



## **Press Releases 2013 – 97th Four Days Marches**

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PressRelease2013.001, 31 January 2013

## **Registration 97<sup>th</sup> Four Days Marches opens 4 February**

Registration for the 97<sup>th</sup> International Four Days Marches Nijmegen, to be held from 16 to 19 July, opens on Monday 4 February.

The registration limit for the 97<sup>th</sup> Four Days Marches has been set at 46,000, 1,000 more registrations than in previous years. If the registration limit is exceeded, a draw will be held amongst first-time entrants, i.e. participants registering for reward 1.

The registration fee for the 97<sup>th</sup> Four Days Marches has gone up by € 2 to € 50. Members of KNBLO-NL and NWB will benefit from a discount of € 5. Registration is only complete once the registration fee has been paid by credit card.

### **Two periods**

As usual, there will be two registration periods this year. Registration period 1 is from midnight at the beginning of Monday 4 February to midnight at the end of Friday 1 March inclusive. Only those who successfully completed the 96<sup>th</sup> Four Days Marches last year may register during this first period. Boys and girls who turn 12 in 2013 can also register during the first period.

Registration period 2 is from midnight at the beginning of Monday 4 March to midnight at the end of Friday 5 April inclusive. All others wishing to take part in the 97<sup>th</sup> Four Days Marches can register during the second period.

### **Draw**

If necessary, a draw will be held on Friday 12 April amongst those wishing to participate in the Four Days Marches for the first time. Three groups will be exempt from the draw - those born in 2001, those who were excluded by the draw from taking part in the 95<sup>th</sup> and 96<sup>th</sup> Four Days Marches and those who register through Via Vierdaagse.

### **Cancellation**

Individual civilian participants will be entitled to cancel their registration in writing until midnight at the beginning of Wednesday 1 May. Any registration fee paid will then be returned after deduction of an administration fee (€ 5).

### **Website**

Stichting DE 4DAAGSE is expecting 99% of walkers to register for the Four Days Marches online. The complete regulations applicable to the 97<sup>th</sup> Four Days Marches and registration can be consulted on the official Four Days Marches website [www.4daagse.nl](http://www.4daagse.nl).

### **Four Days Marches sponsored walk**

When registering for the 97<sup>th</sup> Four Days Marches on 4 February, participants can also take part in the Four Days Marches sponsored walk. Anyone who registers for the Four Days Marches can create a profile page at [www.devierdaagsesponsorloop.nl](http://www.devierdaagsesponsorloop.nl) and choose a charity to raise money for through sponsorship.



Creating a profile page on this site makes it easy for walkers to find sponsors and a charity, as well as facilitating the administrative side of things. What is more, the site comes with a guarantee that every last cent of the sponsor money will go the chosen charity.

### **Via Vierdaagse 2013**

Registration for the training and preparation programme Via Vierdaagse 2013 opens at the same time as registration for the 97<sup>th</sup> Four Days Marches. With Via Vierdaagse, the Dutch walking association KNBLO-NL and Stichting DE 4DAAGSE aim to support up to 1,500 first-time entrants in achieving their first Four Days Marches Cross.

Only walkers who have never before achieved a Four Days Marches Cross and who are not yet members of KNBLO-NL can take part in Via Vierdaagse. Participation in Via Vierdaagse costs € 179 and this includes the registration fee for the 97<sup>th</sup> Four Days Marches.

The withdrawal rate amongst Via Vierdaagse participants is significantly lower than amongst other first-time entrants. Participants in Via Vierdaagse 2012 gave the programme 8 out of 10 on average. Last year, the 1,500 places available had all been assigned within 3 days. Registration opens at midnight at the beginning of Monday 4 February at [www.viavierdaagse.nl](http://www.viavierdaagse.nl), where more information about the training and preparation programme can also be found.

End of press release



Press Release 2013.005, 5 April 2013

## **Four Days Marches hits the wine**

### **New vineyard in Groesbeek as part of sustainability efforts**

The Four Days Marches is setting up a vineyard right on the Four Days Marches route along Grafwegen in the small village of Breedeweg, near Groesbeek. The first bottles of (white) wine from our very own Four Days Marches vineyard will be ready in 2016, to coincide with the 100th Four Days Marches.

The organic Four Days Marches vineyard will be set up under the expert supervision of Groesbeek winery De Colonjes as part of measures being taken to make top-class world event the Four Days Marches more sustainable.

End of press release



Press release 2013.006, 12 April 2013

## **4,314 First-time entrants miss out in draw**

### **Highest total number of registrations since 2005: over 50,000**

4,314 First-time entrants who registered for the 97th Four Days Marches were excluded by the draw this afternoon. In the end, 50,314 people signed up for the coming edition of the Four Days Marches, which is set to take place between 16 and 19 July, and for which a maximum of 46,000 starting tickets are available.

