

LONG COURSE WEEKEND HOLLAND BEESEL

Table of contents

Forewords

Organization

History

Registration

Corona measures

Holland Swim

Holland Bike

Holland Run

Honors List

Regulations

Practical Info

Athletes Service

About the Municipality of Beesel

10 things to do

Tips & Tricks

Winner Quotes

Volunteers

ROB FRAMBACH & VINCENT VAN DER STOUWE

RACE MANAGEMENT

Long Course Weekend in the Limburg municipality of Beesel will be taking place. What seemed impossible is now actually happening, to organise a safe event with all the adjustments and measures necessary to ensure the health and safety of participants, residents, volunteers and staff. We are deeply grateful for the trust and perseverance of all athletes, volunteers at the municipality Beesel, the Safety Region Central North and all other partners.

This year the swimming part of LCW Holland - Beesel taking on Friday will be hosted at Drakenrijk as the venue. On Saturday, the start and finish of cycling will be at the Town Hall Square in Reuver. A day later, on Sunday, the runners are up. They also end the weekend under the finish arch on the Town Hall Square.

Participants will get a health check and a temperature measurement. This will create a safe "race bubble". Within this bubble, social distancing and adhering to the 1.5 meters is not a requirement. The three disciplines; cycling, swimming and running, can already be considered *coronaproof* due to the format of the event. We kindly ask you to leave family and friends home as much as possible. The two events areas, Drakenrijk and Raadhuisplein, are not entirely hermetically closed to the public. In cooperation with the surrounding catering entrepreneurs, there are catering guidelines in place where people can enjoy the event. However, if all seats are occupied, access to these areas will not be allowed.

Thank you again for your trust and patience. *Last but not least*, a heartfelt 'thank you' for the entire team who have worked with soul and bliss over the previous months to give the participants an unforgettable weekend!

We look forward to seeing you in action during Long Course Weekend Holland - Beesel.

Sportive greeting,

Rob Frambach & Vincent van der Stouwe

Race management LCW Holland - Beesel

MARCEL ROELOFS

Alderman

We are approaching the second edition of Long Course Weekend Holland - Beesel.

This special edition has had an extra-long preparation time, with conditions and restrictions that demand the utmost from the organization, athletes and the public. Together with organizer Extra Leisure we decided to postpone the event from the spring to September 18, 19 and 20, 2020.

A huge demand was made on all the volunteers, traffic controllers, entrepreneurs and all sports enthusiasts who are eager to participate in this swim, bike and/or run event. But every athlete knows: in order to conquer you need to persevere, especially when the going gets tough. We achieved this!

It is such an honor to welcome this unique event to our municipality for the second time. This in itself is a collective victory. "Gewoon samen" is our motto, meaning simply together. Victory brings us together! Overcome the elements, the distance and yourself.

Immerse yourself in the vibrant energy of this event and our community.
Discover the most beautiful places in Beesel and surrounding municipalities.
In order to get off the starting blocks fit and healthy we wish you all the luck with your preparations.

We look forward to giving you a warm welcome,
Your host Beesel.

MATTHEW EVANS & SCOTT POWELL

Founding Fathers Long Course Weekend

On behalf of the LCW Global team, we wish you a warm welcome to the last member of the Long Course Weekend team; Holland. LCW's vision is not to expand to hundreds of events, but to find unique locations and municipalities where we can organize a unique event that is close to the people. And LCW Holland - Beesel is exactly that. The villages of Reuver and Beesel have welcomed us with open arms and we

are therefore confident that we will grow into a unique event in the LCW circuit in the coming years. Take the time to visit the surrounding villages outside the events, Limburg is truly unique place! Whether you participate in a 1, 2 or all 3 parts, don't forget to enjoy yourself and we'll see you at the finish!

With friendly and sporty regards,

Matthew Evans en Scott Powell

Founding Fathers Long Course Weekend

Organization

Long Course Weekend - Beesel

Project Manager	Roxanne Caris
Race director	Rob Frambach
Executive board	Vincent van der Stouwe
Medical Coordinator	Jos Benders
Timekeeper/Registration	Robin van Arkel
Speaker	Ralf op 't Broek/ Matthew Evans

Imprint

Coordination	Cas Wetzels
Design	Robin van Arkel
Final editorial	Vincent van der Stouwe
Translation	Amé Venter
Photography	Wouter Roosenboom

Organisation

Extra Leisure

Molensingel 476229 PB MaastrichtNeerland

+31 43 351 18 09

info@extraleisure.nl

www.extraleisure.nl

Medical

Star of Life Team

Honingerdijk 70

3062 NW RotterdamNederland+31 6 54 67 24 36

www.staroflifeteam.eu

Emergency number

In case of emergency, please contact the emergency number 112.

History

The Long Course Weekend began in Wales, United Kingdom, in 2010. In the middle of Pembrokeshire National Park, more than 1,000 athletes left, 34 of whom opted for the full LCW. Only 13 managed to reach the finish line, creating a new legend; is a Long Distance Race spread over 3 days harder? The answer turned out to be ""yes"! Although it should be emphasized that LCW is not a triathlon! It is a swim event, a cycling event and a running event, which together attract many athletes to all participate in 1, 2 or 3 days.

In the years that followed, the event grew. Last year, Wales celebrated its tenth anniversary with 11,000 athletes taking part and 30,000 supporters who have travelled to the event, making the event one of the biggest Multisport events in the world.

Known as the small big race – the organizers have worked to involve the local businesses and residents in the event, creating a unique atmosphere and experience at Long Course Weekend. From local businesses offering discounts to cafes and restaurants where athletes and spectators can go.

In 2017, the expansion of LCW to Australia and Mallorca began, which has one of the most amazing cycling routes with full road closures. Last year the first edition of LCW Holland took place in Beesel, and this year a first edition will be organized in Belgium.

2021 started dramatically for Long Course Weekend Holland – Beesel. due to the cancellation of the weekend by the corona measures. For a moment society stood still, and so did the multisport world, but the organization did not let this stop them. Since Day 1, our team has been working tirelessly with national / local governments and medical experts to develop guidelines that allow us to race safely.

Registration

During LCW HOLLAND - BEESEL

For a smooth registration and the collection of the starting numbers, it is important to have the proof of registration, your e-mail and ID with you. Without the registration certificate and ID, we cannot issue you with a starting number. You can pick up your starting number from Friday 18th September 12.00 noon at registration situated in the market square, Reuver (Raadhuisplein 1, 5953 AL Reuver). There will also be a merchandise stand from LCW Global offering event specific clothing and accessories. If you participate in all three disciplines (swim, bike and run) it is important that you bring your membership and license of the NTB. If you do not have a license from the NTB, you will have to purchase a weekend license at registration if you participate in all three disciplines. This is valid for the whole weekend and you are insured for accidents. The license for triathletes costs € 12.50 (Half LCW) or € 25 (Full LCW). Please note; it is only possible to pay via contactless payment for the license.

See "Corona Measures" for the measures we take to responsibly register at the event in a responsible manner

to get.

PAY ATTENTION! Because of the health check, everyone must go through the registration race day itself! Are you taking part on multiple days part? Then you have to pick up your starting number for that day every day at the registration! Your phone is required for this health check. Make sure you can store it in a dry place during the competition.

We ensure that you can hang a bag on the event area!

