



BELGIUM

2024
ATHLETE GUIDE
LONG COURSE WEEKEND BELGIUM

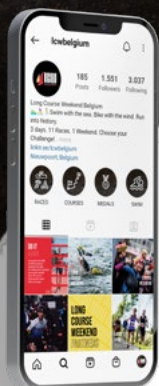
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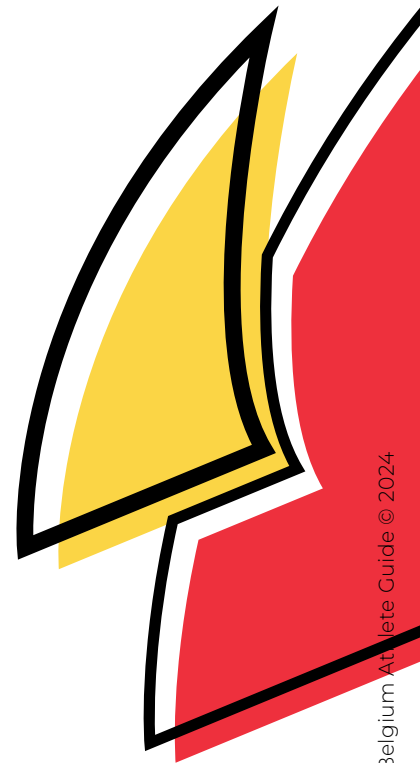
THE LONG COURSE WEEKEND EVENTS

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LONG COURSE WEEKEND 2025



 ***FIND US ON INSTAGRAM***
FIND US ON INSTAGRAM
@LCWBELGIUM



LONG COURSE WEEKEND

NIEUWPOORT - BELGIUM

Dear athletes,

Long Course Weekend 2024 is just around the corner, and it's set to be an unforgettable edition! After steady growth over the first three editions, this fourth one is shaping up to be something truly special. We're expecting **over 7,000 participants** throughout the weekend at our Long Course Weekend festival square next to the Vismijn (Fish Market) in Nieuwpoort.

As always, we're thrilled and proud to announce some exciting new additions. For the first time, we're hosting a Junior Long Course Weekend for promising athletes aged 14 to 17. We've also introduced brand-new running courses. The DNA of Long Course Weekend remains unchanged: **flat, fast courses through the Nieuwpoort polders**, with a few surprises along the way. We've completely redesigned our festival square to offer you even more comfort as you unwind after your races, and to ensure all supporters are well taken care of.

As you've likely seen on our social media, we have some huge news! The fifth edition of Long Course Weekend Belgium—taking place from September 26th to 28th, 2025—will be the first-ever Long Course Weekend World Championship. Podium finishers of this year's Full Long Course Weekend will qualify for this **World Championships** and will be invited for free next year. Additionally, 7 women and 7 men will be randomly selected to qualify for the World Championship! Of course, the 2025 edition will be an open world championship, so you're all welcome to join.

Looking at our participant list, we see a perfect reflection of our Long Course Weekend philosophy once again. From recreational athletes to semi-professionals, from families to groups of friends, from (personal) record-breakers to a record number of participants in our kids' run. We also see a strong increase in our **Full and Half Long Course Weekend participants**. Let that excitement build as you aim to take home that coveted 4th medal, awarded during our **special medal ceremony** for Full Long Course Weekend finishers. We'll see you at our festival square on Sunday at 16h00!

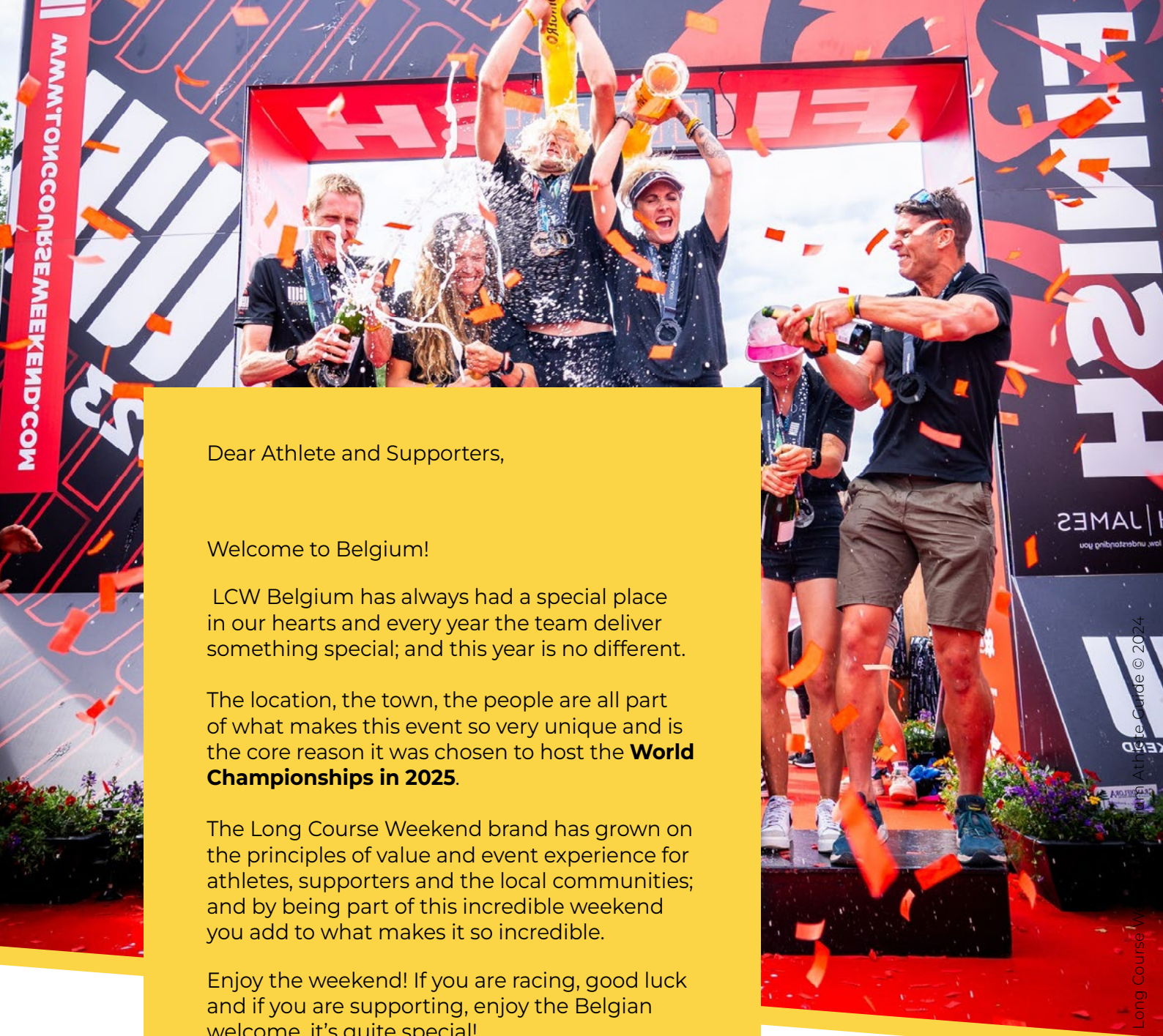
A huge thank you to the more than 250 volunteers making this weekend possible, and to the many Nieuwpoort associations giving their all once again!

We wish you an incredible Long Course Weekend!
Enjoy it!

Fien, Karo, Madelon, Marie, Simon en Matthias

TEAM LCW BELGIUM





Dear Athlete and Supporters,

Welcome to Belgium!

LCW Belgium has always had a special place in our hearts and every year the team deliver something special; and this year is no different.

The location, the town, the people are all part of what makes this event so very unique and is the core reason it was chosen to host the **World Championships in 2025**.

The Long Course Weekend brand has grown on the principles of value and event experience for athletes, supporters and the local communities; and by being part of this incredible weekend you add to what makes it so incredible.

Enjoy the weekend! If you are racing, good luck and if you are supporting, enjoy the Belgian welcome, it's quite special!

Regards

Matthew Evans

CEO & Founder
Long Course Weekend Global





NEW



WORLD CHAMPIONSHIP

LONG COURSE WEEKEND WORLD CHAMPIONSHIP LCW BELGIUM 2025: YOUR FIRST WORLD CHAMPIONSHIPS

Twenty athletes from the Full LCW will qualify for the 2025 LCW World Championship in Belgium; 10 men and 10 women. The twenty will include the top 3 male and top 3 female athletes, while the remaining 14 will be chosen at random!

We've asked our sponsors, officials, and VIPs to randomly select a finish time. We'll announce that the next Long Course Weekend athlete to cross the finish line has qualified. Then you're on your way to Belgium for the World Championships – congratulations!

How do you know you've qualified?

As soon as you cross the finish line, you'll see if you're one of the lucky ones. We'll call out your name to announce that you've been selected for this unique opportunity to compete in the FULL LCW in 2025 for free!

Important to know: Entry is completely FREE for those who qualify.

Qualifying Events:

If you're not one of the lucky ones to qualify for the 2025 LCW World Championship in Belgium, don't worry! There are more chances to qualify. Just head to one of our global LCW events for another opportunity.

