the Netherlands. Nijmegen's parks are a nice place to while away a few hours, and the immediate surroundings are lovely for walks or bike rides. As a university city, Nijmegen is one of the top Dutch cities in economic terms and has an excellent reputation in the fields of high-tech and health. Nijmegen is also a very cultural and sporting city, and is home to numerous festivals and other sporting events apart from the Four Days Marches.

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100th Nijmegen Four Days Marches in 2016

The Nijmegen Four Days Marches will be held for the 100th time in 2016, from 19 to 22 July. The organisers have been busy preparing for this special edition since 2013. The maximum number of participants has been raised to 50,000 for 2016 only, an additional route of 55 kilometres per day has been put together and numerous other celebrations are being organised to make the 100th Nijmegen Four Days Marches one that the walkers and their supporters will never forget.

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History of the Four Days Marches

Starting out as an initiative of the Dutch army, the first Four Days Marches was held in 1909. Supported by the commanding officers, the organisers increasingly saw sport as a way of improving the fitness and physical skills of (mostly) young men. 306 people took part in the first edition, including 10 civilians.

The first women walked the Four Days Marches in 1910, back when the event started from different places around the Netherlands. In 1925, the always hospitable Nijmegen - the country's oldest city, having been founded more than 2000 years ago - became the permanent start and finish location of the Four Days Marches. Reasons for this decision were the city's status as a Roman garrison city, the fact that the Colonial Reserve was based in Nijmegen, the beautiful surroundings and the enthusiasm of the city's residents.

The Nijmegen Four Days Marches has been an international sporting event since 1928, when 48 German soldiers, 40 British civilians, 20 Norwegian soldiers and 1 French photographer took part. Around twenty per cent of participants currently are from abroad, with 70 nationalities every continent is represented. The Four Days Marches was also one of the founding organisations of the global IML Walking Association in 1987.

Due to World Wars One and Two, no Four Days Marches was held in 1914 and 1915, and 1940 to 1945 respectively. The 2006 Four Days Marches was cancelled after the first marching day due to extreme weather (heat) putting the walkers' safety at risk.

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[Photo 7hills]

Day 3 of the Four Days Marches is known as the 'mountain stage' thanks to its hilly route.

Photo: Stichting DE 4DAAGSE - Ger Loeffen.

[Photo Waalbrug (Waalbridge)]

The 40,000-strong army of walkers crosses the bridge over the River Waal just outside Nijmegen into the Betuwe region on Day 1 of the Four Days Marches.

Photo: Stichting DE 4DAAGSE - Ger Loeffen

[Photo Via Gladiola]

The glorious entry of all walkers on the last afternoon of the Four Days Marches in Nijmegen.

Photo: Stichting DE 4DAAGSE - Ger Loeffen

[Photo Dijk (Dike)]

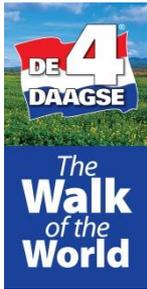
The Four Days Marches walkers of course walk on the famous Dutch dikes.

Photo: Stichting DE 4DAAGSE - Tjitske Sluis

[Photo Gladiool (Gladiolus)]

The gladiolus is the Four Days Marches flower. Walkers that reach the finish on day four are presented with hundreds of thousands of gladioli.

Photo: Stichting DE 4DAAGSE - Ger Loeffen



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Press Release 2016.008

Nijmegen, December 2015.

Special regulations established for 100th Four Days Marches

Registration opens on 1 February 2016

Registration for the 100th edition of the Four Days Marches, to be held from 19 to 22 July 2016, will open at 8am on Monday 1 February 2016. The regulations for the 100th Four Days Marches have now been finalised and established. The registration limit has been set at 50,000.

To be able to cope with extreme pressure on systems and capacity, Stichting DE 4DAAGSE has again split registration for the 100th Four Days Marches into two registration periods. From 8am on 1 February to midnight at the end of 26 February, registration will be open only to those whose participation in the 100th Four Days Marches is guaranteed under the Restriction Protocol. From 8am on 29 February to midnight at the end of 1 April, i.e. during the second registration period, registration will be open to everyone. The registration fee is €59,-. Walkers can register at www.4daagse.nl.

Exceptions

“To be guaranteed a starting ticket, the general rule is that you have to have completed four out of the six Four Days Marches held between 2010 and 2015. An exception to this rule is made only for the youngest participants and for participants registering through Via Vierdaagse. The exceptions are detailed in the Restriction Protocol on our website,” says Susanne Gerrits, head of Stichting DE 4DAAGSE's Central Administration.

“For this anniversary edition, we have opted to apply special regulations to make sure our faithful walkers are well represented during the upcoming edition, while also leaving room for other enthusiastic and new participants.”

Weighted draw

If the limit of 50,000 registrations is exceeded, a draw will be held among all applicants whose participation is not guaranteed under the Restriction Protocol. This will be a weighted draw that takes into account the number of Four Days Marches rewards achieved previously. In the event that a draw is necessary, it will be held under the supervision of a notary on 10 April, exactly 100 days ahead of the start of the 100th Four Days Marches.

More starting tickets

Military participants also stand to gain from the one-off registration limit increase to 50,000. In 2016, 5,500 starting tickets will be allocated to military participants, which is 500 more than in previous years. Additional starting tickets will also be allocated to Via Vierdaagse, the Dutch walking association's (KWBN) training and preparation programme for Four Days Marches first-timers: 1,650 instead of 1,500. Incidentally, registration for Via Vierdaagse starts at 8am on 11 January 2016. "This is to prevent confusion and duplication of registrations," Susanne Gerrits explains.

Regulations

The Restriction Protocol, which regulates which walkers are guaranteed a starting ticket for the 100th Four Days Marches, is available on the Four Days Marches website (www.4daagse.nl). In comparison to previous years, there is very little change in the other regulations for the 2016 Four Days Marches, which are now also available on the Four Days Marches website.

In 2016, individual participants with a military starting ticket will again be able to choose their start location themselves: De Wedren or Camp Heumensoord. The regulations for 2016 also provide the one-off option of walking 55km per day. Up until 1966, 55km was the regulation distance for men aged between 19 and 50 taking part in the Four Days Marches. This time, anyone can opt for this distance. The board of Stichting DE 4DAAGSE decided to reintroduce this distance for one year only based on recommendations from Stichting 100^{ste} Vierdaagse, which is preparing the festivities for the 100th edition in 2016, as well as from the Association of Holders of the Four Days Marches Gold Cross and other parties.

Along with the other main activities in the anniversary year, the routes for the 100th edition of the Four Days Marches will be presented in mid-January.

Notification

Participants who are entitled to register during the first registration period will receive notification from the organisers before 1 February. "This will be notification of the upcoming registration period, explaining clearly which rules apply and where walkers can find further information," says Susanne Gerrits. The registration procedure and associated terms and conditions are all available on the Four Days Marches website: www.4daagse.nl.

End of press release



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Press Release 2016.009

Nijmegen, 14 January 2016

Special logo 100th edition

The logo of the International Four Days Marches Nijmegen has been changed especially for this 100th edition — a ribbon bearing the text '100th' has been added. The 2016 Four Days Marches corporate identity includes the slogan 'Wie wandelt wordt honderd' (A century of walking).

A celebratory anniversary rosette has also been added to the 100th Four Days Marches corporate identity.

End of press release

Press release 2016.010, 14 January 2016

Extra distance in 2016: 55 km

Depending on their age and gender, participants usually walk 30, 40 or 50 kilometres, but the 55km route is a special extended distance which will be open to walkers in this 100th edition only. The routes pass through varied countryside in all directions around the city of Nijmegen, the oldest city in the Netherlands.

Press release 2016.011 - 14 January 2016

Extra Lap of Honour

As a one-off anniversary activity, an extra 'Lap of Honour' has been added to the 50-kilometre route in order to honour the participants, walking as a sport and the Four Days Marches in a way that will be never be forgotten. One hundred selected participants will be given the unique opportunity to take on this extraordinary once-in-a-lifetime challenge. A different group of 25 walkers will complete this special tour de force on each of the four days.

Press release 2016.012 - 14 January 2016

Star Walk

Across the Netherlands, groups of walkers are currently being selected to make their way to Nijmegen on foot from the 12 provincial capitals in the week leading up to the 100th Four Days Marches. They will be welcomed to festive Nijmegen with a Flag Parade and plenty of musical accompaniment on Sunday 17 July, together with dozens of people representing the target of 100 participating nationalities. Groups from outside the Netherlands can also join in with this Star Walk, alongside, for instance, Dutch and international participants in MaKoNi, the military march from Copenhagen to Nijmegen, which will also take place in 2016.

Press release 2016.014 - 14 January 2016

Major exhibition in Museum Het Valkhof

In the summer, Museum Het Valkhof in Nijmegen will hold a major exhibition about the 100th Four Days Marches. As well as being full of familiar sights for Dutch and international walkers, the exhibition will bring the event's magic to life for people who have not taken part before. The exhibition in Museum Het Valkhof will run for exactly 100 days, from 28 May until 4 September 2016, and will feature a timeline giving a historical summary of the Four Days Marches right from the first edition back in 1909 up to 2016.

Persbericht 2016.015 - 14 januari 2016

Anniversary conference

Nijmegen's Radboud University and its associated University Medical Centre are hosting a major anniversary conference entitled 'Wie wandelt wordt honderd. Het succes en de toekomst van een vitaal evenement' (A century of walking — the success and future of a dynamic event) in honour of this year's Four Days Marches. The conference, which is expected to attract around 450 participants, will be held on Friday 3 June. Its aim is to give stakeholders and interested parties an idea of the success factors that have helped the Four Days Marches become the world's biggest multi-day walking event and to look into which factors are essential in ensuring the event's success over the next one hundred years.

Press release 2016.017 - 14 January 2016

Four Days Marches is sustainable

Sustainability has been part of Stichting DE 4DAAGSE's policy for many years. For instance, the organisation makes every attempt to reduce and separate waste, encourages the use of public transport and works towards making the routes 'greener'. All four marching days also feature a nature project set up as part of the sustainability drive. The route on day 3 passes by the organic Four Days Marches vineyard in Groesbeek, which was planted back in 2013. In 2014, the Four Days Marches Forest was planted in Park Lingezegen, in the municipality of Overbetuwe, along the route walked on day 1 (Elst). Days 2 and 4 will also have a more sustainable touch in 2016, thanks to some charming 'flower meadows' right next to the routes. These meadows have an area of over 5,000m² and have been sown with many different wild plants which, when in full bloom, will provide a sustainable environment for butterflies, honeybees and bumblebees and will give walkers a colourful view.

Press release 2016.018 - 14 January 2016

Walk4peace

Since the Four Days Marches (the sporting event that brings people together) is so clearly linked with the themes of peace and freedom, the Nationaal Fonds voor Vrede, Vrijheid en Veteranenzorg in Nederland (National Fund for Peace, Freedom and Veteran Care in the Netherlands), or 'vfonds' for short, has become a Stichting DE 4DAAGSE partner. vfonds works to promote the recognition and appreciation of people in uniform serving the Dutch government across the world. "Walking in freedom – walk4peace – also fits in well with vfonds, because freedom is important to everyone," says vfonds' director Ton Heerts.