Measures corona virus

A safe event together

Since day 1, our team has worked with state and local governments and medical experts to develop guidelines that help us race safely. The following measures are taken to organize a safe competition:

Health check and registration

- Only access to the event site after completing the checklist
- Do the check earlier (on the same day) and show the confirmation screen at the entrance.
You will receive the link by email shortly.
- Be on time
- No expo and merchandise

Follow the guidelines of the RIVM

- Keep a distance of 1.5 meters
- Wash your hands regularly
- Sneeze and cough in your elbow
- You stay at home with (mild) complaints

Keep your distance

- Keep a distance of 1.5 meters on the event site
- Not compulsory during competition (from start area to after finish).

Audience and Spectators

- Do not bring your own audience
- No public stands at the finish zone
- No standing places at the start and finish zone
- The public is only allowed to sit on catering terraces
- The 1.5 meter rule always applies to the public
- Clapping, singing and shouting are not allowed

After finish

- Go directly to "Atlethes Garden" for finisher t-shirt

- After check-out, keep your distance again
- No shower facilities on the event site
- Top 3 honoring (male and female) continues
- Go home as soon as possible

PAY ATTENTION! Because of the health check, everyone must go through the registration race day itself! Are you taking part on multiple days part? Then you have to pick up your starting number for that day every day at the registration! Your phone is required for this health check. Make sure you can store it in a dry place during the competition.

We ensure that you can hang a bag on the event area!

Holland swim

Vrijdag 18 september 2020

Program

12.00 – 17.00	Registration open	Raadhuisplein
15.30 – 21.30	Shuttle service bus to/from Swim	BillyBird Park Drakenrijk
17.00	Start Swim 750m & 1500m	BillyBird Park Drakenrijk
17.30	Cut-off time 750m	BillyBird Park Drakenrijk
18.00	Cut-off time 1500m	BillyBird Park Drakenrijk
18.00	Start Swim 1900m & 3800m	BillyBird Park Drakenrijk
18.15	Award ceremony 750m & 1500m*	BillyBird Park Drakenrijk
19.10	Cut-off time first lap 3800m	BillyBird Park Drakenrijk
19.40	Cut-off time 1900m	BillyBird Park Drakenrijk
20.15	Cut-off time 3800m	BillyBird Park Drakenrijk
20.30	Award ceremony 1900m & 3800m	BillyBird Park Drakenrijk

*The award ceremony of 750 and 1500 m is after the rolling start of the longer distances. The time may vary by a few minutes.

Location

The Long Course Weekend Holland Swim, takes place in BillyBird Park Drakenrijk Reuver (Drakenrijkstraat, 5953 TR Reuver). A brand new location with sandy beaches and tranquil natural surroundings, the lake is the ideal location for a memorable and unique LCW Holland Swim. The area is easily accessible by walking, car, or bike with ample parking. The course is flanked by rolling landscapes with easily accessible vistas and viewing points for spectators.

Courses

750 – 1500 meters

The 750 meters and 1500 meters swim courses are the same, with one or two laps to be completed. Before the official start you will need to access the starting pen. You will have to wear your timing chip on your ankle (not covered by your wetsuit), and the swim cap you received when registering. Access to the start pen will be denied if both items are not provided. The 1500 meter

swim will involve an Australian exit meaning you will briefly exit the water and run a short distance along the beach before re-entering the water for the second leg. You'll run along a timing mat that tells us you've started the second leg, thus informing us you're going to make it within the cut-off time and we can register your location within the field.

You will be required to swim in a clockwise direction, keeping the buoys on your right. Follow the instructions of the rescue team, marshals and canoeists in the water. If there is a problem, lay on your back, raise your hand and wait for help. It is very important that when you have left the race that you report your starting number to the rescue team or member of the official organization team! This is very important so that the organization knows that you have come out of the water safely. If the organization is not aware of your withdrawal, an official search is started. If an official search was not necessary, you are liable for the costs incurred.

1900 – 3800 meters

The 1900 meters and 3800 meters swim courses are the same, with one or two laps to be completed. Before the official start you will need to access the starting pen. You will have to wear your timing chip on your ankle (not covered by your wetsuit), and the swim cap you received when registering. Access to the start pen will be denied if both items are not provided. The 3800-meter swim will involve an Australian exit meaning you will briefly exit the water and run a short distance along the beach before re-entering the water for the second leg. You'll run along a timing mat that tells us you've started the second leg, thus informing us you're going to make it within the cut-off time and we can register your location within the field.

You will be required to swim in a clockwise direction, keeping the buoys on your right. Follow the instructions of the rescue team, marshals and canoeists in the water. If there is a problem, lay on your back, raise your hand and wait for help. It is very important that when you have left the race that you report your starting number to the rescue team or member of the official organization team! This is very important so that the organization knows that you have come out of the water safely. If the organization is not aware of your withdrawal, an official search is started. If an official search was not necessary, you are liable for the costs incurred.

Start protocol swimming discipline:

Make sure you are ready in the start pen well in advance (at least 15 minutes before the official start time). When entering the starting pen, you will be checked to make sure that you are wearing your

swim cap and timing chip correctly. If you don't wear the swim cap or timing chip, you can't start. For all distances there is a rolling start. A number of participants start at the same time per x-number of seconds. If you are a faster, more experienced swimmer we recommend heading to the front of the starting pen. Novice and less confident swimmers are asked to head to the side or rear of the starting pen. Follow the instructions of the organization and marshals.

Additional information:

Wetsuits are mandatory. Should the water temperature exceed the designated temperature (21*) then wetsuits will become optional. If you do not have a wetsuit it is possible to rent a wetsuit from our Swim partner Yonda on the Friday at the lake.

Colors swim cap, starting numbers and steering boards

Group	Color
Full LCW	Gold (yellow swim cap)
Half LCW	Silver (grey swim cap)
LCW Swim 750 m	Blue
LCW Swim 1500 m	White
LCW Swim 1900 m	Red
LCW Swim 3800	Orange



750 M - 1.5 K SWIM COURSE

1 or 2 Lap(s)





1.9 K - 3.8 K SWIM COURSE

1 or 2 Lap(s)



HOLLAND BIKE

SATURDAY, September 19th

Program

07.00 – 17.00	Registration open	Raadhuisplein
08.15	Call top 10 LCW athletes to start	Raadhuisplein
08.25	Start Top 10 LCW athletes	Raadhuisplein
08.30	Start Bike 180K	Raadhuisplein
09.00	Start LCKinder	Raadhuisplein
11.00	Start bike 90K	Raadhuisplein
11:15	Award ceremony LCKinder	Raadhuisplein
12.30	Start Bike 45K	Raadhuisplein
12.30	Cut-off time 1st round 180K	Raadhuisplein
12.50	Expected first finisher 180K	Raadhuisplein
13.10	Expected first finisher 90K	Raadhuisplein
13.40	Expected first finisher 45K	Raadhuisplein
15.00	Bike Award Ceremony	Raadhuisplein
16.00	Cut-off time*	Raadhuisplein

* We want to ensure that the event is also accessible to beginners, therefore the cut-off time is set at 16:00 for all distances.

COURSE DESCRIPTION

The Long Course Weekend Holland – Beesel Bike leads you through the beautiful surroundings of Beesel, Roermond, Venlo, Roerdalen and Brüggen in Germany. In particular, the cross-border route and the charming nature of the course offer a unique and unparalleled experience. This event is flat and fast and perfect for those chasing a PB. There are five aid stations set at 16 km, 37 km, 58km, 75 km and 90 km.

START PROTOCOL

The first athletes to start are the 10 fastest Full LCW female and male athletes following the Swim on Friday. After this, the other athletes start every x number seconds in small groups. All athletes must show helmet numbers, bike numbers and timing chip to enter the pen.

