BEYOND THE MARATHON

INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

General Information Sheet

10th IAU 24H World Championships

19th IAU 24H European Championships

STEENBERGEN 24HOUR

Steenbergen (NED)

MAY 11th – 12th, 2013

vs130204

GENERAL INFORMATION SHEET

Table of Contents

1. WELCOME
2. NATIONAL ATHLETICS FEDERATION
3. LOC
4. IAU
5. GENERAL COMPETITION INFORMATION
6. CENTRAL MEETING POINT
7. PEF'S & FEF'S
8. VISA
9. TRANSPORTATION PLAN
10. ACCOMMODATION
11. MEDICAL CONFERENCE
12. TECHNICAL MEETING
13. TRAVEL GRANTS
14. OPENING CEREMONY
15. RACE INFO
16. CLOSING CEREMONY
17. WEATHER CONDITIONS
18. GENERAL TIME SCHEDULE OF THIS MIAUC
19. MISCELLANEOUS
20. TOURISTIC INFORMATION

1. WELCOME

We are pleased to welcome you later this year in Steenbergen, where we are currently working very hard to offer you a fantastic 24H European and World Championship.

Steenbergen is proud of this event and we are pleased to show you our efforts from Thursday the 9th until Monday the 13th of May 2013. The city council of Steenbergen has been very enthusiastic from the presentation of our event, which is a unique worldwide event. Steenbergen is heavily supporting its organisation and offers you its hospitality. The offer of many families to host participants and delegations is only one of the examples of this hospitality.

The Ultrarunners Event was organized for the first time in Steenbergen in 2005, when some enthusiastic and active ultrarunners from Steenbergen had the opinion that a match in Steenbergen would have an added value for the ultrarunners in the Netherlands. Since 2008, this initiative evolved to a Dutch 24H Championship and resulted in the idea to organise a 24H European and World Championship.

Steenbergen is awaiting your participation and we as organisation are able to provide the athletes with a splendid course, only 500 meters away from the centre of the city. For athletes, coaches and supporters we have done our outmost to never let them forget Steenbergen.

We are honoured that the IAU offered us the possibility to organise this event and we will proof during the next days that Steenbergen is able to meet the expectations of the IAU.

Peter Suijkerbuijk
Ultrarunning organiser
LOC President

2. ROYAL DUTCH ATHLETICS FEDERATION, AU

CONTACT DETAILS

Address	PO Box 60100 6800 JC Arnhem (Ned)
Tel.	(+31) 26 48 34 800
Fax	(+31) 26 48 34 801
E-mail	info@atletiekunie.nl
Website	www.atletiekunie.nl

3. LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS LOC

Club	SV Diomedon Steenbergen
E-mail	info@steenbergen24hour.com
Website	http://www.steenbergen24hour.com
Facebook	UltralopenSteenbergen
Back account	13.69.31.804
IBAN	NL08 RABO 0136931804
BIC	RABONL2U

PRESIDENT

Peter Suijkerbuijk (Dutch, English)

Tel.	(+31) 167 54 06 66
Mobile	(+31) 6 53 72 41 46
E-mail	peter@steenbergen24hour.com

SECRETARY

Jan de Kock (Dutch, English)

Tel.	(+31) 6 21 47 92 99
E-mail	jan@steenbergen24hour.com
Skype	jdkstb

COMMUNICATIONS & PRESS

John Nijssen (Dutch, English)

Tel.	(+31) 6 23 16 20 68
E-mail	john@steenbergen24hour.com

TRANSPORTATIONS & ACCOMMODATIONS

Jos Cuelenaere (Dutch, English)

Tel. (+31) 6 13 28 54 12
E-mail jos@steenbergen24hour.com

REFRESHMENT

Betsy van Giels (Dutch, English)

Tel. (+31) 6 13 92 97 75
E-mail betsy@steenbergen24hour.com

MEDICAL

Raymond Arnold (Dutch, English)

E-mail info@steenbergen24hour.com

PROTOCOL

Peter Suijkerbuijk

Assistant
Jan Geers (Dutch, English)

