



NETHERLANDS

2025  
**ATHLETE GUIDE**  
MAASTRICHT BIKE

# VIDEO BRIEFINGS



## THE MAASTRICHT SWIM

Click on the video to watch it.



## THE MAASTRICHT BIKE

Click on the video to watch it.



## THE MAASTRICHT MARATHON

Click on the video to watch it.



## FULL LCW ATHLETES

Click on the video to watch it.

## GENERAL INFO

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## LONG COURSE WEEKEND 2026



 ***FIND US ON INSTAGRAM***  
*FIND US ON INSTAGRAM*  
***@LCWNETHERLANDS***



## Welcome to Long Course Weekend Netherlands!

### A sports festival to remember

Dear athlete,

We're thrilled that you're joining us for this edition of Long Course Weekend Netherlands! On behalf of the entire team, we warmly welcome you and thank you for taking part. Whether you're here to push your limits, achieve personal goals, or simply soak up the unique atmosphere—you are an essential part of this special weekend.

Long Course Weekend is more than just a sporting event. It's a **three-day multisport festival** where swimmers, cyclists, runners, duathletes, and triathletes of all levels come together for an unforgettable experience. You choose your own combination of disciplines and distances, spread over three days. That way, we create a weekend where every performance counts.

A few **highlights** you don't want to miss:

- The iconic swim start on Friday – an impressive setting and pure goosebumps
- The breathtaking bike route on Saturday – taking you through Belgium, the Netherlands, and Germany
- The final day on Sunday – running with a crowd that pushes you forward every step of the way, and of course our unique medal ceremony, where full Long Course Weekend athletes are celebrated like heroes

But this weekend isn't just about the sport—it's also about connection, experience, and most of all: **fun**. Whether you're here solo, with your team, or surrounded by friends and family, we hope you'll feel the LCW spirit in every fiber. Let the enthusiastic crowd cheer you on, meet athletes from all over the world, and fully immerse yourself in everything this weekend has to offer.

Take your time to flip through this guide. You'll find **all the practical info** about start times, course maps, food options, and other festivities—so you'll be fully prepared and bursting with energy at the start line.

We wish you an unforgettable Long Course Weekend. Enjoy it, give it your all, and most of all—don't forget to smile along the way!

Sportive regards,

**The LCW Netherlands Team**

Dear Athlete and Supporters,

May I be one of the first to both thank you and welcome you to this incredible city!

Long Course Weekend is very much about finding incredible locations and delivering an inspirational weekend that couples sport with local attractions, restaurants and businesses, that allows you the athletes and supporters to get under the skin of the local culture.

Maastricht is this and so much more!

Our team, you may already know – Matthias and the Belgium crew have done an incredible job to source this new location and your weekend could not be in better hands!

Thank you once again for choosing Long Course Weekend and please come and say hello! I am around all weekend and would love to have a chat and know what you think!

Enjoy!

Regards

**Matthew Evans**

CEO & Founder

Long Course Weekend Global



Dear Athlete,

**Maastricht is a city with a rich and diverse sports culture.** From elite competitions to recreational exercise, from endurance runs to leisurely walks, from road cycling to relaxed bike rides—you'll find it all here. And honestly, so much more. The city boasts countless sports clubs, along with excellent facilities for individual athletes.

**A multisport event** like Long Course Weekend fits perfectly within this vibrant sporting landscape. Part≈three days: Friday, Saturday, and Sunday. Your sport, your pace, and always with an unforgettable finish. Break your personal best or simply enjoy moving through stunning surroundings.

As a city, we are deeply honored to host this unique sporting event. We warmly welcome all athletes, organizers, coaches, and spectators. And beyond your sporting achievements, we hope you also take the time to enjoy everything Maastricht has to offer: our **charming city center**, rich culinary scene, and beautiful surrounding countryside.

On behalf of the City of Maastricht, I wish you an inspiring, successful, and safe Long Course Weekend.

Mayor of Maastricht  
**Wim Hillenaar**



# LONG COURSE WEEKEND BELGIUM 2025

## LONG COURSE WEEKEND FESTIVAL OF CHAMPIONS



### FESTIVAL OF CHAMPIONS

In 2025, **Belgium** will host the very **first Festival of Champions!**

Long Course Weekend Belgium will be the inaugural Long Course Weekend Festival of Champions, and we're expecting **over 10,000 participants!** During the **Full Long Course Weekend**, athletes who qualified in Mallorca, Wales, Yorkshire, and Belgium will go head-to-head. Thanks to their performances at these events, they've earned an invitation to compete free of charge, courtesy of Long Course Weekend.

Not only will the **top 3 male and female athletes** from each country be invited, but **7 randomly selected male and female athletes** will also be given the opportunity to race. The Festival of Champions is an open event, meaning you can take part too! Don't wait—sign up now for the Full Long Course Weekend or one of the other races in Belgium (discount code later in this Athlete Guide!)

