

Newsletter Lakebike 24 2023



Dear Lakebikers,

In about 2 weeks we will go wild again!

In this information letter you will find all the information you need for your participation in the Lakebike24 Challenge. Read this carefully and pass it on to your teammates! If, despite the information in the newsletter and on the FAQ on the website, you still have a question, you can contact us at [facebook.com/Lakebike24Challenge](https://www.facebook.com/Lakebike24Challenge) or by email at info@lakebike24.nl.

Good luck with the final preparations and we look forward to seeing you on June 2, 3 and 4!

The Lakebike24 Crew.



Program 2, 3, and 4 June

Friday 2 June

- 15:00 Area open to participants arriving on Friday.
- 15:00 - 19:00 Registration of participants at the Lakebike24 tent
- 17:00 - 19:00 Trail exploration
- 19:30 - 20:30 Family fun ride
- 18:30 - 20:00 BBQ

Saturday 3 June

- 08:30 Terrain open to participants
- 10:00 Catering open
- 11:00 - 12:00 Team photos at the podium
- 10:00 - 12:00 Trail exploration
- 10:00 - 12:00 Registration of participants at the Lakebike24 tent
- 12:00 - 12:30 Competition Briefing 6 hours and 24 hour marathon in the main tent
- 12:30 Last chance to move your car from the event site to the parking lot!
- 13:00 Start 24 hour and 6 hour marathon
- 19:00 Finish 6 hour marathon and start Pasta Party
- 19:30 Award ceremony 6 hour marathon in the main tent
- 21:00 - 23:00 Registration 12 hour participants at the Lakebike24 tent
- 21:49 Sunset

Sunday 4 June

- 00:00 Competition Briefing 12 hour marathon in the main tent
- 01:00 Start 12 hour marathon
- 05:24 Sunrise
- 07:00 Breakfast in the main tent
- 07:30 Start registration 4 hour participants at the Lakebike24 tent
- 08:30 Competition Briefing 4 hour marathon in the main tent
- 09:00 Start 4 hour marathon waves
- 13:00 Finish 24 hour, 12 hour and 4 hour marathon
- 14:00 Award ceremony 24 hour, 12 hour and 4 hour marathon in the main tent
- 15:00 End LakeBike 24 Challenge

Please note: you cannot reserve a place: first come, first serve! Would you like the best place? Then we advise you to set up camp on Friday afternoon/evening.

Route

Drive on the A2, at Best take exit 28. From there follow the signs "Aquabest". On the Aquabest terrain: go through the barrier at DippieDoe and drive all the way to the end.

For navigation, the address is: Ekkersweijer 2, 5681 RZ Best.



Parking

Admission for spectators is free, but Aquabest charges for parking your car! In contrast with previous years, you do not need to purchase a token anymore. Instead you can pay at the exit or by scanning the QR-code on the ticket you received when you entered:

- First 20 minutes are free
- First full hour: 2 euro
- Every next hour: 1.50 euro, up to a maximum of 6 euro for a full day

Keep in mind you have to pay every time you exit the parking lot with your car. Unfortunately as organisers we are not in control of these costs.

Waste

After the event, we would like to leave the grounds and the forest neat and clean. **So we ask everyone to clean up after themselves!** There are waste bins in several places on the camping site and there is a large waste container close to the exit. Please deposit all your waste here before you leave.

Wristbands

Depending on what you have ordered, you will receive 1 or more wristbands in different colors.

Blauw: deelname aan **Lakebike24**

Geel: deelname aan de **BBQ** op vrijdag

Oranje: deelname aan de **Pasta Party** op zaterdag

Paars: deelname aan het **ontbijt** op zondag

Please make sure that you, as a participant, always wear the blue wristband during the entire race.

Pasta Buffet

For those of you who have ordered pasta with their subscription, this year the pasta buffet consists of:

- Penne, bolognese, vega or with beef
- Lasagna, vega or with beef
- 3 different cold pasta salads
- tomato-onion salad and green salad with dressing
- fruit salad
- bread with butter or garlic butter

