

Endurance Day Hamme 100 km race track

General overview

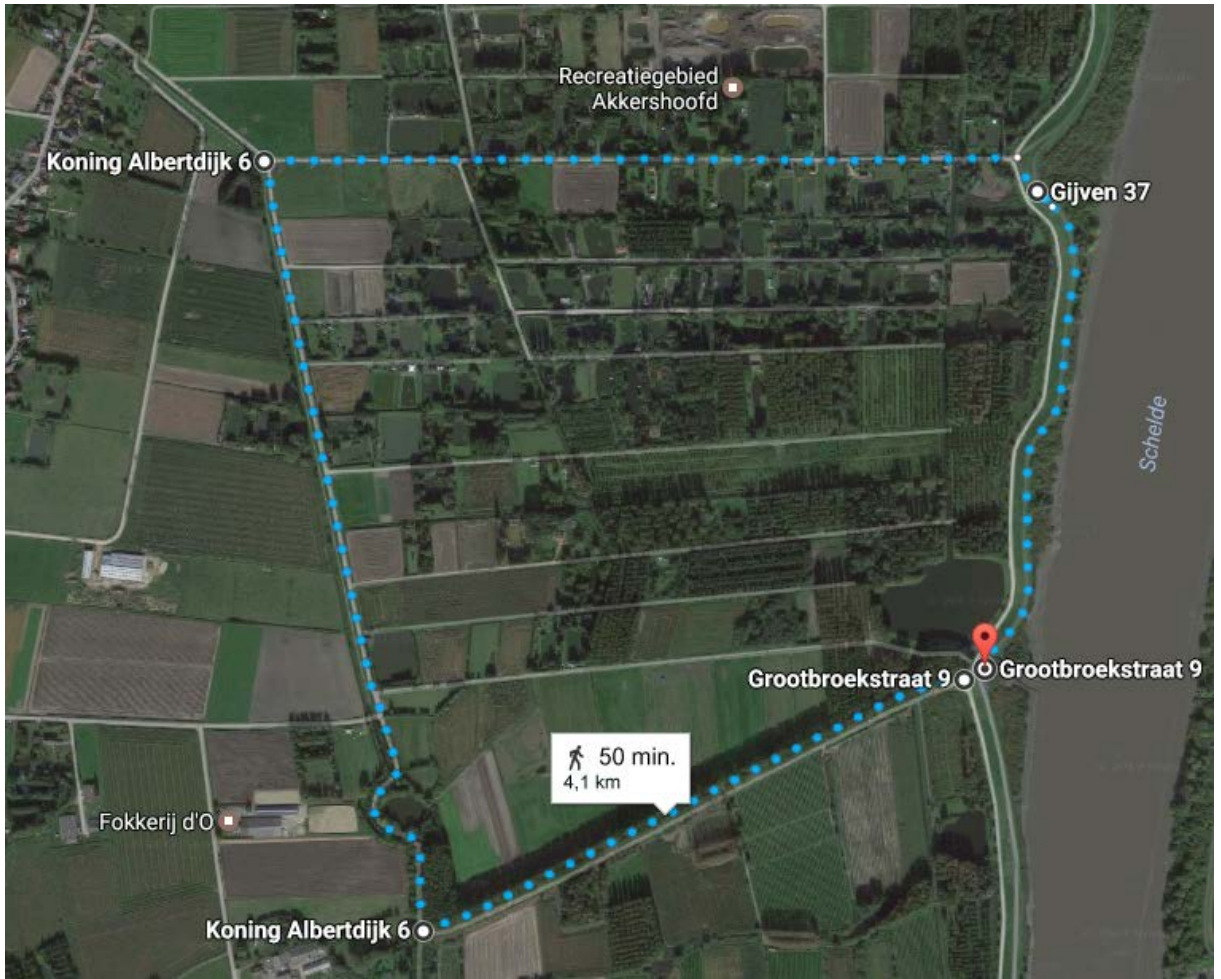
- You run until you are at the fishing pond Gespoelde put
- Here you will run 3 small loops
- Afterwards you'll run through Gijven towards Bunt and back to the fishing pond
- This means you'll turn 5 times at Bunt!
- After completing these loops you run towards the finish
- Just before the finish you'll add a ceremony lap towards the gym. It's possible you'll have to run this twice. It depends on the official IAAF measurement (remaining kilometers to end up at 100 km)

Detailed overview

- Follow the race track towards the fishing pond (Gespoelde Put). You run on the asphalted road.



- Turn right and leave the towing path. You'll start the first loop.