At the Festival of Champions, we'll be looking for the best of the best—the athletes who complete the Full Long Course Weekend in the fastest time. But just like at every Long Course Weekend event, it's not only the podium finishers who shine. Whether you're running your very first 5K or going all in across all three disciplines, we guarantee a legendary orange carpet finish, an unforgettable atmosphere, and an epic experience throughout the Festival of Champions!

### Important!

You can also **qualify** for the second Festival of Champions—which will take place in **Tenby**, Wales from June 26–28, 2026—by participating in Long Course Weekend Netherlands in Maastricht!



# LONG COURSE WEEKEND BELGIUM • NIEUWPOORT

26 - 28 SEPTEMBER 2025



25% DISCOUNT\*  
CODE: LCW2025BE



REGISTER HERE



\*CODE VALID UNTIL 25/05/25. AN EARLY BIRD DISCOUNT IS ALSO RUNNING UNTIL 31/05/25!

# 2025/26 EVENTS



**LCW WALES**  
27TH - 29TH JUNE 2025



**LCW YORKSHIRE**  
29TH - 31ST AUGUST 2025



**LCW BELGIUM**  
26TH - 28TH SEPTEMBER 2025



**LCW MALLORCA**  
MAY 2026



**LCW NETHERLANDS**  
22ND - 24TH MAY 2026

[LONGCOURSEWEEKEND.COM](https://longcourseweekend.com)

## Thursday 15 May

**16h00 - 19h00** Athlete registration open – Lage Frontweg 8

## Friday 16 May

**13h00 - 20h00** Athlete registration open - Lage Frontweg 8  
**15h00 - 21h00** Festival square open - Lage Frontweg 8  
**15h00 - 21h00** Expo open - Lage Frontweg 8  
**16h45** Shuttle bus departure to Fun Valley  
**17h40** Start box open Peaks Maastricht Swim - Fun Valley  
**17h50** Race Briefing Peaks Maastricht Swim  
**18h15** Peaks Maastricht Swim  
**20h15** Swim course closed  
**19h30** Podiums Peaks Maastricht Swim - Fun Valley  
**20h30** Return shuttle bus

## Saturday 17 May

**07h00 - 18h00** Athlete registration open - Lage Frontweg 8  
**07h00 - 18h00** Festival square open - Lage Frontweg 8  
**07h00 - 17h00** Expo open - Lage Frontweg 8  
  
**08h00** Bike start – Top 5 swimmers FULL LCW  
**08h00 - 09h00** Start 180km bike  
**10h00 - 11h00** Start 100km bike  
**12h00 - 12h30** Start 50km bike  
**14h00** Podiums Maastricht Bike

## Sunday 18 May

**08h00 - 12h00** Athlete registration open - Lage Frontweg 8  
**08h00 - 17h00** Festival square open - Lage Frontweg 8  
**08h00 - 17h00** Expo open - Lage Frontweg 8  
  
**09h15** Kids Run  
**10h00** Start Marathon  
**10h20** Start 5k Run  
**11h15** Podiums 5k  
**11h45** Start Half Marathon  
**12h00** Start 10k Run  
**12h45** Podiums 10K  
**13h30** Podiums Marathon  
**13h45** Podiums Half Marathon  
**16h00** Medal Ceremony Full Long Course Weekend

# LONG COURSE WEEKEND

## The concept

Long Course Weekend isn't your average sporting event — it's a **three-day sports festival** packed with energy, challenge, and excitement. For three full days, you can take part in races across three disciplines: swimming, cycling, and running. And the best part? You do it your way, choosing distances that match your level and ambitions. Want to participate in just one discipline? No problem!

Prefer to combine multiple sports? Go for it! You define your own athletic adventure. But... for the true die-hards, there's the ultimate challenge: **the full Long Course Weekend**. That means three intense days—first swimming, then cycling, and finally, a solid running event to top it all off.

Those who complete the full experience are rewarded with a unique **fourth medal**, in addition to the ones you receive for each individual discipline. And that special finishers' ceremony on Sunday? It's legendary. Think: goosebumps, roaring applause, and a one-of-a-kind atmosphere.

The concept was born 15 years ago in the charming town of Tenby, Wales. Since then, Long Course Weekend has grown into an **international success**, attracting thousands of participants at each edition. What makes it so special? Everyone joins in. From seasoned triathletes to recreational athletes, families, friend groups, and even companies—LCW is for anyone who loves sport, fun, and a serious dose of challenge.



# LONG COURSE WEEKEND APP

**Stay updated and download the Long Course Weekend app!**

Discover the Long Course Weekend Netherlands app! The all-in-one guide for this exciting event, packed with useful info, schedules, course maps, race results, and weather updates. All your questions answered in one place!