There is a good reason why the Four Days Marches started out as an initiative of the Dutch army in 1909 and the Dutch Ministry of Defence and its forces have proved to be a particularly loyal organisational partner for the Four Days Marches at all levels over the years.

During the 100th Four Days Marches, vfonds will be promoting two of the projects it supports — the Liberation Route Europe and the National Liberation Museum in Groesbeek.

The aim is for 100 different nationalities to take part in the 100th edition of the Four Days Marches, including military delegations from more than 30 countries. Around 5,500 soldiers will come to Nijmegen in July and will stay at the special military camp Heumensoord during the Four Days Marches week.

Peace and freedom

As well as many participants from western countries, walkers from places like Russia, Africa and Asia have previously taken part and will do so again this year. Some armies use the marches as a way for disabled soldiers to reintegrate, whereas Dutch soldiers deployed to Afghanistan have organised their 'own' Four Days Marches for many years now. Back in the Netherlands, lots of veterans take part each year, both in groups and individually, and are joined by numerous Dutch and international uniformed delegations from police forces, customs and fire services who see the Four Days Marches as valuable training for their physically challenging professions.

Since it is the world's biggest multi-day walking event, the Four Days Marches is seen as the prime example of sportsmanship and international bonding between military servicemen and women and civilians from many different countries. This also makes it a symbol of peace and freedom.



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Press Release 2016.19

Nijmegen, February 2016

Registration period 1 ran smoothly, period 2 opens on Monday

Almost 30,000 walkers already signed up for the 100th Four Days Marches

In the 25 days since registration opened, almost 30,000 walkers have already signed up to take part in the 100th Four Days Marches, which will be held from 19 to 22 July inclusive. The rush for the 100th edition of the world's biggest multi-day walking event is therefore currently in line with numbers seen in previous years.

The first registration period, intended for walkers who completed the Four Days Marches four times between 2010 and 2015, will close at midnight at the end of Friday 26 February. At the time of going to press, 8,640 people had registered for the 30km (blue) distance, 10,596 people for the 40km (yellow) distance, 4,362 participants for the 40km (green distance) and 1,860 people for the 50km (red) distance.

Huge amount of interest

Reinstated for this year only to mark the occasion of the 100th Four Days Marches, the 55km distance has so far proved much more popular than expected, with 2,954 registrations already. Incidentally, the opportunity to walk 55 kilometres on four consecutive days has affected the number of registrations for the standard 50km distance. "1,860 participants have registered for this distance so far, compared with almost 5,000 last year," says Mirjam Cornelissen, Stichting DE 4DAAGSE's Head of Organisational Affairs.

Young walkers

Fewer walkers on the 50km distance and more participants in the 30km route has been a recurring pattern in recent years. "There are two reasons for this," explains Mirjam Cornelissen. "First of all, the number of male participants who are required by the regulations to walk the 50-kilometre distance is decreasing, due to age. These older walkers are still participating in the Four Days Marches, but are opting for the 30 or 40-kilometre distances instead. On top of that, we are seeing an increase in the number of young walkers taking part in their first Four Days Marches, and they are also walking 30km, as per the regulations." There is no limit on the number of people who can participate in each individual distance.

Still a chance to register

The second registration period will open at 8am on Monday 29 February. Anyone can register during this period, which will close at midnight at the end of Friday 1 April. “Participants who were able to register during the first registration period can also still do so during the second period,” confirms Mirjam Cornelissen. The registration fee has been set at €59 and walkers can register at www.4daagse.nl.

Weighted draw

Registration will close once and for all at midnight at the end of Friday 1 April. If the number of registrations exceeds 50,000, a draw will be held among all walkers whose participation is not guaranteed under the Restriction Protocol. It will be a weighted draw that takes into account the number of Four Days Marches rewards achieved previously.

Mirjam Cornelissen explains the ‘weighted draw’ system. “The more rewards a walker has already gained, the greater his/her chance of being drawn. So for instance, people registered for reward 1 in 2016 have one chance to be drawn, while people registered for reward 23 have 23 chances.”

In the event that a draw is necessary, it will be held under the supervision of a notary on Friday 8 April. All walkers registered will receive a personal email informing them of the results of the draw.

Additional starting tickets

The 1,650 starting tickets that Stichting DE 4DAAGSE made available through the Via Vierdaagse training and preparation programme and the 750 starting tickets made available to sponsors, had already been distributed before the first registration period opened. The starting tickets assigned by sponsors will not affect the limit of 50,000 participants.

End of press release

Press Release 2016.021 – 8 April 2016

Record number of registrations for festive 100th Four Days Marches

A record number of people have registered for the 100th Four Days Marches: 54.325 people from all over the world want to participate in the jubilee edition of the event. Of these people, 32.599 walkers were immediately guaranteed a starting place. A maximum of 50.000 starting tickets are available, so the remaining 17.401 starting places will be divided in the draw today. This means that, 4.325 people will get the unfortunate message that they will not be able to participate this year.

The 100th Four Days Marches, which will be extra festive with additional festivities, has broken the record number of registrations set in 2014 (53.844 registrations). The reason why 'only' 4,325 participants will not receive a starting place in the draw is due to the fact that Stichting DE 4DAAGSE has increased the registration limit of 46.000 to 50.000 for this special edition of the Four Days Marches. "We expect that the number of enthusiasts that will be setting off at the start on July 19 will be higher than in previous years", says Johan Willemstein, chairman of Stichting DE 4DAAGSE.

Duplicate registrations

Before the draw under supervision of the notary takes place, all duplicate and other incorrect registrations were removed from Stichting DE 4DAAGSE's registration file. The results of the draw will be announced on www.4daagse.nl after the draw has taken place and all participants will be informed personally of the outcome per e-mail or letter.

72.001 lots

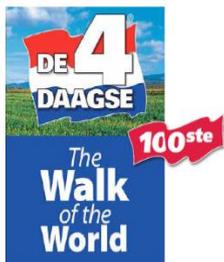
The draw this year will be a weighted draw. This means that the total number of rewards someone has received, will decide how many lots they will have in the draw. Over 8.000 people have one lot; these are debutants that want to participate on a regulation distance for the first time. The highest number of lots a person has this year is 53. The total number of lots in the draw is 72.001. The draw will be done by selecting all lots and sorting the results of the selection in a random order. The first 17,401 unique registration numbers will receive a starting place for the 100th Four Days Marches, the remaining registration numbers will not have drawn a place and will not be able to participate this year.

History

Since 2013 onwards, the number of registrations has exceeded 50.000 registrations every year. In 2005, 53.336 people registered for the Four Days Marches and this record was broken in 2014 when 53.844 walkers registered to participate in 'The Walk of the World'. The record for the highest number of people starting was set in 2003, when 44.812 walkers turned up for the first day of the Four Days Marches.

Four Days Marches sponsored walk

There has also been a lot of interest in the Four Days Marches sponsored walk. When registration for the 100th Four Days Marches closed, over 1,250 sponsors (1.000 in 2015) had already pledged financial support for the charities chosen by some 350 (200 in 2015) Four Days Marches participants. A total amount of over €35,000 has already been pledged for 115 different charities. Walkers can choose to walk for a good cause as part of the Four Days Marches sponsored walk until 22 July. Sponsors also have until that date to pledge their donations at www.devierdaagsesponsorloop.nl



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Press release 2016.023

Nijmegen, May 2016

From 9 July, 'the whole of the Netherlands' will be walking to Nijmegen

Also a lot of enthusiasm for the Four Days Marches Star Walks

To mark the 100th Four Days Marches in July 2016, the starting shot for the Star Walks will be fired in all twelve provincial government buildings around the Netherlands at 10.00 hrs on Saturday 9 July. The Star Walks are walks from the provincial capitals to Nijmegen and will finish there on Sunday 17 July, during a festive parade that marks the beginning of the 100th Four Days Marches anniversary week.

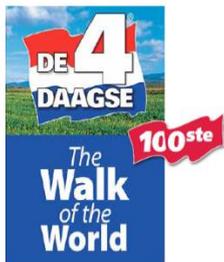
During the Star Walks, groups of walkers carry their provincial flag to Nijmegen in a relay. In doing so they emphasise the fact that the whole of the Netherlands is involved in the anniversary Four Days Marches, but also that the whole country is great for walking, especially on the existing long-distance walking routes.

The number of participants per province depends, among other factors, on the distance and on the route itself. Safety is a major consideration, but the attractiveness of each route will also be considered. The Star Walks are being organised by experienced walk planners, who are affiliated to KWBN, the Royal Dutch Walking Association.

Anyone wanting to take part should register quickly, because only a limited number of places are available for both the individual stages and the walks as a whole. Online registration closes on 31 May 2016, or earlier if all of the places on the Star Walks are taken.

A summary of all the stages in each province, as well as the link to the online registration form, are available on KWBN's information page: <http://www.kwbn.nl/pagina/wandelaars/stertochten/inschrijven>

End of press release



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Press release 2016.025

Nijmegen, 7 July 2016

‘Flower meadows’ project is already a prize winner

100th Four Day Marches further puts sustainability into practice

The creation of the Four Days Marches Forest in Park Lingezegen, the planting of an organic vineyard in Groesbeek, the sowing of flower meadows, roadside verges and dikes with facilities for insects (bee hotels), the placement of oak benches, switching to green power, waste sorting, promotion of the use of tap water and sustainable catering, the use of electric vehicles, energy-efficient lighting, and the use of quiet and energy-efficient power generators. During the 100th edition of the Four Days Marches, the organisation’s environmental sustainability vision is being put into practice in a wide range of areas.

When the topic of sustainability was first broached at a Stichting DE 4DAAGSE board meeting a few years ago, the board members immediately decided to take a practical approach to sustainability. “We didn’t want lengthy memoranda and reports, just good ideas that we could put into practice quickly and that would produce real results in terms of things like reducing our carbon footprint,” Gerard Beelen, Stichting DE 4DAAGSE’s board member for technical matters, explains. “Our biggest polluters were and still are mobility facilities for participants and waste produced by spectators and participants. Our main focus is therefore on raising awareness among these two groups.”

Forest and wine

Immersion into nature and the landscape is inherent to walking in general, and to walking the Four Days Marches in particular. The idea to plant a Four Days Marches Forest was therefore one that was welcomed by everyone. Gerard Beelen says “we actually wanted to create a new piece of nature along parts of each of the Four Days Marches routes, as a way of offsetting our carbon emissions. When we got started, this turned out not to be as straightforward as we thought. For the Day of Elst, the Four Days Marches was able to tie in with the creation of the new Park Lingezegen.”

“The park’s board was immediately willing to help develop the Four Days Marches Forest that is now arising right along the Four Days Marches route,” Beelen continues. “Planted in 2014, the forest that is now growing there contains a broad array of different kinds of trees. To mark the occasion, a new event called the Four Days Marches Forest Walk has been organised. It is a win-win situation.”