The total number of registrations for the upcoming edition of the famous walking event topped last year's tally by approximately 400. The number of first-time entrants stayed nearly the same in comparison to 2012.

### **Duplicate registrations**

Before the draw under supervision of the notary took place, all duplicate and other incorrect registrations were removed from Stichting DE 4DAAGSE's registration file. The results will be announced at [www.4daagse.nl](http://www.4daagse.nl) after the draw and all participants will be informed personally of the outcome. Almost all walkers registered online and will therefore be notified by email, whereas the minority who sent in a paper registration form will be informed by post.

### **A comfortable walk**

So as to guarantee comfort and safety on the routes, Stichting DE 4DAAGSE has been aiming to have around 42,000 participants for years now. In order to come as close to this number as possible, 46,000 walkers are permitted to register. Experience and statistics show that, every year, around 10% of the walkers registered ultimately (have to) decide not to start the marches due to personal reasons.

### **History**

A draw had to be performed for the first time in 2005, for the 89th Four Days Marches. 53,336 walkers registered in 2005 and the limit was 47,500.

The record for the most registrations received for the Four Days Marches (53,336) was set in 2005, whilst 2003 holds the record for the number of starters, when 44,812 walkers turned up for the first day of the Four Days Marches.



## Figures

Year	Limit	Registrations	Starters	Draw
2005	47,500	53,336	43,206	Yes
2006	49,000	48,630	43,141	No
2007	49,000	42,270	37,505	No
2008	45,000	43,450	38,432	No
2009	45,000	48,317	39,128	Yes
2010	45,000	48,435	39,933	Yes
2011	45,000	47,684	41,316	Yes
2012	45,000	49,896	40,630	Yes
2013	46,000	50,314		

## Route change

Preparations for the 97th Four Days Marches are running smoothly. So far, one major change has been made to the marching route. The 'Lent loop' has been scrapped from the route in the early hours of first day, the Day of Elst, as a result of construction and roadworks in the north of Nijmegen.

Walkers will now descend from the bridge over the River Waal along the slip road on the western side and, upon reaching Oosterhoutsedijk, will turn left onto Bemmelsedijk. After passing under the bridge, they will turn left again, taking the new cycle path and then Lentse Tuinstraat, Steltsestraat, Lentse Schoolstraat, Dorpsplein and Begoniastraat to end up back on the 'old' route.

A minor change has also been made to the second day's route through Wijchen. 30km and military 40km walkers will take St. Jorispad over the Arcus grounds to Valendrieseweg, ending up on their 'old' route. 50km and 40km walkers will also cross the Arcus grounds and take Campuslaan and St. Jorispad to end up on the 'old' route.

End of press release



Press Release 2013.008, 4 July 2013

## **Four Days Marches archives managed by RAN**

### **Extensive editing and stock-taking make old archives more accessible**

Just before the start of the 97th Four Days Marches and the 44th Four Days Festivities, the archives of the organising parties (Stichting DE 4DAAGSE, the Dutch walking association Koninklijke Nederlandse Bond voor Lichamelijke Opvoeding (KNBLO-NL) and Nijmegen's city centre committee Actief Comité Binnenstad Nijmegen (ACBN)) were transferred to the Nijmegen Regional Archive (RAN).

The Nijmegen Regional Archive took stock of and edited the entire collection prior to the official transfer, making the Four Days Marches archive a lot more accessible, even for people who do not deal with archives on a daily basis.

The archives transferred from Stichting DE 4DAAGSE, KNBLO-NL and ACBN are extremely important to the numerous walkers, Nijmegen residents and (sport) historians wanting to find out more about the history of the Four Days Marches and Four Days Festivities or reminisce over the thousands of photos that the archive features.

Nijmegen is inextricably linked with the Four Days Marches and Four Days Festivities. Anyone wanting to find out things such as when a family member first took part in the marches, why the 'Is het hier oorlog' (Is there a war here?) walking group protested, when the Four Days Marches first went through Grave or which artists performed during the Four Days Festivities of 1974 can find all the information they need at Nijmegen Regional Archive. RAN is also the place to go to browse through thousands of digital Four Days Marches photos.

The archive is open to all interested parties during the week of the Four Days Marches (except on Friday). More information about the history of the Four Days Marches and Four Days Festivities, along with references to the archives and images, is available at [www.hvng.nl/vierdaagse](http://www.hvng.nl/vierdaagse).

End of press release



Press Release 2013.009, 4 July 2013

## **Ministry of Defence to continue support the Marches**

### **Minister Hennis-Plasschaert announces new agreement up to and including 2017**

"We can't just go around thoughtlessly scrapping traditions, but the fact of the matter is that the Ministry of Defence is currently going through a very difficult period and is facing numerous objectives. However, we will continue to support the Four Days Marches for the time being. The Ministry of Defence's contribution is guaranteed until at least 2017."