- **Event Info:** All the essential details about Long Course Weekend Netherlands, including schedules, locations, festival square, and practical information. Stay up to date with the latest news and announcements.
- **Results:** Results, whether you're competing or spectating, stay updated on the latest standings.
- **Courses:** Navigate through detailed course maps of all races at Long Course Weekend Netherlands.
- **Notifications:** Receive timely updates on race results, schedule changes, and important announcements. Stay well-informed, so make sure to enable your notifications!
- **Media:** Be the first to see photos from LCW Netherlands.
- **Partners:** Discover our official partners.

**Download the app** today to elevate your Long Course Weekend adventure!

**In the app, you'll also find our  
emergency number:  
+32 472872087.**

**FOR ANDROID**



**FOR IPHONE**



# PARKING

## ACCESSIBILITY & PARKING

We recommend coming on foot, by bike, or by public transport. A bike parking area is available!

## COMING BY CAR?

**Parking festival square: Q-Park Frontenpark** (Frontensingel, 6219 PE Maastricht) – paid parking for visitors, athletes, and supporters. A day ticket costs €17. You can reserve a parking spot [here](#) in advance.

**Parking Fun Valley** (swim event on Friday, May 16) – paid parking for visitors, athletes, and supporters. €3 to be paid at the barrier.

### Q-Park



### Fun Valley





# FULL-FLAVOURED NON-ALCOHOLIC BEER

**Discover our Sportzot!**



# IMPORTANT LOCATIONS

## Athlete registration

The athlete registrations is located at the Radium site (Lage Frontweg 8, Maastricht) and is only accessible to athletes participating in one of the Long Course Weekend races. Each participant must check in individually at the athlete registrations. Pre-ordered LCW merchandise can be picked up on Thursday at the athlete registration, and on Friday, Saturday, and Sunday at the LCW shop at the festival square.

There is a supervised cloakroom in a tent at the festival square. Only hand over a backpack here. No loose items.

## Festival square

The festival square at the Radium site is where all Long Course Weekend races start and finish. There are also food trucks, expo stands, a large bar, and music from our resident DJ.

## Showers and changing rooms

Athletes swimming on Friday can change and shower at Fun Valley (cost: €2.50). There are changing rooms and a cloakroom available at the festival square on the Radium site.

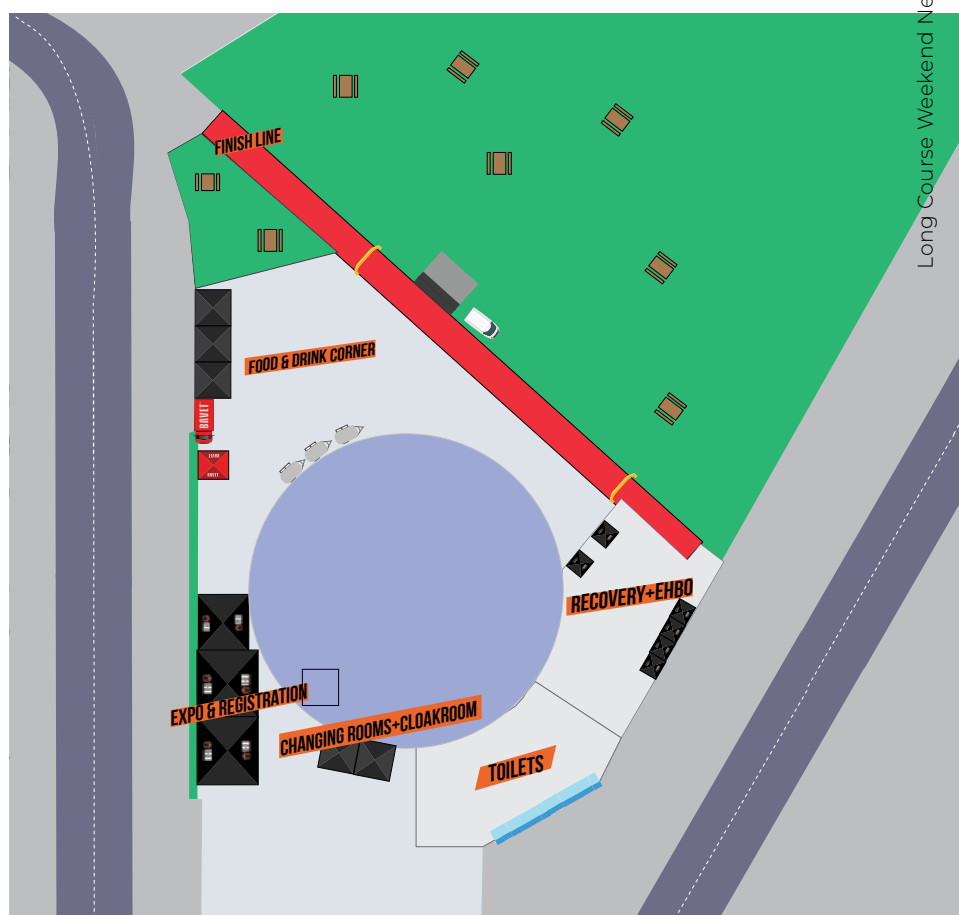
**PLEASE NOTE:** There are no showers available at the festival square on the Radium site!

