

1. **Where is the start:**

The start is in the ZBC hall. Also known as the Landstede basketball hall.

Address: Ossenkamp 5, Zwolle.

2. **When:**

The start is at Tuesday July 13, 2010.

3. **At what time do we leave:**

The all-together start is at 20.00 hrs (8:00 PM).

4. **How much km's is it:**

The track is around 1200 kilometer. Not every cycling computer is equal. So the total distance will differ from person to person. We try to lay a track that is close to 1200 km, but at least will count 1200 km.

5. **When to be back:**

For a distance of 1200 km is a limit (all over the world) of 90 hrs. This means that the time-limit to be back will be at Saturday July 14:00 hrs (2:00 PM).

6. How do I get to the start:

a. By car: highway A28,

Take ramp "Zwolle-Noord". Down at the crossing, follow direction "Almelo". After a few meters, turn left, direction "De Vrolijkheid/Berkum".

After 400 m go right, direction "De Vrolijkheid". Then the first road at the right. The hall is the blue building at the left.

Please mind the signs for parking. It is forbidden to park close to the hall. For long stay, you can park at the back of the hall.

b. By car or by bike: National road N35 (from the East).

Follow this road into the city (Ring Noord). Go right, direction "De Vrolijkheid". After 400 m go right, again direction "De Vrolijkheid". Then the first

road at the right. The hall is the blue building at the left.

Please mind the signs for parking. It is forbidden to park close to the hall. For long stay, you can park at the back of the hall.

c. Train/bike: Station Zwolle main exit (city side).

Go left at the roundabout (Westerlaan). At the trafficlights go right (Willemskade). At the second roundabout go left.

At the next traffic lights go right.

Follow this road for around 2 km until after a viaduct (highway A28). After the viaduct go left direction "De Vrolijkheid". After 400 m go right, again direction "De Vrolijkheid". Then the first road at the right. The hall is the blue building at the left.

d. By bike, From the East: (along the N35): see under "b"

e. By bike, From the North: after the bridge over river Vecht

Follow the road for around 1 km. Then left, direction "De Vrolijkheid". Then the first road at the right. The hall is the blue building at the left

f. **By bike, From the South (westside river IJssel) and West:**

Follow the signs for direction "Meppel" until you can follow direction "De Vrolijkheid". Further see at "b"

g. **By bike, From the South (eastside river IJssel):**

Follow the signs for direction "Meppel" until you can follow direction "De Vrolijkheid". Further see at "b"

7. **What about following the route:**

At first the direction will be North-West. Crossing a polder (land which previously was sea) and the province Friesland (known for its lakes and difficult own language). Then crossing the "Afsluitdijk".

A dike of 30 km long, connecting two main parts of land.

Down south, heading for Amsterdam. We'll pass close to this city, following a route over smaller or bigger dikes. Next a crossing through Rotterdam over a high bridge. Then rural country, a bit to Belgium for the turn back North in Maastricht. We did reservations to go to sleep there.

Up North, crossing Germany some time with small hills. Back to Zwolle again for a control, a sleep and the final lap. This will be a triangle in the Northern Provinces.

8. **How many participants:**

100 will be the maximum.

9. **How do we cycle:**

During the first night mostly as one or some larger groups. After the night usually some smaller

groups remain and some go on as solo rider.
It's free for everybody to choose an own speed.

During the night there will be long stretches without a possibility of support. Ensure you can manage for longer times without having to buy things.

10. **Who will join:**

It will be a mixture of all kind of bikes. For years the percentage of recumbents is relatively high.

11. **Support / Contact during the ride:**

During the ride you can contact the organization. On the cue sheet there will be numbers to call. Advise or action will be taken.

12. **Things to remind:**

- a. During the night, it can be hard to find a checkpoint. It is allowed to get a stamp from another place than the recommended one on the cue sheet.
- b. Touristseason and Roadblocks: Roadlocks which are known will be mentioned on the cue sheet. If one appears unexpectedly, please walk for some time, or find an alternative way to get on track again.
Usually roadblocks for cyclists in the Netherlands can be taken by foot.
- c. Big Rivers: In the Netherlands are many big rivers. Cycling along the dikes it can be hard to find the directionpoint mentioned in the sheet. Sometimes we have to take the name of the road as reference. Please check on the distance between points which is given in the sheet.

13. Sleeping:

We did organize some checkpoints with facilities for sleeping:

- Maastricht.

- Zwolle

- Wartena (Leeuwarden)

14. Lightning:

Every bike must have sufficient lightning which will last at least for the whole ride.

15. Others:

The routes and GPS tracks will be published about a month before the start. (<http://www.lowlands1000.nl>).

16. Other questions:

Please mail to: gerinri@yahoo.co.uk , or call: +31 (0) 38-4215381

Info Lowlands 1200 English

Geschreven door Gerrit

vrijdag, 15 januari 2010 12:03 - Laatst aangepast donderdag, 21 januari 2010 12:21