LCW Yorkshire 2024

LCW Belgium 2024

LCW Mallorca 2025

LCW New Zealand 2025

Nieuwpoort, as a vibrant and sporty city, proudly upholds the **#sportersbelevenmeer** label. Both residents and visitors are actively encouraged to stay active and engaged.

We've rolled out an extensive sports program and recently opened the brand-new Youth and Sports Complex, a hub where people of all ages can enjoy a variety of sports.

Nieuwpoort is also fully committed to hosting high-quality (sporting) events that add real value to our city. These events not only unite the local community but also attract visitors from far and wide. The unique atmosphere and the variety of activities give everyone the opportunity to experience the charm of Nieuwpoort.

The organization of the Long Course Weekend perfectly aligns with our goal of putting Nieuwpoort on the map as an attractive destination. **The flexible format of the Long Course Weekend, where you choose the sports and distances you want to participate in, appeals to athletes from both home and abroad.** Whether you're into swimming, cycling, or running, you'll get to explore the unique spots in Nieuwpoort that are sure to leave a lasting impression.

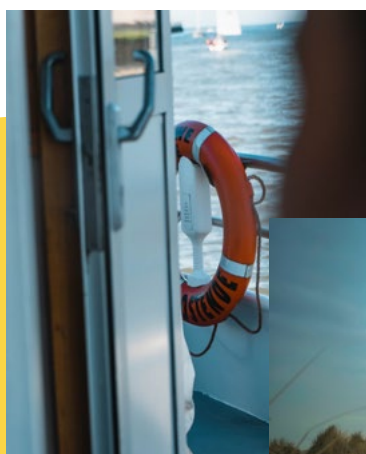
The Long Course Weekend is also the perfect event for **families, friends and sports clubs.** For many, this event has been the start of a sporting journey where they can push their limits and form strong friendships.

In short, the City of Nieuwpoort is incredibly proud to host the Long Course Weekend for the **fourth time.** This edition promises to be a grand celebration focused on fun and relaxation. We're looking forward to a great turnout of sports enthusiasts.

Finally, we wish all participants of the Long Course Weekend 2024 a successful and enjoyable sports experience!

Mayor

Geert Vanden Broucke



LONG COURSE WEEKEND

The concept

Long Course Weekend is a unique sports festival where, over the course of three days, you can choose from events in three disciplines: swimming, cycling, and running, each offered at various distances. **This allows you to create a personalized sports weekend that suits your level.** You can participate in just one event—a swim race, a cycling tour, or a run—or mix and match multiple sports and distances.

For the true endurance athletes, there's the Long Course Weekend option: **swim, bike and run spread over three days.** Every athlete who successfully completes the Long Course Weekend goes home with a fourth medal in addition to the ones earned for each discipline. The special medal ceremony for all Full LCW finishers on Sunday afternoon has become a must-see event that no one wants to miss!

Long Course Weekend events are renowned for their unique and electrifying atmosphere at the finish line. The first Long Course Weekend took place fourteen years ago in Tenby, Wales, and has since grown into an event with over 10,000 participants. Long Course Weekend appeals to a wide audience, making it the ultimate sporting event for athletes of all levels, families, groups of friends, and companies.



LONG COURSE WEEKEND APP

Stay updated and download the Long Course Weekend app!

Discover the Long Course Weekend Belgium app! Your all-in-one guide to this thrilling event, packed with essential info, schedules, course maps, race results and weather updates. Get all your questions answered in one place!

- **Event Info:** Find all the crucial details about Long Course Weekend Belgium, including the schedule, locations, festival area, and practical info. Stay informed with the latest news and announcements.
- **Results:** Whether you're participating or just cheering from the sidelines, keep track of the latest race standings.
- **Course maps:** Navigate through detailed course maps for all the races at Long Course Weekend Belgium.
- **Notifications:** Receive timely alerts about race updates, schedule changes, and important announcements. Stay informed, so turn on your notifications.
- **Media:** Be the first to see photos from LCW Belgium.
- **Partners:** Explore our official partners and enjoy exclusive benefits!!
- **Supporter Hotspots:** Discover the best spots to cheer on your favorite athletes.

Download the app today and take your Long Course Weekend experience to the next level!

FOR ANDROID



FOR IPHONE



Thursday September 19

16h00 - 19h00 Athlete Registration Open - Vismijn (Fish Market) Nieuwpoort

Friday September 20

13h00 - 18h00 Athlete Registration Open - Vismijn (Fish Market) Nieuwpoort

15h00 - 21h00 Festival Square Open - Fonteinplein Nieuwpoort

15h00 - 21h00 Expo open - Fonteinplein Nieuwpoort

16h45 Start box The Nieuwpoort Swim open - Fonteinplein

17h00 Race Briefing The Nieuwpoort Swim

17h15 The Nieuwpoort Swim Rolling Start

19h30 Closing of the swim course

19h30 Podium The Nieuwpoort Swim - Fonteinplein

Saturday September 21

07h00 - 19h00 Athlete Registration Open - Vismijn (Fish Market) Nieuwpoort

07h00 - 18h00 Festival Square Open - Fonteinplein Nieuwpoort

07h00 - 18h00 Expo open - Fonteinplein Nieuwpoort

08h00 Departure of top 5 swimmers for FULL LCW

08h05 Departure 180 km bike

10h00 Departure 90 km bike

12h00 Departure 45 km bike

14h00 Podiums Cycle Flanders Fields

Sunday September 22

07h30 - 12h00 Athlete Registration Open - Vismijn (Fish Market) Nieuwpoort

08h00 - 17h00 Festival Square Open - Fonteinplein Nieuwpoort

08h00 - 17h00 Expo open - Fonteinplein Nieuwpoort

09h00 Kids Run

10h00 Start Marathon

10h20 Start 5k Run

11h15 Podium 5k

11h45 Start Half Marathon

12h15 Start 10k Run

13h30 Podium 10k, Half Marathon and Marathon

16h00 Medal ceremony Full Long Course Weekend



LCW NETHERLANDS

With the LCW Team Belgium, we are incredibly proud to announce that we will also be organizing LCW Netherlands in Maastricht! This fantastic event will take place from **May 16 until 18, 2025**, in the historic and charming city of Maastricht. Known for its rich culture, atmospheric streets and stunning landscapes, **Maastricht** provides the perfect backdrop for an unforgettable sports weekend.

We aim to make LCW Netherlands as great a success as our previous editions, and we invite you to be part of this special adventure. **Register now to take advantage of an exclusive discount (25% discount on everything) and get ready for an amazing weekend full of sports and fun.** Don't miss this unique opportunity to be part of a new chapter of Long Course Weekend in one of the most beautiful cities in the Netherlands!