The organic vineyard at De Colonjes Winery in Groesbeek was the Four Days Marches’ first major sustainability project. “Planting a forest along the Day of Groesbeek’s route proved infeasible. Vines were planted by volunteers in 2013. We thought a vineyard was a great idea, also because it will allow us to present our very own Four Days Marches wine in 2016, on the occasion of the 100th edition of the Four Days Marches.”

Flowers and bees

Creating flower-rich roadside verges and dikes along several of the Four Days Marches routes, under the heading of 'Flower Meadows', was the Four Days Marches' third major sustainability project and an idea developed by Arjan Vernhout of Nijmegen-based V-Consult.

"Land owners, such as municipalities, the provincial authority and water boards, all jumped at the chance to take part in this project," Gerard Beelen says. "We have brightened up a total of 5,000m² of roadside verge and dike along the routes of the Day of Wijchen and the Day of Cuijk - as well as the centre of a large roundabout in Beuningen."

These meadows have been sown with many different wild plants which, when in full bloom, will provide a sustainable and nectar-rich environment for butterflies, honeybees and bumblebees and will give walkers a colourful view.

The flower meadows project has already won Stichting DE 4DAAGSE a prize. Upon stepping down as the chairman of the Association of Water Boards, Peter Glas of De Dommel water board drew attention to dikes in the Netherlands, which he claimed need strengthening and more flowers. Glas came up with the 'Pro Flora et Securitate' accolade, asking water boards and Rijkswaterstaat to nominate organisations for it. The Aa & Maas Water Board nominated Stichting DE 4DAAGSE and chairman Johan Willemstein recently accepted the prize.

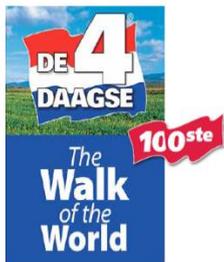
Technology

The Four Days Marches has also taken steps to improve sustainability when it comes to technology. "Further developments and advances in this area are yet to come," board member Beelen announces. "We have recently signed a collaboration deal with our sustainability partner Schneider Electric. One of the aims is to make the start and finish location, De Wedren, entirely energy neutral."

Energy management specialist Schneider Electric and Stichting DE 4DAAGSE have meanwhile taken further steps in this respect by extending the use of LED lights and switching to green power, while they are also looking into how to further influence the behaviour of Four Days Marches participants, visitors and suppliers, and make it more environmentally friendly. The first actions have already been taken in this area too and awareness plays a key role.

"Last but not least, we are getting a better idea of participants' travel arrangements," explains Gerard Beelen. "For our Netherlands-based participants, the Dutch rail operator, NS, and our mobility partner, Breng/Connexion, are offering more and more public transport options. Things are not as easy to organise for our international guests, but we can still also make inroads there."

End of press release



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Press release 2016.026

Nijmegen, 7 July 2016

Four Days Marches flower shorter and lighter

New gladiolus called 'The Walk of the World'

To mark the 100th Four Days Marches, the gladiolus that was christened 'Four Days Marches' in 1983 is being replaced this year. Gladiolus grower Theo Theunissen and plant breeder Hermien Challa have christened the first specimens of the 'new' gladiolus with the name 'The Walk of the World' in the presence of the Four Days Marches Chairman Johan Willemstein.

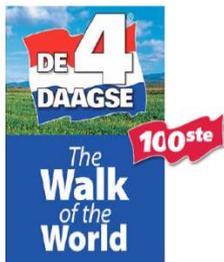
The new Four Days Marches flower par excellence is shorter and lighter than its predecessor, and is therefore easier for walkers to carry. Walkers are traditionally given a great many of these flowers during the Entry along Via Gladiola on the fourth day of the Four Days Marches.

The new gladiolus, orange-red or green in colour, is only available in very limited stocks this year. 'The Walk of the World' gladiolus was selected at gladiolus breeding company Challa Gladiolen in Laag-Soeren on the initiative of gladiolus grower Theo Theunissen of Heumen. The breeding process has taken over 10 years.

Hermien Challa, one of the few professional gladiolus breeders in the Netherlands, holds the plant breeder's right to the new gladiolus in the form of an exclusive licence granted to Theo Theunissen. The bulbs were gathered last autumn from a few ares of Challa Gladiolen ground, and are now being cultivated at grower Theo Theunissen's company. Depending on weather conditions, Theo Theunissen hopes to be able to pick the first flowers in the coming weeks.

The new gladiolus has already been officially registered by the nomenclature committee of the Dutch Royal General Bulb Growers' Association under the name 'The Walk of the World'.

End of press release



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Press release 2016.027

Nijmegen, 7 July 2016

Spearhead of vfonds, Four Days Marches partner for peace and freedom

Walking in freedom

On the occasion of the 100th anniversary of the Four Days Marches, walking in freedom is the focus of vfonds, the Four Days Marches' partner for peace and freedom.

The Dutch National Fund for Peace, Freedom and Veteran Support, or vfonds as it is better known, works to promote the recognition and appreciation of people in uniform serving the Dutch government across the world. Talking about the partnership with Stichting DE 4DAAGSE, vfonds' director Ton Heerts says "walking in freedom – walk4peace – fits in well with vfonds, because freedom is important to everyone."

During the 100th Four Days Marches, vfonds will be actively promoting two of the projects it supports — the Liberation Route Europe and the National Liberation Museum in Groesbeek. Together with the Dutch Veterans Platform, Stichting DE 4DAAGSE and vfonds have also been planning activities for (and with) veterans and members of other uniformed services, like the police and fire brigade.

Freedom afoot

The National Liberation Museum 1944-1945 in Groesbeek will be holding an open-air exhibition between 14 July and 30 October called "Freedom Afoot. The Four Days Marches in war and freedom". The exhibition "walks" the visitors through the history of the ever-changing 20th century and shows how the tensions of the time were reflected in the Four Days Marches.

Freedom Afoot covers the history of the Four Days Marches right from its origin as an initiative of the Dutch army. The Four Days Marches were interrupted by the World War I, but the event was especially impacted by the turbulent events of the 1930s and 40s. The exhibition shows the wide range of challenges the event faced in those times: mobilisation and occupation, an "emergency Four Days Marches", resistance marches, accusations of collaboration and walking through the rubble immediately after the war. After the war, the Four Days Marches grew "step by step" into what it is today, the largest multi-day marching event in the world.

All of this and more about the Four Days Marches, in wartime and in peace, is featured in Freedom Afoot. The exhibition was made possible thanks to the financial support of vfonds and in cooperation with Stichting DE 4DAAGSE and Stichting Liberation Route Europe.

Routes of Liberation

Another exhibition currently being held at the National Liberation Museum 1944-1945 in Groesbeek is the internationally acclaimed travelling exhibition "Routes of Liberation. European Legacies of the Second World War", which can be seen until 31 August 2016.

Five countries present their perspectives on WWII and the liberation: Germany, Poland, the Netherlands, France and Great Britain. The exhibition poignantly shows how history was and is experienced. Personal stories, time lines, film footage and unique photos from leading European war and liberation museums show the shared European legacy. The exhibition centres on how freedom was lost and regained, and what we can do to hold onto our freedom.

This exhibition is the creation of a consortium of leading European museums (and other partners) like the Allied Museum in Berlin, Mémorial de Caen, Museum of the Second World War in Gdansk and the National Liberation Museum 1944-1945 in Groesbeek.

The exhibition is back at the National Liberation Museum for an encore showing in honour of the 100th Four Days Marches, thanks to the financial support of vfonds and, once again, in cooperation with Stichting DE 4DAAGSE and Stichting Liberation Route Europe. The latter has been working with more than 60 international partners to mark out the route that the allied forces took through Europe to bring an end to WWII. The 3000-km trail starts in the south of England and continues from the beaches of Normandy into Belgium and the south-eastern Netherlands and on to Berlin. The Liberation Route Europe was officially launched on the beaches of Normandy on 6 June 2014, exactly 70 years after D-Day.

Walking in freedom

When they sign in on 17 or 18 July, every walker in the 100th Four Days Marches will receive a copy of the booklet *Wandelen in vrijheid* (Walking in freedom), in which the publisher Stichting DE 4DAAGSE impresses the importance and involvement of the military in the Four Days Marches. This booklet was made possible by the support of vfonds.

“The Four Days Marches is the ultimate symbol of walking in freedom. Having started out as a military event in 1909, still today it would be unthinkable without the men and women of the Ministry of Defence. Over a time span of more than a century, military personnel, reservists and veterans have been deployed in many different capacities, from traditional ceremonies to the building of infrastructure, and from spectacular operations to medical assistance. They have always met with heart-warming gratitude from walkers and spectators alike. Once again this year, civilians and military servicemen and women will walk down Via Gladiola... in complete freedom,” say the compilers of this richly illustrated booklet.

End of press release



Press release 2016.028

Nijmegen, 7 July 2016

Walking to Nijmegen from all over the Netherlands

100th Four Days Marches celebrated nationwide

At exactly the same time on Saturday 9 July 2016, 1,275 walkers will set off on a relay walk to Nijmegen from the Netherlands' twelve provincial capitals. At 10.00 hrs at their respective provincial government buildings, each province's King's Commissioner (or their deputy) will hand their walkers the provincial flag, asking them to take it to Nijmegen so that it can fly proudly on the stage during the 100th Four Days Marches.

These twelve walks from all corners of the Netherlands to Nijmegen, called "Star Walks", are intended to emphasise that the 100th Four Days Marches is a national party for everyone across the Netherlands. The Four Days Marches is the world's biggest multi-day walking event. For the anniversary edition, the number of participants was raised to 50,000 as a one-off. Participants come from more than 70 countries and every Dutch province sends hundreds of walkers. As the event's home province, Gelderland supplies the largest number of participants: 11,969. It is followed by Noord-Brabant (7,899) and Zuid-Holland (6,065). Even the smallest provinces, Flevoland and Zeeland, supply 628 and 633 participants respectively.

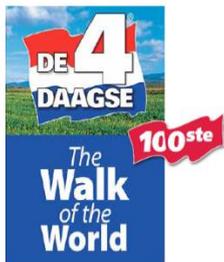
Festive Parade

At 286 kilometres, the walk from Middelburg in Zeeland is the longest from a provincial capital to Nijmegen, followed closely by Friesland (274), Groningen (270), and Drenthe (270). Provinces that are nearer to Nijmegen have added twists and turns to their route to ensure walkers from all provinces all arrive in Nijmegen on Sunday 17 July. On that day, the walkers from the various provinces will carry their respective provincial flags in a festive parade through Nijmegen city centre to kick off the 100th Four Days Marches. Military and police detachments from the Netherlands and other countries will also take part in this Parade, as will numerous marching bands.

On their walk from their provincial capital to Nijmegen, participants can be recognised by their special provincial flag t-shirts. The routes they will be taking are largely made up of long-distance walking routes and regional routes, which are clearly marked across the Netherlands. For a map of these routes, visit www.wandelnet.nl. These Star Walks, which are organised in close cooperation between the Royal Dutch Walking Association (KWBN) and Stichting DE 4DAAGSE, emphasise that walking is an attractive and healthy outdoor activity all over the Netherlands, not only in its 'walking capital', Nijmegen.