In the 2013 Four Days Marches Magazine, published on 4 July, the Minister of Defence, Jeanine Hennis-Plasschaert, confirms that her ministry will continue to support the Nijmegen Four Days Marches until at least 2017. The minister "would have been 'extremely embarrassed' if her ministry's support of the Four Days Marches had had to be completely abandoned as a result of austerity measures", according to her comments in the magazine.

At the same time, the Ministry of Defence announced a new agreement, sealing the collaboration between the Ministry of Defence, Stichting DE 4DAAGSE and Nijmegen City Council. The agreement will be presented at Camp Heumensoord on Wednesday 17 July 2013 and signed by the parties involved, who will also say a few words.

In good shape

In the interview in the Four Days Marches Magazine, Minister Hennis stated that her Ministry's continued support of the event is not purely based on tradition. "There are plenty of other issues that are possibly even more important," she explains. "In order to make global efforts for peace, safety and prosperity, you have to be in good shape in every sense."

The Minister also recognises the importance of the Four Days Marches for her Ministry's image. She says: "The Ministry of Defence is getting smaller, compulsory military service has been abolished and the last war in the Netherlands was more than 65 years ago. A lot of people see defence as something that happens far from home. The Four Days Marches is a unique event in which military servicemen and civilians walk side by side. I think it is important that we emphasise the military foundation."

Relieved

Chairman of Stichting DE 4DAAGSE Johan Willemstein's initial response was one of immense relief and contentment with the new agreement. "We realise that the Ministry of Defence is no longer able to provide such lavish support as it has done in the past. However, the fact that the Ministry has decided to continue supporting the Four Days Marches, despite the major austerity measures it is facing, shows that The Hague sees the Four Days Marches as a professional, reliable organisation. This is an image we can rightly be proud of."

End of press release





Press release 2013.010, 4 July 2013

### **Minister Edith Schippers to fire the starting shot**

For the first time in the Four Days Marches' long history, the Minister of Health, Welfare and Sport will fire the starting shot. Edith Schippers will fire the shot on Tuesday 16 July so that walkers can start the 97th Four Days Marches.

"People take part because they want to enjoy a walk, because they want to have fun together, and because they want to achieve that cross. They put in a lot of training and as a result, improve their fitness, lose weight or simply feel better about themselves. That is the best reward of all, and as a minister of public health, I can only be pleased with people taking care of themselves," says Schippers.

"Of course, everyone wants to stay healthy for as long as possible. Regular sport and exercise help. Some people play football in the park with friends every week or cycle, and others go out for a walk. The nice thing about walking is that you can carry on doing it at advanced ages, and you can do it on your own, listening to your iPod or in a group. The Nijmegen Four Days Marches really are a lot fun and that is contagious - other people start thinking, I want to do that too! I want to achieve that cross as well. Sources of inspiration are important."

Minister Schippers will literally fire the starting shot for the 50km walkers at 04.00 hrs on Tuesday 16 July. At 05.15 hrs she will support the starting team, performing the start scan for the first group of 40km walkers. In between, the minister will be treated to a look behind the scenes of the organisation of the Four Days Marches, as well as talking to several volunteers from Stichting DE 4DAAGSE's Executive Committee.

End of press release



Press Release 2013.011, 4 July 2013

## Facts and Figures for the 97<sup>th</sup> Four Days Marches

as of 4 July 2013.

<u>1. Barometer data</u>	<u>2012</u>	<u>2013</u>
Number of registrations	<b>49,896</b>	<b>50,314</b>
Number excluded by the draw	4,896	4,314
Number of cancellations/starting tickets reassigned	784	N/A
Number of registrations	45,000	46,000
No-shows	3,528	
Number turned up and registered in Nijmegen	<b>41,472</b>	
Withdrawals/non-starters on 1 <sup>st</sup> day	317	
Completed 1 <sup>st</sup> day	40,313	
Withdrawals/non-starters on 2 <sup>nd</sup> day	908	
Completed 2 <sup>nd</sup> day	39,405	
Withdrawals/non-starters on 3 <sup>rd</sup> day	935	
Completed 3 <sup>rd</sup> day	38,470	
Withdrawals/non-starters on 4 <sup>th</sup> day	326	
Completed the Four Days Marches	<b>38,144</b>	

## 2. Number of military participants

The number of military participants registered is 5,000 (as of 1 July 2013).

Military registrations: number of nationalities = 36 (as of 1 July 2013).

Afghanistan	Aruba	Australia	Austria
Belgium	Canada	Curaçao	Czech Republic
Denmark	Estonia	Fiji	Finland
France	Germany	Guam	Ireland
Italy	Kosovo	Kyrgyzstan	Luxembourg
Nepal	Netherlands	Nigeria	Norway
Philippines	Poland	Portugal	Puerto Rico
Russia	Saint Lucia	South Africa	Spain
Sweden	Switzerland	United Kingdom	United States



### 3. Number of nationalities

The total number of different nationalities taking part in the 97<sup>th</sup> Four Days Marches is 77 (as of 1 July 2013).

