

ELFSTEDENROEIMARATHON

10 & 11 MEI 2024

LEEWARDEN > 24KM > DOKKUM > 26KM > LEEWARDEN > 24KM > SNEEK > 5KM > IJLST > 8KM > WOUDESEND > 6KM > SLOTEN > 26KM > STAVOREN > 11KM > HINDELOOPEN > 9KM > WORKUM > 11KM > BOLSWARD > 19KM > HARLINGEN > 10KM > FRANEKER > 28KM > LEEWARDEN

PROGRAMME

SAVE THE DATE
30 & 31
MEI 2024



/ELFSTEDENROEIEN



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ELFSTEDEN ROEIMARATHON

Welcome to the 38th elfsteden**roeimarathon** organised by LRV Wetterwille. After all these years, the race has grown into a major event, with 80 to 100 national and international teams competing each year. On the Friday evening after Ascension Day, the starting signal is given in the Prinsentuin at 8.00 pm from the Stanfries X.

We are expecting a fantastic, sportive edition of the elfsteden**roeimarathon** 2024 and we wish you a successful event!

On behalf of the elfsteden**roeimarathon** committee

Arjan Bosscha
Caroline Cosijn (chairperson)
Hielke Hoekstra
Ilse Kramer
Anneke Kuiper
Bram Streefland (competition manager)
Bram Sonsma
Joyce Visser
Elke Wagenaar
Pierre de Wildt



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FRIDAY

1 - 4 pm	Registration and collection of barrel and GPS tracker
1 - 4 pm	Inspection of the boats
6 pm	Meeting of team captains (Dutch, English)
From 6.30 pm	Proceed to the start in The Prinsentuin
7.55 pm	Speech at the start
8 pm	Starting signal from Museum boat Stanfries X
8.30 pm	Last team starts
10 - 11 pm	Passage through Dokkum (lights must be on)

SATURDAY

00 - 2 pm	Entry in Leeuwarden
7.30 a.m.	Closure stamping point Woudsend
3.45 - 8 a.m.	Supply (and care) truck present in Sloten
8 a.m.	Closure stamping point Sloten
11.30 am	Closure stamping point Stavoren
1 pm	Closure stamping point Hindeloopen
1.45 pm	Closure stamping point Workum
2.00 pm	Award ceremony of the first winners
3.15 pm	Closure stamping point Bolsward
3 pm	Award ceremony of the winners of the following categories
4 - 8.30 pm	Dinner for arrived rowers at LRV Wetterwille
4.30 pm	Award ceremony of the winners of the following categories
5 pm	Closure stamping point Harlingen
6 pm	Closure stamping point Franeker
8.30 pm	Final finish time in Leeuwarden
9.30 pm	Closing bar LRV Wetterwille



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Start

The start takes place near the Stanfries X. Boats are requested to get in line follow the starting order (see picture below) and not to pass the Stanfries X.

Starting area

The area at the start is divided into sections (see image). The teams will start from 8 PM. onwards every 15 sec. Teams have to line up during the start.



Good preparation is? Half the work!

For the rowers and for the coaches of the elfstedenroeimathon, good physical condition is important to stay alert for 24/7. Make sure you have enough food, drinks and clothing to change your wet clothes on a regular basis. Be aware that you have to make good arrangements as a team about where you swap as rowers and where this is **NOT** allowed. Practice in advance how to do this in a safe way. As organisation we provide a lockable barrel with three insulation blankets and an emergency contact card. First Aid workers will be present at certain stamping points and they are reachable all times (see emergency contact card).

The ERM organisation at LRV Wetterwille can be reached during the entire event. Don't hesitate to call! **+31 (0) 58 - 2880301.**

Noise disturbance

Unfortunately, we sometimes receive complaints about noise disturbance. Many people take a short holiday during the Ascension weekend and sound carries far along the water. After 10.00 p.m. it is therefore **NOT** allowed to make noise. Please, keep the area clean and make agreements with each other about this.