Register here with 25% discount!*

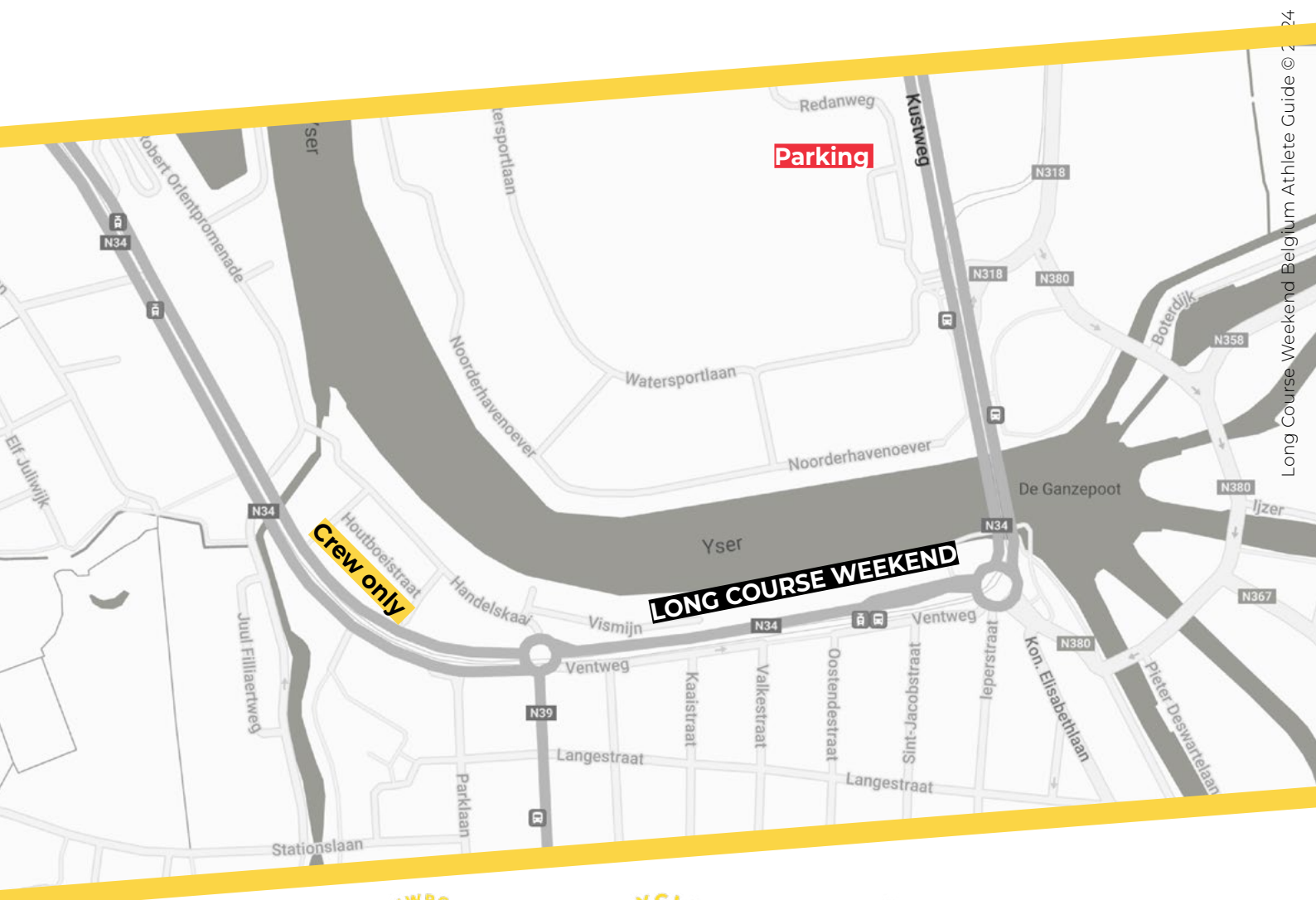
CODE: LCW2025NL



* Valid until 30/09/24

PARKING

Free parking





FULL-FLAVOURED NON-ALCOHOLIC BEER

Discover our Sportzot!



KEY LOCATIONS

Athlete registration

The athlete registration is located on the first floor of the Vismijn (Fish Market) building and is only accessible to athletes participating in one of the Long Course Weekend events. Each participant must register individually. Pre-ordered LCW merchandise can be picked up at the registration on Thursday, and on Friday, Saturday, and Sunday at the LCW shop at the festival square.

There is a secure cloakroom in a tent at the festival square.

Festival square

The festival square next to the Vismijn is where all Long Course Weekend events start and finish. There will also be food trucks, expo stands, a large bar, and music from our resident DJ.

Showers and dressing rooms

Athletes who wish to shower can do so at the Nieuwpoort Youth and Sports Complex:

Sports complex

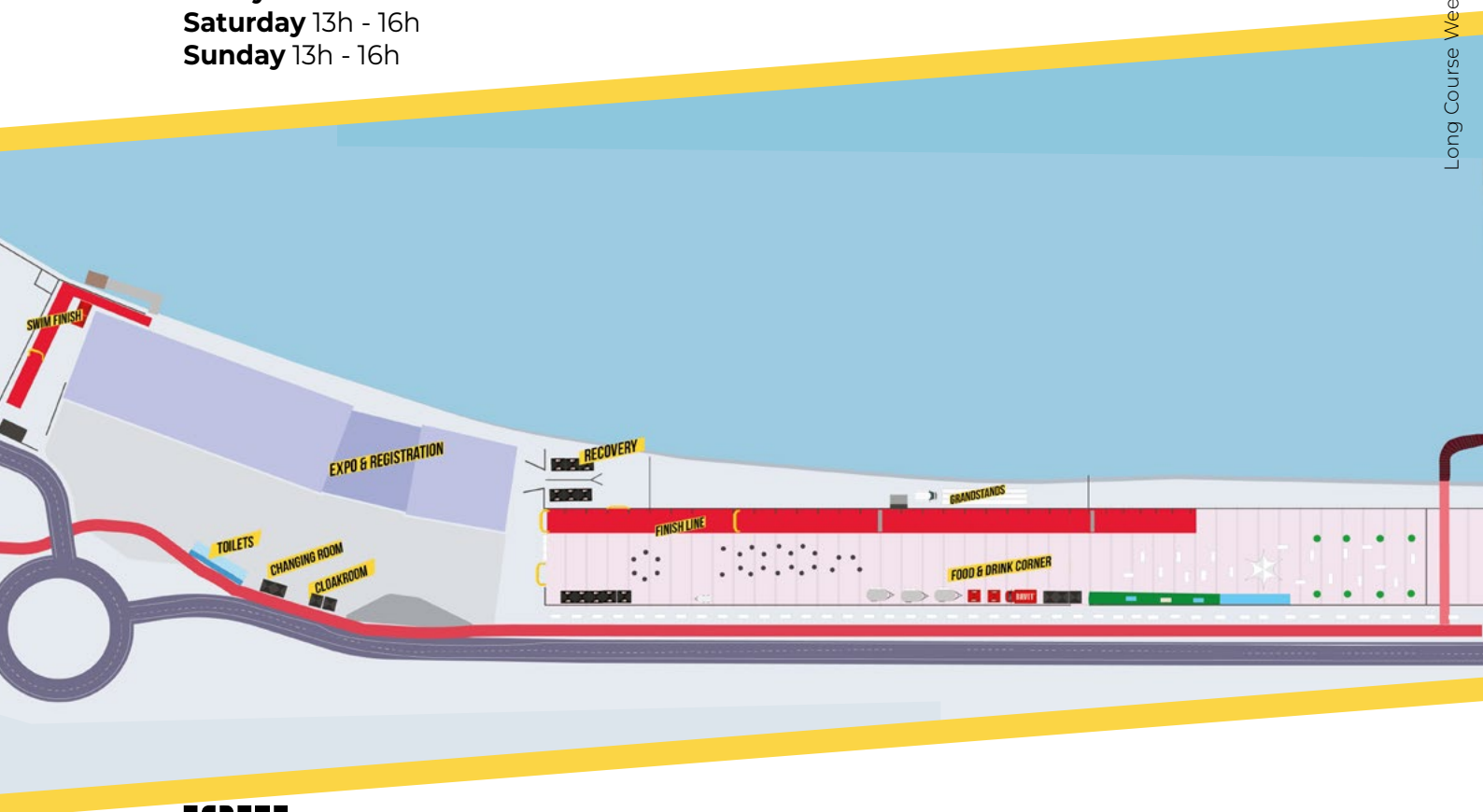
City of Nieuwpoort
Dudenhofenlaan 2B - 8620 Nieuwpoort
- Parking available

Openingsuren

Friday 18h - 21h

Saturday 13h - 16h

Sunday 13h - 16h



ADVENTURE QUEST

PUSHING YOUR LIMITS WITH MATHIEU BONNE

MATTHIEU BONNE IS AN ULTRA-ATHLETE AND WORLD RECORD HOLDER IN CYCLING, SWIMMING, AND TRIATHLON. HE EMBRACES EXTREME CHALLENGES AS A WAY OF LIFE AND UNDERTAKES FEATS THAT NO ONE HAS EVER DONE BEFORE.

TO ACHIEVE HIS GOALS, MATTHIEU SEEKS HARMONY IN BODY AND MIND, IMMERSSES HIMSELF IN NATURE, AND EXPERIENCES ALL ITS ELEMENTS. DURING THE ADVENTURE QUEST WEEK, MATTHIEU WILL ALLOW YOU TO EXPLORE HIS UNIQUE WAY OF LIFE AND WILL AIM TO OUTLINE HIS MINDSET FRAMEWORK FROM WHICH PARTICIPANTS CAN LEARN

[READ HERE MORE](#)

REGISTER NOW!

NOVEMBER 16 TO 23, 2024

WWW.ADVENTUREQUEST.BE



REGISTRATION

To register and collect your Race Pack, you will need the following:

- The QR code you received in the confirmation email.
- On-site registration will be done with your race number, which you can find in your email/app. You will receive your number on Wednesday, September 18th.

FULL/HALF/JUNIOR LCW athletes need to register only once to collect their Race Pack. Other athletes participating in multiple events should queue once and request their additional race packs from a staff member.

You can register and collect your Race Pack at the following times:

Thursday, September 19: 16h00 - 19h00

Friday, September 20: 13h00 - 18h00

Saturday, September 21: 07h00 - 19h00

Sunday, September 22: 07h30 - 12h00

You can pick up your Race Pack for every discipline on any day.

We strongly recommend that all runners who are present on Thursday, Friday, or Saturday collect their race pack on one of those days. We expect a large number of runners on Sunday, so this will help avoid long waiting times.

Distance Changes - Adjusting Your Challenge?

We understand that athletic plans can change, so we want to give participants the opportunity to adjust their distance. Whether you are looking for a greater challenge or need to revise your goals, we are here to assist you. Please note that there will be an administrative fee of €10 for each distance change. Additional costs may apply if you choose to switch to a more expensive distance.

You can request your distance change on-site at the info desk.

Merchandise pre-ordered – where to pick up?

THU: Athlete reception

FRI-SUN: LCW-shop at the festival square

Your pre-ordered clothing and size are listed on your race pack!

