

Newsletter Lakebike 24 2022



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 always send an email to info@lakebike24.nl.

Good luck with the final preparations and we look forward to seeing you on June 3, 4 and 5!

The Lakebike24 Crew.



Program 3, 4 and 5 June

Friday 3 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 4 June

08:30 Terrain open to participants
10:00 Catering open
10:00 - 11:00 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 5 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.

Admission for spectators is free, but Aquabest charges €4,- for parking. Keep in mind that an Aquabest parking coin is required for each exit.

If you want to drop someone off and do not want to pay 4 euros, you best do that at the barrier at DippieDoe.

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



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.



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

General

✓ Emergency number organization: **+31 6 22 70 59 63** . Save this in your phone.

During the event, it is connected to the organization 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.
- ✓ We use the Aquabest car park. They charge 4 euros for parking. The Aquabest parking tokens are for sale at the Lakebike24 tent.
- ✓ 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.
- ✓ 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 classifications all have a different code on the control panel:

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 stage ambitions, we advise you to be on time so that you can start in the first wave. We will start filling the waves at 08:45am.

Shirt for the champions



June 4th and 5th 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!

Time

Time registration is provided by TrackREG by means of a transponder on your bike. For teams, this goes in a water bottle; solo riders must attach these to the front fork. There are several mats in the course where passage times are 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.

Especially for the drivers and spectators, a screen will be set up near the transition area, so that you can also see the live timing there.

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



No Lakebike 24 without partners!

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

Partners

The logo of our partner [BikeSuspension.nl](https://www.bikesuspension.nl) adorns the bike boards of all drivers. They also supply the water bottles for the timing chips.



CYCLE TREND

The [Cycle Trend Nuenen](https://www.cycletrendnuenen.nl) is ready to help participants keep their bike in the race.

Creative obstacles [Son Steigerbouw](#) provide an extra challenge in the course and for the podium to honor the winners.



[Sportvoedingwebshop.com](#) is available all weekend with a service where you can tap several flavors of sports drinks, free for the riders. You can choose from the flavors Lemon, Strawberry and Red Orange.

Speaking of drinks... What is an awards ceremony without champagne? The Dutch Champions can celebrate their victory with champagne from [Winery Best!](#)



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 or walk in 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.



Lakebike24 will be beautifully portrayed by the 24-hour commitment of [Marian van der Kallen photography](#).

[Puik Vormgeving](#) is our partner in graphic design. The flyers, logos, signs and banners are all designed by PUIK.



Part of the trail is sponsored by [Vanderlande](#).

 POWER 4 YOU	Lighting and power by the equipment of Power4You .
The groceries at Jumbo Pickup point Acht helps participants and crew survive the weekend.	
 	And of course we also thank Aquabest and Cablepark for hospitality and use of the grounds.

Crew

And where would we be without our crew? Thanks Jasper, Linde, Susette, Marc, Gerald, Nick, Annabelle, Robert, Debbie, Jeroen, Maurice, Anton, Ron, Gerard, Edwin, Flynn, Maarten, Eric, Björn and Ernst.

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

www.lakebike24.nl
facebook.com/LakeBike24uChallenge
twitter.com/LakeBike24

With sporty greetings,



Checklist

Keep in mind the following, mandatory things:

- ✓ Bike in top condition. Pay particular attention to the brakes and gears
- ✓ Bicycle helmet

- ✓ Bicycle lighting at the 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 And we give this checklist as tips: pick it up whatever you find useful.
- ✓ It is always handy to have enough cash with you (including some change for Aquabest parking coins) because there is limited use of debit cards on the site. The nearest ATM is in Best.
- ✓ Helmet lighting (highly recommended for forward lighting when cornering)
- ✓ 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.
- ✓ Use of telephone while cycling is not allowed. Of course in an emergency. Tip: program a contact ICE (in case of emergency) in your telephone with the number of someone to be called in case it is necessary
- ✓ 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. In addition, the employees of Puntzakfriet.nl will be able to provide you with snacks and ice cream.. They also provide the BBQ on Friday evening, the pasta party on Saturday and you can also order breakfast for Sunday morning at the chip shop the night before. Sports drink is made available by Sportvoedingwebshop.com and unlimited available to participants.
- ✓ Spare tires and possibly 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, because pin is not possible.
- ✓ Your toiletry bag and towels. Shower facilities are available on the site
- ✓ Swimsuit. Lakebike24 takes place on a beautiful swimming lake. When it's warm it can of course be nice to take a refreshing dip!
- ✓ Talcum powder / creams for the well-known sore parts
- ✓ Sunscreen
- ✓ Anti Mosquito remedies
- ✓ Earplugs