General

- ✓ Emergency number organisation: **+31 6 22 70 59 63** . Save this in your phone. During the event, it is connected to the organisation and first aid.
- ✓ Toilets and showers are available on site. Their number and also the water capacity is limited; so at peak times there may be some waiting time.
- ✓ There is power supply for motorhomes, caravans and tents. Take a long power reel with you. Connection is possible with normal EU flat plugs or an earthed plug.
- ✓ Open fire or BBQ is NOT allowed, a gas BBQ is allowed. There is also a **ban on hobs, kettles and all other electricity-guzzling devices.**
- ✓ In case you are a 24-hour solo rider without support, please let us know to see if and how we can help you.
- ✓ We would like to ask the 24-hour solo riders to let us know when you are taking a break for an extended period of time (e.g. to have a bite to eat or go for a nap.) This so that we will not go looking for you in the forest when we do not see you passing by anymore.
- ✓ Unfortunately potential thieves are also aware of major cycling events. So always keep an eye on your bike and other belongings. And take enough locks with you. There is no security on site.
- ✓ As event organisers we cannot be held responsible or accountable for any loss, damage or theft of personal items and equipment of participants and visitors.
- ✓ The site is adjacent to DippieDoe amusement park. A great idea for a fun day out for the whole family!
- ✓ The finishes will take place on Saturday at 7:00 PM and Sunday at 1:00 PM. From that moment on, all participants crossing the finish line are flagged. The winner is the one who has completed the most laps. This can therefore mean that the numbers 1, 2 and 3 will enter the last round at 12:59 PM, for example, and it will be exciting for

another round to see what the end stage looks like.

- ✓ Cycle Trend Nuenen has a basic set of the most common parts for emergency repairs. These are performed during the race against payment of materials used; however, make sure you have a well-maintained bicycle yourself!
- ✓ In order to give everyone his/her peace of rest or sleep, it is not allowed to make noise or play loud music from Saturday 11:00 pm to Sunday 7:00 am.
- ✓ Parking at the parking lot of **Cablepark Aquabest is not allowed**. This will also be indicated during the event.



Competition

The different race categories all have a different code:

24 hours Solo	24-S-00
24 hours Team NK	24-T-00
24 hours Team XL	24-XL-00
12 hours Solo	12-S-00
12 hours Duo	12-T-00
6 Hour Solo	6-S-00
6 Hour Team	6-T-00
6 Hour Team XL	6-XL-00
4 Hour Solo	4-S-00
Family Ride	Family-00



Starting Procedure 4 Hour Solo

The start of the 4-hour solo will take place in two waves, consisting of about 20 participants each. This way, and with an extra loop on the field, we hope to spread out the participants before they join the 12 and 24 hour riders. If you have podium ambitions, we advise you to be on time so that you can start in the first wave. We will start filling the waves at 08:45 am.

Shirt for the champions



June 3th and 4th will see the battle for the Dutch Championship in the categories 24 hours Solo and 24 hours Team. The winners will receive this gorgeous championship shirt.... This will make you cycle a little faster for sure!

Timing

Timing registration is provided by TrackREG by means of a transponder on your bike. For teams, this goes in an empty water bottle; solo riders must attach these to the front fork. There are several mats in the course where passage is registered. Based on this, rankings are compiled and other statistics are kept.

From your mobile you can check the TrackREG app, which can be downloaded in the Apple Store or Google play store.

Apple



Android



A screen will be set up near the relay area for the riders and visitors to keep track of the live timing there.

After the event, **all transponders must be returned** to the tent of the Lakebike24 organisation. If a participant or team does not return the transponder, we will charge an amount of €50.

Podium Ceremony

With sufficient competition in a race category, ie. with 5 or more participants or teams, a podium ceremony will be held afterwards. The ceremony will consist of the numbers 1, 2 and 3 of that race category.

In case there are less than 5 participants or teams in a race category, there will be a ceremony with just the number 1 of that race.






This applies to both the Women's and Men's categories for any race and is subject to substantial distance raced, ie. more than one round is not enough. The assessment of this is per discretion of the race director.

In case of bad weather, the ceremony will take place inside the main tent.

No Lakebike 24 without partners!

Lakebike24 Challenge runs entirely on volunteers and the generous cooperation of numerous partners.

Partners

<p>The logo of our partner BikeSuspension.nl adorns the bike boards of all drivers. They also supply the water bottles for the timing chips.</p>	 <p>BIKE SUSPENSION.NL DE FIETSEVERING SPECIALIST</p>
 <p>CYCLE TREND</p>	<p>The Cycle Trend Nuenen is ready to help participants keep their bike in the race.</p>
<p>Creative obstacles Son Steigerbouw provide an extra challenge in the course and the stage for the ceremonies.</p>	 <p>SON nederland www.sonsteigerbouw.nl Schijndel</p>
 <p>SPORTVOEDING webshop.com</p>	<p>Sportvoedingwebshop.com is available all weekend with a service where you can tap several flavours of sports drinks, free for the riders. You can choose from the flavours Lemon, Strawberry and Red Orange.</p>
<p>Speaking of drinks... What is an awards ceremony without champagne? The Dutch Champions can celebrate their victory with champagne from Winery Best!</p>	 <p>Winery Best Boterhoek 87 Best Tel. 0492-396451 www.winerybest.nl Bier - Gedistilleerd - en Wijnspecialist Relatiegeschenken & Verhuur Tapinstallatie</p>



Every Dutch Championship participant will of course fight for that champion shirt, provided by [Champion System](#)!