RACE PACK

Athletes participating in the **JUNIOR Long Course Weekend** will receive:

- A JUNIOR LCW Belgium T-shirt

Athletes participating in the **HALF Long Course Weekend** will receive:

- A HALF LCW Belgium Polo

Athletes participating in the **FULL Long Course Weekend** will receive:

- An LCW Belgium cycling jersey
- A FULL LCW Belgium Polo
- A 4th medal on Sunday at 16h00



RACE PACK

Make sure you receive the following items at the athlete registration for each discipline:

The Nieuwpoort Swim

LCW Swim cap
Timing chip

Cycle Flanders Fields

Bike Plate
Straps to attach your bike plate
Bike Helmet Sticker with number
Timing Chip Sticker for the helmet
90K/180K: Etixx Voucher

The Nieuwpoort Marathon

Race number with timing chip
Safety pins to attach your number

HALF Long Course Weekend

LCW swim cap
Timing chip
Bike plate
Straps to attach your bike plate
Timing chip sticker for the helmet
Race number with timing chip
Safety pins to attach your number
Bike helmet sticker with number
Etixx voucher

FULL Long Course Weekend

LCW swim cap
Timing chip
Bike plate
Straps to attach your bike plate
Timing chip sticker for the helmet
Race number with timing chip
Safety pins to attach your number
Bike helmet sticker with number
Etixx voucher



Long Course Weekend Belgium Athlete Guide © 2024

LAST MINUTES & DAY REGISTRATIONS

Bring a friend

There's nothing better than working out together and creating memories with friends!

Do you have sporty friends who haven't signed up for Long Course Weekend yet? Encourage them to join in! They can still register online or even sign up on the day itself. Online registration is open until Wednesday, September 18. On-site registration is available starting Thursday, September 19.

WARNING: On-site registration is slightly more expensive than online registration. So, for a better rate, your friends should sign up now!

Working out together, cheering together, and crossing the finish line together—that's what Long Course Weekend is all about!

Distance and name changes

If you want to make a last-minute change to your distance or have a friend participate in your place, this can be done on-site at the Vismijn (Fish Market) during athlete registration hours.

How to change names?

- The new participant collects the race number from the original participant (using the ticket with the QR code).
- Go to the info desk with the race pack and pay €10 on-site for the name change.



FINISHERPIX

Your Personal Race Memories with FinisherPix

With **FinisherPix**, you can order all the photos taken of you during your race(s)! This way, you'll have a beautiful reminder of your athletic achievements. Professional photographers will be positioned at the best spots along the course to capture your action shots.

And of course, they'll be ready to take that epic red carpet finish photo!

From the smile on your face at the start to your determination during the race, and from the emotion at the finish line, everything will be captured for you. With these photos, you can relive those unforgettable moments over and over again!

Share away! Whether it's in the family WhatsApp group or on your Instagram, you now have the coolest photos to share. Your precious race memories are just one scan away!

Scan the QR code to order your FinisherPix and keep the magic of your Long Course Weekend forever.

A few tips for great race photos:

- Make sure your race number is always visible on the front.
- Say cheese on the track! Keep your eyes open for the FinisherPix photographers and flash that broad smile!
- Keep your eyes on the prize! As you approach the finish line, look straight ahead and shine for that perfect photo!

Order here



FOOD STANDS

BAVET

Great news for all athletes and supporters at Long Course Weekend: the Bavet food truck will be on the festival grounds! You can enjoy their delicious dishes, such as the classic Bolognese and the flavorful Say Cheese. Whether you're looking to refuel after a race or just craving something tasty, Bavet has something for everyone.

When?

Friday through Sunday, from 11h30

Menu

Bavet
Bolo
Say Cheese
Holy Grail

**Did you pre-order for the Pasta Party?
Your voucher is included in your race pack!**



POULE & POULETTE

At the Long Course Weekend festival grounds, you can also visit the Poule & Poulette food containers! They serve delicious chicken dishes, from tasty chicken to delightful nuggets. Whether you're craving something savory after your race or just want to enjoy a great meal.

When?

Saturday and Sunday, from 11h30

Menu

Pulled chicken sandwich
Pulled chicken taco
Chicken nuggets
Chicken nugget wrap



FOOD STANDS

PURA BAY

Ready for an action-packed sports weekend? At the Pura Bay açai food truck, you can keep your body in top shape! Whether you're participating in one (or all) of the Long Course activities or cheering from the sidelines, our food truck is ready to offer deliciously refreshing açai bowls and smoothies.

Stop by for an energy boost from the nutritious Brazilian berry and enjoy our treats made with organic ingredients. Whether before or after your performance, everyone is welcome!

When?

Friday: 15h00 - 21h00

Saturday: 7h00 - 18h00

Sunday: 8h00 - 17h00



KOFFIE QUEEN

At Koffie Queen, you'll find just what you need for your caffeine fix. From a strong espresso to a creamy cappuccino, it's perfect for everyone who could use a boost! Be sure to stop by!

When?

Friday: 15h00 - 21h00

Saturday: 7h00 - 18h00

Sunday: 8h00 - 17h00



SUPPORTER HOTSPOTS

SUPPORTER HOTSPOT 1



Parking: Ramskapelle/
Hoofdstraat
For cheering on **marathon**
and **half marathon** runners!

SUPPORTER HOTSPOT 2



Parking: Schoorbakkebrug
For cheering on **marathon**
runners at the 10.17 km point!

SUPPORTER HOTSPOT 3



Parking: Pervijze
Support here for the **marathon**
runners. They're just past the
halfway mark!

SUPPORTER HOTSPOT 4



Parking: Booitshoekestraat
Shout out the names of the
marathon and half marathon
runners at this spot!

SUPPORTER HOTSPOT 5



Parking: Pieter Deswartelaan
Support alongside the DJ
LNNY for all **runners across all**
distances for their final push!



MARATHON WOMAN

Participant in the spotlight

Meet **Hilde Dosogne** from Lochristi, a powerhouse of a woman at 53 years old!

In 2011, she chose to take up a new hobby: running. Two years later, she tackled her first marathon. Since then, marathons have followed in quick succession with increasingly ambitious goals. Hilde's aim is **to run a marathon every single day** of the year, as the first woman ever to do so and this in 2024. That's 366 marathons!

The biggest driving force behind this project: supporting the charity **BIG against breast cancer**. This non-profit organization, based in Belgium, is the largest network worldwide bringing together research groups.

When you spot her, don't hesitate—cheer her on!



Donate here



Good luck Hilde!

MUST DO'S

1. First time participating? Be sure to ring the **bell** at our finish line and let everyone know that you've completed your distance for the first time!
2. Be sure to take a photo with one of our **fun photo frames** and never forget your LCW experience!
3. Run across the finish line with your daughter or son! We have a **family lane** along the finish line where your child can join you as you cross together.
4. Find your name on our **athlete banner** located at the festival square!
5. Pick up your **number** starting Thursday and save time to enjoy a delicious drink at our festival square!
6. Download the **app**!
7. Don't forget to order your personal photos through **FinisherPix**.
8. Come watch our special **medal ceremony** on Sunday at 4:00 PM.
9. Bring your kids and sign them up for our **Kids Run**!
10. Sign up now for **LCW Netherlands 2025!**



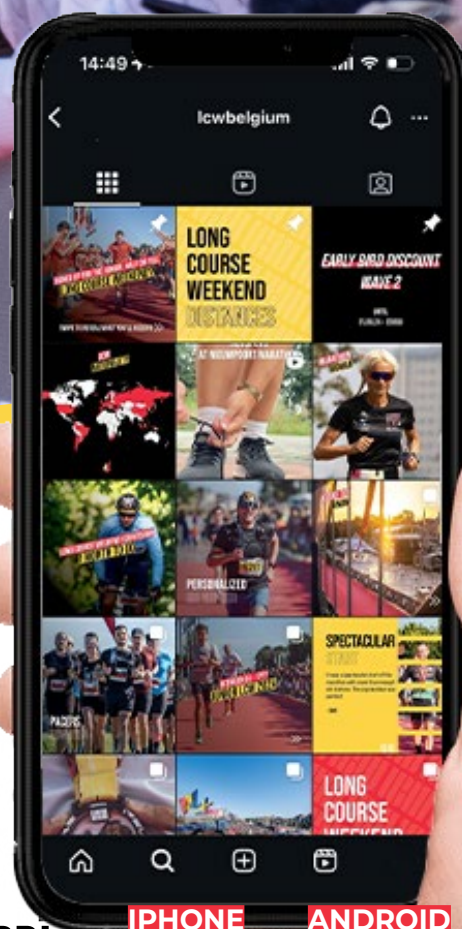


Long Course Weekend Belgium Athlete Guide © 2024

FOLLOW US ON



AND DOWNLOAD THE LCW APP!



IPHONE

ANDROID



FULL LONG COURSE WEEKEND

For athletes seeking the **ultimate challenge!**

3.8 km of swimming, 180 km of cycling and 42.2 km of running over three days in a stunning setting: that's the full Long Course Weekend.