The 100th Four Days Marches will take place from 19 to 22 July 2016. On the final day of the anniversary edition of the Four Days Marches, i.e. Friday 22 July, His Royal Majesty King Willem-Alexander will also be in attendance.

End of press release.



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Press release 2016.029

Nijmegen, 7 July 2016

Shops full of collector's items and souvenirs

100th Four Days Marches boosts creative selling

On the eve of the 100th Four Days Marches, the shops – both bricks-and-mortar and online – are packed with all sorts of collector's items. This centenary edition has brought out the entrepreneurial spirit everywhere. Fans and collectors can choose from a wide range of surprising mementos, as well as the more traditional souvenirs. Here is just a taste of what is available.

Some of the products have resulted from collaborations with Stichting DE 4DAAGSE, including special products offered in the webshop of the main sponsor Hi-Tec Sports. There is also a wine from De Colonjes Winery, postage stamps issued by PostNL and commemorative coin-style medals made by the Royal Dutch Mint, all with the Four Days Marches theme. Wherever Stichting DE 4DAAGSE has approved this, a product may display the official Four Days Marches logo.

Four Days Marches wine only available online

The first wine made from the grapes harvested from the Four Days Marches vineyard in the De Colonjes Winery can only be ordered through the winery's webshop, with a maximum of two bottles per customer. This restriction on the purchase of this limited edition wine is, according to Freek Verhoeven from De Colonjes, “to allow as many walkers as possible to enjoy our wine.”

“The Four Days Marches wine is a very refined white wine, with fine tannins, fresh and fruity, specially made for the walkers.” The wine comes in elegant half-litre bottles, the “Bordeaux Future”, sealed with a cork. All bottles from the 2015 harvest are numbered. A bottle costs €14.95, but if you would like to have it displayed in a special wooden box, with or without lid, the price is €19.95.

The wine can only be purchased at <http://www.wijnhoevedecolonjes.info/vierdaagsewijn.aspx>. After placing the order and paying, the customer receives a voucher that can be used to pick up the wine in person at the stand of De Colonjes at De Wedren on one of the Four Days Marches sign-in days (17 and 18 July).

Hi-Tec Four Days Marches walking shop

The special Hi-Tec 4-Daagse WandelWinkel (Four Days Marches walking shop), which opened last month on Bisschop Hamerstraat in Nijmegen is, as you would expect, chock-full of fun (but also very practical) Four Days Marches items. In addition to a complete line of “Nijmegen” shoes and walking attire designed specifically for the Four Days Marches, the shop offers all sorts of other special merchandise. From bandanas and Four Days Marches caps, T-shirts, mini-dresses, coffee mugs and umbrellas right down to socks and shoelaces, this shop has it all.

Of course, during the Four Days Marches, main sponsor Hi-Tec is ready to serve its customers from its large stand at start and finish location De Wedren too.

Much of the Four Days Marches merchandise is also available at the Hi-Tec flagship store on Stadhouderskade in Amsterdam, right next to the entrance to the Vondelpark.

Special 100th Four Days Marches commemorative medal

In honour of the centenary of the Four Days Marches, the Royal Dutch Mint has struck a special 100th Four Days Marches commemorative coin-style medal. The front of this special medal displays a seemingly endless trail of walkers, while the reverse shows the Four Days Marches Cross framed by gladioli, another symbol of the marches.

The medal is available in various versions. The series includes a heavy silver-plated medal presented in a coin card displaying the special 100th Four Days Marches logo. Only 5000 of these commemorative medals are available at a price of €9.95 each.

The mint has also struck a silver and a gold version of the 100th Four Days Marches medal, both in gleaming proof quality, in a very limited edition of 500 and 300 pieces respectively. The gold and silver medals are presented in a display box and come with a Royal Dutch Mint certificate of authenticity.

100th Four Days Marches medals can be ordered through the website of the Royal Dutch Mint at www.knm.nl.

Four Days Marches stamp series

Dutch postal service PostNL has issued a series of stamps to mark the occasion of the 100th edition of the Four Days Marches. These stamps illustrate the four days of this event in and around Nijmegen in a poignant way.

The series includes five individual stamp sheets of five stamps each. One sheet features the Nijmegen Four Days Marches as a whole, while the other four are dedicated individually to the specific marching days of Wijchen, Elst, Cuijk and Groesbeek. The stamps display photos of walkers over the years, in colour and in black & white. The excitement on their faces, and even the blisters on their feet, are showcased on the stamps.

According to Linda van Zomeren, HR Director at PostNL, “it is expected that a record number of walkers will be taking part in this year’s edition of the event. We have a great deal of admiration for these walking enthusiasts who will be covering an enormous distance four days in a row. The Four Days Marches is a wonderful tradition in the Netherlands and one that deserves to be commemorated on stamps.”

The stamp sheets can be purchased at postnl.nl/vierdaagse. The five sheets, which come in a special folder, cost €20, and can also be purchased during the Nijmegen Four Days Marches at the special PostNL stand at De Wedren. This special folder with the stamp sheet series is in a limited edition of only 2000 sets.

CD by Paul de Graaf

Under the title *De Mooiste Vier Dagen Van Het Jaar* (the nicest four days of the year), Nijmegen-based singer-songwriter Paul de Graaf has released a special CD with ten walking songs. The CD was commissioned by the Association of Holders of the Four Days Marches Gold Cross, which is also celebrating a special anniversary this year — its 65th.

In their search for a special centenary present, members of the association quickly settled on a gift of music, which was natural given the importance that music plays in the Four Days Marches event. After asking for input on Facebook, Paul de Graaf worked the responses of the association’s members into his song *100ste Vierdaagse* (the 100th Four Days Marches). This is a fast-paced song with a contemporary feel that reflects exactly what the Four Days Marches is all about — friendship, stories and overcoming your personal barriers.

This CD, which has been released in a very limited edition, can be purchased at the following locations in Nijmegen: ANAC petrol station, Bruna bookshops, Spac Sport, Irish Pub The Shamrock, Beer & Bites and Spijshuis Uylenspieghel.

It is also available online. For more information, please visit www.goudenkruisdragers.nl and/or

Four Days Marches mini-dress and T-shirt

Hi-Tec Sports has designed a mini-dress and T-shirt especially for the 100th Four Days Marches. The mini-dress and T-shirt are available exclusively at a number of Jumbo supermarkets in and around Nijmegen.

This year, Hi-Tec has included a skirt in its clothing range. This was the inspiration for the production of a mini-dress for the Four Days Marches in the official colours, not just for the walkers, but also for the supporters and other visitors celebrating this centenary event. After talking to the people from Jumbo, it was decided to also make a special Four Days Marches T-shirt for men.

In the Beuningen, Bommel, Huissen, Druten, Gennep, Groesbeek, Leuvenbroek, St. Jacobslaan, Malvert and Fenikshof branches, Jumbo customers will be given one free token for every €15 in groceries purchased up to and including 19 July. In exchange for five of these tokens and a modest €10 the customer can get a unique mini-dress or T-shirt.

Four Days Marches jigsaw

Together with puzzle and toy company the Royal Jumbo Group, Studio Jan van Haasteren has created a new jigsaw featuring the Four Days Marches. Teeming with activity, this comical 1000-piece jigsaw shows the Entry, with triumphant walkers receiving the traditional gladioli on Via Gladiola.

The jigsaw image was created by Rob Derks, one of the cartoonists working for Studio Jan van Haasteren. For Nijmegen-born-and-bred Derks, the Four Days Marches, an event he grew up with, is one big party. Rob also works as part of the team at Nijmegen-based cartoon and illustration studio Noodweer.

The new Four Days Marches jigsaw is available for €16.99 in various shops throughout the Netherlands.

Relax with a thriller after the walk

Anyone wanting to sit back and enjoy a good book after their trek can really get lost in one of the Four Days Marches thrillers written by Rudy Dek.

The latest in this series published by Nijmegen-based publisher Uitgeverij QV is called *Oorlogspad* (War Path). “For the ninth year in a row, city detective Rogier Hoofs joins the fight against the Nijmegen underworld, this time getting caught up in the rich history of the city (and the Four Days Marches) while making a spectacular discovery,” explains the blurb.

The first copy of the book was presented to march coordinator Johan Willemstein at the Liberation Museum in Groesbeek. The publisher’s price is €14.95; Four Days Marches walkers qualify for a discount.

Another Nijmegen publisher – and initiator of the Four Days Marches thrillers – Logikos has also published a novel in this genre this year, the second one from the pen of author, journalist and historian Rob Bakker.

Under the title *Het mysterie van de 100...* (The Mystery of the 100...), a thrilling story about international terrorism and a spectacular diamond heist in France unfolds. The Four Days Marches, the walkers, Nijmegen and the River Waal all play a central role in this novel.

March coordinator Johan Willemstein wrote the foreword to this book, which will also be published in English. In the shops the book costs €14.95; Four Days Marches walkers qualify for a discount on this thriller as well.

Donald Duck visits Four Days Marches city Nijmegen

During the week of the Four Days Marches, the Dutch version of the Donald Duck weekly comic book will centre on “The Walk of the World” and Nijmegen, the oldest city in the Netherlands.

“We enjoy working Dutch themes into the comic books and we do so regularly,” says Joan Lommen, editor-in-chief of the Donald Duck special Four Days Marches edition. “Such a wonderful Four Days Marches anniversary lends itself beautifully to this, and the sporting event, with its wide appeal, is a perfect fit for a cheerful comic book like Donald Duck.”

Will Donald Duck get through the four days unscathed? Lommen doesn’t want to give anything away yet: “We’ll just have to wait and see. The title of the story may be The Hero of the Four Days Marches, but Donald is a hero in words and not in deeds; his life is not a bed of roses – or gladioli either.” The story of

how the Four Days Marches edition of the Donald Duck weekly came about is told in the special Four Days Marches exhibition at Museum Het Valkhof, which takes a look back over the 100-year history of the event. Donald Duck, number 29, goes on sale on 14 July 2016.

Four Days Marches through liberated territory

Author and walking enthusiast Dick Lockhorst has written a guide book to place the walker, as he or she covers the Four Days Marches routes, back in time, to September 1944, during the liberation of Nijmegen. On the basis of the familiar routes of the Four Days Marches, the book, entitled *De Vierdaagse van Nijmegen - Wandelen door bevrijd gebied* (Nijmegen Four Days Marches - a walk through liberated territory), paints a vivid picture of the ongoing battles in September 1944. The history is told in the sequence of the route, while the book also provides the reader with walking tips. Each day, the walker is taken back in time; equally important, the reader is given plenty of tips on how to get the most out of walking in and around Nijmegen, allowing him or her to enjoy the Four Days Marches event even more. After all, an enjoyable day of walking is what it's all about. The book can be purchased for €14.95 in the bookshops.

Four Days Marches sweets: "Het Nijmeegs Lopertje"

Entrepreneur Marloes van der Kemp-Jansen conceived the idea of "Het Nijmeegs Lopertje", a jelly sweet (fruit-flavoured and liquorice) in the form of a little walker and packed in an original Four Days Marches tin.

