

NETHERLANDS

2025
ATHLETE GUIDE
MAASTRICHT MARATHON

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/HALF LCW ATHLETES

Click on the video to watch it.

GENERAL INFO

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THE LONG COURSE WEEKEND RACES

11. Maastricht Marathon
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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



Long Course weekend, Maastricht, Netherlands, April 2025

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://www.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.



Long Course Weekend Netherlands, Maastricht, 2025



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!





Long Course Weekend Netherlands Athlete Guide © 2025

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EN DOWNLOAD THE LCW APP!



IPHONE



ANDROID



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www.taeru.be

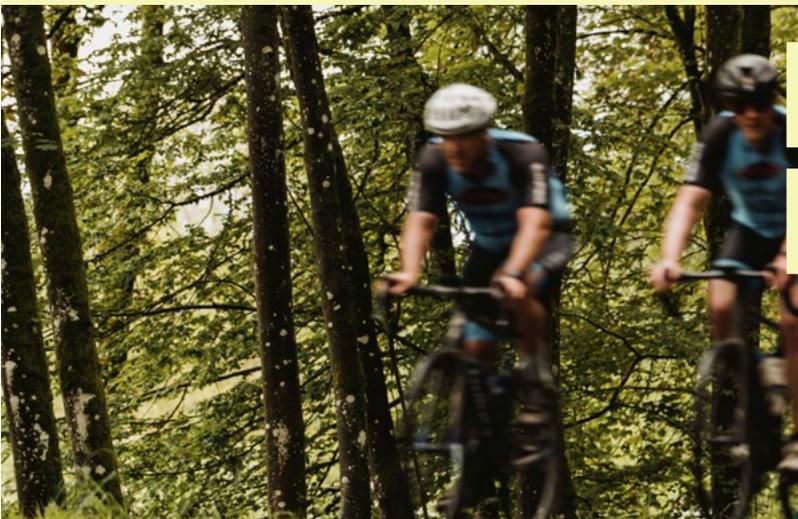
tae·ru [tæru] verb, japanese
1. to endure, to bear
2. to withstand, to resist, to stand
3. to have the ability, to be worthy



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ELEVATE YOUR GAME

living high, yet training low with adjusted recovery

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

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Korean Genius in Motion



NEW

TORRES EVX 100% electric

Discover
more



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OR
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WWW.ETIXXSPORTS.COM

MAASTRICHT MARATHON

The Maastricht Marathon offers a unique running experience that crosses borders. Starting and ending in the vibrant city of Maastricht, the course takes you through the picturesque **South Limburg landscape** and the adjacent Belgian territory. This route combines urban charm with rural tranquility, making each kilometer a new discovery.

After the start in Maastricht, you quickly enter Belgium, where you are surrounded by rolling hills, vast meadows, and quaint villages. The route has been carefully mapped out to lead you past some of the **most beautiful and characteristic places** in the region. Along the way, you'll enjoy breathtaking vistas and the serene beauty of the border area.

With a total of **126 meters of elevation**, the course is challenging but accessible to both experienced marathon runners and enthusiastic debutants. Additionally, well-placed aid stations and enthusiastic spectators provide the necessary support and motivation.

The Maastricht Marathon is more than just a race; it is a celebration of sport, nature, and international connection. Whether you're looking to improve your personal record or simply want to enjoy a beautiful run through two countries, this marathon has it all.



**LOPERS
COMPANY**
MAASTRICHT



THE RUNNING
SPECIALIST



ALWAYS ON THE RUN



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WE DELIVER MORE

WE DELIVER MORE!



Maxus now offers a complete range of vans, tailored to every need.

From the compact eDELIVER 3 to the spacious and powerful eDELIVER 9 – we are also strengthening our position in the pickup segment with the introduction of the robust eTERRON 9 as well as the T60 MAX. For Maxus, there are no limits to innovation within their electric lineup, nor to their diversification. That's why you can always count on more with Maxus.



Maxomotive NV / Pierstraat 229, 2550 Kontich / info@maxusmotors.be / www.maxusmotors.be

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.

 Let's prioritize safety.

KIDS RUN

Welcome kids!