The event kicks off on Friday, September 20, with the swim race. **The 3.8 km swim course** takes place along one of Belgium's unique open-water swimming routes! The start is at the Oude Vismijn (Fish Market), and you'll swim towards the entrance of the largest marina in Northern Europe. Despite the seawater, you'll swim in calm waters due to the protection from the current by the shipping channel. Spectators can walk along the entire course

The second day is all about **cycling**, with a challenging **180 km** route. Both the start and finish are in the center of Nieuwpoort. You'll cycle through Veurne towards the Moeren and quickly enter France. Mont des Cats starts the hilly section, culminating with the Kemmelberg. Conserve your energy as there's still more than half to go. Before passing under the Menenpoort in Ypres, you'll also navigate two plugstreets (semi-unpaved), so watch out! After Ypres, you'll pass by Tyne Cot Cemetery, one of more than 30 monuments commemorating the World Wars along the route. The final stretch takes you past the Yser tower in Diksmuide, with the Yser River guiding you back to Nieuwpoort.

Finally, the **running** race concludes the Long Course Weekend. Athletes will cover **42 km**, starting and finishing in the heart of Nieuwpoort. Expect an exciting and festive atmosphere at both the start and finish, with a red carpet for every finisher.

RACE FLOW

FULL LONG COURSE WEEKEND

Race flow

The FULL LONG COURSE WEEKEND athletes must follow the guidelines and rules described hereafter for all three disciplines. We ask FULL athletes to adhere to the following:

- Be present at the **bike start by 7h50** so that all FULL athletes can start at 8h00. The top 5 swimmers will start separately with a 1-minute interval.
- Be present at the **marathon start by 9h45**. FULL athletes can start together at the front of the marathon start.

Medal ceremony

On Sunday afternoon at 16h00 there will be a special medal ceremony for all Full, Half and Junior Long Course Weekend participants. We ask that ALL Full Long Course Weekend participants follow these instructions:

1. After finishing the marathon, put on your Full Long Course Weekend Polo from your Race Pack and wear your 3 medals.
2. Position yourself at the arch located at the start of the red carpet.
3. Athletes will be called one by one to the finish line to receive their special 4th medal.
4. After receiving your **4th medal**, take your place between the start of the red carpet and the finish line to form an honor guard for the remaining athletes being called.
5. The top 3 will come forward last and take their place on the podium.

HALF LONG COURSE WEEKEND

For athletes seeking a **challenge!**

1.9 km of swimming, 45 km of cycling and 21.1 km of running over three days in a stunning setting: that's the Half Long Course Weekend.

The event starts on Friday, September 20, with the **swim race**. The **1.9 km** swim course is one of the few open-water swimming routes in Belgium!

On the second day, it's time for **cycling**, with a **90 km** route. Both the start and finish are in the center of Nieuwpoort.

Finally, the **running** race concludes the challenge. Athletes will cover **21.1 km**, starting and finishing in the heart of Nieuwpoort. Expect an exciting and festive atmosphere at both the start and finish, with a red carpet for every finisher!



RACE FLOW

HALF LONG COURSE WEEKEND

Race flow

The HALF LONG COURSE WEEKEND athletes must follow the guidelines and rules described hereafter for all three disciplines. We ask HALF athletes to adhere to the following:

- Be present at the **bike start by 9h50** so that all HALF athletes can start at 10h00.

Medal ceremony*

On Sunday afternoon at 16h00, there will be a special medal ceremony for all participants of the Full, Half, and Junior Long Course Weekends. We ask that ALL Half Long Course Weekend participants follow these instructions:

1. After finishing the half marathon, put on your Half Long Course Weekend Polo from your Race Pack and your medals.
2. Position yourself at the arch located at the start of the red carpet.
3. Half Long Course Weekend athletes will be called to the finish line in groups.
4. Afterward, athletes will take their place on the red carpet and form an honor guard for the Full Long Course Weekend athletes.



*For Half Long Course Weekend athletes, there is NO 4th medal; this is reserved exclusively for Full Long Course Weekend athletes.

JUNIOR LONG COURSE WEEKEND

The Junior Long Course Weekend is the **ultimate challenge for youth** (14-17y)!

1.9 km of swimming, 45 km of cycling and 10 km of running over three days in a stunning setting: that's the Junior Long Course Weekend.

The event kicks off with a splash on Friday, September 20, with the **swim** race! Dive into one of Belgium's few open-water courses and swim **1.9 km**.

On the second day, hop on your **bike** for a cool **45 km** route. With both the start and finish in the vibrant center of Nieuwpoort, you'll receive plenty of cheers from the crowd.

To wrap it up, there's the **running** race. The **10 km** route starts and finishes again in the heart of Nieuwpoort. Expect a fantastic atmosphere, and every finisher will be celebrated like a hero on the red carpet!



RACE FLOW

JUNIOR LONG COURSE WEEKEND

Race flow

Athletes must follow the guidelines and rules described hereafter for all three disciplines. We ask Junior athletes to adhere to the following:

- Be present at the **bike start by 11h50**, so that all Junior athletes can start at 12h00.

Medal ceremony

At 16h00, take your place for the special medal ceremony for all participants of the Full, Half, and Junior Long Course Weekend. We ask that ALL Junior Long Course Weekend participants follow these guidelines:

1. After finishing the 10K, put on the Junior Long Course Weekend T-shirt from your Race Pack and your medals.
2. Take your place at the arch farthest from the finish line, at the start of the red carpet.
3. Junior Long Course Weekend athletes will be called to the finish line in groups.
4. After receiving their medals, athletes will stand on the red carpet and form a guard of honor for the Full Long Course Weekend athletes.



THE NIEUWPOORT SWIM

The Nieuwpoort Swim is one of the few **open water swimming** competitions in Belgium and this year boasts a field of over 700 swimmers. Taking place in the inner harbor of Nieuwpoort, in the shadow of the Westfront monument and next to the **largest marina in Northern Europe**, The Nieuwpoort Swim offers a unique setting. Spectators can walk along the entire course and witness swimmers finish at the now-**legendary Long Course Weekend Belgium finish line!**



RACE FLOW



THE NIEUWPOORT SWIM

Registration

Thursday September, 19: 16h00 - 19h00

Friday September, 20: 13h00 - 16h30

Wetsuits are allowed (and strongly recommended!) and are mandatory if the water temperature is below 15.9 degrees Celsius. Rent here with our partner Peaks! Boots and gloves are not permitted. **Wearing the swim cap provided by the organization is compulsory.**

The organization will measure the temperature on Wednesday, September 18, and Friday, September 20. The temperature will be communicated via social media channels and the app.

The **timing chip must be worn over the wetsuit**. If you lose the chip during the swim, you must report it to someone from the organization when you exit the water. Please return your chip to the organization after you finish; there will be designated bins. Anyone who does not return the swim tag risks a fine of €50.

At The Nieuwpoort Swim, everyone gathers together for the start at the Long Course Weekend Festival Square. The 3.8km swimmers will start first and will be positioned at the front of the square. The 1.9km swimmers will start right after and will be positioned behind the 3.8km swimmers. There is no opportunity to warm up in the water.

If, after registering, you decide not to start, you **MUST** inform someone from the organization before the start.

Before the race begins (from 16h45), you must enter the pacing area that corresponds with your expected performance time. To ensure a comfortable race, it is in your best



RACE FLOW

THE NIEUWPOORT SWIM

We use a rolling start, with swimmers starting in groups of 5. Your actual time will be recorded, so there's no need to rush before or during the start. Each distance is marked by a different colored swim cap.

Once you're out of the water, walk or run to the finish arch next to the Vismijn (Fish Market). After finishing, you'll receive water, something to eat, and your medal!