Please note: LCW Holland – Beesel Bike is a Sportive/Tour therefore you must abide by the normal traffic rules. There will be traffic on all sections of the course. This is NOT a closed road event.

Colors start numbers and control boards

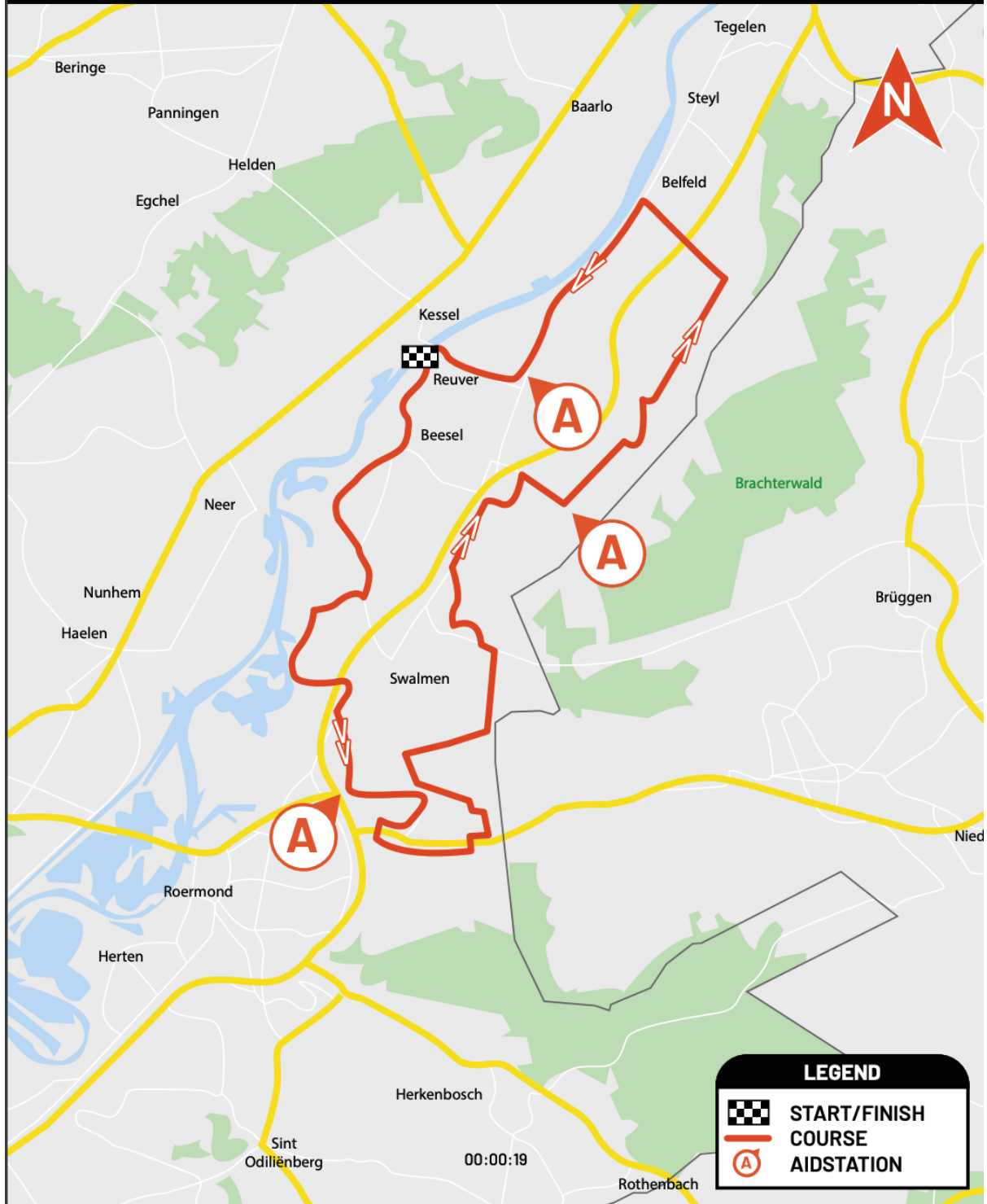
Group	Color
Full LCW	Gold (yellow swim cap)
Half LCW	Silver (grey swim cap)
LCW Bike 45 km	Blue
LCW Bike 90 km	Red
LCW Bike 180 km	Orange