"Nijmegen has been a walker's paradise since time immemorial. It's hardly surprising that the Nijmegen Four Days Marches is taking place for the 100th time this year. And, in addition to this major event, we have all sorts of walking and running events, like the Kaloramamars and the Avond 4-daagse walks and the Marikenloop and Zevenheuvelenloop runs," explains Ms van der Kemp.

The little walker is a symbol of all the walkers and runners in Nijmegen and the surrounding area and of those just visiting. With a beautiful wooded push moraine, the marshes and floodplains, Nijmegen is a great base for recreation outdoors.

A tin of sweets costs €7.95.

Monopoly coming to Nijmegen soon

Gerard Mulder and Willem-Jan Wiegers are very busy developing a special Four Days Marches/Nijmegen edition of the ever-popular board game Monopoly. As soon as advance orders reach the 2000 mark, the game will go into production. The two initiators expect that the game, in a special Four Days Marches box, will be ready in time for the 2016 holiday season.

What makes this Four Days Marches/Nijmegen edition so special is that it is truly dedicated to this event, with the more familiar street names from the various Dutch editions being replaced with streets and locations tied in with this, the world's largest multi-day walking event. The "Via Gladiola" street has already been adopted by main sponsor Hi-Tec sports.

On Sunday 17 July, Mr Monopoly will be visiting Nijmegen to present the Four Days Marches edition of the game.

A copy of the board game (price: €49.95) can be reserved at <http://vierdaagse.stedenmonopoly.nl/reserveren/>

The jewel of the Four Days Marches

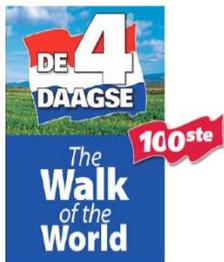
Since 2010, goldsmith and jeweller Godfried Brouwers from the town of Malden has been making Four Days Marches charms. "The unique souvenir for a unique walking event," is the praise the goldsmith gives his creations.

The Four Days Marches charms fit on charm bracelets and necklaces, including the charm bracelets of other brands like Pandora, Trollbeads and Tedora. These charms are very popular among collectors in the Netherlands and abroad. The charms can be ordered 24/7 from the website at

www.vierdaagsebedel.nl/webshop/ and are also for sale at a number of specialty shops in the Nijmegen region.

Brouwers has created seven new charms for this year's Four Days Marches, four of which are dedicated to this centenary edition. These charms have been produced in limited editions and will only be available this year, so hurry and get yours while stocks last.

End of press release



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Nijmegen, 7 July 2016

Facts and Figures for the 100th Four Days Marches

(participant numbers, including military participants, as of 3 July 2016)

| 1. Barometer data | <u>2016</u> | <u>2015</u> |
|-------------------------------------|-------------|---------------|
| Number of registrations | 54,325 | 51,462 |
| Number excluded by the draw | 4,325 | 5,462 |
| Registration limit | 50,000 | 46,000 |
| Registrations as of 1 July | 48,986 | N/A* |
| No-shows | | 3,316* |
| Signed in | | 42,684 |
| Non-starters/withdrawals on 1st day | | 697 |
| Completed 1st day | | 41,987 |
| Non-starters/withdrawals on 2nd day | | 894 |
| Completed 2nd day | | 41,093 |
| Non-starters/withdrawals on 3rd day | | 795 |
| Completed 3rd day | | 40,298 |
| Non-starters/withdrawals on 4th day | | 206 |
| Completed the Four Days Marches | | 40,092 |

*In 2015, the registration limit was displayed on the barometer. Cancelled registrations, as well as people who did not turn up, were included in the 'no-shows' category. From 2016, the barometer will initially display the number of registrations that have not been cancelled, i.e. the number of people who could still turn up during the Four Days Marches.

2. Number of military participants

The number of military participants registered is at most 5,496 in 2016 (figure dated 3 July 2016).

3. Nationalities (48,986 people in total, dated 3 July 2016, including military participants)

The number of different nationalities among all participants in the 100th Four Days Marches is: 68

Afghanistan, Australia, Austria, Bahrain, Belgium, Bermuda, Brazil, Canada, China, Colombia, Czech Republic, Denmark, Dominican Republic, East Timor, Finland, France, Germany, Greece, Hong Kong, Hungary, Iceland, India, Indonesia, Iraq, Ireland, Israel, Italy, Japan, Kazakhstan, Kenya, Latvia, Lithuania, Luxembourg, Macedonia, Malawi, Malaysia, Malta, Nepal, Netherlands, New Zealand, Nigeria, Norway, Poland, Portugal, Romania, Russia, San Marino, Serbia, Singapore, Slovakia, South Africa, South Korea, Spain, Sri Lanka, Suriname, Sweden, Switzerland, Syria, Taiwan, Thailand, Trinidad & Tobago, Ukraine, United Kingdom, United States, Uzbekistan, Venezuela, Vietnam, Virgin Islands (British)

The number of different nationalities among civilian participants is: 67

Afghanistan, Australia, Austria, Bahrain, Belgium, Bermuda, Brazil, Canada, China, Colombia, Czech Republic, Denmark, Dominican Republic, East Timor, Finland, France, Germany, Greece, Hong Kong, Hungary, Iceland, India, Indonesia, Iraq, Ireland, Israel, Italy, Japan, Kazakhstan, Latvia, Lithuania, Luxembourg, Macedonia, Malawi, Malaysia, Malta, Nepal, Netherlands, New Zealand, Nigeria, Norway, Poland, Portugal, Romania, Russia, San Marino, Serbia, Singapore, Slovakia, South Africa, South Korea, Spain, Sri Lanka, Suriname, Sweden, Switzerland, Syria, Taiwan, Thailand, Trinidad & Tobago, Ukraine, United Kingdom, United States, Uzbekistan, Venezuela, Vietnam, Virgin Islands (British)

The number of different nationalities among military participants is: 27

Australia, Austria, Belgium, Canada, Czech Republic, Denmark, Finland, France, Germany, Ireland, Italy, Kenya, Latvia, Nepal, Netherlands, Norway, Poland, Portugal, Romania, Russia, South Africa, Spain, Sweden, Switzerland, Ukraine, United Kingdom, United States

4. Youngest and oldest participants

For the 100th Four Days Marches, 518 people are registered who were born in 2004 and so turn twelve in 2016, of whom 276 are men (53.3%) and 242 women (46.7%).

Amber van Broekhuizen, Caithlyn Rosmalen, Lars Wissink and Marlou Wolbers are all eleven years old and so will jointly hold the honorary title 'Youngest Participant in the Four Days Marches' in this year's 100th edition. The four of them were born on 31 December 2004, and so are yet to turn twelve. Their birthdays fall just in time to be able to officially register for the Four Days Marches in accordance with the rules. Lars Wissink from Oosterbeek is ready and raring to go: "I'm walking with my grandpa, which I'm really excited about, and I can't wait to see if we both make it to the end!" Amber van Broekhuizen from Elst also sees the Four Days Marches as a challenge, but thinks that the walking event is above all a sporting feat that she is happy to undertake for Kika, a children's cancer charity. Caithlyn Rosmalen from Ewijk thinks that participating in the event is 'just great fun'. She has also chosen to walk for the charity Beat Batten.

The youngest international boy taking part in the 100th Four Days Marches is eleven-year-old Karl Gunnergren from Hono in Sweden, who will be taking part in the 40-kilometre event. Eleven-year-old Debby Weis from Oberdonven in Luxembourg is the youngest girl from abroad and is also registered for the 40-kilometre event. The youngest participant in the 55-kilometre event is Yuri van Beersum from Beuningen, who turns fourteen in October.

The **oldest** participants in the 100th Four Days Marches, Mr Herman Dubie of Amsterdam and Mr Jan Zwijnen of Huizen, are 93 years old. Mr Dubie is ten weeks older than Mr Zwijnen.

Mr Svend Sorensen (89) from Rask Molle in Denmark is the oldest international participant. Mrs Truus Verhaegh from Velden near Venlo (89) and Mrs Yvonne den Haerijnck (87) from the Belgian village of Koewacht are the oldest women for the second year in a row. Mrs Verhaegh hopes to turn 90 in October.

For the 100th Four Days Marches, there are three men registered who were born before 01/01/1927 and have turned or will yet turn 90 years old in 2016. No women born before 01/01/1927 have registered. The number of registered participants who turn 80 or older this year is 474, of whom 383 are men (80.8%) and 91 are women (19.2%).

5. Oldest first-time entrants (m/f) from the Netherlands and from abroad in 2016

The oldest first-time entrant registered for the 100th Four Days Marches is 85-year-old Mrs Agnes Roest-Bomers from Malden, who will be taking part in the 30-kilometre event. The oldest first-time international entrant in the 30-kilometre event is Ivar Aalbu from Rykkinn in Norway who turns 84 on Friday, the day of the Entry. The oldest first-time entrant in the 55-kilometre event is an international participant, Mrs Youngae Lee (69) from Tokyo in Japan.

6. Record walkers and anniversaries

This year, Bert van der Lans (84) from Nijmegen will be trying to secure his 69th Four Days Marches Cross, and will walk the 30-kilometre distance. Also in the 30km event, Dick Koopman (85) from Oudorp (Noord-Holland) is hoping to achieve his 67th Four Days Marches Cross, which will be this year's second

highest reward. No less than 13 participants (11 men, 2 women) are going for their 50th Four Days Marches Cross, including a man from Germany and a man from Switzerland.

7. Number of participants who are going for a reward (out of 48,986 participants, including military)

| Reward | Men | Women | Total |
|--------|-------|-------|-------|
| 1 | 5,815 | 3,960 | 9,775 |
| 2 | 2,436 | 1,771 | 4,207 |
| 5 | 2,163 | 1,685 | 3,848 |
| 10 | 1,235 | 802 | 2,037 |
| 25 | 196 | 99 | 295 |
| 40 | 31 | 10 | 41 |
| 50 | 13 | 2 | 15 |
| 51 | 14 | 0 | 14 |
| 52 | 4 | 1 | 5 |
| 53 | 4 | 3 | 7 |
| 54 | 8 | 1 | 9 |
| 55 | 3 | 1 | 4 |
| 56 | 1 | 0 | 1 |
| 57 | 2 | 0 | 2 |
| 58 | 3 | 0 | 3 |
| 59 | 0 | 0 | 0 |
| 60 | 0 | 0 | 0 |
| 61 | 0 | 0 | 0 |
| 62 | 0 | 0 | 0 |
| 63 | 0 | 1 | 1 |
| 64 | 0 | 0 | 0 |
| 65 | 0 | 0 | 0 |
| 66 | 0 | 0 | 0 |
| 67 | 1 | 0 | 1 |
| 68 | 0 | 0 | 0 |
| 69 | 1 | 0 | 1 |

8. Number of registered participants in a wheelchair

There will be 20 participants in a wheelchair in 2016.