E-mail info@steenbergen24hour.com

COURSE

Frans van de Branden (Dutch)

E-mail frans@steenbergen24hour.com

CREW

Anne Hallema (Dutch, English)

Tel. (+31) 6 41 60 56 59
E-mail vrijwilligers@steenbergen24hour.com

FINANCE & SPONSORS

Ad Baartmans (Dutch, English, German)

Tel. (+31) 6 57 33 31 09
E-mail ad@steenbergen24hour.com

Assistant(s)
Jeroen van Loon (Dutch, English)
Jos Cuelenaere (Dutch, English)

4. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

WEBSITE: www.iau-ultramarathon.org

IAU SECRETARY

Name	**Hilary Walker**
Tel.	+44 7589 5342 (home) +44 7972 5122 (office)
Fax	+44 7972 5135 (office)
E-mail	secretary@iau-ultramarathon.org
Skype	hilary-walker

VICE PRESIDENT & DIRECTOR OF COMPETITIONS

Name	**Liesbeth Jansen**
Tel.	+31 59 7432972
Mobile	+31 62 2490053
Fax	+31 84 8391255
E-mail	liesbeth.Jansen@iau-ultramarathon.org
Skype	liesbeth_jansen

DIRECTOR OF ORGANISATIONS & TRAVELGRANT INFORMATION

Name	**Jan Vandendriessche**
Tel.	+32 59 27 60 43
Mobile	+32 495 26 78 84
Fax	+32 59 27 48 58
E-mail	jan.vandendriessche@iau-ultramarathon.org
Skype	jan_vandendriessche

DIRECTOR OF PROTOCOL

Name	**Norman Wilson**
Tel.	+44 14 52 72 27 20
E-mail	norman.wilson@iau-ultramarathon.org

DIRECTOR OF COMMUNICATIONS & ANNOUNCER

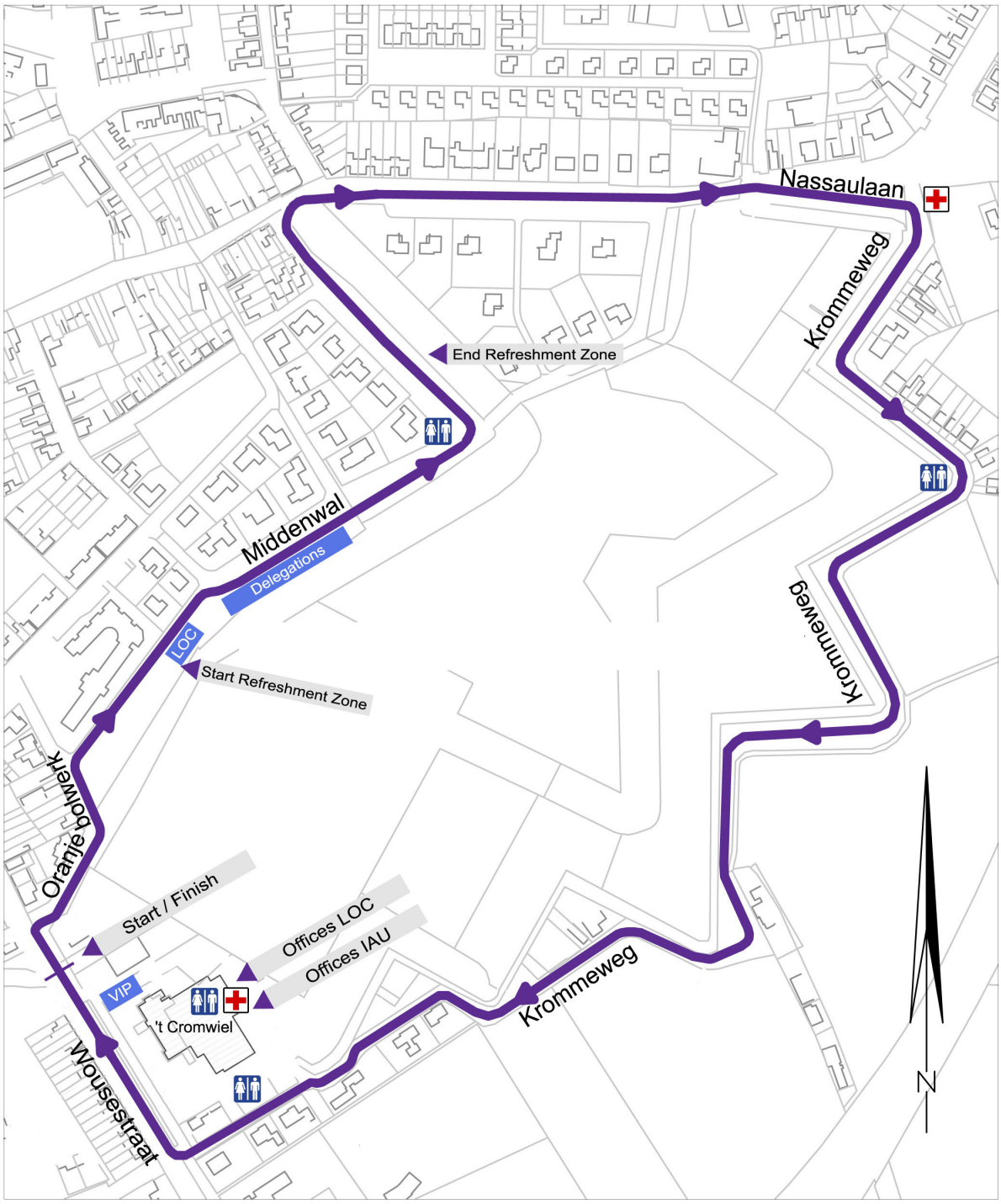
Name	**Nadeem Khan**
Tel.	+1 716 392 6657
E-mail	nadeem.khan@iau-ultramarathon.org