- The first time you'll turn LEFT.



- At the end of the street turn right.



- Keep on following this street. Eventually you'll reach a cross road. You'll encounter this spot often during your race, because as of the second loop, you'll come back to this spot. Keep it in mind. You have to keep running straight ahead!



- At the Koning Albertdijk you'll see a couple of streets on your right. All these streets are a dead end! Just keep on going. Afterwards you'll recognize this spot. A tree strip just started on your left and at your right you'll see a through for cows. (Remark for the marathoners: you ran here last year on your way back). Now you have run till Gijven. Turn RIGHT.



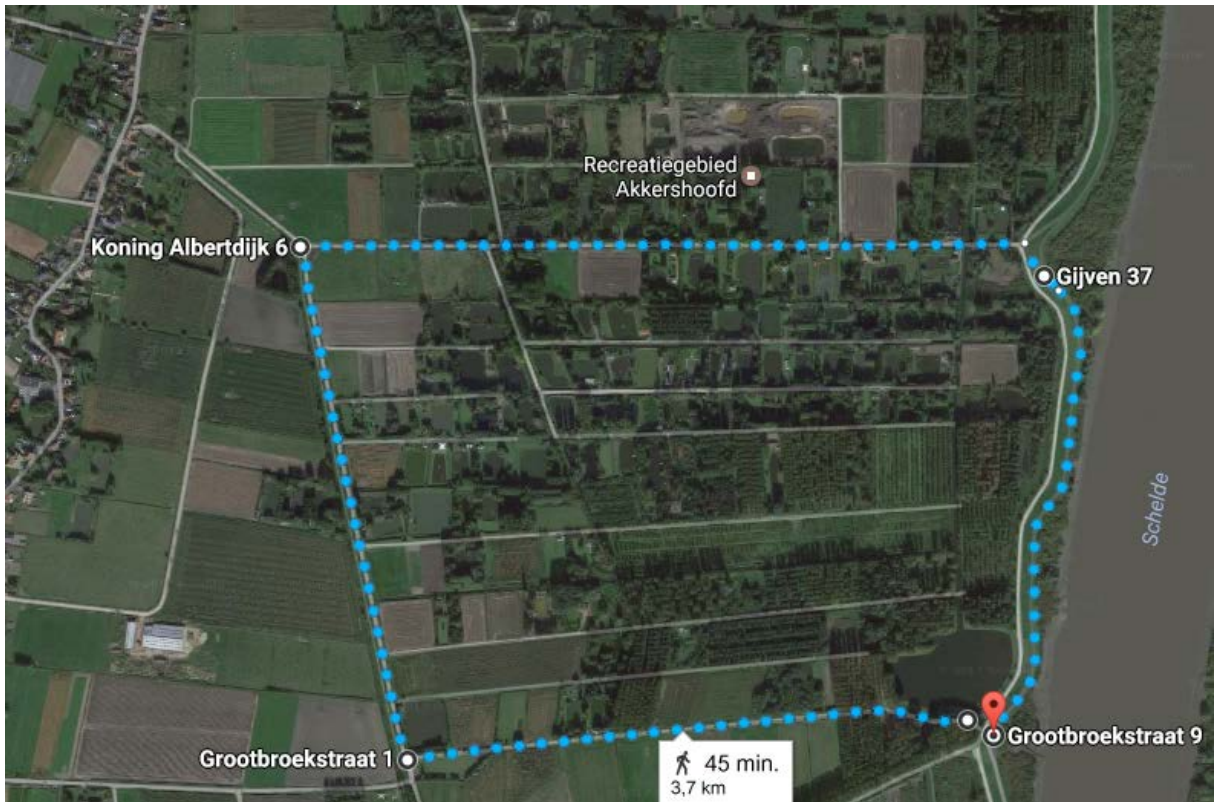


- You'll notice you are running in the recreational area Akkerhoofd. Keep following the road, until you'll see the towing path again. Run RIGHT upwards on the towing path (make sure you follow the asphalted road!).





- Keep following the road. You'll see the fishing pond again.
- Turn right and leave the towing path. You'll now start the second loop. This loop is a loop you'll always perform during the rest of the race when you are at the fishing pond. We'll refer to it as the mini-loop.





- Do make sure you always take the RIGHT side this time! You are now running next to the fishing pond.



- Keep on following this road. You'll end up at the cross road. The road where you came from from the left when you ran your first loop. Turn right.



- At the Koning Albertdijk you'll see a couple of streets on your right. All these streets are a dead end! Just keep on going. Afterwards you'll recognize this spot. A tree strip just started on your left and at your right you'll see a through for cows. (Remark for the marathoners: you ran here last year on your way back). Now you have run till Gijven. Turn RIGHT.