Long Course Weekend warmly welcomes sporty kids with their own fantastic kids run. The race will take place on Sunday morning at 9h15, 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.

- Orange carpet start & finish
- Fun medal
- Sport & fun

4 distances:

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



KIDSDAG



ZONDAG 18 MEI



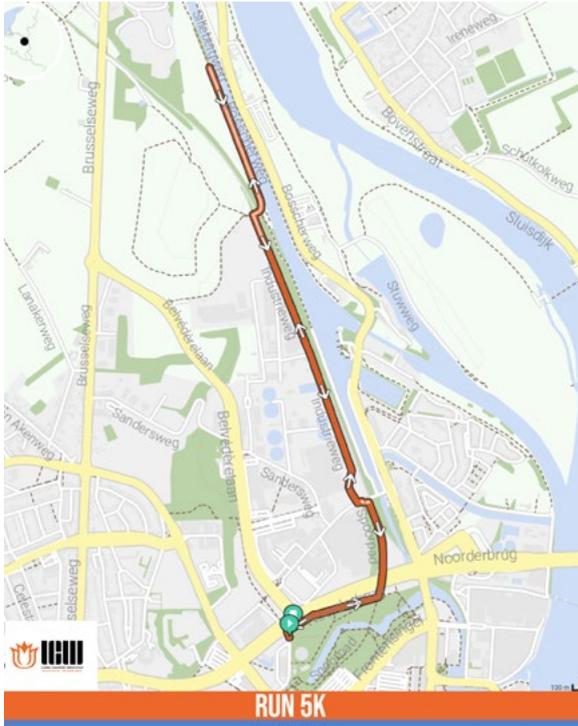
08.30: WARMING UP KIDSRUN
09.30 - 15.30: SPEELZONE