5. GENERAL COMPETITION INFORMATION

MIAUC **IAU 24H World and European Championships**

Date **Saturday May 11th & Sunday May 12th 2013**
Start time **12:00 PM**
Finish. time **12:00 PM**

Course **Road**



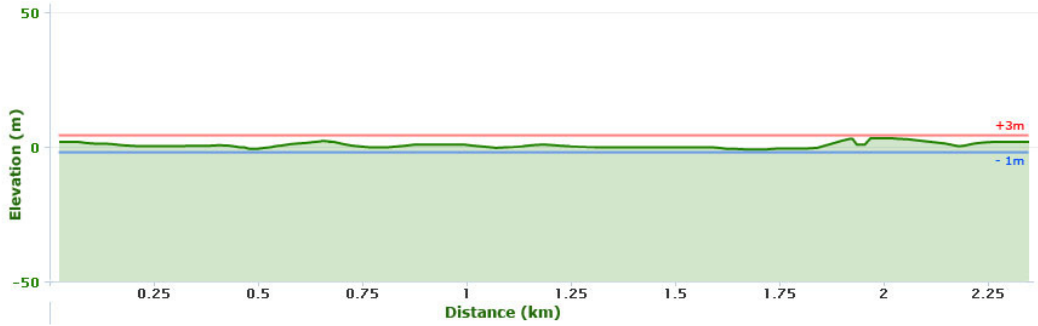
Short description of the course:

The start of the course is situated in the "Wouwsestraat" across "`t Cromwiel" where all offices will be located. After the start the course makes a turn into "Oranje bolwerk", via a gentle curve in the road you will access a bicycle lane ending up in the refreshment zone after about 200 meters. The zone starts with the refreshment facilities powered by the LOC followed by tents for the delegations. The participants in the open race can take position in the remaining space of the refreshment zone located next to the delegations. The refreshment zone houses a toilet unit with the capacity of 14 concurrent visits. Via a 90° left turn you will pass the end of the refreshment zone. At the end of this road you will continue on a bicycle lane ending up at the "Nassaulaan". On this road you will find two very smooth speed bumps. A 90° right turn will lead you into the "Krommeweg". After several turns you will reach the "Wouwsestraat" again. This curve contains a speed bump. In about 100 meters you will reach the start/finish location.