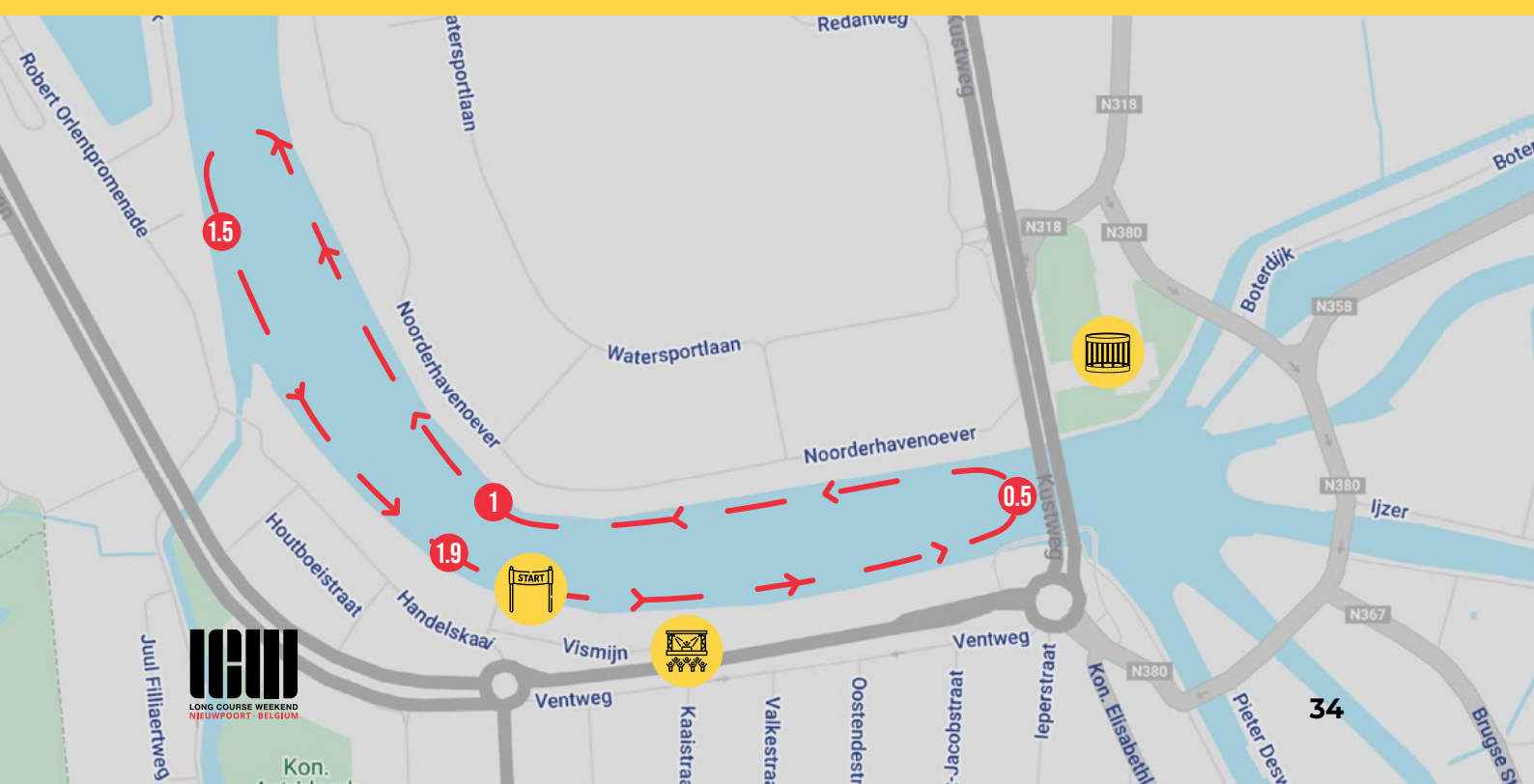
Rules and Safety

Long Course Weekend is a sports event where fair play is the top priority. We expect everyone to participate in the races fairly, with respect for the other participants.

You must follow the instructions of the organizers and the lifeguards at all times, and always keep the buoys on your left side.

The organizers and lifeguards have the authority to remove swimmers from the water if they determine that the swim cannot be completed safely.

If you are in need of assistance, signal one of the lifeguards in the boats or kayaks along the course.



RACE FLOW

THE NIEUWPOORT SWIM

Bag Drop

There is a cloakroom on the festival grounds where you can safely leave your belongings. However, we strongly recommend that you leave your personal items with your supporters, friends, or family to avoid long waiting times!

Timing

Timing chip above your wetsuit.
Cut-off: 19h30

Showers and Dressing rooms

Showers and dressing rooms are available for those who need them.

Sports and youth complex

City Nieuwpoort
Dudenhofenlaan 2B
8620 Nieuwpoort

Opening Hours

Friday: 18h00 - 21h00

Pasta Party

Hungry after the race? Check out this athlete guide to see all the food options available at our LCW Belgium festival grounds.

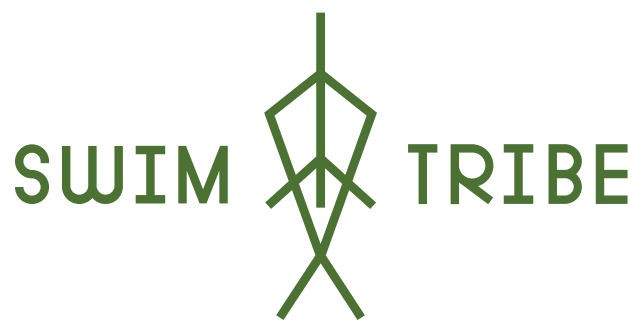


RENT YOUR WETSUIT FOR THE NIEUWPOORT SWIM



BELGIUM





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EXPERIENCE
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Enjoying crawl swimming,
excelling in the pool or
in open water!

- ✓ individual session
- ✓ group session



Swim
Technique



Long
Distance



Open
Water



CYCLE FLANDERS FIELDS

Cycle Flanders Fields is part of the Long Course Weekend Belgium and offers a unique cycling experience across three distances: 45km, 90km, and 180km.

Starting in Nieuwpoort, the routes lead you through the scenic Westhoek region. The 180km course includes a section of the **World Tour Classic Gent-Wevelgem route**, featuring a climb up the iconic Kemmelberg. After starting at the **Vismijn** (Fish Market) in Nieuwpoort, you'll head towards Veurne, cross the **French border**, dive into the hill zone, pass through the plugstreets and under the Menin Gate and pass by **numerous war memorials** on your way back to Nieuwpoort.



Long Course Weekend Belgium Athlete Guide © 2023

DID YOU KNOW?

During the 180km course, you'll ride through the historic **Plugstreets!**

This unique area got its name when British soldiers during World War I found it difficult to pronounce the village of Ploegsteert and simply called it "Plugstreet." This region was the backdrop for intense battles and some of the bloodiest conflicts of the war.

However, amidst this tragic history, there is also a heartwarming story about Christmas 1914, when soldiers from both sides reportedly put down their weapons to celebrate together, even playing a game of football in no man's land. Whether this actually happened remains a mystery!

Get ready for a beautiful piece of history!



COURSE MAPS

CYCLE FLANDERS FIELDS 

45K



90K



180K



RACE FLOW

CYCLE FLANDERS FIELDS

Registration

Thursday September, 19: 16h00 - 19h00

Friday September, 20: 13h00 - 18h00

Saturday 21, September: 07h00 - 11h30

All participants in the Cycle Flanders Fields event must check in at the Long Course Weekend festival area within the designated time slot before the start. Your helmet and bike will be inspected, and then you can begin at your own pace. The start times vary by distance:

180km Start at 07h55

90km Start at 10h00

45km Start at 12h00

It's important to be present at the correct start time for your chosen distance. You cannot start "between" the different start times.



RACE FLOW

CYCLE FLANDERS FIELDS

Bag Drop

There is a bag drop area at the festival grounds where you can safely leave your belongings. However, we primarily recommend that you leave your personal items with your supporters, friends, or family to avoid long wait times!

Timing

The Cycle Flanders Fields is a recreational tour where no rankings are published. Athletes must adhere to traffic regulations at all times, including stopping at traffic lights (which are kept to an absolute minimum along the entire route). Ensure that your timing chip remains securely attached to your helmet at all times so we can confirm that everyone has safely reached the finish!

Additionally, there will be a Cycle Flanders Fields **TIME TRIAL** 7km before the finish.

The time trial will be marked in advance on the course. This segment will be

Cut-off times

180 km: 9h

90 km: 8h

45 km: 3h

closed to all traffic. So, save some power in your legs to give it your all for these 3 kilometers. **Separate rankings** will be compiled for men and women, with a podium ceremony at 14h00.

But there's more... Check out the next page for more information!



KING/QUEEN OF THE MOUNTAIN

Conquer the Kemmelberg

A second time will be added to the standings!

We've introduced a second time checkpoint on the Kemmelberg for the 180km route. While this segment is low-traffic, it is not traffic-free!

The same rules apply here: the road code must be respected. The start and end points of the time measurement will be clearly marked!



INNOVATIVE INSURANCE SOLUTIONS FOR COMPETITIVE CYCLISTS



Steve Sartor: For readers who may not know Concordia, who are you?

Steve: Concordia has been an **insurance broker** since 1960. Our focus is on businesses, but we also have extensive experience in the sports and federation sector. Concordia has been the insurance partner of the "Cycling Federation" for 53 years, as well as many professional athletes, sports enthusiasts, teams, and clubs.

We've seen the **BikeWise logo at championships and on the Velofollies stand. Why is that?**

Steve: As you know, we insure nearly all **cycling events** in Belgium. This applies to professional riders as well as youth, recreational, and amateur cyclists. A recurring comment we received was about material damage, specifically bicycle equipment.

Are there no insurance solutions for this?

Steve: Many insurers, brokers, bike dealers, and leasing companies offer **bike insurance**. These products are generally good but mostly cover commuting and recreational use. Moreover, insurance conditions are not always clear and do not always match the expectations of the insured.

Insurance is often unclear and few members are excited about insurance... what makes your solution different?

Steve: Our initial priority was to find a solution for competitive cycling. No insurer was willing to follow us in this regard. Note: competition should be interpreted broadly. Some insurers exclude all forms, including tours and triathlons. Others only exclude mass starts and gran fondos. What we found is that, as with other types of insurance, most cyclists assume their insurance covers such risks, which is often not the case.

Does this mean that BikeWise covers these risks?

Steve: Yes, and that is unique. Once we overcame this hurdle, we felt it was timely to approach other target groups with a competitive product. The main **risks** remain theft and damage, but we found it interesting to make acceptance very flexible. Additionally, we found a solution for members who already own a bike or want to buy a second-hand bike.

What is special about this?

Steve: Most insurers limit coverage to new or very recent bikes and apply depreciation (especially after 24 months), which means the insured often cannot buy the same bike in case of theft or damage. **BikeWise insures bikes regardless of their age and does not apply depreciation.** This means that if you buy a bike worth EUR 5,000 and it is stolen after 3 years, you are entitled to the insured amount of EUR 5,000. Second-hand bikes can also be insured for their new value.