- You'll notice you are running in the recreational area Akkerhoofd. Keep following the road, until you'll see the towing path again. Run RIGHT upwards on the towing path (make sure you follow the asphalted road!).



- Repeat the mini-loop once more. You'll now run between 19 and 20 km. From now on you'll run the big loop. This means that when you are at the end of the street Gijven, you NEVER turn right again (where the temporary refreshment zone is stationed) towards the fishing pond. You always turn LEFT towards the permanent refreshment zone.

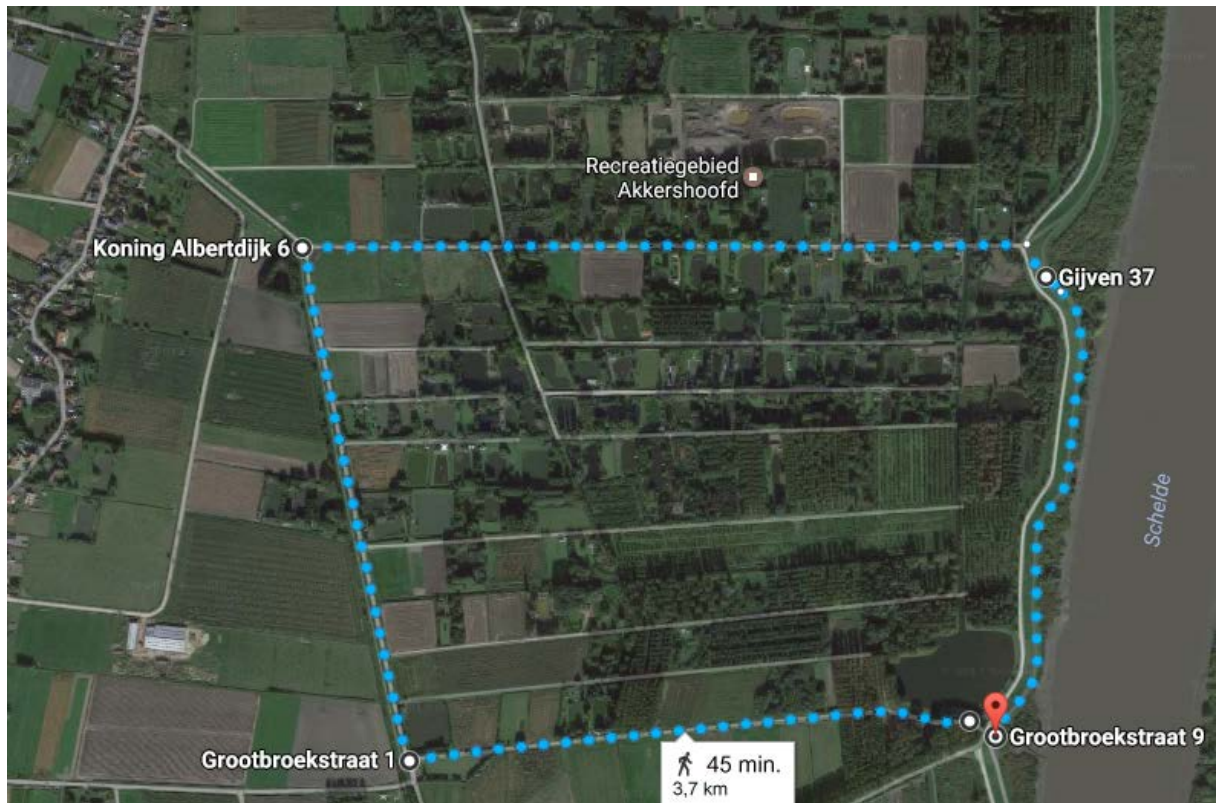


- The big loop consists of the following parts
 - o Race track from Gijven towards Bunt
 - o Turning at Bunt
 - You first run downhill
 - Afterwards you run uphill and turn
 - o Running towards the refreshment zones and the fishing pond
 - o Repeating the mini-loop









- The big loop is 14,3 km long. From Gijven towards Bunt you'll run on the towing path. You'll run straight ahead, most of the time. Keep in mind that running towards Bunt means keeping the right side all the time. Running towards Gijven means always taking the left side.
- You'll repeat this loop 5 times!
- The sixth time you'll pass Bunt you run straight towards the Mira bridge/finish line.
- At the finish you'll make a small ceremony lap (or two, depends on the IAAF measurement).