Color route arrows

Route	Color
LCW Bike 45 km	Orange /Green
LCW Bike 90 km in 180 km	Green



45K BIKE COURSE 1 LAP

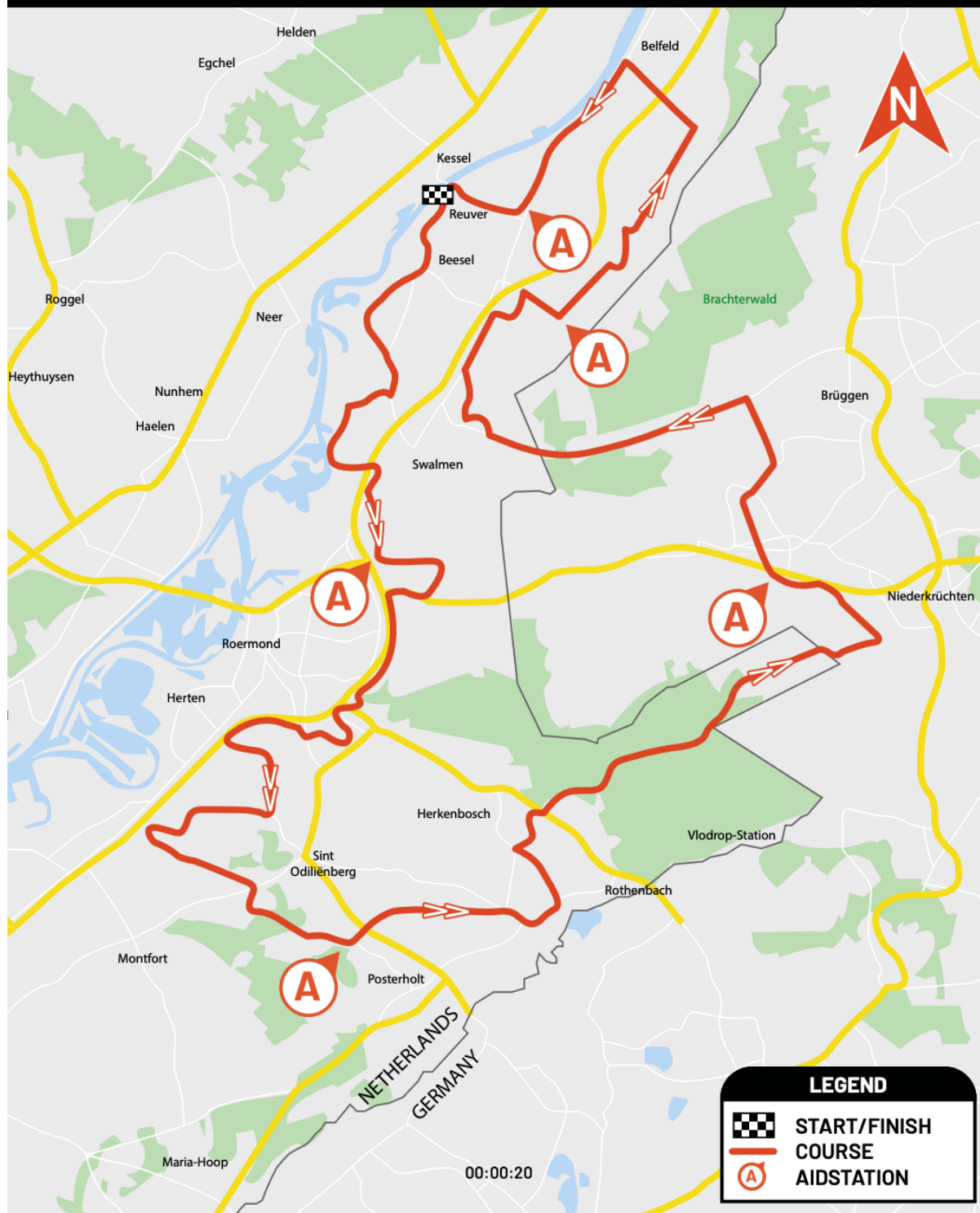




90K & 180K BIKE COURSE

90K: 1 LAP

180K: 2 LAPS



HOLLAND RUN

SUNDAY 20 September

Program

07.00 - 10.45	Registration open	Raadhuisplein
08.45	Call top 10 Full LCW athletes to the start	Raadhuisplein
08.55	Start Top 10 Full LCW Athletes	Raadhuisplein
09.00	Start (Half)Marathon	Raadhuisplein
10.20	Expected first finisher Half Marathon	Raadhuisplein
11.00	Award ceremony Half Marathon	Raadhuisplein
12.00	Cut-off time Halve Marathon and 1st lap Marathon	Raadhuisplein
11.45	Expected first finisher Marathon	Raadhuisplein
12.30	Award ceremony Marathon	Raadhuisplein
13.30	Start 10K	Raadhuisplein
13.45	Start 5K	Raadhuisplein
14.05	Expected first finisher 5K	Raadhuisplein
14.10	Expected first finisher 10K	Raadhuisplein
15.00	Cut-off time 5K and 10K	Raadhuisplein
15.00	Cut-off time Marathon	Raadhuisplein
15.00	Award ceremony 5K + 10K	Raadhuisplein
15.10	Award ceremony Half LCW	Raadhuisplein
15.20	Award ceremony Full LCW	Raadhuisplein

COURSE DESCRIPTION

The run course takes athletes through the center of Reuver, Beesel and Offenbeek as well as the countryside and alongside the historic River Meuse. Enjoy the lined streets and local support as you meander through the cobbled streets of these picturesque villages. The number of laps to be completed is depending on the distances. You start and finish on the Raadhuisplein of Reuver.

In keeping with all Corona prevention measures the start will follow a similar protocol to the bike and swim legs with athletes being set off in very small groups every 3 seconds. **Please be present at the**

start pen at least 15 minutes prior to the official start time. All athletes must show timing chip and race number to enter the pen.

Colors swim cap, starting numbers and steering boards

Group	Color
Full LCW	Gold (yellow swim cap)
Half LCW	Silver (grey swim cap)
LCW Run 5 km	Blue
LCW Run 10 km	White
LCW Run Half Marathon	Red
LCW Run Marathon	Orange