maastricht.monkeymoves.com



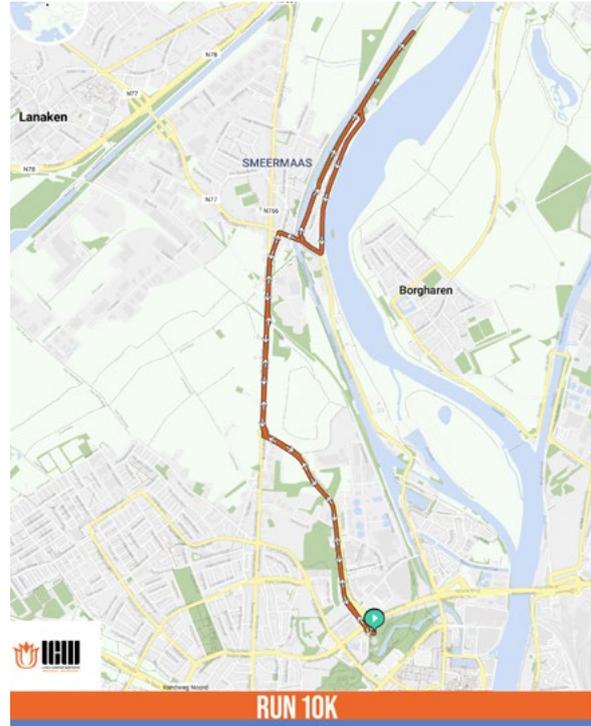
COURSES

MAASTRICHT MARATHON



RUN 5K

5K



RUN 10K

10K



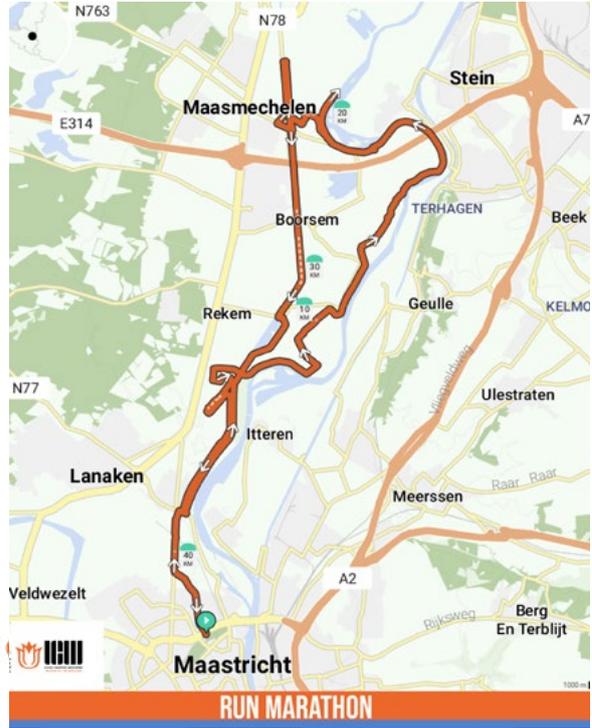
COURSES

MAASTRICHT MARATHON



RUN HALF MARATHON

21,1K



RUN MARATHON

42,2K



RACE FLOW

MAASTRICHT MARATHON



Registrations

Thursday 15 May: 16h00 - 19h00

Friday 16 May: 13h00 - 20h00

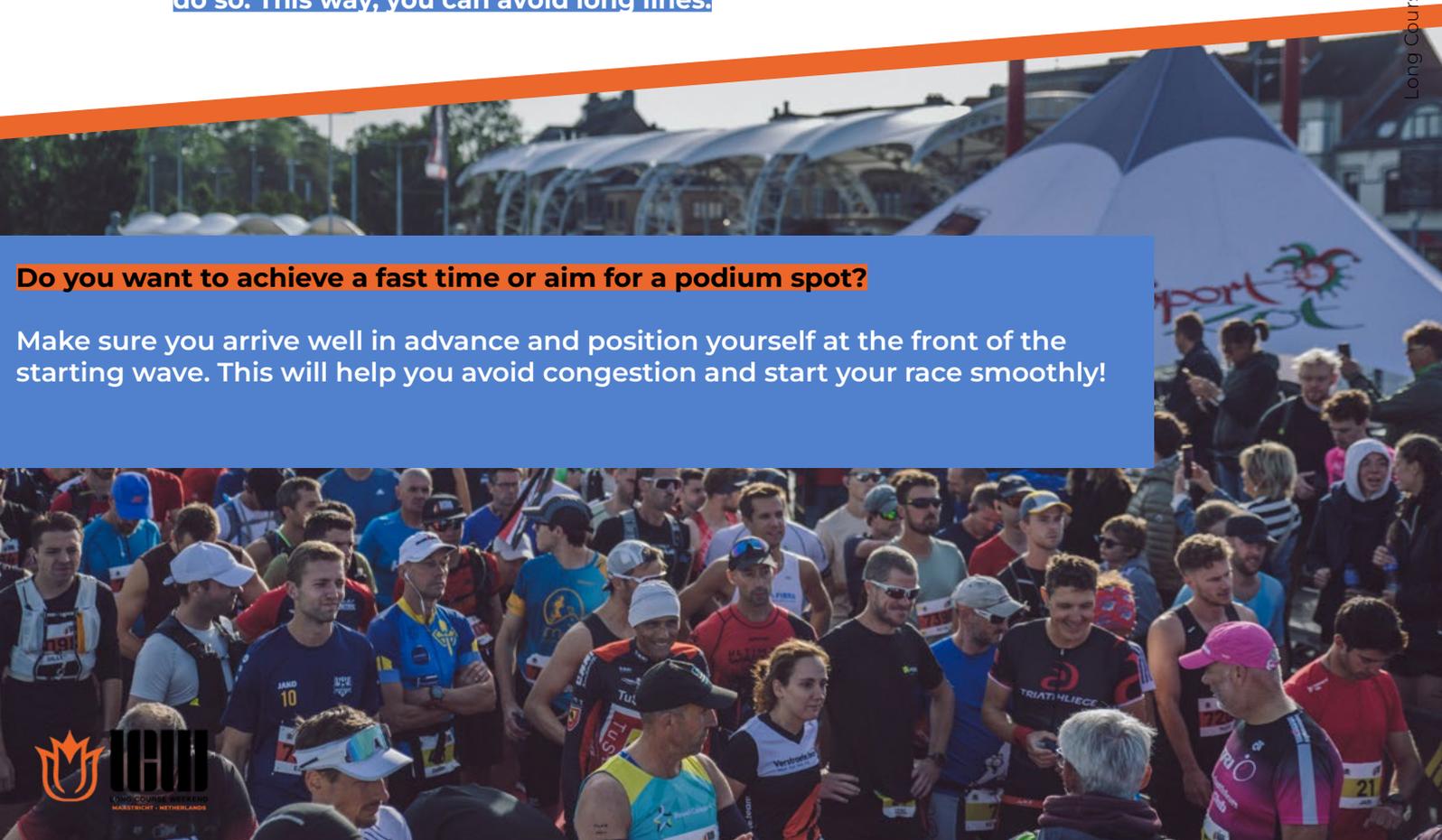
Saturday 17 May: 07h00 - 19h00

Sunday 18 May: 08h00 - 12h00

All participants of the Maastricht Marathon must check in at the Long Course Weekend festival site 15 minutes before the start of their distance. Your number will be checked, and then the starting gun will be fired. The start times differ per distance:

- Kids run starts at 09h15
- 42.2km starts at 10h00
- 5km starts at 10h20
- 21.1km starts at 11h45
- 10km starts at 12h00

We recommend all runners who can register on Thursday, Friday, or Saturday to do so. This way, you can avoid long lines.



Do you want to achieve a fast time or aim for a podium spot?

Make sure you arrive well in advance and position yourself at the front of the starting wave. This will help you avoid congestion and start your race smoothly!

RACE FLOW

MAASTRICHT MARATHON



Rules and safety

The course is not fully traffic-free, but it is **traffic-calmed**. This means that runners have priority over other traffic. There will be marshals at all intersections and locations where side streets intersect the course. We ask all participants to remain cautious, run on the sidewalk as much as possible, and follow traffic rules when necessary, even though marshals are present. All participants must follow the instructions of the police and marshals at all times.

Bag drop

There is a cloakroom at the festival area where you can leave your belongings safely. You will receive your **cloak room sticker** with your race pack. However, we recommend, if possible, leaving your personal items with your supporters, friends, or family to avoid long waiting times. Only hand over a **backpack**, no loose items.