Civilian registration: number of nationalities = 71.

Afghanistan	Argentina	Aruba	Australia
Austria	Belarus	Belgium	Bermuda
Bosnia-Herzegovina	Brazil	Bulgaria	Canada
China	Croatia	Curaçao	Czech Republic
Denmark	Dominican Republic	East Timor	Estonia
Finland	France	Germany	Ghana
Greece	Haiti	Hungary	Hong Kong
Ireland	India	Indonesia	Iraq
Israel	Italy	Japan	Kazakhstan
Kosovo	Latvia	Lithuania	Luxembourg
Macedonia	Malaysia	Mexico	Monaco
Netherlands	Nepal	New Zealand	Nigeria
Norway	Poland	Portugal	Romania
Russia	Rwanda	Senegal	Serbia
Singapore	Slovakia	South Africa	South Korea
Spain	Sweden	Switzerland	Suriname
Thailand	Turkey	Ukraine	United Kingdom
United States	Uzbekistan	Zimbabwe	

### 4. Oldest and youngest participants (m/f) **registered** from the Netherlands and from abroad in 2013

The youngest participant in the 97<sup>th</sup> Four Days Marches is Myra Kleijne of Heemskerk, born on 31 December 2001. This first-time entrant will be taking part in the 30 kilometre event.



The youngest male participant is Pepijn van Leeuwarden (born 29/12/2001) of Nijmegen.

The youngest female participant from abroad is Julia Lagarden (born 11/07/2001) of Kranenburg, Germany. The youngest male participant from abroad is Mads Grøn Veggerby (born 15/05/2001) of Ringsted, Denmark.

The four oldest participants in the 97<sup>th</sup> Four Days Marches were all born in 1923. Three of them are Dutch. They are a resident of Zoetermeer (21<sup>st</sup> reward) who wishes to remain anonymous, Mr Herman Dubie (16<sup>th</sup> reward) of Amsterdam and Mr Jan Zwijnen (33<sup>rd</sup> reward) of Huizen. Mr Yrjö Saraste of Helsinki, Finland, who is hoping to gain his 21<sup>st</sup> reward, is also one of the four oldest participants. All four senior citizens will be taking part in the 30 kilometre event.

The oldest participant taking part in the 50 kilometre event is Mr J. van Rijn (33<sup>rd</sup> reward) of Voorburg.

#### 5. Oldest first-time entrants (m/f) from the Netherlands and from abroad in 2013

The oldest first-time entrant registered for the 97<sup>th</sup> Four Days Marches is 83-year-old Mr Niek Dekker of Delden. He will be taking part in the 30 kilometre event. The oldest first-time entrant from abroad is 79-year-old Mr Karl Gemmricher of Nieder-Neisen, Germany.

#### 6. Record walkers m/f

Highest reward for a Dutch male	= <b>66</b> L. M. G. van der Lans of Nijmegen Distance 40km
Highest reward for a Dutch female	= <b>62</b> M. L. A. R. van Waterschoot, of Kloosterzande, Distance 30km
Highest reward for an international male	= <b>50</b> Donald Cowan of the United Kingdom Distance 30km
Highest reward for an international female	= <b>45</b> M. J. I. H. Distel-Koutstaal of Switzerland, Distance 30km

#### 7. Number of people entering for reward (total 46,000 including military participants, as of 1 July 2013)

Reward 10: 1,297 participants (500 females, 797 males)

Reward 25: 239 participants (62 females, 177 males)

Reward 40: 34 participants (8 females, 26 males)

Reward 50: 10 participants (3 females, 7 males)

Reward 51: 13 participants (1 female, 12 males)

Reward 52: 9 participants (2 females, 7 males)



Reward 53: 1 participant (1 male)  
Reward 54: 1 participant (1 male)  
Reward 55: 5 participants (1 female, 4 males)  
Reward 56: 1 participant (1 male)  
Reward 57: 2 participants (2 males)  
Reward 58: 1 participant (1 male)  
Reward 59: 1 participant (1 male)  
Reward 60: 0 participants  
Reward 61: 1 participant (1 male)  
Reward 62: 1 participant (1 female)  
Reward 63: 0 participants  
Reward 64: 1 participant (1 male)  
Reward 65: 0 participants  
Reward 66: 1 participant (1 male)

8. Age spread (total 46,000, as of 1 July 2013, including military participants)

Age category	registrations	percentage
11 - 20	3,141	6.83%
21 - 30	6,631	14.41%
31 - 40	4,611	10.02%
41 - 50	6,849	14.89%
51 - 60	11,185	24.32%
61 - 70	10,547	22.93%
71 - 80	2,866	6.23%
81 - 90	170	0.37%
91 - 100	0	N/A



9. Gender spread (total 46,000, including military participants, as of 1 July 2013)

Of all 46,000 people currently registered, 27,421 (=59.62%) are male and 18,579 (=40.38%) are female.