The total length of the course is **2344 meter**, this is an **unofficial** number. A new measurement via Jones Counter is scheduled early 2013.

Profile

Total of + meters **3**
Total of - meters **-1**



Competition

- **Men's individual competition**
- **Women's individual competition**
- **Men's Team Competition**
- **Women's Team competition**

Only athletes and teams officially registered by their National Federation can compete in this MIAUC.
Every Country can send **9** men and **9** women who can compete in this MIAUC.

Open race

There will be an open race, limited to 100 runners. Registration is possible via the LOC website.

Other races

Dutch National Championships 24H

The race will take place within the open race. A Dutch nationality plus a valid license of the Atletiek Unie is required to enter the national championships. Each participant to the open race and the MIAUC that matches these requirements will be included in the national championship results.

Quiet zone

A Quiet zone will be available in 't Cromwiel during the night from Saturday to Sunday. People who would like to use these facilities for sleeping need to bring their own mattress and sleeping bag.

6. CENTRAL MEETING POINT – HEAD QUARTER LOC

During the entire MIAUC, the HEAD QUARTER of the LOC will be posted on:

ADDRESS :

't Cromwiel
Krommeweg 1,
4651RN Steenbergen

HOTLINE ACCOMMODATION & TRANSPORTATION :

Jos Cuelenaere
(+31) 6 13 28 54 12

HOTLINE COMPETITION :

Jan de Kock
(+31) 6 21 47 92 99

7. PRELIMINARY (PEF) AND FINAL INFORMATION (FEF) FORMS

The PEF's and FEF's should be completed and sent, **before the DEADLINE**.
With the FEF's, each Federation will send the list of its own runners, with names, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the procedure and the timetables of arrival and departure.

DEADLINE PEF's : March 11th, 2013 **DEADLINE FEF's : April 11th, 2013**

All forms must be send electronically to:

LOC Name : Jan de Kock
E-mail : info@steenbergen24hour.com

IAU Name : Hilary Walker
E-mail : secretary@iau-ultramarathon.org

Preliminary entry form
In order to book the accommodation, each Federation will send a list with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided).

Final entry form
With the final entry form, each Federation will send the **final** list with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided)
Please note that the travel and accommodation offers made by the LOC are conditional on the prompt return of the entry forms within the deadlines.

8. VISA

Any foreign visitor wishing to visit the Netherlands should have a valid passport or an EU ID-Card .

IAU Members which **don't need a visa** prior to departure:

Andorra	Argentina	Australia	Austria	Belgium
Brazil	Bulgaria	Canada	Chile	Chinese Taipei
Croatia	Czech Republic	Denmark	Estonia	Finland
Former Yugoslav Republic of Macedonia	France	Germany	Gibraltar	Greece
Hungary	Iceland	Ireland	Italy	Japan
Latvia	Lithuania	Luxembourg	Mexico	Monaco
Norway	New Zealand	Poland	Portugal	Romania
Serbia	Slovakia	South Korea	Spain	Sweden
Switzerland	United Kingdom	United States	Uruguay	

IAU Members which **do need a visa** prior to departure but **have** a **Dutch Embassy** in their country

Algeria	Embassy Algiers
Belarus	Consulate Minsk
Nepal	Embassy Patan
Russia	Embassy Moscow
Turkey	Embassy Ankara
Ukraine	Embassy Kiev
Kenya	Embassy Nairobi
Philippines	Embassy Manilla
South Africa	Embassy Pretoria

IAU Members which **do need a visa** prior to departure but **don't have a Dutch Embassy** in their country

Mongolia	Embassy Beijing (China)
Namibia	Embassy Pretoria (South Africa)
Niger	Embassy Ouagadougou (Burkina Faso)
Sierra Leone	Embassy Dakar (Senegal)

9. TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)

Airport 1	Name	Schiphol Airport
	Place	Amsterdam (NL)
	Distance to pickup point	Car: ~130km Train: ~1.40H (€19,40)
Airport 2	Name	Zaventem Airport
	Place	Brussel (BE)
	Distance to pickup point	Car: ~84km Train: ~2.15H (~€30,-)
Airport 3	Name	Eindhoven Airport
	Place	Eindhoven (NL)
	Distance to pickup point	Car: ~96km Public transport: ~2H (€17,31)
Airport 4	Name	Rotterdam the Hague Airport
	Place	Rotterdam (NL)
	Distance to pickup point	Car: ~78km Public transport: ~1.30H (€13,46)

The LOC will put up a "welcome helpdesk" in the train station of Bergen op Zoom during the arrival times of the delegations. This train station will serve as pickup point for the Accommodation Shuttle service.

Train station (Pickup by LOC)	Place	Bergen op Zoom
	Name	Station Bergen op Zoom
	Distance to AV 1	3 km
	Distance to Steenbergen	14 km
Busses	From train station to Steenbergen	Line 101 or Line 111
	Distance	~25min
	Expenses one way ticket	€3,-
Taxi*	<u>Bergen op Zoom/Steenbergen Area</u>	
	Taxi Jobe	tel: (+31) 0165 308 365 www: http://www.taxi-jobe.nl Airport 1 (4pers): single €130,- return €245,- Airport 2-4 (4pers): single €120,- return €180,-
	Taxi Geers	tel: (+31) 0164 250 950
	Revo Taxi	tel: (+31) 0164 252 000

*) In the Netherlands the use of taxi's is not common. It is not possible to get a taxi on the road. You should take a taxi at a special taxi waiting area or call one.

10. ACCOMMODATION

ATHLETES VILLAGE 1 (AV1)

Accommodation	Stay Okay Bergen op Zoom
Address	Boslustweg 1, Bergen op Zoom
Tel.	(+31) 0164 233 261
Fax	(+31) 0164 239 133
E-mail	bergenopzoom@stayokay.com
website	www.stayokay.com
Attention points:	Towels are not included in the accommodation, available for rental at the hotel reception. Free wifi available. Located in a forest with good training facilities. Distance to course 15km (transport: ~15min)

ATHLETES VILLAGE 2 (AV2)

Accommodation	De Luchtballon
Address	Trambaan 58, Ossendrecht
Tel.	(+31) 0164 674 740
E-mail	info@deluchtballon.nl
website	www.deluchtballon.nl
Attention points:	Towels are not available in the accommodation, please bring your own. Located in a forest with good training facilities. Distance to course 22km (transport: ~20min)

HOST FAMILIES (HF)

A pool of host families in Steenbergen is available for delegations. Multiple members of a delegation will be located together at one family. The preference to be accommodated at a host family should be marked at the accommodation booking form.

The Organizing Committee will offer:

- a **full board accommodation**, free of charge,
- for **maximum 3 male and 3 female athletes** per delegation
    - for a maximum of **3 nights** for delegations who should fly maximum 4 h
    - for a maximum of **4 nights** for delegations who should fly maximum <9 h
    - for a maximum of **5 nights** for delegations who should fly minimum 9 h

The accommodation is available for the additional nights, **assistants**, and **coaches.**
The total amount of accommodation the LOC should take care of is a maximum of 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation.

- Max. 3 officials when 1-6 athletes/delegation
- Max. 6 officials when 7-12 athletes/delegation
- Max. 9 officials when 13-18 athletes/delegation

The LOC does not offer accommodation for the rest of the delegation. A list with all available accommodations in the area is available in this GIS.

The accommodation will be charged following this rates: **(ONLY FULL BOARD)**

Athlete Village 1
Double room / Triple room / Quadruple / Sextuple room: €65,- p.p.p.n.

Athlete Village 2
Triple room / Quadruple / Quintuple room: €65,- p.p.p.n.

The LOC will distribute the available rooms among the delegations in order to maximize the use of capacity.

It is not possible to use this locations to accommodate extra **supporters**.