9. Age distribution of civilian participants (excluding military)

| Age category (by year of birth) | Men | Women | Total |
|---------------------------------------|--------|--------|--------|
| 11 to 20 yrs (born 1996 to 2004) | 1,694 | 1,354 | 3,048 |
| 21 to 30 yrs (born 1986 to 1995) | 1,459 | 1,792 | 3,251 |
| 31 to 40 yrs (born 1976 to 1985) | 1,756 | 1,592 | 3,348 |
| 41 to 50 yrs (born 1966 to 1975) | 2,642 | 2,704 | 5,346 |
| 51 to 60 yrs (born 1956 to 1965) | 6,113 | 5,221 | 11,334 |
| 61 to 70 yrs (born 1946 to 1955) | 7,665 | 4,856 | 12,521 |
| 71 to 80 yrs (born 1936 to 1945) | 3,130 | 1,184 | 4,314 |
| 81 to 90 yrs (born 1926 to 1935) | 263 | 61 | 324 |
| 91 yrs and older (born before 1926) | 4 | 0 | 4 |
| Total number of civilian participants | 24,726 | 18,764 | 43,490 |

10. Age distribution of military participants (excluding civilians)

| Age category (by year of birth) | Men | Women | Total |
|---------------------------------------|-------|-------|-------|
| 11 to 20 yrs (1996-2004) | 355 | 105 | 460 |
| 21 to 30 yrs (1986-1995) | 1,791 | 280 | 2,071 |
| 31 to 40 yrs (1976-1985) | 1,082 | 158 | 1,240 |
| 41 to 50 yrs (1966-1975) | 828 | 93 | 921 |
| 51 to 60 yrs (1956-1965) | 609 | 58 | 667 |
| 61 to 70 yrs (1946-1955) | 103 | 9 | 112 |
| 71 to 80 yrs (1936-1945) | 22 | 1 | 23 |
| 81 to 90 yrs (1926-1935) | 2 | 0 | 2 |
| Total number of military participants | 4,792 | 704 | 5,496 |

11. Age distribution of all participants (including military)

| Age category (by year of birth) | Men | Women | Total |
|-------------------------------------|--------|--------|--------|
| 11 to 20 yrs (1996-2004) | 2,049 | 1,459 | 3,508 |
| 21 to 30 yrs (1986-1995) | 3,250 | 2,072 | 5,322 |
| 31 to 40 yrs (1976-1985) | 2,838 | 1,750 | 4,588 |
| 41 to 50 yrs (1966-1975) | 3,470 | 2,797 | 6,267 |
| 51 to 60 yrs (1956-1965) | 6,722 | 5,279 | 12,001 |
| 61 to 70 yrs (1946-1955) | 7,768 | 4,865 | 12,633 |
| 71 to 80 yrs (1936-1945) | 3,152 | 1,185 | 4,337 |
| 81 to 90 yrs (1926-1935) | 265 | 61 | 326 |
| 91 yrs and older (born before 1926) | 4 | 0 | 4 |
| Total number of participants | 29,518 | 19,468 | 48,986 |

12. Gender spread of participants in the 100th Four Days Marches (including military)

Of all 43,490 civilian participants currently registered, 24,726 (=56.85%) are male and 18,764 (=43.15%) are female. Of all 5,496 military participants currently registered, 4,792 (=87.19%) are male and 704 (=12.81%) are female. In total, there are 48,986 participants currently registered, of whom 29,518 (=60.26%) are men and 19,468 (=39.74%) are women.

13. Participant numbers per distance (out of 48,986 total participants, including military)

Individual civilian registrations: 42,112

30km (Blue) individual walkers = 13,558 (= 32.20% of individual civilian registrations)

40km (Yellow) individual walkers = 19,065 (= 45.27% of individual civilian registrations)

40km (Green) individual walkers = not permitted

50km (Red) individual walkers = 4,479 (= 10.64% of individual civilian registrations)

55km (Orange) individual walkers = 5,010 (= 11.90% of individual civilian registrations)

Civilian registrations in a total of 75 groups: 1,378

30km (Blue) walkers in civilian groups = 106 (= 7.69% of civilian group registrations)

40km (Yellow) walkers in civilian groups = 848 (= 61.54% of civilian group registrations)

40km (Green) walkers in civilian groups = not permitted

50km (Red) walkers in civilian groups = 288 (= 20.90% of civilian group registrations)

55km (Orange) walkers in civilian groups = 136 (= 9.87% of civilian group registrations)

Military individual registrations: 1,368 participants

30km (Blue) individual walkers = 3 (= 0.22% of individual military registrations)

40km (Yellow) individual walkers = 352 (= 25.73% of individual military registrations)

40km (Green) individual walkers = 985 (= 72.00% of individual military registrations)

50km (Red) individual walkers = 13 (= 0.95% of individual military registrations)

55km (Orange) individual walkers = 15 (= 1.10% of individual military registrations)

Military registrations in a detachment: 4,128 participants

30km (Blue) walkers in detachments = not permitted

40km (Yellow) walkers in detachments = not permitted

40km (Green) walkers in detachments = 4,128 (= 100.00% of detachment registrations)

50km (Red) walkers in detachments = not permitted

55km (Orange) walkers in detachments = not permitted

14. Participant numbers per distance (out of 48,986 total participants)

30km (Blue) all registrations = 13,752 (= 28.07% of all registrations)

40km (Yellow) all registrations = 20,271 (= 41.38% of all registrations)

40km (Green) all registrations = 5,113 (= 10.44% of all registrations)

50km (Red) all registrations = 4,757 (= 9.71% of all registrations)

55km (Orange) all registrations = 5,093 (= 10.40% of all registrations)

15. Number of non-Dutch participants (including military)

In total, 13.68% (=6,702) of registered participants are not Dutch. Of the men, 17.87% (=5,275 out of 29,518) are not Dutch, while 7.33% (= 1,427 out of 19,468) of the women are not Dutch.

16. Number of first-time entrants (48,986 participants, including military)

The number of civilian participants registered for reward 1 is 7,210 (=43.71% of all civilian participants).

The number of military participants registered for reward 1 is 2,565 (=46.67% of all military participants).

17. Number of people registered with Via Vierdaagse training programme

1,633 people have registered with the training programme Via Vierdaagse.

18. Number of KWBN participants (out of 48,986 total participants, including military)

The number of KWBN members who have registered for the 100th Four Days Marches is 15,173, including the 1,633 participants from Via Vierdaagse.

19. Number of participants who registered and successfully completed the Four Days Marches up to and including the 100th edition

Barometers up to and including 2016 put the total number of people ever to have registered for the Four Days Marches at 1,750,300. The total number of people to have completed the Four Days Marches up to and including 2015 is 1,530,310.

20. Number of participants (out of 48,986 total participants, including military) from each en-route municipality, based on postcode district, men and women:

Nijmegen, 6500 - 6546: 2,649 participants, of which 1,534 men and 1,115 women

Elst, 6660 - 6662: 363 participants, of which 209 men and 154 women

Wijchen, 6600 - 6605: 578 participants, of which 319 men and 259 women

Groesbeek, 6560 - 6562: 286 participants, of which 176 men and 110 women

Cuijk, 5430 - 5432: 245 participants, of which 143 men and 102 women

Arnhem, 6800 - 6846: 705 participants, of which 437 men and 268 women

Beuningen, 6640 - 6642: 350 participants, of which 208 men and 142 women

Grave, 5360 - 5361: 133 participants, of which 68 men and 65 women

Malden, 6580 - 6581: 295 participants, of which 177 men and 118 women

Mook en Middelaar, 6585 - 6587: 99 participants, of which 56 men and 43 women

21. Number of civilian participants living in the Netherlands, by gender (out of 40,325 participants, as of 23 June 2016).

| Province | Men | Women | Total |
|-----------------|---------------|---------------|---------------|
| Drenthe | 455 | 366 | 821 |
| Flevoland | 356 | 272 | 628 |
| Friesland | 429 | 415 | 844 |
| Gelderland | 6,818 | 5,151 | 11,969 |
| Groningen | 331 | 323 | 654 |
| Limburg | 1,238 | 967 | 2,205 |
| Noord-Brabant | 4,346 | 3,553 | 7,899 |
| Noord-Holland | 2,105 | 1,760 | 3,865 |
| Overijssel | 1,197 | 1,030 | 2,227 |
| Utrecht | 1,429 | 1,086 | 2,515 |
| Zuid-Holland | 3,413 | 2,652 | 6,065 |
| Zeeland | 352 | 281 | 633 |
| Total | 22,469 | 17,856 | 40,325 |

22. Number of civilian participants living in the Netherlands, by age category (out of 40,325 participants, as of 23 June 2016).

| Province | 12 - 20 yrs | 21 - 30 yrs | 31 - 40 yrs | 41 - 50 yrs | 51 to 60 yrs | 61 to 70 yrs | 71 - 80 yrs | 81 - 90 yrs | 91 yrs and older | Total |
|-----------------|--------------------|--------------------|--------------------|--------------------|---------------------|---------------------|--------------------|--------------------|-------------------------|---------------|
| Drenthe | 47 | 39 | 57 | 111 | 229 | 248 | 86 | 4 | 0 | 821 |
| Flevoland | 28 | 37 | 58 | 103 | 187 | 163 | 48 | 4 | 0 | 628 |
| Friesland | 40 | 39 | 34 | 88 | 249 | 271 | 113 | 10 | 0 | 844 |
| Gelderland | 1,352 | 1,126 | 977 | 1,415 | 2,885 | 3,086 | 1,045 | 82 | 1 | 11,969 |
| Groningen | 29 | 55 | 42 | 102 | 182 | 183 | 57 | 4 | 0 | 654 |
| Limburg | 160 | 174 | 150 | 188 | 575 | 734 | 210 | 14 | 0 | 2,205 |
| Noord-Brabant | 397 | 469 | 497 | 856 | 2,188 | 2,563 | 864 | 65 | 0 | 7,899 |
| Noord-Holland | 167 | 235 | 325 | 495 | 980 | 1,181 | 459 | 21 | 2 | 3,865 |
| Overijssel | 131 | 149 | 153 | 301 | 600 | 660 | 218 | 15 | 0 | 2,227 |
| Utrecht | 119 | 246 | 225 | 322 | 688 | 684 | 215 | 16 | 0 | 2,515 |
| Zuid-Holland | 254 | 372 | 427 | 814 | 1,754 | 1,809 | 581 | 53 | 1 | 6,065 |
| Zeeland | 19 | 16 | 37 | 81 | 149 | 247 | 76 | 8 | 0 | 633 |
| Total | 2,743 | 2,957 | 2,982 | 4,876 | 10,666 | 11,829 | 3,972 | 296 | 4 | 40,325 |

23. Number of female civilian participants living in the Netherlands, by age category (out of 17,856 participants, as of 23 June 2016).