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Traject and passing each other prohibitions

- **Leeuwarden** - Start Prinsentuin, row till the Stanfries X! Boats can lay up between the Vrouwenpoortsbrug and the Stanfries X.
- **Dokkum** - Incoming and outgoing teams must keep to starboard, also when passing the bridges; no passing each other near or under bridges. For your own safety and that of your teammates, follow the instructions of the jury on the spot!
- **Dokkum** - After the round through the centre of Dokkum there are a number of big ships - two rows of them - on the starboard side just before the bridge when you leave the centre; passing other teams is also prohibited there!
- **Zwette** - Remember the bridge heads to starboard and port approximately 200 metres after the bridge at Dearsum! *Advice: after the bridge at Dearsum, keep to the middle of the water.*
- **Sloten** - The stamping point is moved (check GPX routemap). Do **NOT** make noise because of people living on the boats.
- **Luts** (after Balk) - Very narrow on one side (alternating port or starboard)
- **Oude Karre**: On the Rûsterfeart, towards the Oude Karre, after the bridge boats are located (both starboard and port side)!
- **Hindeloopen** - After stamping point: very narrow!

Changeover prohibition

- Stamping point in Dokkum;
- On the raft at LRV Wetterwille;
- On the Zwette near the Boksumerdam and near Oosterwierum (between Leeuwarden - Sneek);
- Stamping point IJlst;
- Bridge at Warns;
- Camping at Hichtum;
- Whole village of Arum;
- Berlikumervaart (Berltsumerfeart on and near the Sânwei);
- Under bridges and flyovers.

Route and parking

- LRV Wetterwille: please, follow the instructions of the parking crew. Boat trailers can drive through to LRV Wetterwille to unload and are then requested to park in the area (follow instructions). You are allowed to park your car(s) at different locations in the surroundings. Note: Praxis will close at 9.00 pm.
- De Prinsentuin: the start in the Prinsentuin is difficult to reach by car and is little parking space! Be on time!
- Aldtsjerk (Oudkerk): keep the bridge and passage free because of through traffic;
- Weidum: do **NOT** drive with cars to Hotel Restaurant WeidumerHout (Dekemawei 9);
- Harlingen: parking is **NOT** possible at the parkinglot of the supermarket JUMBO



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Toilet along the route: bring your own toilet paper!

- Leeuwarden: Prinsentuin (start)
- Klaarkamp: at the bridge
- Dokkum: toilet building at the stamping point
- Leeuwarden: at LRV Wetterwille
- Sneek: club house RV de Geeuw (is also the stamping point)
- Sloten: toilet building near the harbour (is also the stamping point)
- Balk: at the marina
- Stavoren: toilet building near the marina, ± 100 m from stamping point
- Hindeloopen: toilet building at marina
- Workum: noorderbrug at Avia gas station and at the lock; two mobile toilet at the stamping point;
- Bolsward: toilet building near bridge at the stamping point;
- Harlingen: mobile toilet near the stamping point
- Franeker: toilet at Yt húske de Bikker across the stamping point
- Ried: the camping

The alternative route

An alternative route has been developed which can be applied when the weather conditions (waves, storms, lightning) on Slotermeer and/or Morra are such that the normal route is not navigable. The competition authorities will decide if the alternative route will be used and will let you know in time if this is applicable!

Route description

Follow the normal route until the Woudsend stamping post; turn right and head back in the direction of IJlst, keep portside in the direction of Nijezijl, Oosthem (turn into Bolswarderzeilvaart), Wijmert, Bolsward, Workumertrekvaart, Burevaart, Diepe Dolte (the Workum stamping station is approached from the south). Continue on normal route!

GPS-tracking and what to do in case of failure?

A GPS tracker will be available for each team. We aim to provide this to all participating teams. The GPS tracker can be attached to the boat or carried in a waterproof barrel.

The GPS trackers can be followed via the live page, which can be found via [tourmonitor](#).

The chance of failure is minimal. If a tracker breaks down, it should be reset by the organisation. In case of failure, please contact the hotline at LRV Wetterwille **+31 (0) 58 - 2880301**.

Excluding risk

As organisation, we cannot guarantee that the tracker always works: it depends on the coverage rate in the surrounding.



ELFSTEDEN ROEIMARATHON

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You can follow us via social media!

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With thanks to:

Schrijfburo

Roeiwerf Wiersma

Fertile Media

Museumboot Stanfries X

Reddingsbrigade Leeuwarden & Drachten

Gebroeders Rinkema (reddingsbrigade)

Chauffeursvereniging Friesland

Roeivereniging De Geeuw

Jachthaven Lemsterpoort

Yt húske de Bikker, Franeker de ICT-commissie

de Barcommissie LRV Wetterwille én...

... all bridge keepers, harbour masters and volunteers from inside and outside the club without whom this event could not be organised!