For all classifications we have a unique laser-cut Lakebike trophy provided by [Van Voorenberghe Engineering](#).



With about 15 km of ribbon from [Decathlon](#) we make sure everything runs smoothly!

[Senses Support](#) is ready to massage sore muscles.

Sign up at their website or stand or walk in during the event for a stimulating 25-minute massage!

For a fee, Esther will make your legs or your neck/back/shoulders flexible again so that you can get back on track for a while.








In addition to ribbon, we also have various signs in the village and on the trail, provided by [the Letterspecialist](#)!

The barbecue, pasta party and breakfast are provided by [puntzakfriet.nl](#).

You can also go to them for a whole range of tasty snacks and ice creams.



<p><i>Marian van der Kallen</i> fotografie</p>	<p>Lakebike24 will be beautifully portrayed by the 24-hour commitment of Marian van der Kallen photography.</p>
<p>Puik Vormgeving is our partner in graphic design. The flyers, logos, signs and banners are all designed by PUIK.</p>	
<p>Sportvoetenshop.nl offers a helping hand as well as some goodies for our tombola.</p>	
<p>Lighting and power by the equipment of Power4You.</p>	
 	<p>And of course we also thank Aquabest and Cablepark for hospitality and use of the grounds.</p>
<p>The groceries at Jumbo Pickup point Acht helps participants and crew survive the weekend.</p>	

Crew

And where would we be without our crew? Many thanks to Jasper, Theo, Jesse, Robin, Linde, Susette, Marc, Gerald, Nick, Jeroen, Anton, Ron, Gerard, Edwin, Flynn, Peter, Maarten, Eric, Björn and Ernst.

Keep an eye on the website, facebook and twitter for the latest news.

We wish you all a great event!

The Lakebike24 Crew

www.lakebike24.nl

facebook.com/LakeBike24uChallenge

twitter.com/LakeBike24

Checklist

As a reminder, the following is mandatory:

- ✓ Bike in top condition. Pay particular attention to the brakes and gears
- ✓ Bicycle helmet
- ✓ Bicycle lights, front and rear (only for the 12-hour and 24-hours of course)
- ✓ Mobile phone of the team leader with number as specified when registering

Below some tips for your packing list:

- ✓ Bring cash, there is limited use of debit cards on the site.
The nearest ATM is in Best.
- ✓ Helmet lamp - highly recommended at night for good vision in corners
- ✓ Several sets of cycling clothing and a rain jacket
- ✓ Cycling glasses, possibly with interchangeable lenses for the night
- ✓ Good lock for your bicycle, for when you are not riding.
- ✓ Take your mobile phone with you. Even though using it while biking is not permitted, you may need it in case of emergency.
- ✓ Have ICE (in case of emergency) contact in your mobile phone book
- ✓ Tent with stretchers or air mattresses. Even if you don't plan to go to sleep, it can always turn out differently....
- ✓ Plenty of food and drink. Puntzakfriet.nl can provide snacks, drinks and ice cream as well. When you have ordered BBQ (Friday evening), Pasta (Saturday evening) or Breakfast (Sunday morning) with your subscription, it will be provided by Puntzakfriet.nl.
- ✓ Sports drink is sponsored by Sportvoedingwebshop.com and unlimited available to participants.
- ✓ Spare inner tubes and brake pads.
In wet weather, due to the sandy terrain, brake pads may wear out faster than usual. Bringing an extra set may just save your race!

- ✓ Spare tires and parts. Cycle Trend Nuenen's technical support can help you with necessary repairs for a fee to be able to finish the race. They carry a limited number of parts that can be purchased locally. Make sure you have enough cash, as electronic payment may not be possible.
- ✓ Your toiletry bag and towels. Shower facilities are available on the site
- ✓ Talcum powder / creams for the well-known sore parts
- ✓ Sunscreen
- ✓ Anti Mosquito remedies
- ✓ Earplugs