## Fun Valley

Eijsden  
Oosterweg 5 - 6245 LC  
- Paid parking €3

## Radium Site

Maastricht  
Lage Frontweg 8 - 6219 PC  
- Paid parking €17 (day)



# 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 DOES THINGS NO ONE HAS EVER DONE BEFORE.

TO ACHIEVE HIS GOALS, MATTHIEU SEEKS HARMONY BETWEEN BODY AND MIND. HE BLENDS WITH NATURE AND EXPERIENCES ALL ITS ELEMENTS. DURING THE ADVENTURE QUEST WEEK, MATTHIEU WILL LET YOU DISCOVER HIS UNIQUE WAY OF LIFE AND WILL ATTEMPT TO OUTLINE HIS MINDSET FRAMEWORK, FROM WHICH PARTICIPANTS CAN LEARN.

[READ MORE HERE](#)

REGISTER NOW!

NOVEMBER 8 TO 15 - 2025

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 (from Eventgoose).
- 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, May 14.

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

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

**Thursday**, May 15, 16h00 - 19h00

**Friday**, May 16, 13h00 - 20h00

**Saturday**, May 17, 07h00 - 18h00

**Sunday**, May 18, 08h00 - 12h00

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

We strongly recommend that all runners present on Thursday, Friday, and Saturday pick up their race pack on one of these days. We expect a high number of runners on Sunday, and this will help avoid long wait times.

## **Distance Changes - Want to adjust your challenge?**

We understand that sports plans can change, and we want to give our participants the chance to adjust their distance. Whether you're looking for more of a challenge or want to revise your goals, we're here to support you. Please note, there is a €10 administrative fee for each distance change. Additionally, extra costs may apply if you switch to a more expensive distance.

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

## **Merch pre-ordered - Where to pick up?**

**THU:** Athlete registration

**FRI-SUN:** LCW shop at the festival square

**Your pre-ordered clothing and size will be listed on your Race Pack!**

# LAST MINUTES & DAY REGISTRATIONS

## Bring a friend

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

Do you have any 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-site on the day. Online registration is open until Wednesday, May 14. On-site registration starts Thursday, May 15 at 16h00.

**ATTENTION:** On-site registration is a bit more expensive than online registration. So, for the best price, 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

Want to make a last-minute change of distance or have a friend participate in your place? This can be done on-site at the Radium site during the athlete check-in hours.

How to change the name?

- The new participant will pick up the race number of the original participant (via the ticket with the QR code).
- Take the race pack to the info desk and pay €10 on-site for the name change.



# RACE PACK

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

- A HALF LCW Netherlands Polo
- Goodies

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

- A FULL LCW Netherlands Polo
- Goodies
- Exclusive cycling jersey
- 4th medal on Sunday at 16h00



# RACE PACK

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

## **Peaks Maastricht Swim**

LCW swim cap  
Timing chip

## **Maastricht Bike**

Bike tag  
Straps to attach your bike tag  
Bike helmet sticker with number  
Timing chip sticker for the helmet

## **Maastricht Marathon**

Bib number with timing chip  
Safety pins to attach your number  
Cloak room sticker

## **HALF Long Course Weekend**

LCW swim cap  
Timing chip  
Bike tag  
Straps to attach your bike tag  
Timing chip sticker for the helmet  
Bib number with timing chip  
Safety pins to attach your number  
Bike helmet sticker with number  
Cloak room sticker

## **FULL Long Course Weekend**

LCW swim cap  
Timing chip  
Bike tag  
Straps to attach your bike tag  
Timing chip sticker for the helmet  
Bib number with timing chip  
Safety pins to attach your number  
Bike helmet sticker with number  
Cloak room sticker



Long Course Weekend Netherlands Athlete Guide © 2025

# FINISHERPIX

## Your personal race memories with FinisherPix

With FinisherPix, you can order all the photos taken of you during your race(s)! A beautiful way to remember your sporting achievements.

Professional photographers will be stationed at the most scenic spots along the course to capture your action moments. And of course, they'll be ready to snap that epic orange carpet finish photo!

From the smile on your face at the start to your determination during the race, and the emotion at the finish line – it's all captured for you. With these photos, you'll be able to relive those unforgettable moments again and again!

Time to share! Whether it's in the family WhatsApp group or on Instagram, you'll have the coolest photos to show off.

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 alive forever.

## A few tips for great race photos:

- Make sure your bib number is always clearly visible on the front.
- Say cheese on the track! Keep an eye out for the FinisherPix photographers and flash that big smile!
- Keep your eyes on the prize! As you approach the finish line, look straight ahead and shine for that perfect shot!

[Order here](#)



# HOSPITALITY

During Long Course Weekend Netherlands, it's not just about sport — you'll also get to enjoy the vibrant atmosphere in the heart of Maastricht. A few local hotspots are excited to welcome participants with open doors:

## **Stadsherbger & Tapperij De Poshoorn**

Show your LCW registration and get a free snack with your Poshoorn beer.