10. Numbers for each distance (46,000, including military participants, as of 1 July 2013)

Individual civilian registrations: 39,379

30km (individual) = 10,538 (=26.76% of the civilian registrations)

40km (individual) = 19,876 (=50.47% of the civilian registrations)

40km (individual + marching kit) = 0

50km (individual) = 8,965 (=22.77% of the civilian registrations)

Civilian group registrations: 1,621

30km (group) = 106 (=6.54% of the civilian group registrations)

40km (group) = 915 (=56.45% of the civilian group registrations)

40km (group + marching kit) = 0

50km (group) = 600 (=37.01% of the civilian group registrations)

Military individual registrations: 1,852

30km (individual) = 0

40km (individual) = 508 (=27.43% of the military individual registrations)

40km (individual + marching kit) = 1,309 (=70.68% of the military individual registrations)

50km (individual) = 35 (=1.89% of the military individual registrations)

Military group registrations: 3,148

30km (group) = 0

40km (group) = 663 (=21.06% of the military group registrations)

40km (group + marching kit) = 2,485 (=78.94% of the military group registrations)

50km (group) = 0



11. Number of participants from NL/abroad (total 46,000 including military participants, as of 1 July 2013)

In total, 14.47% (=6,657) of the participants registered is from abroad. 19.47% (=5,338 of 27,421) of the males is from abroad, 7.10% (= 1,319 of 18,579) of the females is from abroad.

12. Number of people born in 2001

364 people (411 in 2012) born between 1 January 2001 and 31 December 2001 inclusive have registered, of which 203 boys and 161 girls. 253 of them will be accompanied (141 boys and 112 girls).

13. Number of first-time entrants (total 46,000 including military participants, as of 1 July 2013)

The number of civilian participants registered for reward 1 is 13,009. The number of military participants registered for reward 1 is 3,373.

14. Number of people registered with Via Vierdaagse training programme

1,500 people have registered with the training programme Via Vierdaagse.

15. Draw

The total number of registrations after closure of the second registration period was 50,314. 4,314 people were therefore excluded by the draw.

16. KNBLO-NL/NWB (total 46,000 including military participants, as of 1 July 2013)

The number of KNBLO-NL members registered is: 11,924. The number of NWB members registered is 1,517.

17. Number of participants who registered and successfully completed the Four Days Marches up to and including the 97<sup>th</sup> edition

Barometers up to and including 2013 put the total number of people ever to have registered for the Four Days Marches at 1,608,300. The total number of people to have completed the Four Days Marches up to and including 2012 is 1,410,912.



18. Number of participants resident in the Netherlands (total including military participants, as of 1 July 2013) from each province, men and women:

Drenthe: total 811 participants, 449 men and 362 women

Flevoland: total 645 participants, 412 men and 233 women

Friesland: total 821 participants, 439 men and 382 women

Gelderland: total 11,027 participants, 6,255 men and 4,772 women

Groningen: total 634 participants, 346 men and 288 women

Limburg: total 2,279 participants, 1,310 men and 969 women

Noord-Brabant: total 7,818 participants, 4,229 men and 3,589 women

Noord-Holland: total 3,729 participants, 2,111 men and 1,618 women

Overijssel: total 2,283 participants, 1,234 men and 1,049 women

Utrecht: total 2,558 participants, 1,488 men and 1,070 women

Zeeland: total 668 participants, 362 men and 306 women

Zuid-Holland: total 6,038 participants, 3,419 men and 2,619 women

19. Number of participants (total including military participants, as of 1 July 2013) from each en-route municipality, based on postcode district, men and women:

Nijmegen, 6500 - 6546: 2,369 participants, of which 1,313 men and 1,056 women

Elst, 6660 - 6662: 307 participants, of which 174 men and 133 women

Wijchen, 6600 - 6605: 547 participants, of which 324 men and 223 women

Groesbeek, 6560 - 6562: 244 participants, of which 146 men and 98 women

Cuijk, 5430 - 5432: 227 participants, of which 134 men and 93 women

Arnhem, 6800 - 6846: 664 participants, of which 402 men and 262 women

Beuningen, 6640 - 6642: 310 participants, of which 186 men and 124 women

Grave, 5360 - 5361: 107 participants, of which 57 men and 50 women

Malden, 6580 - 6581: 267 participants, of which 158 men and 109 women

End of press release





Press Release 2013.012, 4 July 2013

### **'Lent loop' to follow different route**

Just one major change has been made to the route of the 97th Four Days Marches, compared with 2012. The old 'Lent loop' in the early morning hours of the first day, the Day of Elst, will follow a different route, due to the laying of new roads and other construction works in the northern part of Nijmegen.