Are there any additional benefits?

Steve: Many features are standard in most **insurance policies**. This product also offers a maximum flat-rate amount if you are unable to participate in a paid event. Additionally, insured members have the opportunity to insure their other, less expensive bikes at 50% of the premium.

Why should our readers consider signing up for such insurance?

Steve: We are encountering various phenomena. The number of cyclists has increased significantly since the COVID period. Cyclists are increasingly looking to equip themselves better, leading to the discovery of new types of bikes like e-bikes and gravel bikes. For some, cycling is a **lifestyle**; others have shifted from golfing to conducting business on their bikes. We have also analyzed the investment made when purchasing a bike. The fact that we had to raise the insured amount to EUR 14,000 shows that some people go to great lengths. However, the average cyclist spends between EUR 2,000 and 6,000 depending on the type of bike. For many, it remains a serious investment.

Given this, the risk of theft is not negligible. Studies show that expensive bikes are also targeted during home burglaries. Insurance is not a cure-all, but we will regularly share **tips and tricks** to prevent theft. Some members remain very casual, which is surprising considering the value of their bikes.

"Damage or breakage" is not only a challenge for competitive cyclists. More and more recreational riders use high-tech equipment, so even a minor fall can result in a broken bike frame. As with other investments, it's not unreasonable that more people want insurance coverage for damage to their bikes.

How can you sign up for this insurance?*

Steve: The subscription process is digital, but you can still contact Concordia if needed. Feel free to do a simulation on www.bikewise.eu.

What can our readers expect from you in the future?

Steve: Today, the focus is on bikes, but we aim to better support recreational and sports participants with insurance in the future. We will not only share tips but also develop specific solutions for **participating in races both domestically and internationally** (cancellation, assistance, and repatriation). In the meantime, we wish all participants the best of luck and, above all, to stay safe!

BikeWise®



✓ 5 WINKELS ✓ +200 MERKEN ✓ MEER DAN 5500 M² FIETSPLEZIER



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9300 Aalst

DADIZELE

Meensesteenweg 168
8890 Dadizele

ERPE-MERE E-BIKE

Oudenaardsesteenweg 391
9420 Erpe-Mere

GEEL

Waterstraat 31
2440 Geel

SINT-PAUWELS

Potterstraat 125
9170 Sint-Pauwels



RACE FLOW

CYCLE FLANDERS FIELDS

Van Eyck: no worries, just cycling fun

Are you participating in Cycle Flanders Fields and worried about the chance of a flat tire? No worries! Our partner, Van Eyck Sport, is on standby. With their convenient **mobile bike repair service**, they will be available at the festival grounds and along the bike routes.

Whether you encounter issues on the road, need to lubricate your chain, or require minor repairs and adjustments to your bike, **Van Eyck** is here to help. Their dedicated and experienced team offers professional service, ensuring that you can start (and finish!) your cycling challenge completely stress-free. This means you can fully focus on enjoying your ride through the stunning locations you'll encounter, without the burden of unexpected technical issues.

In short, Van Eyck Sport is here to elevate your experience and support you through every pedal stroke of your adventure!



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sports nutrition

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JELLE GEENS

Etixx Ambassador
and Olympic Triathlete



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AID STATIONS

CYCLE FLANDERS FIELDS

For the 90km route, there is one aid station provided after approximately 40 kilometers.

For the 180km route, there are three aid stations, roughly every 45 kilometers.

90 km

40 km

Water
Etixx Sports Drink
Fruit/snacks

180 km

37,1 km

Water
Etixx Sports Drink

85,75 km

Toilets available

Water
Etixx Sports Drink
Candy/Snacks
Fruit

135 km

Water
Etixx Sports Drink
Cola
Fruit



The **specific sports nutrition** for the 90km and 180km cyclists will NOT be distributed at the aid stations but must be picked up by the participants **BEFORE THE START**. In your Race Pack, you will find an ETIXX voucher, which you can use to collect your nutrition package at the festival area.

- 180km: 1 ETIXX Natural Oat Sport Bar and 2 ETIXX gels: Nutritional Energy Gel Cola + PRO LINE Energy Gel Peach
- 90km: 1 ETIXX Natural Oat Sport Bar



The new BMC Speedmachine
was born from our insatiable
desire to deliver speed to riders
in ways they can use.

THE NIEUWPOORT MARATHON

The Nieuwpoort Marathon is the concluding running event of the Long Course Weekend, featuring a fast-paced race with an **international field** of over 6,000 runners.

The course is flat and quick, taking you through the characteristic polder landscape around Nieuwpoort, Diksmuide, Veurne, and Koksijde. A long straight stretch along the Frontzatepad is interrupted by winding roads leading to the Yser. Just before the finish, runners pass under the Albert I monument and enter the Long Course Weekend Belgium festival area where the finish line is located.

The Nieuwpoort Marathon includes races over **four distances**: 5 km, 10 km, Half Marathon, and Marathon. Additionally, there is a kids' race with various age categories.



COURSE MAPS

THE NIEUWPOORT MARATHON 

5K



10K



21,1K



42,2K



RACE FLOW

THE NIEUWPOORT MARATHON

Registration

Thursday September, 19: 16h00 - 19h00

Friday September, 20 : 13h00 - 18h00

Saturday September, 21: 07h00 - 19h00

Sunday September, 22: 07h30 - 12h00

All participants in the Nieuwpoort Marathon should check in at the Long Course Weekend festival area 15 minutes before the start of their race. Your number will be checked, and then the race will start. The start times vary by distance:

- The kids' run starts at 09h00
- The full marathon (42.2 km) starts at 10h00
- The 5 km run starts at 10h20
- The half marathon (21.1 km) starts at 11h45
- The 10 km run starts at 12h15

We recommend all runners who can arrive on Thursday, Friday, or Saturday to check in early to avoid long queues.



RACE FLOW

THE NIEUWPOORT MARATHON

Rules and Safety

The course is not completely traffic-free but is **traffic-calmed**, meaning runners have priority over other vehicles. There will be marshals at all intersections and places where side streets join the course. We ask all participants to remain cautious despite the marshals, to use the sidewalks as much as possible, and to respect traffic rules where necessary.

There is one location where tram tracks must be crossed. Police will be present to ensure a smooth crossing. All participants must follow police instructions at all times.

Bag drop

There is a luggage drop-off area at the festival grounds where you can securely leave your belongings. However, we primarily recommend leaving your personal items with your supporters, friends, or family if possible.

Timing

Times are measured via the **chip in your race number**. Results will be ranked by distance.

Cut-off times

Marathon: 5h30

Half Marathon: 3h30

10km: 1h30

5km: 1h00



RACE FLOW

THE NIEUWPOORT MARATHON

Achieving your running goals with our pacers

A pacer is someone who dedicates their own race time to help others achieve a specific goal. Pacers run the race at a steady pace and finish just under their predicted time, helping you reach your desired finish time. You don't need to worry about your pace; just keep up with your pacer and enjoy the race.

We are again collaborating with the Pacing Team to support you in both the half marathon and the full marathon. You can recognize them by the Polar flags with their finish times. The available pacers are:

The available pacers by pace:

Marathon

3:30

3:40

3:50

4:00

4:10

4:20

4:30

Half Marathon

1:30

1:40

1:50

2:00

2:10

2:20

2:30



Maximize Sports Performance: The Role of DNA.



What makes the difference these days? In an interview, Jolien De Neve, pharmacist and DNA specialist at Fagron, explains how understanding your DNA can help optimize your sports performance. A must-read for recreational athletes, top athletes, and their supporters alike.

When we look at the sports nutrition pyramid, isn't the foundation simple for everyone: "healthy eating"?

Jolien: "Well, 'healthy eating' is definitely not the same for everyone. Sometimes it's small differences: for example, blue grapes are healthier for me than green grapes. But there can also be significant differences. Avocado and olive oil are considered 'healthy fats,' but what if you have trouble digesting them?"



<< It's estimated that 30 to 70% of athletes experience gastrointestinal issues during or after exercise. >>

"There are, of course, various causes, such as stress, the intensity of the exercise, environmental temperature, or movement during sports. However, it's clear that your digestion also plays a role in the success of your sports performance. Can you digest starch (bread, pasta, rice, etc.)? Are you fructose-intolerant (fruit, honey, agave, raisins, cookies, soft drinks, etc.)? Or are you eating the wrong healthy fats?"

Speaking of fat... body fat percentage is also crucial for many athletes in determining the success of their performance. This too is genetic; it's even in your genes whether you'll convert carbohydrates into fat rather than burning them immediately."

Incredible! Are there DNA insights within sports-specific nutrition that we should consider?

Jolien: "Research shows that caffeine can improve endurance. Many athletes like to take advantage of this."

<<Did you know that caffeine was on the doping list until 2004?>>

"Now, how you metabolize caffeine is genetically determined. This means that the same portion of caffeine can enhance your performance or, conversely, cause nervousness and even reduced performance."

So, a cup of coffee... not a good idea for everyone. Which brings us to the top of the pyramid, supplements. Are there genetic risks for certain deficiencies?