## **Eetcafé De Preuverij**

Here they treat you to a Kasteel specialty beer for just €4.

## **Grand Café Au Mouton Blanc**

The perfect spot to unwind with a drink and a cosy terrace in the city centre.



# FOOD & DRINKS

## BAVET SPAGHETTI

Good news for everyone at Long Course Weekend: the Bavet spaghetti food truck will be on the festival grounds! Enjoy their delicious dishes like the classic Bolognese or the flavorful Say Cheese. Whether you're refueling after your race or just craving something tasty, Bavet has something for everyone.

### When?

Saturday and Sunday from 11h30

### Menu

Bavet  
Bolo  
Say Cheese  
Holy Grail



## TESKE KOFFIE

Craving a really good coffee during Long Course Weekend Netherlands? Look no further – Teske Koffie has you covered with delicious espressos, cappuccinos, and more, freshly brewed from their cosy coffee truck. Perfect to warm up before your race or to enjoy after the finish. Quick, local, and made with love!

### When?

Saturday: 7h00 - 18h00

Sunday: 8h00 - 17h00

## LONG COURSE WEEKEND BAR

Fancy a refreshing drink after your race or while cheering from the sidelines? Our bar is open to both athletes and supporters. Swing by and enjoy a drink in a great atmosphere!

### When?

Saturday: 11h00 - 18h00

Sunday: 8h00 - 17h00



# MUST DO'S

1. First timer? Make sure to ring the **bell** at our finish line and let everyone know you've just completed your distance for the very first time!
2. Leave a **video testimonial** at the festival square in the 'Happy Client' tent and receive an exclusive Long Course Weekend water bottle!
3. Run across the finish line together with your daughter or son! We've created a **family lane** along the finish line, where your child can join you in crossing the finish line.
4. Find your name on our **athlete banner**, located at the festival square!
5. **Pick up your number** starting Thursday, avoid long queues, and save time to enjoy a nice drink at our festival square!
6. Download our Long Course Weekend Netherlands **app**!
7. Don't forget to order your personal photos through **FinisherPix**.
8. Come watch our special **medal ceremony** on Sunday at 16h00 for all Full and Half Long Course Weekend finishers.
9. Bring your kids along and sign them up for our **kids run**.
10. Sign up now for one of the other Long Course Weekends in Mallorca, Wales, Yorkshire, Belgium, or go ahead and register for **LCW Netherlands 2026**!
11. For all swimmers: reserve your bus ticket for the **shuttle** to Fun Valley!
12. Be sure to check out our **video briefings** for a clear explanation!

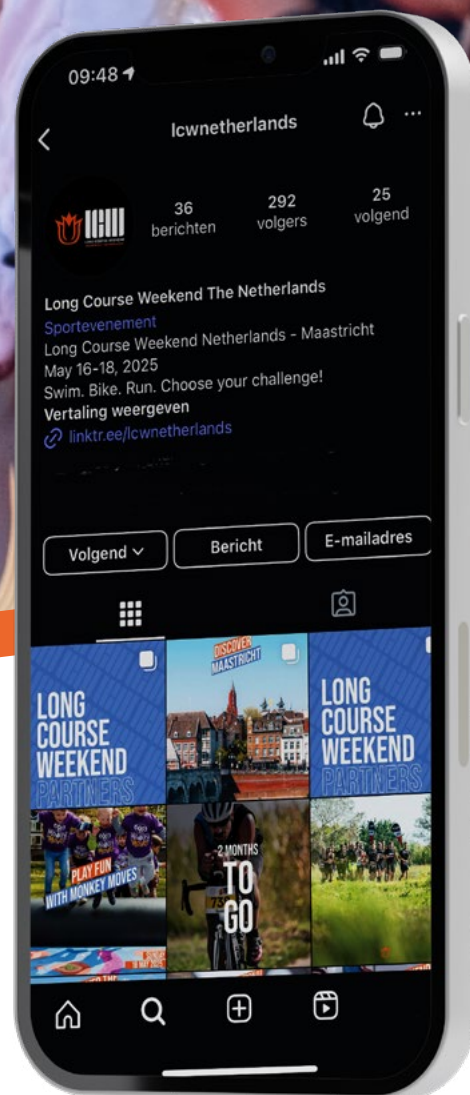




# FOLLOW US



EN DOWNLOAD THE LCW APP!



IPHONE



ANDROID



# TAERU



Erezée, the Ardennes - Belgium

Taeru is a high-end training retreat in the Belgian Ardennes for pro-athletes, ambitious amateurs and outdoor enthusiasts. Taeru offers short and long stay experiences for groups and/or individuals.