#### **Left**

Walkers will now descend from the bridge over the River Waal along the slip road on the western side and, upon reaching Oosterhoutsedijk, will turn left onto Bemmelsedijk. After passing under the bridge, they will turn left again, taking the new cycle path and then Lentse Tuinstraat and Steltsestraat, before ending up back on the 'old' route on Lentse Schoolstraat.

#### **Wijchen**

A minor change has also been made to the second day's route through Wijchen, due to the sports hall being used as a medical support post. The change affects the 30 and 40 kilometre military walkers and the 40 and 50-kilometre civilian walkers. Military participants and 30km walkers will take St. Jorispad over the Arcus grounds, straight on past the sports hall, to Valendrieseweg, ending up on their 'old' route. 50 and 40km walkers will also cross the Arcus grounds and take Campuslaan and St. Jorispad to end up on the 'old' route. The military resting area will be at the medical support post.

End of press release



Press release 2013.014, 4 July 2013

## **Medical support increasingly 'on dry land'**

### **Four Days Marches to set up medical support posts itself from now on**

During the upcoming Four Days Marches, there will be two major medical support posts instead of three. Now that Stichting DE 4DAAGSE is completely responsible for the organisation and set-up of the posts, locations on solid ground have been sought wherever possible.

Medical staff during the 97th Four Days Marches will now literally not always have 'both feet in the mud'. There are just four medical support posts left that are located in meadows. Solid ground has been found for the other posts, and the organisers have even come up with a 'luxury' solution for the second and last days, in the form of sports halls in Wijchen (Arcus sport complex), Beuningen (Tinnegieter sports hall) and Gassel.

### **Paved areas**

The park on Stationstraat in Elst (opposite the Heinz entrance) and paved car parks near the Rijkerswoerdse Plassen recreational area and at Slijk-Ewijk beach park will be used on the Day of Elst. Support posts are still located in meadows on the third day however, at Oude Veerstoep in Mook and at the start of the Zevenheuvelenweg in Groesbeek.

Medical support posts can be found on Kasteelsestraat (meadow) in Overasselt, in the sports hall on Julianaplein in Gassel and, as usual, in a meadow on Mook's Cuijksesteeg on the fourth day of the 97th Four Days Marches.

There will also be a smaller Dutch Red Cross medical support post on the 50km 'loops' (Huissen, Niftrik and Ottersum) as in previous years. These posts will use fixed infrastructure (cafe/restaurants).

### **Catering**

The rest areas are referred to as 'medical support posts' from now on, because they will only offer medical care (by the Dutch Red Cross, the Dutch Society for Sports Massage (NGS), Service Medical and the Ministry of Defence) and toilets, in principle. "Our organisation will therefore not provide any catering or rest areas. However, catering will be provided at the sport halls and smaller medical posts," according to Gerard Beelen, member of Stichting DE 4DAAGSE's board.

### **Medical staff**

Due to austerity measures, the Ministry of Defence has withdrawn from the usual military rest areas with medical support posts. However, the Ministry will continue to supply medical staff who will contribute towards the medical support services for all military participants, including the international military contingents, as well as caring for civilian participants.

As a sponsor of the Four Days Marches, health insurer VGZ will also contribute towards the medical support posts. Gerard Beelen says, "So as to be sure we have enough medical staff, the Service Medical organisation, of which VGZ is a main sponsor, will be providing medical staff for the first time." A total of over 220 medical staff will be deployed along the route.

End of press release



Press release 2013.015, 4 July 2013

## **What is the secret of successful ageing?**

### **New Four Days Marches health study**

What is the secret of the healthy 'Golden Oldies', who participate in the Four Days Marches? Exercise physiologist Prof. Dr. Maria Hopman of the UMC St Radboud is trying to find out during the 97th Four Days Marches, in collaboration with health insurer VGZ. She is studying fifty walkers aged over 80, to get to the bottom of the role played by genes and behaviour in successful ageing.

Lifestyle questions are used to investigate the behaviour of the 'Golden Oldies' and subsequent generations, and the research is also looking at the participants' outlook on life - do optimistic people live longer? Can you influence such aspects (behaviour) or are they genetic?

The study will help to get to the bottom of the mysteries of getting old whilst staying healthy. The participants will be assessed and interviewed both during and after the Four Days Marches. As well as being interviewed, the participants will also take a temperature pill to see how over-80s respond to this intensive physical exercise.

End of press release



Press release 2013.018, 13 July 2013

## **News flash**

### **New Balance to stop sponsoring Four Days Marches**

The 97th Four Days Marches is the last edition to have the American sports and walking shoe brand New Balance

as its main sponsor. New Balance will cease to be a main sponsor of our event after 14 years. Hi-Tec will take over the sponsorship.