The cancellation policy:

- free of charge until 20 days before competition day (before April 21st 2013)
- maximum 50% charge until 10 days before competition day (before May 2nd 2013)
- maximum 100% charge the last 9 days before competition day

All accommodation costs should be paid on arrival (=before the payment of the Travel Grants)
This can be done:

- By Bank Transfer at least one week prior to the race
  Back account 13.69.31.804
  IBAN NL08 RABO 0136931804
  BIC RABONL2U
- Cash (only Euro accepted).

Upon arrival in the ATHLETES VILLAGE, each team leader will be given this General Information Sheet (GIS), a questionnaire for the Technical Meeting, the timetable of the MIAUC and if necessary a timetable of the shuttle busses.

FOOD & FOOD SCHEDULE

In general:
Breakfast from 8:00 AM to 9:30 AM
Lunch at 12:00 to 13:00
Dinner from 18:00 to 20:00
(on Saturday May 11, lunch and dinner won't be served; on Sunday May 12 breakfast and lunch will not be served)

The **PASTA PARTY is FREE** for all athletes and officials registered by their National Athletics Federation. Supporters and others can join the pasta party for €10,- drinks excluded, tickets can be bought at the entrance. The pasta party is scheduled at: Friday May 10th at 18:30.
Location: 't Ravelijn
Ravelijnstraat 2A
4651 DT Steenbergen

On Sunday May 12 there will be a joined dinner which will be served at 't Ravelijn in Steenbergen. Supporters can join this dinner for €10,- drinks excluded. Dinner will start after the award ceremony around 4:30PM.

Recommended Hotels for Supporters:

Hotel Aarden, Steenbergen (A)

Website: http://www.hotelaarden.nl/
E-mail: hotelaarden@home.nl
Distance: ~1km to course

Hotel de Wallevis, Steenbergen (B)

Website: http://www.dewallevis.nl/
E-mail: info@dewallevis.nl
Distance: ~1km to course

Hotel de Beurs, Dinteloord (C)

Website: http://www.hoteldebeurs.eu/
E-mail: info@hoteldebeurs.eu
Distance: ~7km to course (bus connection each 30min, takes about 10min)

Hotel de Ram, Halsteren (D)

Website: http://www.hotelderam.nl/
E-mail: info@hotelderam.nl
Distance: ~6km to course (bus connection each 30min, takes about 10min)

Tulip Inn, Bergen op Zoom (E)

Website: http://www.tulipinnbergenopzoom.com
E-mail: info@tulipinnbergenopzoom.nl
Distance: ~15km to course (bus connection each 30min @ 0.6km, bus takes about 25min)

Hotel de Draak, Bergen op Zoom (F)

Website: http://www.hoteldedraak.nl
E-mail: info@hoteldedraak.nl
Distance: ~15km to course (bus connection each 30min @ 0.7km, bus takes about 25min)

Campsite de Oudlandse Hoeve, Steenbergen (G)

Website: http://www.facebook.com/DeOudlandseHoeve
E-mail: oudlandsehoeve@hetnet.nl
Distance: ~3km to course