**Redefine your limits**

[www.taeru.be](http://www.taeru.be)

tae·ru [tæru] verb, japanese  
1. to endure, to bear  
2. to withstand, to resist, to stand  
3. to have the ability, to be worthy



## TRAIN LIKE A PRO

in TAERU's  
high-tech sports  
facilities

25m swimming pool - fitness gym -  
indoor cycling - cyclocross track -  
trail running routes - cycling routes



## ENDURE NEW LIMITS

by training in the  
heat, cold or at  
altitude

ice baths - infrared heat chamber -  
hypoxic training room - open water  
swimming



## ELEVATE YOUR GAME

living high, yet  
training low with  
adjusted recovery

relaxation area - 9 altitude sleeping  
rooms - hiking trails - sauna -  
personalized coaching - endurance  
events



# MAASTRICHT BIKE

The Maastricht Bike is a true tribute to the rolling landscape of **South Limburg**. Starting from the vibrant city of Maastricht, this route takes you through rolling hills, picturesque villages, and even across the border to Belgium and Germany. Along the way, you'll enjoy breathtaking views of the **hilly countryside**.

The route is challenging, with a total of **573 meters of elevation** gain, but also offers plenty of opportunities to take in the scenery. Whether you're an experienced cyclist or an enthusiastic recreational rider, this route has something for everyone. With well-maintained rest stops and an atmosphere you can only find in this region, the Maastricht Bike is an unforgettable experience.

Get ready for a day full of sporting highlights and let yourself be enchanted by the charm of South Limburg.



## DID YOU KNOW?

The landscape around Maastricht is not only known for its rolling hills and picturesque villages but also for its strategic location in history.

The region was heavily impacted during the Eighty Years' War and later in World War II. Maastricht itself was the first city to be liberated by the Allies. This historical backdrop makes cycling through the area not only a physical challenge but also a journey through time!

# COURSES

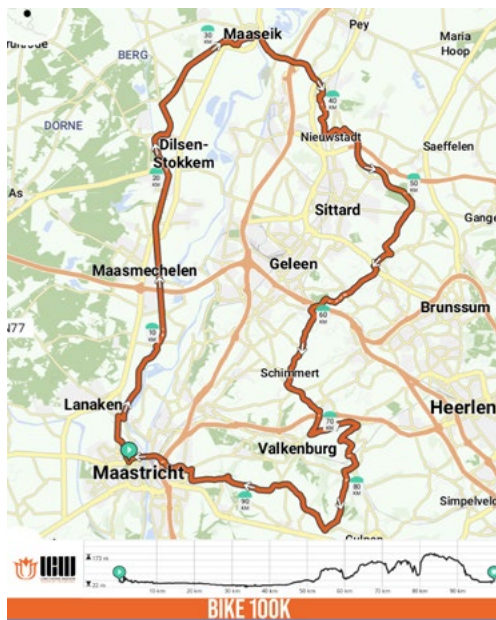
## MAASTRICHT BIKE



50K



**Attention!** The 50 km route includes a ferry crossing that all participants must take.



100K



180K



# RACE FLOW

## MAASTRICHT BIKE



### Registrations

Thursday 15 May: 16h00 - 19h00

Friday 16 May: 13h00 - 18h00

Saturday 17 May: 07h00 - 11h30

All participants of the Maastricht Bike should report to the Long Course Weekend festival area at the designated time block for the start (Radium site). Your helmet and bike will be checked, and then you can depart at your own pace. Start times vary per distance:

**180 km: Start from 08h00 - 09h00**

**100 km: Start from 10h00 - 11h00**

**50 km: Start from 12h00 - 12h30**

**In the app, you'll also find our  
emergency number:  
+32 472872087.**



# RACE FLOW

## MAASTRICHT BIKE



### Bag Drop

There is a cloakroom at the festival area where you can safely leave your belongings. However, we recommend that you first leave your personal items with your supporters, friends, or family!

### Timing

The Maastricht Bike is a recreational tour, and no rankings will be published. Athletes must follow the traffic rules at all times, including stopping at traffic lights (which are kept to an absolute minimum along the entire route). Make sure that your timing chip stays attached to your helmet at all times. This way, we can be sure that everyone reaches the finish safely!

**Attention!** The 50 km route includes a ferry crossing that all participants must take.

### Cut-off times

180 km: 9h

100 km: 6h

50 km: 3h

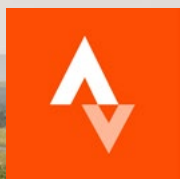
## STRAVA SEGMENT

During the Maastricht Bike 180km, there's an iconic challenge: the time trial on the Keutenberg.

To have your time officially recorded and be part of the ranking, you need Strava.

**Haven't downloaded the app yet?** Get Strava and join our Long Course Weekend Netherlands Club to automatically be included in the results.

**Note:** all information about the segment and the ranking can be found on the next page.



# KING/QUEEN OF THE MOUNTAIN



## Conquer the Keutenberg

During the Maastricht Bike (all distances), there's an iconic challenge: the **time trial on the Keutenberg**. This climb is notorious not only for its steep sections up to 22%, but also as a classic in the cycling heart of Limburg.