In a press release, New Balance stated that the achievements of both parties have been above and beyond their goals during the fourteen years of partnership between New Balance and the Four Days Marches organisation. New Balance will now focus on new chances and opportunities.

In the beginning, sponsoring the Four Days Marches fitted in perfectly with New Balance's objective of becoming the world's favourite walking brand. New Balance has become one of the biggest walking brands in the Netherlands over the last few years. The launch of a specially developed Nijmegen shoe attested to the fact that walking as a sport and the promotion of the Four Days Marches as the world's biggest multi-day walking event were taken very seriously. The Nijmegen shoe "has become the Netherlands' best-selling walking shoe over the last five years", according to Groupe Royer/New Balance.

New Balance announced that it will shift its main focus from 'event walkers' to recreational walkers who mainly walk for fun and for their health. "As of 2014, New Balance will enter into a multi-faceted partnership with the Royal Dutch

Touring Club, ANWB. This will see the American sports brand adopt the Netherlands' oldest walking route from Amsterdam to Arnhem, amongst other activities."

New Balance's successor was arranged just before the 2013 Four Days Marches. Hi-Tec will be the main sponsor of the Four Days Marches for three years, starting on 1 January 2014.

### **Four Days Marches back at Beursplein 5**

The Four Days Marches will be paying a visit to Beursplein 5, the Netherlands' financial centre, once again this year.

Ron Adriaans, chairman of the 100th Four Days Marches Committee, which is preparing for a festive, memorable 100th edition of the Four Days Marches in 2016, will strike the gong to open the trading day on the Amsterdam Stock Exchange (AEX) at 09.00hrs on Tuesday 16 July. Ron Adriaans and several members of his Committee

have been invited to open the trading day at Beursplein 5.

### **Minister Schippers to fire starting shot for 50km**

Minister Edith Schippers will fire the starting shot for the 50 kilometre walkers in the 97th Four Days Marches at 04.00hrs on Tuesday morning.

The minister will then briefly talk to the board and guests of Stichting DE 4DAAGSE, before mingling with the walkers waiting to start the 40 kilometre event at 05.15 hrs. Ms Schippers has also indicated that she would like to chat briefly with some of the organisation's volunteers.



## **VriendenLoterij now known as VierdaagseLoterij**

A lottery called VierdaagseLoterij is being set up in close collaboration between VriendenLoterij and Stichting DE 4DAAGSE.

Participants signing up to the VierdaagseLoterij through a special promotional website will support the Four Days Marches with half of their stakes every month. The contributions from these participants will provide structural income for the Four Days Marches, which will partly be used to pay for the festivities relating to the 100<sup>th</sup> edition of the Four Days Marches in 2016.

In order to support the promotion, VierdaagseLoterij will present performances by the popular DJ duo Wipneus & Pim on De Wedren. The music makers, who will be supported by a lively promotional team from VierdaagseLoterij, will draw their keen fans' attention to the additional prize package for the VierdaagseLoterij from Tuesday to Thursday.

A letter from VierdaagseLoterij will also be sent to hundreds of thousands of households in the Arnhem-Nijmegen area, calling upon people to take part.

## **Three signatures for agreement**

The long-term agreement between the Ministry of Defence, Nijmegen City Council and Stichting DE 4DAAGSE will be signed at 15.00hrs on Wednesday 17 July at military Four Days Marches Camp Heumensoord.

Army commander lieutenant General Mart de Kruif will sign the agreement on behalf of the Ministry of Defence, whilst Mayor Hubert Bruls and chairman Johan Willemstein will sign for Nijmegen City Council and Stichting DE 4DAAGSE respectively.

## **Four Days Marches Facebook page already has 11,225 likes**

The Four Days Marches Facebook account surpassed the 11,225 likes mark last week and is therefore the most popular means of communication used by the Four Days Marches, along with the official website ([www.4daagse.nl](http://www.4daagse.nl)).

## **British delegation to lay wreath in Beuningen**

Commander Brigadier J. E. Richardson will honour the six victims who lost their lives after an English bomber was shot down over Beuningen 70 years ago during WWII by laying a wreath on behalf of the British Four Days Marches military contingent on Wednesday 17 July.

The wreath will be laid in exactly the place where the bomber crashed on 23 June 1943, at Beuningse Veld (at the bottom of the bank of the Verlengde Wilhelminalaan viaduct south of the A73). This is right on the Four Days Marches route on the second day. The wreath will be laid by Brigadier Richardson in the presence of Mayor of Beuningen Carol van Eert and Bertil Bruisten, son of eyewitness Ab Bruisten (81), who will be unable to attend at 09.15 hrs as he will be walking the Four Days Marches himself.