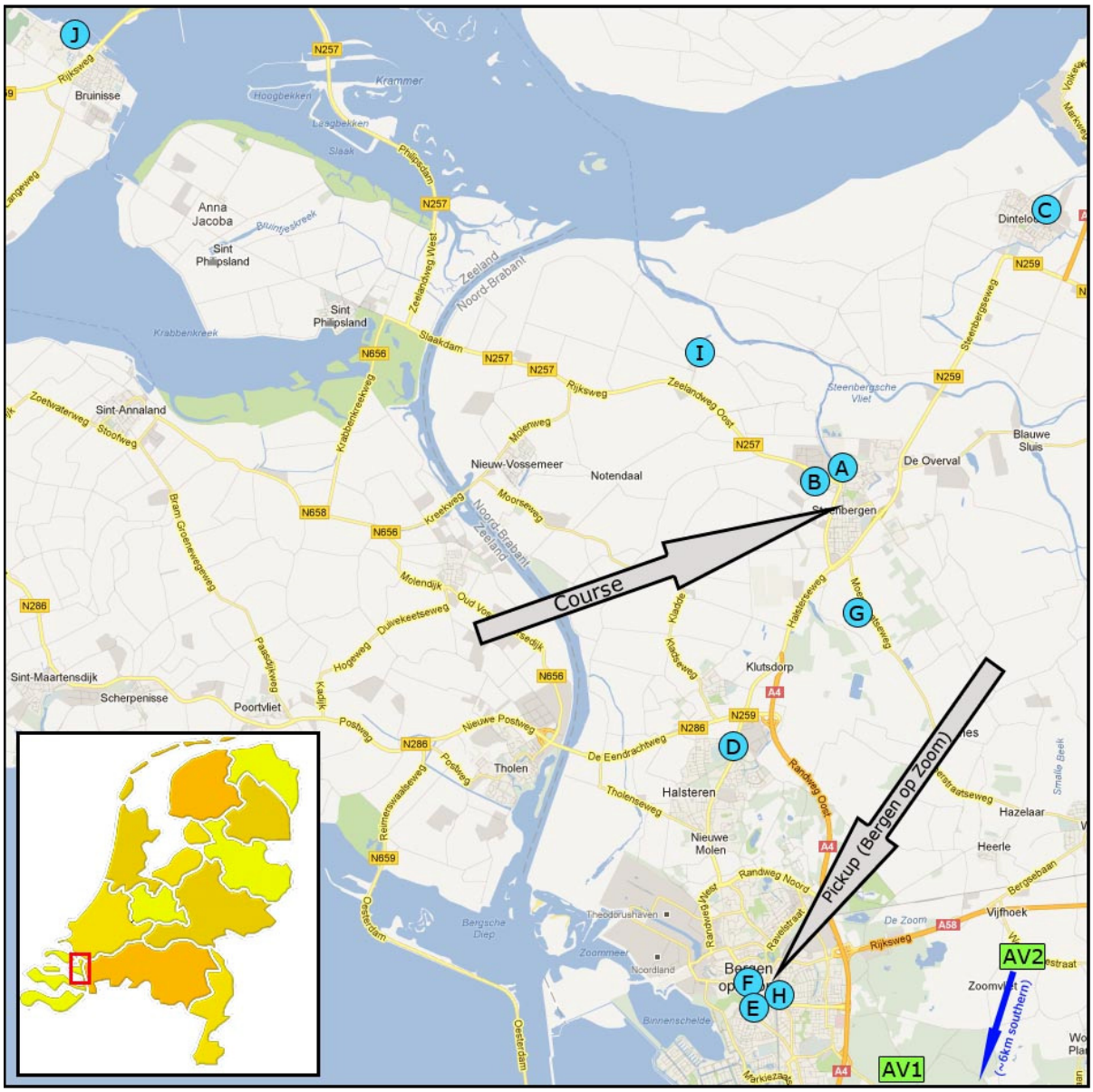
Hotel Old-Dutch, Bergen op Zoom (H)

Website: http://www.hotel-olddutch.nl/
E-mail: info@hotel-olddutch.nl
Distance: ~15km to course (bus connection each 30min, bus takes about 25min)

Chaletpark de Uitwijk, de Heen (I)

Website: http://www.de-uitwijk.nl
E-mail: info@de-uitwijk.nl
Distance: ~6km to course (bus connection each 1.5hr, not in weekends)

Aquadelta, Bruinisse (J)
Website: http://www.aquadelta.nl/
Distance: ~25km to course, 30min by car (no suitable public transport available)



11. MEDICAL CONFERENCE

Place Community centre De Vaert
Kapelaan Kockstraat 54
Welberg
Day Friday May 10th 2013
Time 10:00 AM – 12:30
Transport A shuttle service is available from the accommodations. Departure times will be communicated in the information flyer at arrival. Within the "De Vaert" premises lunch will be served for those who booked a full board accommodation.

12. TECHNICAL MEETING

Place Theatre hall 't Cromwiel Steenbergen
Day Friday May 10th 2013
Time 15:00
Transport A shuttle service is available from the accommodations. Departure times will be communicated in the information flyer at arrival. People who do not attend the technical meeting will be guided around the course. Shower facilities are available for people who would like to explore the course while running.