Jolien: "You can have a genetic predisposition to deficiencies in practically all vitamins and minerals. I immediately think of folic acid for tissue (muscle) repair or magnesium for muscle relaxation and endurance."

<< Very intense sports activities can lead to skin aging!>>

It's true that intense exercise generates free radicals (harmful substances). If genetically you're not good at 'cleaning up' these substances, you'd better take supplements like vitamin C, vitamin E, etc. (antioxidants) to combat (skin) aging.

So, many things are 'genetic predisposition.' Does that mean we can't do anything about it?

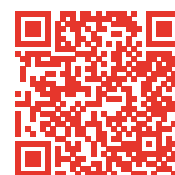
Jolien: "Not at all! If you know your 'bad genes,' you can use the right tips to switch those genes on or off. The advice accompanying your DNA results is crucial to the success you can achieve with it."

Get your DNA tested!

Especially for LCW, you can have your DNA tested from September 6 to October 6 through a simple saliva swab at a special price. Our sports professionals are ready to advise you with all their knowledge and expertise. Discover more via the QR code below!



Fagron NutriGen™ - 290 euros (incl. VAT, excl. consultation and guidance)!



Discover more!

AID STATIONS

THE NIEUWPOORT MARATHON

Reusable cups

This year, we're using REUSABLE CUPS at our aid stations! At the end of each aid station, there will be a tent where you can drop off your cup. **You are NOT allowed to take the reusable cup with you on the rest of the course.**

Participants who carry reusable cups outside of the designated aid stations or dispose of reusable cups in unauthorized places will be disqualified from the results. The organization will have full discretion in deciding who will be sanctioned.



AID STATIONS

THE NIEUWPOORT MARATHON



Aid stations approximately every 5km

PS: there will be a toilet at each aid station!

MARATHON

1. 5,5 km

Water

2. 10,5 km

Water

Etixx Isotonic Lemon Sports Drink

Salt treats

Sweet treats

Fruit

3. 16 km

Water

Etixx Isotonic Drink Energy Gel Apple

Etixx Isotonic Drink Energy Gel Orange

4. 21,1 km

Water

Etixx Isotonic Lemon Sports Drink

5. 26 km

Water

Etixx Isotonic Drink Energy Gel Apple

Etixx Isotonic Drink Energy Gel Orange

6. 29,5 km

Water

Etixx Isotonic Lemon Sports Drink

Sweet treats

Fruit

7. 33 km

Water

Etixx Isotonic Lemon Sports Drink

Sweet treats

8. 37 km

Water

Cola

9. 42,2 km

Recovery Finish line

Water

Cola

Sweet treats

Salt treats

HALF MARATHON

1. 5,5 km

Water

2. 8,5 km

Water

Etixx Isotonic Lemon Sports Drink

Fruit

Sweet treats

3. 12km

Water

Etixx Isotonic Lemon Sports Drink

Sweet treats

4. 16 km

Water

Cola

5. 21,1 km

Recovery Finish line

Water

Cola

Sweet treats

Salt treats

10 km

1. 5,5 km

Water

2. 10 km

Recovery Finish line

Water

Cola

Sweet treats

Salt treats



KIDS RUN

Welcome kids!

The Long Course Weekend warmly welcomes sporty kids with our fantastic kids' run! This race will take place on Sunday morning at the same start and finish area as the 5k, 10k, half marathon, and marathon. Our promising young athletes will cross the epic finish line with their loyal supporters and parents cheering them on from the sidelines.

- Red Carpet Start & Finish
- Fun Medal
- Sports & Fun

4 Distances:

- Ages 3-5: 300m
- Ages 6-8: 600m
- Ages 9-11: 1200m
- Ages 12-14: 1500m



PODIUMS

There will be 19 podiums distributed over the weekend.

Friday evening 19h30

- Women's 1.9 km swimming
- Men's 1.9 km swimming
- Women's 3.8 km swimming
- Men's 3.8 km swimming

Saturday afternoon 14h00

- Cycling fastest time women
- Cycling fastest time men

Sunday afternoon

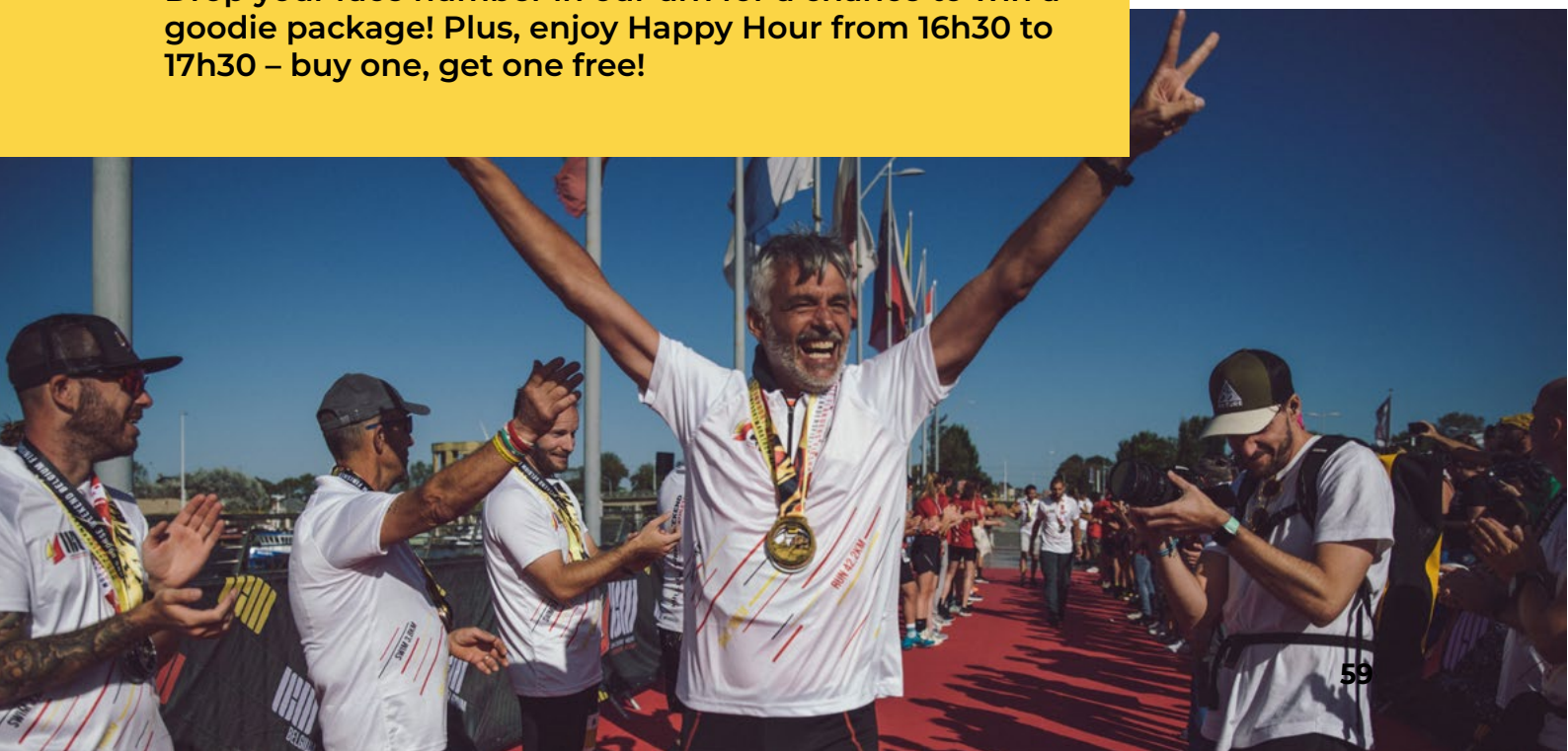
- Women's 5 km run - 11h15
- Men's 5 km run - 11h15
- Women's 10 km run - 13h30
- Men's 10 km run - 13h30
- Women's half marathon running - 13h30
- Men's half marathon running - 13h30
- Women's marathon running - 13h30
- Men's marathon running - 13h30

Sunday afternoon 16h00

- Half Long Course Weekend Women
- Half Long Course Weekend Men
- Full Long Course Weekend Women
- Full Long Course Weekend Men
- Junior Long Course Weekend

We encourage all athletes from the running events to be present for the **various podiums**, especially for the special **medal ceremony** for the Full Long Course Weekend!

Drop your race number in our urn for a chance to win a goodie package! Plus, enjoy Happy Hour from 16h30 to 17h30 – buy one, get one free!



PLAN INTERNATIONAL

Until every girl is free

With Long Course Weekend, we commit to a good cause each year. This year, we are supporting **Plan International Belgium**! This organization is dedicated to children and young girls in over 80 countries, fighting for equal rights and opportunities.

Want to support this cause? You can make a **donation** during your registration or visit their website. Help us make a difference!

Make a donation





OPENING HOURS

FRI: 15H-21H

SAT: 7H-18H

SUN: 8H-17H



THE OFFICIAL LONG COURSE WEEKEND BELGIUM SHOP



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OR DO YOUR SUPPORTERS WANT A BITE WHILE WAITING FOR YOU AT
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LONG COURSE WEEKEND
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