## **Background**



23 June 2013 marked the 70th anniversary of the English bomber crashing in Beuningen. The aeroplane was shot down by German anti-aircraft guns, and all six Brits on board were killed in a massive blaze, except the pilot, who had parachuted to Hees, near Nijmegen. The war monument near the Cornelius church in Beuningen features the aeroplane's propeller, as well as the names of the Brits who died. Beuningen's annual remembrance ceremony on 4 May is held at this monument.

A fine book describing and commemorating the last 'Eight Minutes to Beuningen' was published in 2012 by Tim Barlow, whose great-uncle, Jack Osborne, was a flight engineer on board that aeroplane.

End of press release



Press release 2013.022 - 18 July 2013

## **Myths about registration for the Four Days Marches**

The criteria governing registration for the 98th Four Days Marches in 2014 will not be announced until early 2014, just before registration opens. In order to nip any myths in the bud, Stichting DE 4DAAGSE would like to emphasise that no preferential treatment for subsequent editions of the Four Days Marches will be gained by simply starting the 97th edition and not completing the marches in accordance with the regulations.

The regulations for the 97th Four Days Marches and earlier editions state that anyone who has ever completed the Four Days Marches in accordance with the regulations and gained reward 1 shall be exempt from the draw for the next edition. The 'Restriction Protocol', which determines the maximum number of registrations permitted, clearly states:

If the maximum number of registrations (46,000 for the 97th Four Days Marches) is exceeded, a draw will be held amongst those who have registered to take part in the 97th Four Days Marches with the intention of gaining reward 1.

## **Rumours**

"Rumours are going around of the strangest, completely made-up rules that would supposedly enable aspiring Four Days Marches walkers to avoid a draw. Don't believe any of it. The rules set out in the Board of Stichting DE 4DAAGSE's Restriction Protocol are the only valid ones," explains André Sonnevile, spokesperson for Stichting DE 4DAAGSE.

"The Restriction Protocol is reviewed and determined every year, following thorough evaluations of the previous Four Days Marches. Decisions are made in November and December, and then communicated in January of the new year, so that walkers are informed in good time of the registration procedure for the upcoming edition."

Prior to the 97th Four Days Marches, Johan Willemstein, chairman of Stichting DE 4DAAGSE, announced that the Restriction Protocol for the 100th Four Days Marches in 2016 would be published in spring 2014. "This way, absolutely everyone will know the procedure for the anniversary edition of the Four Days Marches in good time."

End of press release



Press release 2013.023 - 19 July 2013

### **Four Days Marches thanks its main sponsor New Balance**

After fourteen years as the Four Days Marches' main sponsor, New Balance is fulfilling this role for the last time in 2013. The shoe brand HI-TEC will take over from 2014, and shall remain linked to the Four Days Marches until at least 2016.

During the reception for guests prior to the entry, march leader Johan Willemstein took the highly notable step of addressing the departing main sponsor directly. "I do not usually mention the names of our close collaboration partners at this point," he said. "But I would like to make one exception this year to address our main sponsor New Balance. We have collaborated in a fantastic brand fit for fourteen years [...], and the sponsorship has always been activated in a fine manner. This will now come to an end. Not because we have argued, but in mutual consultation, taking into account the consequences of a changed market strategy. [...] Many thanks for your commitment, support, trustworthiness and friendship!"

Willemstein's words met with great applause for the brand that has been linked to the world's biggest multi-day walking event for so long.

End of press release





Press Release 2013.025, 19 July 2013

## Medical facts for the 2013 Four Days Marches

**The Four Days Marches has not only put on a good show in terms of weather and atmosphere this year. The event has also been particularly successful in medical terms.**

Ernst-Paul van Etten, Head of the Four Days Marches Medical Services, is looking back on an edition that 'went very well'. "We monitored both the walkers and the weather almost constantly, and used news tickers to communicate weather forecasts and tips such as 'keep your head cool' on all four marching days. We also consulted with and advised the Board on a regular basis. Since there are no longer any Ministry of Defence posts along the route, the medical services had a different structure this year, which kept us on our toes. However, all the pieces of the puzzle fell into place this week. The good weather also made it a fantastic Four Days Marches." Red Cross spokesman, Merlijn Stoffels, adds: "There is not even much difference between the number of medical and blister treatments given this year and last year. However, whilst 2012 had peak times, it was 'full house' at the support posts all day long this year."

Here is a summary of the medical treatments given:

<b>Year</b>	<b>2012</b>	<b>2013</b>
Number of blister treatments	5,838	6,010
Medical treatments*	394	570
Ambulance trips, on the route	15	45
Ambulance trips, to a treatment centre	15	13
First aid treatments**	unknown	502
Massages	2,900	3,000

\* Medical treatments include dehydration, inflammations and allergic reactions.

\*\* First aid treatments include fainting, overheating, grazes, insect bites, bruising and sprains.

End of press release