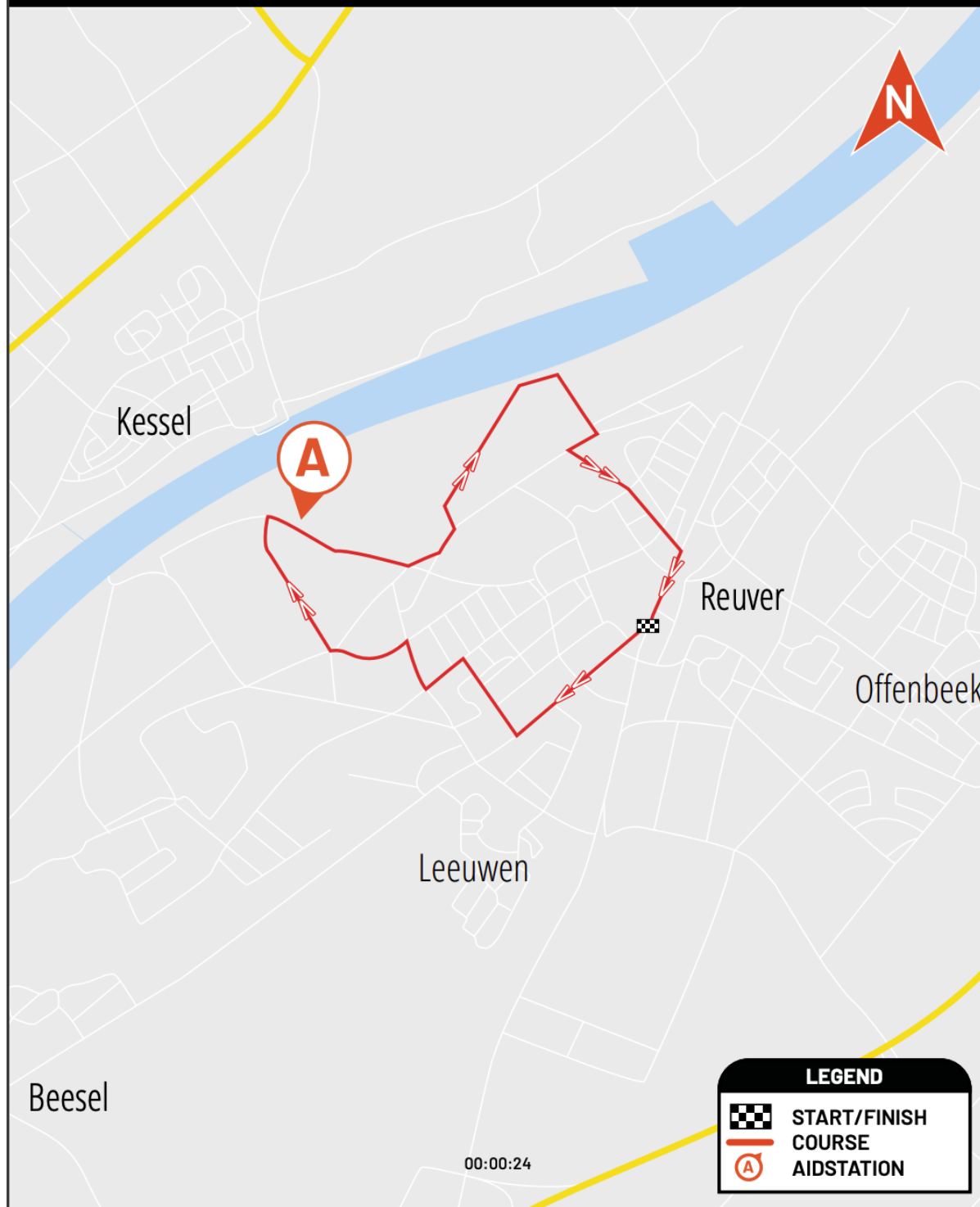
Color route arrows

Route	Color
LCW Run 5 km	Red
LCW Run 10 km	Blue
LCW Run (Half) Marathon	Yellow



5K RUN COURSE

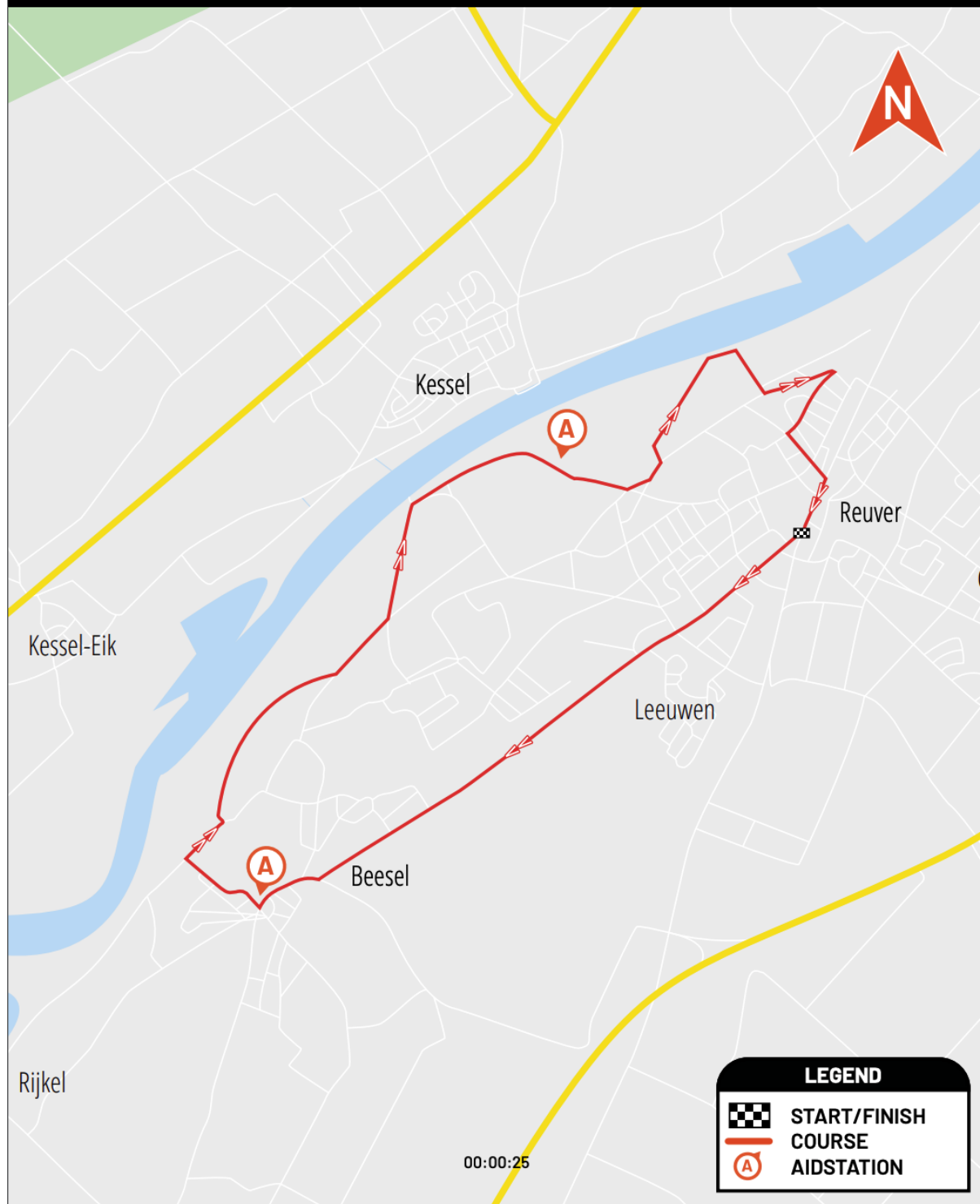
1 Lap





10K RUN COURSE

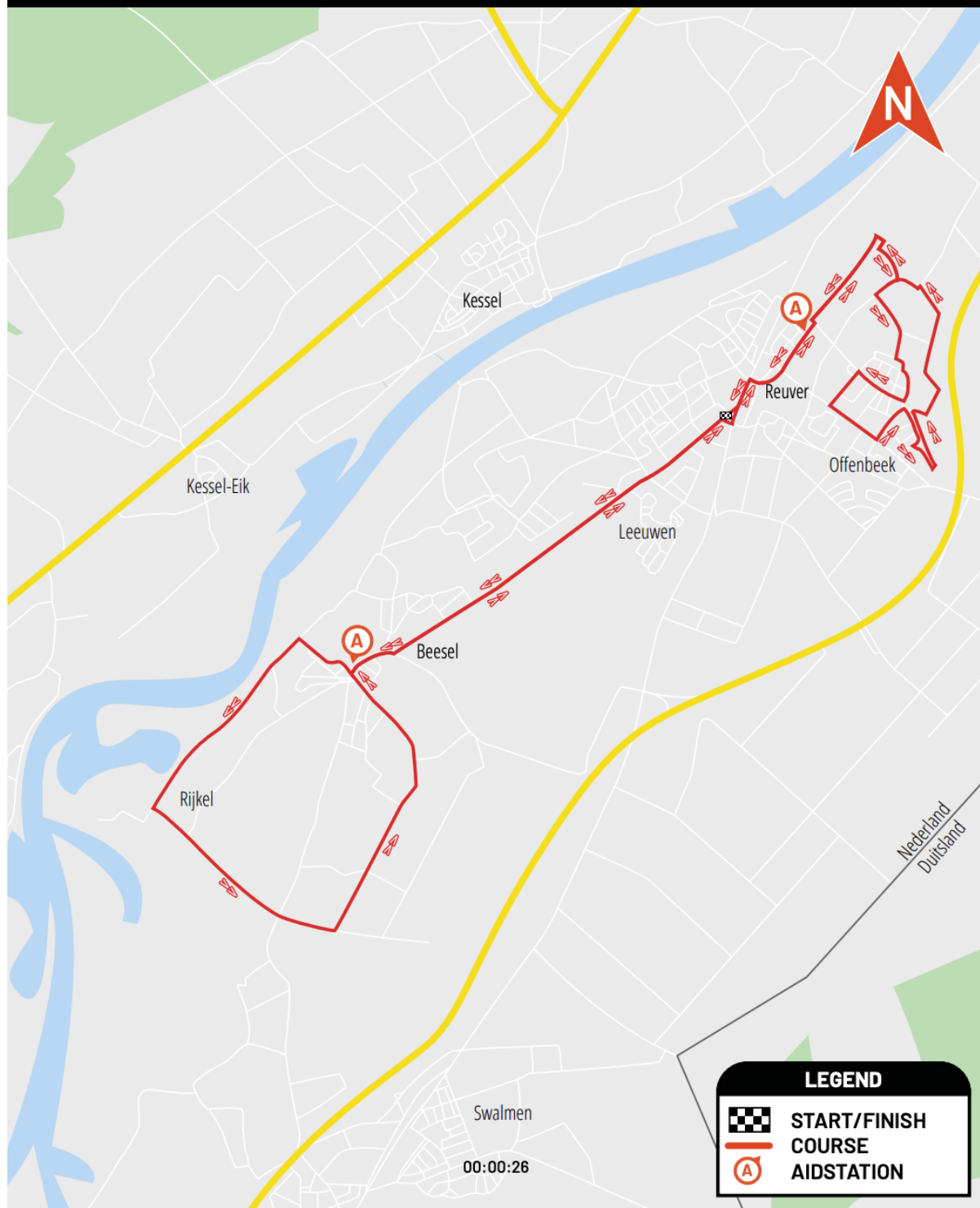
1 Lap





(HALF) MARATHON RUN COURSE

1 OR 2 Lap(s)



Long Course Weekend

Award Ceremonies

Congratulations! The moment you've been training so hard for has arrived. Enjoy it!

Award ceremonies!

Long Course Weekend is spread over three days and each discipline has its own award ceremony. The top 3 male and female athletes in every distance within each discipline has its own ceremony. All podium athletes are requested to stay for the award ceremony. Don't leave too soon! All individual presentations normally take place 15-30 minutes after the top 3 male and female athletes cross the finish line. Please listen out for live announcements. The approximate times can be found in the timetable.