| Province | 12 - 20 yrs | 21 - 30 yrs | 31 - 40 yrs | 41 - 50 yrs | 51 - 60 yrs | 61 - 70 yrs | 71 - 80 yrs | 81 - 90 yrs | 91 yrs and older | Total women |
|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|------------------|---------------|
| Drenthe | 20 | 28 | 27 | 55 | 123 | 94 | 18 | 1 | 0 | 366 |
| Flevoland | 9 | 21 | 29 | 55 | 81 | 63 | 14 | 0 | 0 | 272 |
| Friesland | 16 | 23 | 17 | 59 | 145 | 114 | 39 | 2 | 0 | 415 |
| Gelderland | 612 | 614 | 472 | 707 | 1,260 | 1,175 | 292 | 19 | 0 | 5,151 |
| Groningen | 9 | 37 | 23 | 67 | 103 | 74 | 10 | 0 | 0 | 323 |
| Limburg | 80 | 103 | 75 | 101 | 276 | 279 | 50 | 3 | 0 | 967 |
| Noord-Brabant | 183 | 267 | 258 | 469 | 1,087 | 1,042 | 237 | 10 | 0 | 3,553 |
| Noord-Holland | 73 | 148 | 176 | 263 | 448 | 492 | 155 | 5 | 0 | 1,760 |
| Overijssel | 59 | 89 | 82 | 165 | 294 | 280 | 60 | 1 | 0 | 1,030 |
| Utrecht | 67 | 152 | 112 | 153 | 311 | 246 | 45 | 0 | 0 | 1,086 |
| Zuid-Holland | 118 | 222 | 217 | 421 | 815 | 694 | 152 | 13 | 0 | 2,652 |
| Zeeland | 8 | 9 | 18 | 46 | 72 | 99 | 25 | 4 | 0 | 281 |
| Total | 1,254 | 1,713 | 1,506 | 2,561 | 5,015 | 4,652 | 1,097 | 58 | 0 | 17,856 |

24. Number of male civilian participants living in the Netherlands, by age category (out of 22,469 participants, as of 23 June 2016)

| Province | 12 - 20 yrs | 21 - 30 yrs | 31 - 40 yrs | 41 - 50 yrs | 51 - 60 yrs | 61 - 70 yrs | 71 - 80 yrs | 81 - 90 yrs | 91 yrs and older | Total men |
|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|------------------|---------------|
| Drenthe | 27 | 11 | 30 | 56 | 106 | 154 | 68 | 3 | 0 | 455 |
| Flevoland | 19 | 16 | 29 | 48 | 106 | 100 | 34 | 4 | 0 | 356 |
| Friesland | 24 | 16 | 17 | 29 | 104 | 157 | 74 | 8 | 0 | 429 |
| Gelderland | 740 | 512 | 505 | 708 | 1,625 | 1,911 | 753 | 63 | 1 | 6,818 |
| Groningen | 20 | 18 | 19 | 35 | 79 | 109 | 47 | 4 | 0 | 331 |
| Limburg | 80 | 71 | 75 | 87 | 299 | 455 | 160 | 11 | 0 | 1,238 |
| Noord-Brabant | 214 | 202 | 239 | 387 | 1,101 | 1,521 | 627 | 55 | 0 | 4,346 |
| Noord-Holland | 94 | 87 | 149 | 232 | 532 | 689 | 304 | 16 | 2 | 2,105 |
| Overijssel | 72 | 60 | 71 | 136 | 306 | 380 | 158 | 14 | 0 | 1,197 |
| Utrecht | 52 | 94 | 113 | 169 | 377 | 438 | 170 | 16 | 0 | 1,429 |
| Zuid-Holland | 136 | 150 | 210 | 393 | 939 | 1,115 | 429 | 40 | 1 | 3,413 |
| Zeeland | 11 | 7 | 19 | 35 | 77 | 148 | 51 | 4 | 0 | 352 |
| Total | 1,489 | 1,244 | 1,476 | 2,315 | 5,651 | 7,177 | 2,875 | 238 | 4 | 22,469 |

25. Number of civilian participants living in the Netherlands, by distance (out of 40,325 participants, as of 23 June 2016).

| Province | 30km (blue) | 40km (yellow) | 50km (red) | 55km (orange) | Total |
|---------------|---------------|---------------|--------------|---------------|---------------|
| Drenthe | 233 | 431 | 70 | 87 | 821 |
| Flevoland | 138 | 331 | 70 | 89 | 628 |
| Friesland | 284 | 411 | 68 | 81 | 844 |
| Gelderland | 3,982 | 5,222 | 1,270 | 1,495 | 11,969 |
| Groningen | 170 | 363 | 55 | 66 | 654 |
| Limburg | 723 | 1,050 | 199 | 233 | 2,205 |
| Noord-Brabant | 2,569 | 3,814 | 636 | 880 | 7,899 |
| Noord-Holland | 1,261 | 1,761 | 417 | 426 | 3,865 |
| Overijssel | 685 | 1,106 | 225 | 211 | 2,227 |
| Utrecht | 686 | 1,182 | 318 | 329 | 2,515 |
| Zuid-Holland | 1,824 | 2,811 | 694 | 736 | 6,065 |
| Zeeland | 253 | 277 | 46 | 57 | 633 |
| Total | 12,808 | 18,759 | 4,068 | 4,690 | 40,325 |

26. Number of civilian participants living in the Netherlands, by distance and gender (out of 40,325 participants, as of 23 June 2016).

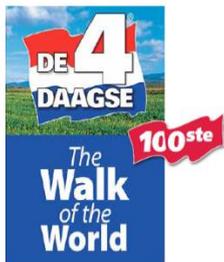
| Province | 30km (blue) | | 40km (yellow) | | 50km (red) | | 55km (orange) | | Total |
|---------------|--------------|--------------|---------------|---------------|--------------|------------|---------------|------------|---------------|
| | Male | Female | Male | Female | Male | Female | Male | Female | |
| Drenthe | 144 | 89 | 170 | 261 | 66 | 4 | 75 | 12 | 821 |
| Flevoland | 82 | 56 | 132 | 199 | 60 | 10 | 82 | 7 | 628 |
| Friesland | 146 | 138 | 160 | 251 | 57 | 11 | 66 | 15 | 844 |
| Gelderland | 2,325 | 1,657 | 2,130 | 3,092 | 1,104 | 166 | 1,259 | 236 | 11,969 |
| Groningen | 96 | 74 | 133 | 230 | 47 | 8 | 55 | 11 | 654 |
| Limburg | 431 | 292 | 446 | 604 | 172 | 27 | 189 | 44 | 2,205 |
| Noord-Brabant | 1,465 | 1,104 | 1,597 | 2,217 | 543 | 93 | 741 | 139 | 7,899 |
| Noord-Holland | 696 | 565 | 709 | 1,052 | 349 | 68 | 351 | 75 | 3,865 |
| Overijssel | 408 | 277 | 412 | 694 | 202 | 23 | 175 | 36 | 2,227 |
| Utrecht | 413 | 273 | 471 | 711 | 262 | 56 | 283 | 46 | 2,515 |
| Zuid-Holland | 1,075 | 749 | 1,132 | 1,679 | 596 | 98 | 610 | 126 | 6,065 |
| Zeeland | 144 | 109 | 116 | 161 | 43 | 3 | 49 | 8 | 633 |
| Total | 7,425 | 5,383 | 7,608 | 11,151 | 3,501 | 567 | 3,935 | 755 | 40,325 |

27. The four towns/cities per province in which the most civilian participants are registered.

| town/city (postcode district) | men | women | total |
|-------------------------------|------|-------|-------|
| Drenthe | | | |
| ASSEN (9400-9408) | 74 | 41 | 115 |
| EMMEN (7800-7828) | 35 | 31 | 66 |
| HOOGEVEEN (7900-7909) | 33 | 29 | 62 |
| MEPPEL (7940-7944) | 44 | 25 | 69 |
| town/city (postcode district) | men | women | total |
| Flevoland | | | |
| ALMERE (1300-1363) | 182 | 128 | 310 |
| DRONTEN (8250-8254) | 27 | 26 | 53 |
| EMMELOORD (8300-8305) | 28 | 27 | 55 |
| LELYSTAD (8200-8245) | 54 | 40 | 94 |
| town/city (postcode district) | men | women | Total |
| Friesland | | | |
| DRACHTEN (9200-9207) | 37 | 11 | 48 |
| HARLINGEN (8860-8862) | 9 | 20 | 29 |
| HEERENVEEN (8440-8448) | 18 | 12 | 30 |
| LEEWARDEN (8900-8941) | 26 | 40 | 66 |
| town/city (postcode district) | men | women | total |
| Gelderland | | | |
| ARNHEM (6800-6846) | 393 | 263 | 656 |
| ELST (6660-6662) | 198 | 153 | 351 |
| NIJMEGEN (6500-6546) | 1483 | 1115 | 2598 |
| WIJCHEN (6600-6605) | 303 | 258 | 561 |
| town/city (postcode district) | men | women | Total |
| Groningen | | | |
| GRONINGEN (9700-9747) | 83 | 76 | 159 |
| STADSKANAAL (9500-9503) | 13 | 11 | 24 |
| UITHUIZEN (9980-9981) | 8 | 14 | 22 |
| VEENDAM (9640-9646) | 13 | 8 | 21 |
| town/city (postcode district) | men | women | total |
| Limburg | | | |
| GENNEP (6590-6591) | 41 | 35 | 76 |
| MAASTRICHT (6200-6229) | 40 | 35 | 75 |
| VENLO (5900-5928) | 61 | 44 | 105 |
| VENRAY (5800-5804) | 65 | 56 | 121 |
| town/city (postcode district) | men | women | total |
| Noord-Brabant | | | |
| EINDHOVEN (5600-5658) | 210 | 143 | 353 |
| OSS (5340-5349) | 173 | 128 | 301 |
| 'S-HERTOGENBOSCH (5200-5237) | 205 | 139 | 344 |
| TILBURG (5000-5049) | 183 | 109 | 292 |
| town/city (postcode district) | men | women | total |
| Noord-Holland | | | |
| AMSTERDAM (1000-1109) | 226 | 215 | 441 |
| HAARLEM (2000-2037) | 113 | 72 | 185 |
| HEERHUGOWAARD (1700-1705) | 71 | 55 | 126 |
| HOOFDORP (2130-2135) | 89 | 47 | 136 |

| town/city (postcode district) | men | women | total |
|-------------------------------|-----|-------|-------|
| Overijssel | | | |
| DEVENTER (7400-7428) | 111 | 76 | 187 |
| ENSCHEDA (7500-7547) | 80 | 67 | 147 |
| HENGLO (7550-7559) | 69 | 56 | 125 |
| ZWOLLE (8000-8045) | 115 | 113 | 228 |
| town/city (postcode district) | men | women | total |
| Utrecht | | | |
| AMERSFOORT (3800-3827) | 121 | 90 | 211 |
| NIEUWEGEIN (3430-3439) | 73 | 44 | 117 |
| UTRECHT (3500-3585) | 148 | 171 | 319 |
| VEENENDAAL (3900-3907) | 103 | 62 | 165 |
| town/city (postcode district) | men | women | total |
| Zuid-Holland | | | |
| LEIDEN (2300-2334) | 119 | 93 | 212 |
| ROTTERDAM (30003089) | 193 | 177 | 370 |
| THE HAGUE (2491-2599) | 304 | 221 | 525 |
| ZOETERMEER (2700-2729) | 202 | 131 | 333 |
| town/city (postcode district) | men | women | total |
| Zeeland | | | |
| GOES (4460-4465) | 22 | 14 | 36 |
| KAPELLE (4420-4421) | 18 | 15 | 33 |
| MIDDELBURG (4330-4338) | 47 | 26 | 73 |
| VLISSINGEN (4380-4387) | 37 | 19 | 56 |

End of press release



Stichting Internationale Vierdaagse Afstandsmarsen Nijmegen

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Press release 2016.031

Nijmegen, 7 July 2016

Strong musical presence at 100th Four Days Marches despite summer holiday season

More music to lighten the marching load

Exactly 1,185 musicians from 8 different countries will provide musical accompaniment for a total of over 14 full days (340 hours) during the 100th Four Days Marches. Despite it being the summer holiday season, the anniversary edition of the Four Days Marches will have a stronger musical presence than ever before.