All teams will receive, the day of arrival, a brochure with all the Technical guidelines/rules specific for this MIAUC.

13. PAYMENT OF THE TRAVELGRANTS

Place Community centre De Vaert
Day Friday May 10th 2013
Time 10:30 AM – 12:30
Transport See transport MEDICAL CONFERENCE under point 11.

14. OPENING CEREMONY

Place Market square in the centre of Steenbergen.
Day Friday May 10th 2013
Time 16:30 – 18:30
Transport See transport TECHNICAL MEETING under point 12.

Followed by the PASTA-PARTY

15. RACE INFO

The most specific details can be found in the brochure of the TECHNICAL MEETING
(IAU-appendix E: Technical meeting for the organisation of an MIAUC)

16. CLOSING / AWARD CEREMONY

Place Theatre hall 't Cromwiel Steenbergen, next to Start/Finish location.
Day Sunday May 12th 2013
Time 14:00

Info After the closing ceremony dinner will be served in "'t Ravelijn". Start time of the dinner will be around 16:30. Everybody will be taken back to the accommodation by buses afterwards.

17. WEATHER CONDITIONS

The average weather conditions in the past 5 years:

Max. Temperature	18.6 °C
Min. Temperature	6.8 °C
Avg. Temperature	13.0 °C
Humidity	69.6%
Wind Speed	3 Bft

Additional info Weather conditions can vary in the Netherlands. Athletes need to be prepared for all-round weather conditions. Based on the experience of the last years athletes should take into account the possibility of rain and cold nights. During daytime temperatures can vary between 10°C and 25°C. Weather forecasts will be provided by the LOC in the week of the event.

18. GENERAL TIME SCHEDULE

Wednesday May 8th Arrival of the first teams

Thursday May 9th Arrival of teams, and IAU officials

Friday May 10th

10:00	Medical Conference
10:30	Payment of the Travel Grants
14:00	Pre-race Press Conference
15:00	Technical Meeting
16:30	Opening Ceremony
18:30	Pasta Party

Saturday May 11th

10:30	Athletes arrive in Steenbergen
12:00	Start of the race

Sunday May 12th

12:00	Finish of the race
13:30	Post-race Press Conference
14:00	Award Ceremony
16:30	Joint Dinner

Monday May 13th Departure of the teams

19. MISCELLANOUS

Planning your trip via public transport in the Netherlands.

Website: http://www.9292ov.nl

Planning your trip via international trains.

Website: http://www.nshighspeed.nl

Prepaid Mobile Internet.

The easiest way to buy prepaid sim cards for the Netherlands is via an Albert Heijn supermarket. This is the most popular supermarket and can be found in most places. Albert Heijn is one of our sponsors, for the location please see the map.

Note: using a Dutch sim requires a phone without a sim lock for your own provider.

ATM Facilities

Currency in the Netherlands is the euro. Be aware that not all shops might accepts credit cards. Cash can be taken from one of the many ATMs. Rabobank, one of our main sponsors, has two ATMs available in Steenbergen.

Map of locations

20. TOURISTIC INFORMATION

In the 14th Century Steenbergen had an important role as a seaport connected with the sea via the River "Steenbergse Vliet". Steenbergen is not only a city, but also the name of a community.

The community is nowadays specially known due to its beautiful yachting harbours, of which one is situated in the centre of the city.

The extended area of the community has many recreational possibilities. Typically Dutch polder-landscapes are being surrounded by water, e.g. Krammer, Volkerak, Dintel, the channel of the Mark-Vliet and the so called "Steenbergse Vliet". The rivers offer a large variety of recreational possibilities.

Due to the area belonging to the community Steenbergen is called a large community in the Dutch system. Steenbergen has a lot of open spaces and consists of 6 villages (including the city of Steenbergen). The number of inhabitants of the community currently is approximately 23.000 people.

Steenbergen is centrally located between Antwerp (Belgium) and Rotterdam. Both cities can be reached within 30 minutes (approximately. 45 kilometers).

More information can be found on the tourist information website: http://www.vvvbrabantsewal.nl/.