Sunday is not only dedicated to the Holland Run, but also to those athletes completing the Half LCW and Full LCW. For both of these events there is a separate award ceremony at the end of the day.

Half LCW finishers receive a unique 'Limited Edition' Half LCW Finisher shirt and are welcome at the carpet ceremony of the Full LCW.

Full LCW finishers receive a unique 'Limited Edition' Full LCW Finisher shirt and are expected at the carpet ceremony. This ceremony is all about the Full LCW finishers. Each athlete will be called individually and walk through a hedge of volunteers and Half LCW athletes to the end of the carpet. Once there, Full LCW athletes will be presented with the coveted, world renowned, fourth medal. This will only be given to athletes who have completed the Full LCW within the cutoff times. Finally, the top 3 are called and referred to the podium.

REGULATIONS

LONG COURSE WEEKEND

SWIM

On Friday, September 18th, the Holland Swim will take place at the BillyBird Park Drakenrijk Reuver. This is the start/finish location, and 5 minutes' drive from the main Race HQ. A shuttle bus service will be in operation.

1. Participation is only possible for registered participants. You will be required to wear the official swim cap and timing chip provided by the organization.
2. **Wetsuits are mandatory.** Every athlete, regardless of the swimming level and distance of the competition, is required to wear a wetsuit. Wearing neoprene gloves or socks is permitted, but not mandatory. In the week leading up to the event, athletes will be informed (where applicable) of any changes to water temperature and non-wetsuit options. Participants will be informed by email if necessary.
3. Each athlete receives a timing chip when registering. It is mandatory to wear it for the duration of the event for safety reasons.
4. The athlete should be familiar with the swimming course. The course is plotted by yellow buoys. These buoys should remain on the athlete's right-hand side at all times.
5. Participants must follow the organization's instructions, including the rescue team on the water and marshals.
6. It is strictly forbidden to throw waste on the ground before or afterwards. Any athlete found to be dis-guarding waste in an inappropriate manner will be disqualified.

BIKE

On Saturday, September 19th, the Holland Bike will take place the Raadhuisplein in Reuver (Race HQ). This is the start/finish location. This event is a Sportive/Tour and the following rules strictly apply:

1. Participation is only possible for registered participants. All athletes **MUST** show their athlete number (provided) on the front of their bike, underneath the handle bars, and visibly on the back of their person. Both must be attached before entering the start pen and remain attached for the duration of the event.
2. All bikes are allowed with the exception of electric bikes.
3. Please remember this a Tour/Sportive **NOT** a race or competition.
4. Participants are ordinary road users and are required to comply with the legal traffic rules. This is **NOT** a closed road event.
5. Participants must show consideration for other road users and local residents.

6. Participants are required to respect nature and the local environment by depositing waste (including banana peels) in the designated waste bins at aid stations or at the start/finish. Violation of this rule will result in disqualification.
7. Participants are fully aware of all the risks that participation may entail. They ensure their own safety and the safety of other road users. Personal insurance is recommended.
8. Wearing a helmet is mandatory.
9. Participants must follow the instructions of the organization, including the volunteers and traffic controllers along the route.
10. Participants will be disqualified from the event in any case of misconduct and failure to follow these rules. The organizations decision is final.

RUN

On Sunday, September 20th, the Holland Run will take place with the start/finish location situated at the Raadhuisplein in Reuver (Race HQ). The following rules apply:

1. Participation is only possible for registered participants in possession of an official bib number. It should be clearly visible on the front of the upper body.
2. All distances have full road closures in place.
3. Participants are requested to respect to the local community.
4. Participants are required to consider nature and the local environment by depositing waste (including banana peels) in the designated waste bins at rest points or at the start/finish. Violation of this rule will result in disqualification.
5. Participants are fully aware of all the risks that participation may entail. They ensure their own safety, the safety of other participants and the crowd. Personal insurance is recommended.
6. Participants must follow the instructions of the organization, including the events/traffic controllers along the route.
7. Participants will be disqualified in any case of misconduct and failure to follow these rules. The organizations decision is final.

PRACTICAL INFORMATION

SHUTTLE BUS

There is a shuttle bus to the Swim (BillyBird Park Drakenrijk Reuver) with the following pick-up points:

- Raadhuisplein in Reuver
- Landal de Lommerbergen – Self Catering Accommodation Park
- Market Square in Beesel
- BillyBird Park Drakenrijk Reuver

The shuttle bus has the same corona measures in place as local public transport.

The timetable of the shuttle bus will be communicated with the athletes later, and will be available at registration.

PARKING

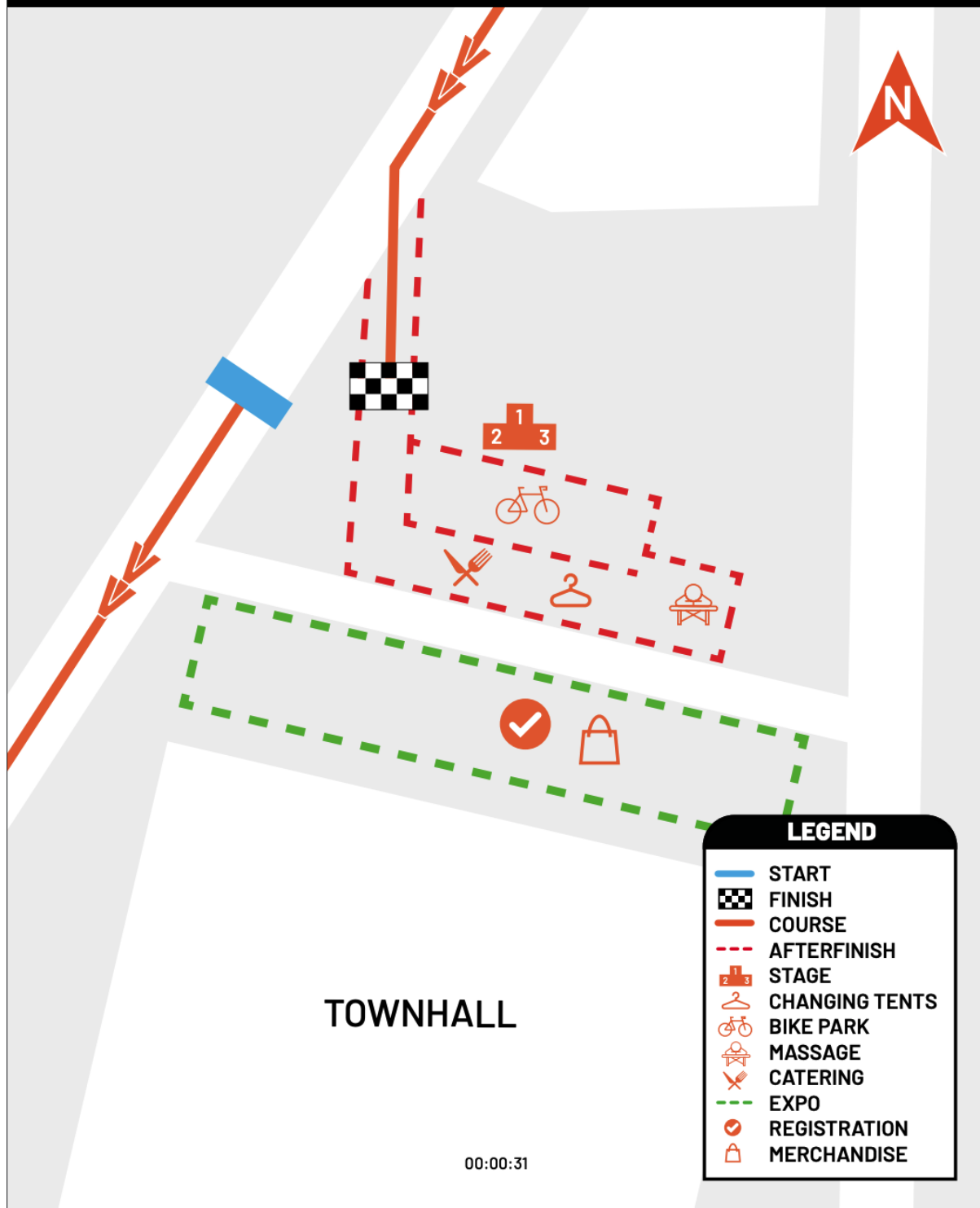
Train Station Reuver:

<https://goo.gl/maps/328PuTbS8oTPcmxe8>

This car park is very close to Race HQ with ample parking spaces. In the vicinity of the station and around the square there are several parking other parking options, however these do fill very quickly and will not be accessible during road closures.

REGISTRATION

You will need to provide valid photographic ID (passport, driving license, ID card) when registering. All athletes must sign a waiver to receive starting numbers and other supplies. Registration is located on the Raadhuisplein in Reuver (Race HQ).



ATHLETE SERVICE

FINISHERPIX

The FinisherPix team will be present throughout the weekend to ensure you get the best pictures at the finish line. All photos from FinisherPix will be available during and after the event. Please allow time for editing.

BIKE RACKS

There are bike racks for official athletes of Long Course Weekend – Beesel available throughout the weekend. The bike station can be found in the Athletes Garden on the Raadhuisplein, Reuver (Please see event map). Security will be deployed around the bike rack on Saturday and Sunday. Racking your bike is at your own risk.

ABOUT THE MUNICIPALITY OF BEESEL

Enjoying the green environment.....

In 2019, was the first time that the municipality of Beesel - located in the south of the Netherlands - was the host city for the Long Course Weekend Holland Beesel. A unique sporting event, and one of a kind in the Benelux. In Beesel, Germany and Belgium are never far away. Sandwiched between the Meuse and the German border, Beesel forms a green buffer between the cities of Venlo and Roermond and the German town of Brüggen. There are many beautiful nature reserves, places where residents and tourists and certainly the participants of the Long Course Weekend and its visitors can enjoy sublime flora and fauna in peace. Beesel won the title 'Greenest village in the Netherlands and silver in the European Green Competition in 2015. The dragon in the banner makes Beesel unique.

Long Course Weekend Holland Beesel is a unique opportunity to enjoy the region. Swimmers, cyclists and runners from all over the globe are invited to relax in the green surroundings of Beesel. Where better than here in Limburg, The Netherlands' most cross-border province.

Besides the environment, there are also plenty of activities to keep the family occupied. [Landal De Lommerbergen](#) is a great example. With an extensive recreation program for children of all ages, a large subtropical swimming pool and many other outdoor and indoor pastimes, this is the ideal location to stay overnight during Long Course Weekend.

Cycling and Walking (Dedicated Traffic Free Paths and Routes)

The dedicated route system guarantees safe and picturesque cycling / walking routes in and around the municipality of Beesel. Cycle along the undulating Maasterras far into Germany, absorbing the winding streams and memorable village vistas. There are several themed cycle routes that run through Beesel and its surroundings. The municipality's walking route network consists of more than 95 kilometers of two-sided walking paths. Strolling through the Meerlebroek, a walk along the Meuse, discovering the deep cultural history. There's lots to do!

As mentioned previously, Germany is not far away. The municipality has a very close border with its German neighbor. The green border crossing, Witte Stein (no cars), is an ideal starting point for walking and/or cycling through one of the adjacent nature reserves, including the renowned Brachter Wald. Via the green border crossing you can access the famed area of Bruggen. This medieval city offers a warm welcome to its guests promoting a distinctive, friendly atmosphere.

Our local tourist office have listed the most beautiful bicycle and walking routes. [You can find these here..](#)

Several walking and cycling routes are available in an exclusive app. Nature and cultural history are central to these routes. The app for iPhone and Android users can also be used offline. It can be downloaded from the app/playstore by searching: AbelLife.

Mill, castles, old railway station, ceramics and more

The municipality of Beesel, consists of three village centers: Reuver, Offenbeek and Beesel. Each has a variety of monuments and special locations. A mid-nineteenth-century railway station, farms from the mining period, an eighteenth-century farmhouse, a stately monastery, castles, belt corn mill nicknamed 'the Grey Bear', vineyards, ancient trade roads, delightful ceramics and lots more. Not surprisingly, in 2016, the municipality was awarded the title 'Best Heritage Municipality of the Netherlands'.

Dining, Activities & Relaxation

Beesel has a varied range of restaurants, something for everyone. In good weather it is wonderful to relax on one of the many terraces in Beesel or Reuver. Taste (depending on the season) a typical Limburg regional dish such as asparagus. A delicious piece of Limburg pie should not be missed either. At the indoor fishpond you fish for delicious trout. For the golf lovers there is an 18-hole short course. Alternately you can grab a movie at the Luxor Theatre.

Beesel has a rich, community focused lifestyle. The local society organizes many activities and events every year. To this end, they are hugely supportive and welcoming to Long Course Weekend Holland and its athletes.

Beesel and the dragon.....

The presence of the dragon is strong from the moment you set foot in Beesel. The municipal coat of arms has a dragon centered in it. The local ceramics factory is called Saint George, a nod to the history of the dragon and its historical association with Beesel. Everywhere you look you'll see it. From house ornaments to flags, the dragon is everywhere. Watching you on your LCW journey. There is a 20-meter dragon on the roundabout (next to the swim location), which actually spits fire during special moments. The dragon is central to the municipality of Beesel.

Beesel and the dragon are inextricably linked. For centuries he brings out the best in this strong community. A seven yearly open-air spectacle about the legend of Saint George and the Dragon is an incredible experience. The next is due in 2023. An ancient battle between good and evil. Created and played out by 800 volunteers from Beesel and attracting over 40,000 visitors. The "Draaksteken" is a living tradition, which is carried throughout the villages and is recognized by

the heritage of UNESCO. As a result, the event has been placed on the National Inventory of Intangible Cultural Heritage in the Netherlands.

Visiting the church village of Beesel you will quickly understand why it is called the Dragon Village. Street furniture and local dragon-themed ceramics are fully visible. In the center you can take a walk around the important stations in the history of the Dragon. For the children there is a special Dragon walk. Beesel exudes centuries-old traditions and the hospitality of the people.

The dragon of Beesel stands for fire, passion, good and above all togetherness.

The municipality of Beesel, host city, welcomes you to Long Course Weekend Holland Beesel!

More information Check [out Tourist Office Beesel](http://www.vvvbeesel.nl) www.vvvbeesel.nl.

THINGS TO DO

1. Shopping

Come to the Designer Outlet Roermond for a day of shopping. It is a true paradise for shoppers. Offering high end brands such as Prada, Gucci, Burberry plus sports brands including Puma, Reebok, Asics, Nike and Adidas. With discounts of up to 70% there is something for everyone. Click [here](#) to visit the website.