There will be live music along nearly every metre of the 2016 Four Days Marches routes. No expense has been spared in delivering on the motto of 'More music to lighten the marching load'. Walkers for whom music is the elixir of life as they march will really come into their own this year.

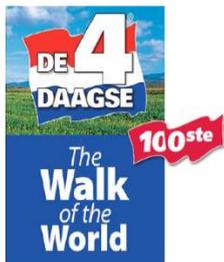
Music book

Every year, Stichting DE 4DAAGSE's 'Vierdaagse Intocht & Muziek' (Four Days Marches Entry & Music, or VIM for short) department puts together a music book that details all the musical goings-on during the Four Days Marches. The 2016 music book lists sixty oompah bands, party bands, brass bands, military marching bands, big bands, pop and cover bands, duos, solo performers and DJs, specifying locations and starting times for each of their performances. It is all part of the musical programme that starts on Saturday 16 July and ends around 18.00 hrs on Friday 22 July.

Anniversary concerts

Some of the highlights: anniversary concerts for guests by the Royal Netherlands Navy's Marine Band in the De Vereeniging concert hall at the start of the anniversary week; musical accompaniment by 7 large (military) marching bands for the festive parade that will set off from Lent at 15.30 hrs on Sunday afternoon and cross the bridge over the River Waal and Nijmegen city centre to conclude at De Wedren; the Four Days Marches Band's concert at start and finish location De Wedren on Sunday afternoon; performances by leading military bands from Germany (Marine Musikkorps Kiel), England (Band of the Yorkshire Regiment), Denmark (Hjemmeværnets Musikkorps Nord-Jylland), Sweden (Hjemmevarns Musikkorps Eslöv), and for the first time ever also from France (Nouba 1e Regiment de Tirailleurs) in the various towns and villages along the Four Days Marches routes during the actual Four Days Marches; concerts given by Switzerland's Spiel Berner Oberland band throughout the Four Days Marches week; and let's not forget the festive Entry on Friday 22 July, for which musical accompaniment will be provided by some thirty (!) bands.

End of press release



Stichting Internationale Vierdaagse Afstandsmarsen Nijmegen

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Press release 2016.032

Nijmegen, 7 July 2016

Long-cherished Four Days Marches wish comes true at anniversary edition

Street parade to kick off 100th Four Days Marches

The flags representing all nationalities participating in the 100th Four Days Marches will be paraded. And so will the flags of the twelve Dutch provinces, as well as the official flags of the Royal Dutch Walking Association, the Four Days Marches and the city of Nijmegen.

In the afternoon of Sunday 17 July, all these flags will be on show during a festive and very musical street parade, which will start in Lent, cross the bridge over the River Waal, pass through Nijmegen's city centre and end at start and finish location De Wedren.

Alternative

A street parade through the eastern part of Nijmegen's city centre is a long-cherished wish come true for Stichting DE 4DAAGSE. In 2012, the Flag Parade - the official opening ceremony of the Four Days Marches held in the Goffert stadium - was dropped from the Four Days Marches programme due to dwindling interest.

In subsequent years, attempts were made to get an alternative off the ground in the form of a street parade, which would still see international participants present themselves to the people of Nijmegen ahead of the start of the Four Days Marches. However, overcrowding in Nijmegen's city centre caused by the Four Days Marches festivities and expected congestion on thoroughfares around the city centre always proved insurmountable obstacles.

Star Walks

To mark the 100th anniversary of the Four Days Marches, walkers will be walking to Nijmegen from the Netherlands' twelve provincial capitals bearing their respective provinces' flags in what has been branded the Star Walks. This will see them all converge on Nijmegen on Sunday, so there was good reason to revisit the idea of a street parade and make it possible after all.

Besides international participants and the walkers from the Dutch provinces, military detachments will also join the parade.

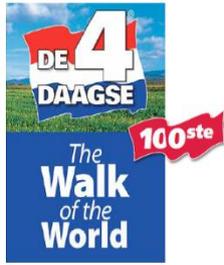
These include the international MaKoNi detachment (Copenhagen-Nijmegen March), which is made up of around 70 Danish, Swedish, Norwegian and Dutch military participants who are currently walking to Nijmegen from Copenhagen (650km), and who will also take part in the Four Days Marches after their arrival. A detachment made up of members of the Netherlands' national police force will also walk to the home of the Four Days Marches from The Hague.

Music

Musical accompaniment of the parade on Sunday afternoon will be provided by military bands from Sweden, France, England, Denmark, the Bereden Wapens brass band from the Netherlands, the Spiel Berner Oberland band from Switzerland and Nijmegen's own Michaël drum band.

The street parade of nearly one thousand participants will set off from Lentse Warande around 15.30 hrs and cross the bridge over the River Waal before taking Sint Jorisstraat, Kelfkensbos, Hertogstraat, Van Broeckhuysenstraat, Van Schevichavenstraat and Prins Bernhardstraat to arrive at De Wedren.

End of press release



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Press release 2016.036

Nijmegen, 17 July 2016

Impressive opening of 100th Four Days Marches at De Wedren

Festive parade attracts many thousands of spectators

'I hereby declare the 100th Four Days Marches open,' said march coordinator Johan Willemstein as he opened the long-awaited, festive 100th Four Days Marches on Sunday afternoon at De Wedren, the buzzing start and finish location.

The official opening took place right after the new street parade through the eastern part of the centre of Nijmegen. Around 1,800 walkers, military participants and police officers walked from Lent, across the River Waal and through the streets of Nijmegen city centre on Sunday afternoon. They were accompanied by numerous military and non-military marching bands from the Netherlands, Sweden, the UK and France, to name but a few.

The colourful procession, which included the 68 flags of all participating countries, the twelve Dutch provinces, the Royal Dutch Walking Association and the Four Days Marches, received a festive welcome from thousands of Four Days Marches partygoers along the route. "It was like the Entry on the final day," said one of the participants.

Star Walk – potential new tradition

Over one thousand Star Walkers participated in the street parade. Organised by the Royal Dutch Walking Association, the Star Walks saw participants set off for Nijmegen from each Dutch provincial capital on 9 July, bearing their respective provinces' flags. Some 2,750 walkers participated in the Star Walks in order to draw special attention to both walking as a sport and the 100th Four Days Marches. "We organised the Star Walks to mark the occasion of the 100th Four Days Marches. Everyone is so enthusiastic - it's definitely something we should do again next year," said one of the initiators.

Soldiers and police officers

As well as Star Walkers, military detachments also participated in the parade. These included the international MaKoNi detachment (Copenhagen-Nijmegen March), which is made up of around 70 Danish, Swedish, Norwegian and Dutch military participants who walked to Nijmegen from Copenhagen (650km). A detachment made up of members of the Netherlands' national police force also took part. The police officers walked all the way from The Hague to the Four Days Marches city.

Impressive

The street parade received an enthusiastic welcome at the busy start and finish location before the official opening, which was preceded by a military tattoo and a dramatic minute's silence in remembrance of the victims of the Nice attack. The opening ceremony began with a rendition of the

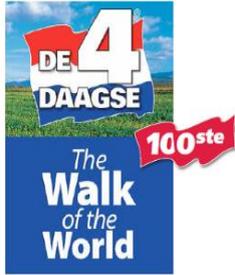
Dutch national anthem, after which several thousands of walkers and visitors cheered energetically and started singing the Four Days Marches song.

The march coordinator welcomed all participants from both the Netherlands and abroad. "The Four Days Marches is a celebration of walking - achievement and suffering, recognition and camaraderie. Good luck, have fun and look out for each other!"

Good alternative

The street parade and official opening ceremony at De Wedren have replaced the Flag Parade, which was dropped from the programme in 2012 due to dwindling interest. "There was an enormous amount of enthusiasm for the street parade in the centre of Nijmegen and the new opening ceremony at De Wedren," says march coordinator Johan Willemstein. "We will definitely take this into account during evaluations for the coming years."

End of press release



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Press release 2016.41
Nijmegen, 19 July 2016

Start of 30km, 40km and 40km for military participants brought forward 30 minutes

Four Days Marches to start earlier

The organisers have decided to bring the start of the 30km (blue), 40km (yellow) and 40km for military participants (green from Heumensoord) forward 30 minutes on the second day of the Four Days Marches. The 50km and 55km will start as scheduled. These measures were taken in light of the heat expected for tomorrow. Advice to all walkers: make sure you eat and drink well this evening. Cover as much distance as you can during the cooler morning hours. Stay hydrated. Additional water stations will be set up.

Weather forecast

Tonight, the temperature is set to drop to around 17 degrees Celsius, so it will cool down somewhat. The second marching day will again be a sunny one, and it will be even hotter: afternoon temperatures are expected to soar to 31/32 degrees Celsius, and even 33 degrees Celsius later in the afternoon. Humidity, however, is expected to drop to 35-40% in the afternoon. The wind will also pick up slightly. Although the force 4 southeasterly wind will provide some cooler air, do not stop hydrating and try to cover a good distance in the morning. There is a small chance of a shower in the afternoon.

Protecting vulnerable participants from the heat

In consultation with a physiologist, sports psychologist and the Four Days Marches' medical services, a decision has been made to protect the more vulnerable participants, such as elderly walkers on the 30km, against tomorrow's heat. Measures are not thought to be necessary for walkers on the 40km, 50km and 55km routes. Even so, 40km walkers will also start 30 minutes earlier due to the earlier start of the 30km, in order to prevent congestion on the route.

Advice to walkers

The advice to walkers is to 'cover as much distance' as they can during the cooler morning hours. This will allow them to lower the pace a little in the afternoon. Walkers can then also choose to take more breaks in the afternoon. And: drink plenty of fluids throughout the day and have something to eat now and again. Stay hydrated and keep your salt levels up. And don't forget to wear a cap and put on sunscreen.

Starting times on Wednesday 20 July

starting time for 55/50km: 04.00 - 04.45 hrs

new starting time for 40km: 04.30 - 05.45 hrs (1st starting time)

new starting time for 40km: 05.30 - 06.45 hrs (2nd starting time)

new starting time for 30km: 06.45 - 08.00 hrs

starting time for Groups walking 55km: 04.00 - 04.15 hrs

starting time for Groups walking 50km: 04.15 - 04.45 hrs

new starting time for Groups walking 40km: 04.15 - 05.15 hrs

new starting time for Groups walking 30km: 06.30 - 07.15 hrs

new starting time for military participants setting off from Heumensoord (40km green): 04.00 - 06.30 hrs

Registration desks will open half an hour earlier on Wednesday: from 11.30 - 17.00 hrs.

End of press release