

On Zondag 24 maart you are welcome at the Athletics Association Startbaan (Startbaan 1a, 1185 XP Amstelveen).

Program & Information

Date: Sunday March 24 2019

Distances and start times

10:00 Marathon – **AmstelveenZ Lentemarathon**

10:00 Relay Marathon – **Centralpoint Estafette Lentemarathon**

11:30 Half Marathon – **Stadshart Amstelveen halve Lentemarathon**

AmstelveenZ Lentemarathon

Start 10.00 uur Athletics Association Startbaan, Startbaan 1a Amstelveen

Finish: Stadshart Amstelveen

There is a route for a full marathon on a beautifully varied round of 42.195 km.

Stadshart Amstelveen half Lentemarathon

Start 11.30 uur Athletics Association Startbaan, Startbaan 1 Amstelveen

Finish: Stadshart Amstelveen

Centralpoint Estafette Lentemarathon

Start 10.00 uur Athletics Association Startbaan, Startbaan 1 Amstelveen

Finish: Stadshart Amstelveen

Athletics Association Startbaan is known for its annual, national relay race. This can not be missed at the Amstelveen Lentemarathon! The relay teams of four runners use the same course of the marathon, with each runner running between 10.2 and 10.8 km.

The relay team will have to transfer the baton from start to finish and is responsible for the change.

General information about the relay:



- Important: the relay team is responsible for transport from and to the exchange points. That means that the 2nd, 3rd and 4th runners themselves have to be at the exchange point at the right moment. In addition, it means that the runners have to move themselves to the Stadshart (or home) after completing their specific distance.
- At each switch point there is a toilet, a drink station and (limited) parking space.
- Relay members receive the same number, with an addition. Example: team number 50, 50-1 for the starting runner up to 50-4 for the final runner.
- The relay team brings an plastic baton (approx 60 gr) from start to finish. See next photo:



- This baton contains 2 tags for the time registration. Please have the baton visible in hand and keep the tags free when passing the measuring point.

Once again: limited parking space is available at the points of exchange, make use of nearby public transport options, carpool or bicycle to reach the exchange locations.

Practical information about the relay:

- The first runner of the relay team starts with the runners of the full marathon, at 10.00 am (AV Startbaan)
- After 10.8 km an exchange point has been set up and the object is passed on to the second runner of the team. This exchange point is on the cycling path to the horses Arena near the Nieuwe Kalfjeslaan in the Amsterdam forest. You can park at the parking lots at the end of the Nieuwe Kalfjeslaan. Location: Nieuwe Kalfjeslaan, Amstelveen. Busstop : Kafjeslaan.
- After 21.6 km an exchange point has been set up and the object is passed on to the third runner of the team This exchange point is at the

intersection of the cycling path and the Touwslagerij. You can park at P+R Spinnerij. Location: Bouwerij 7, 1185ZN. Busstop : Sacharovlaan

- After 32 km an exchange point has been set up on the Meijslootpad (along the golf course) near Turfschip / Tjalk and the object is passed on to the team's final runner. Location: Meijslootpad near Turfschip / Tjalk. Note: this is best achieved by going from Gondel to Turfschip and at the end (before you enter the neighborhood) you come close to the switch point. Parking spaces are also available here. Busstop : Seine
- It is possible to cross the finish-line as a team. On the north side of the Rembrandtweg in Amstelveen (about 300m before the finish) you can regroup and run to the finish together.
- Tip: the first runner can have a bag transported to the finish location for the team.
- Please don't forget to deliver the baton after crossing the finish-line to one of our staff

Time limits

Time limit: 5 hours and 30 minutes for the marathon and the relay marathon. 4 Hours for the half marathon. For the limits you should run the marathon with a speed of 7,67 km/hr. If this might be a problem, please check the Limits page on our website.

Other information

Weather

Please check the forecast on www.knmi.nl. There is fine spring weather expected, with temperatures around 14 degrees C;

Send and pick up the starting number / shirt at Runnersworld Amsterdamse Bos

When registering you can choose whether your starting number would be sent home (shirts are not sent). If you have not chosen this, you can pick up your race number and / or shirt at Runnersworld Amsterdamse Bos (Amsterdamseweg 507 in Amstelveen). This is possible from Wednesday 20 March (12:00) to Saturday 23 March (17:00). On the morning of the race on Sunday 24 March there will be a counter at AV Startbaan between 08:00 and 11:15 for the other numbers and shirts. Given the expected crowds, we recommend to pick up the number and shirt as much as possible in advance, so



that you can start the race without stress! Have you not ordered a shirt yet and are you already sorry? At the athletics club you can purchase this for € 17.50 for as long as supplies last. Also for sale at the shop “Runnersworld Amsterdamse Bos”

Parking / accessibility

There is limited parking nearby, we advise to get as much as possible by bike or use public transport. From Amsterdam South bus 348 goes to Uithoorn (every 30 min), get off at the Startbaan stop, 2 minutes walk from our athletics track. An alternative is tram 5 from Station Zuid to Amstelveen Stadshart, where bus 347 from the Amstelveen bus station heads towards Uithoorn (every 15 min), get off at the busstop Startbaan. Be aware that Metro 51 does not drive anymore.

Around the complex of AV Startbaan there is modest space for parking. The regular parking space for high school HWC is available.

Shuttle service between finish and start

In addition to the regular tram and bus transport, a small shuttle will be set up. These are two vans that will run between finish (Stadshart at the ING office, Amstelveen) and start (AV Startbaan, Amstelveen).

Note: these vans do NOT drive the relay route. The participants of the relay race are responsible for transport to and from the relay starting points

Clothing intake / transportation

Before the start of the race one bag can be handed in at the clothing collection point at the start. Please note that no clothing can remain in the locker rooms as those are closed after the start of the half marathon.

There is a label on your starting number which you can attach to your bag (one bag per person). This bag is taken to the Stadshart, where it can be picked up again at pop podium P60 (on presentation of your race number).



Changing rooms

Dressing rooms are only available at the start location, but they are no longer open after the start of the half marathon. So no items can be left behind.

Traffic

The competition takes place on the public road. This obviously means that we as runners must respect the traffic rules. At dangerous traffic points on the route, professional traffic attendants are used for the safest possible crossing.

Take care and be most friendly to our staff on the route ! Raise thumbs please and smile !

Time registration / results

Time registration is provided by Racetimer.

The results and finish photos are available on our website afterwards.

Photos and video

Photos and a video are made, these will be made available later on our website

Beverage stations

There is a service station arranged every 5 km and from the third water station (marathon) there is also sports drink and bananas in addition to water.

For the marathon and relay, the service stations are on 5 km, 10.6 km, 16.2 km, 21.6 km, 26.9 km, 32 km, 35.4 km and 39.6 km.

For the half marathon on 7.6 km, 13.1 km, 16.5 km, 18.3 km.

Finish



Every finisher receives a medal, water, sportsdrink and some food. Fysio Troelstralaan is ready for you to massage the stiff muscles. Catering is available at many other places in Stadshart) and close to the finish area you find also the first aid station.

Finally

Enjoy your run and we hope to see you again in 2020 !