2. Landal De Lommerbergen

Landal De Lommerbergen is located on one of the most beautiful places in Beesel, set on the Maas River. Offering fun and outdoor activities for all the family year-round. With over 500 self-catering units, the holiday park is one of the largest LandalGreen parks. There is infinite fun for young and old to experience at this location in Reuver. Children can have fun on the adventure island in the indoor playground or in the subtropical swimming paradise. The little ones are catered for at the Kids Junglebad. Bobbing together in the wave pool and sliding down the slide while enjoying the water. Adults can relax in the Exotic Garden, unwind in the whirlpool, take a herbal bath or work on their tan. For the complete holiday experience, this is the place to stay!

3. Service Cinema Luxor Reuver

A unique, historical Cinema with four homely cinema rooms and a large Grand-Café, including restaurant. Perfect for a memorable night out. The cinema rooms are attractively decorated and equipped with a bar, so you can sip a crisp gin and tonic whilst watching the film. The cinema offers a wide range of “new to air” blockbusters and old greats so please check listings. Click [here](#) to visit the website.

4. XBAZE Jump Arena

The trampoline park, for young and old, from starting jumper to professional free-runner. XBAZE has several areas, where you take on the challenge with gravity. At XBAZE you will not only find trampolines, but everything to jump, battle and perform cool tricks. Here, walls turn into floors and height is your best friend. The Jumptower will be your biggest challenge. Can you complete a somersault in a container full of foam blocks?

Xbaze also has a separate VIRTUAL REALITY space. Embark on a virtual roller coaster ride, soar through the sky as an astronaut, dance away the beats from your favorite top-40 song, or watch the view from a New York skyscraper. With a wide range of VR games, XBAZE offers you the adventures of a lifetime. The ultimate Virtual Reality Experience! Click [here](#) to visit the website.

6. The City of Brüggen, Germany

Beesel maintains strong relations with the nearby German municipality of Brüggen. With an imposing medieval castle in the center of Bruges. The castle dates from the year 1289. Today, the Hunting and Physics Museum is located in the castle which is well worth a visit. Next to the castle is the Brüggener Mühle, which served as a corn and percussion mill and remained in operation until 1955. Brüggen Castle is the setting for numerous events and showcases. Keep an eye on the calendar. Click [here](#) to visit the website.

7. Distillery

In Beesel, several craftsmen are still active. Located at the border with the Witte Stein is a tasting venue. There you can taste various liqueurs distilled in the local distillery. In collaboration with local producers, Willem Veldman compiles recipes and improves them over time. Click [here](#) to visit the website.

8. Clay modelling

Clay is an important raw material in our region. This material has been used in the ceramic industry for centuries. Under the guidance of Cindy Heldens, you can get started by following a popular workshop. The workshop is suited for beginners. Have a relaxing day in a rural setting! Click [here](#) to visit the website.

9. (Not) Just for children: Dragon Kingdom and Magic Land

BillyBird Park Drakenrijk lets you enjoy a wonderful day at the beach. The park has a beach with large swimming pools where children can play. You can swim in the water, jump off the diving board, sunbathe on the wide sandy beach or relax on a beach bed. Click [here](#) to visit the website.

Toverland Themepark is a family business full of passion and inspiration. With 800,000 guests a year and over 35 attractions and shows, Toverland operates with a clear vision: creating happy experiences! Enjoy the indoor themed attractions and the fastest, tallest and longest wooden roller coaster in the Benelux. Click [here](#) to visit the website.

10. Something a little different!

Would you like to get acquainted with the sport of golf? Head to Golfodome: an 18-hole short course. Golf equipment or membership is not required. Click [here](#) to visit the website.

In a landscaped, flowing fishing river (460 meters long and 6 meters wide) you have the opportunity to fish to your heart's content. In bad weather, you can fish indoors at the Indoor Fish River. All equipment can be provided. Click [here](#) to visit the website.

The Historic Vegetable Garden is a beautiful location in Beesel; a garden with more than 750 species of forgotten, special and rare fruit vegetables. There are also presentations and shows providing information on local food culture past and present. Click [here](#) to visit the website.

TIPS & TRICKS

THE IDEAL PREPARATION FOR LCW

1. Use Vaseline or other sport specific lubricants on parts of your wetsuit where it can start chafing, such as your neck. The material of your wetsuit can be too tight and cause irritation.
2. DON'T FORGET TO ENJOY! There's not a single athlete we've spoken to who's not looking forward to the event. Enjoy the day and soak up the unforgettable atmosphere.
3. Read the regulations and cut-off times, you don't want to face unpleasant surprises.
4. Make sure you recover! Take your recovery seriously, make sure you eat enough, sleep (and get a massage) after each discipline. Do whatever it takes to recover as well as possible for the next day.
5. Prepare well through training! Long Course Weekend is tough, so proper preparation is necessary!
6. Know what time you expect to finish the swim. Ask the other swimmers what time they expect to finish and make sure you're close to swimmers who have about the same finish time as you expect.
7. Divide your swimming into sections by swimming from buoy to buoy.
8. If you're new to mass swimming, stay to the side or back of the pack and give yourself the space to swim in your own rhythm.
9. Make sure you sight effectively to avoid swimming unnecessary meters.
10. If you're used to swimming behind someone, try to take advantage of slipstream to save energy.
11. Make sure you keep your own pace, don't worry about the other competitors.
12. When riding the full 180 kilometers, don't ride too hard during the first lap and keep some energy in the tank for the second lap.
13. Have a plan, divide the course into segments and focus on completing these segments individually.
14. Keep eating and drinking along the way, don't wait until you see an aid station, it may be too late.
15. Try to change the bike position every 30 minutes to relax. Look at your watch occasionally to remind yourself.
16. When the going gets tough and you're having a hard time try to slow down a little and soak up the energy of the spectators along the course. This could be the extra boost you need to reach the finish line.

17. When you participate in the full marathon, don't start off too fast, save your energy for the second half.
18. If someone maintains the same pace as you, have a chat! Time flies when you are having fun!
19. Use the food and drink stations and make sure you take on enough fluids.

EXTRAORDINARY STORIES

Winner Full LCW 2019: Jeroen pollen:

It was great to win Full LCW in front of my own home audience in 2019, I didn't expect it at all. I had made a note in advance with my expected results. In the end I turned out to be under that by ten minutes! I had estimated that I would finish tenth, but nothing could be further from the truth. I am proud to call myself the first winner of the first edition of Long Course Weekend - Beesel.

I will definitely be on the start line again for this edition. I am busy with the preparations and luckily, they are going fine. Whether I will go for the win? I do not dare say that. Just like last year, I'll just see how it goes.

Winner Full LCW 2019: Nicole Loeve:

The first edition of LCW Beesel was one big party. From the moment I picked up my race number, until the moment I crossed the finish line. Of course, the final victory made it a weekend to remember. It was very special. It was a real goosebumps moment.

In September I will return to Long Course Weekend – Beesel. This is an event I would like to experience all over again. I will try to defend my title in the Full LCW. I hope to see you all on course!

VOLUNTEERS

THANK YOU, A LOT!

Thank you to all the volunteers who support Long Course Weekend Holland - Beesel. Without you, this event is not possible and because of you our athletes can achieve their goals. You create a unique experience by investing time, effort and passion, making you the force behind LCW Holland -Beesel. Thank you for all of your amazing work, and more importantly, thank you for being part of the LCW family.

A special thanks to the following associations for providing volunteers:

- Mama Moves Reuver
- Turnvereniging Hercules '03 Reuver
- Volleybalvereniging Revoc/VCB
- Scouting Lambertus Reuver
- Zwemclub ROB Reuver
- Toneelgroep Reuver
- De Sjtökers Reuver
- Reuvers Mannenkoor