## Important to know:

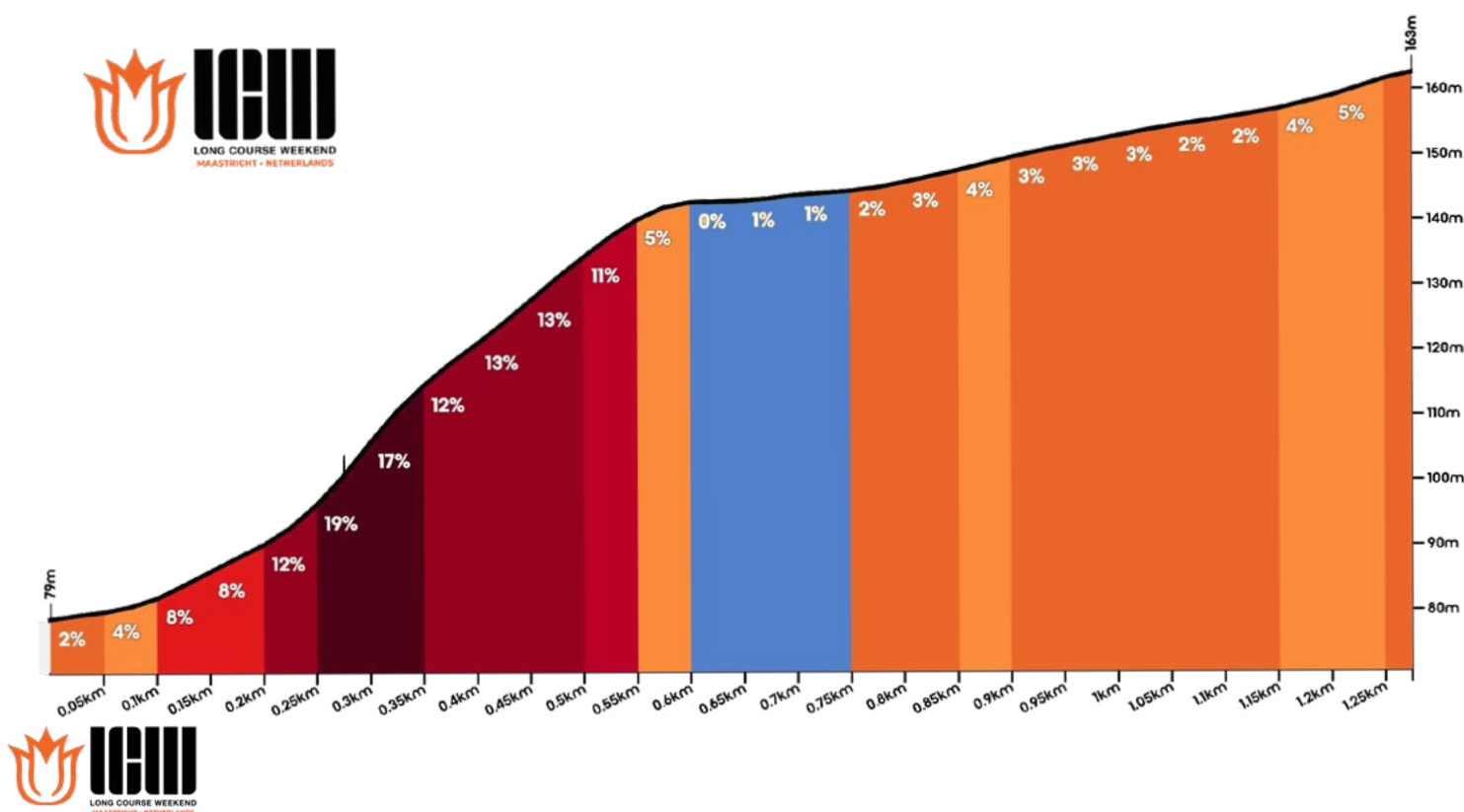
- This course is traffic-reduced, but not traffic-free.
- The road code must be respected at all times.

## To participate in the ranking for this time trial, you need to use Strava.

The segment is available as an official Strava segment. Make sure to upload your ride so that your time is recorded. Click [here](#).

## Further important

- You need a Strava account, and your activity must be set to public.
- Join the Long Course Weekend Netherlands Strava Club. Click [here](#). (Free of charge)
- The fastest time per gender (men & women) within our club wins.



# IMPORTANT

Due to legislation in The Netherlands there are some very important things to take into account for The Maastricht Bike and the general classification for The Full and the Half Long Course Weekend! **Please read this very carefully** and don't hesitate to share it with your fellow cyclists at The Maastricht Bike!

## 1. TIMING AND PODIUM

There will be **NO TIMING** of the full course for the Maastricht Bike. For safety reasons everybody will get a helmet timing chip and you will be registered at the start and the finish line. For our first edition, government rules in The Netherlands don't allow us to record any timing on course nor can we publish a bike classification. There will be NO full course times used to make the classification for the Full and the Half Long Course Weekend.

### **Maastricht Bike Podium + Classification: STRAVA SEGMENT**

For the Maastricht Bike Podium and the general classification of the Full and the Half Long Course Weekend we will use a STRAVA segment on the KEUTENBERG. This is a steep climb known from the World Tour Classic 'The Amstel Gold Race' and is situated after around 160km on the Bike Course (80km for the half distance, 30km for the 50k distance).

To have your place in the Bike Classification you will have to become a member of our Long Course Weekend STRAVA CLUB and publish your ride publicly on Strava.

The time of your Keutenberg Strava segment will be used for our unique Maastricht Bike podium (Top 3 male + Top 3 Female).

The time of your Keutenberg Strava segment will be used for the general Classification for the Full and the Half Long Course Weekend.

General Classification = SWIM TIME + KEUTENBERG STRAVA SEGMENT TIME + RUN TIME

If you don't have a bike computer you can use the STRAVA app on your phone to register your ride (FREE OF CHARGE).

## 2. SIGNING

There will be NO SIGNING on the bike course of The Maastricht Bike.

All GPX files will be available on our website: <https://www.lcwnetherlands.com/info/course-maps/>.

Courses are made with ROUTEYOU ([www.routeyou.com](http://www.routeyou.com)) and you can use the RouteYou app on your phone (with a phone holder) should you not have a bike computer (FREE OF CHARGE).

We strongly suggest riding together with other riders if you don't have a bike computer.

## 3. TRAFFIC RULES AND REGULATIONS

The Maastricht Bike is a cyclo and NO RACE. The course is not closed for traffic. We will present every cyclist a form to sign at athlete reception on our festival square where you acknowledge that you will follow all normal traffic rules and regulations (stopping at red lights, riding on the bike path, etc...).

**We want to highlight that safety is our priority number 1 for all our athletes.**

We are working hard together with the authorities in The Netherlands to have multiple 'official' timing points on the bike course for future editions of The Maastricht Bike and we would like to thank all cyclists for their understanding of the above measures.

**We are convinced that you will have an unforgettable bike ride with a unique start and finish at our Long Course Weekend Festival Square, top provisioning at our aid stations, a great medal and a unique bike course crossing three countries and beautiful landscapes.**

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# MAXUS AID STATIONS



## MAASTRICHT BIKE

For the 100km, there is one aid station located at approximately 50 kilometers.  
For the 180km, there are three aid stations provided.

**Toilets are available at each stop!**

### **100 km**

#### **50,63 km**

Water  
Cola  
Etixx Isotonic drink  
Fruit/snacks/candy

### **180 km**

#### **61 km**

Water  
Etixx Isotonic drink  
Fruit/snacks

#### **93,19 km**

Water  
Etixx Isotonic drink  
Fruit/snacks/candy

#### **130,28 km**

Water  
Etixx Isotonic drink  
Cola  
Fruit/snacks/candy

The **specific sports nutrition** for the 100km and 180km cyclists will NOT be distributed via the Maxus aid stations but will be given to you directly when you pick up your Race Pack.

- 180km: 1 ETIXX Sport Bar en 2 ETIXX gels
- 100km: 1 ETIXX Sport Bar

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Environment information (K.B. 19.03.2004.) All specifications are subject to change without prior notice. Non-contractual photos. Company registration number: BE 0430 801 744. BELFIUS IBAN BE18 5513 3884 0065 - BIC: GKCCBEBB - All information and conditions regarding the 5-year factory warranty, 8-year battery warranty, and assistance are available upon request from your official Maxus dealer and on [www.maxusmotors.be](http://www.maxusmotors.be).



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\*VALID UNTIL 25/05/2025

# PODIUMS

There are 18 podiums spread throughout the weekend:

## Friday evening 20h15

- Swim 1,9 km women
- Swim 1,9 km men
- Swim 3,8 km women
- Swim 3,8 km men

## Saturday afternoon 14h00

- Cycling Strava segment women
- Cycling Strava segment men

## Sunday afternoon

- Running 5 km women - 11h15
- Running 5 km men - 11h15
- Running 10 km women - 12h45
- Running 10 km men - 12h45
- Running marathon women - 13h30
- Running marathon men - 13h30
- Running half marathon women - 13h45
- Running half marathon men - 13h45

## Sunday afternoon 16h00

- Half Long Course Weekend women
- Half Long Course Weekend men
- Full Long Course Weekend women
- Full Long Course Weekend men

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





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## LONG COURSE WEEKEND NETHERLANDS

### 22 MAY - 24 MAY 2026



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\*YOU CAN REGISTER FOR 2026 FROM 16/05/2025.



MAASTRICHT - NETHERLANDS

# LONG COURSE WEEKEND WANTS TO THANK ALL THE PARTNERS FOR MAKING THIS EVENT POSSIBLE!