Timing

Times are measured via the **chip in your bib number**. Rankings will be made for each distance.

Cut-off times

Marathon: 5h30

Half Marathon: 3h30

10km: 1h30

5km: 1h00

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

RACE FLOW

MAASTRICHT MARATHON



Achieve your running goal with our Pacers!

A pacer is someone who sets their own race time to help others achieve a specific time. Pacers run the race at a steady pace and finish just under their predicted time. This helps you finish at your desired time. You don't have to think too much about your pace. All you have to do is stick with your pacer and enjoy the race.

We are once again partnering with Het Pacingteam to support you during both the half marathon and the full marathon. You can recognize them by the flags with their **finish times**. The available pacers are:

The available pacers per pace:

| Marathon | Half Marathon |
|----------|---------------|
| 3:30 | 1:30 |
| 3:40 | 1:40 |
| 3:50 | 1:50 |
| 4:00 | 2:00 |
| 4:10 | 2:10 |
| 4:20 | 2:20 |
| 4:30 | 2:30 |
| 4:45 | |
| 5:00 | |



MAXUS AID STATIONS

NETHERLANDS MARATHON



∨ Aid stations approximately every 5km

* Toilet available

MARATHON

1. 6,7 km*

Water

2. 11,9 km

Water
Etixx Isotonic drink
Candy
Fruit

3. 14,59 km*

Water
Etixx gels

4. 20,83 km

Water
Etixx Isotonic drink

5. 25,09 km*

Water
Etixx Isotonic drink
Etixx gels

6. 29,5 km

Water
Etixx Isotonic drink
Snoep
Fruit

7. 33 km*

Water
Etixx Isotonic drink
Candy
Snacks

8. 38,2 km

Water
Candy

9. 42,2 km

Recovery Finish line

Water
Cola
Candy
Snacks

HALF MARATHON

1. 6,7 km*

Water

2. 11,7 km*

Water
Etixx Isotonic drink
Snacks
Candy

3. 17,07 km

Water
Candy

4. 21,1 km

Recovery Finish line

Water
Cola
Candy
Snacks

10 km

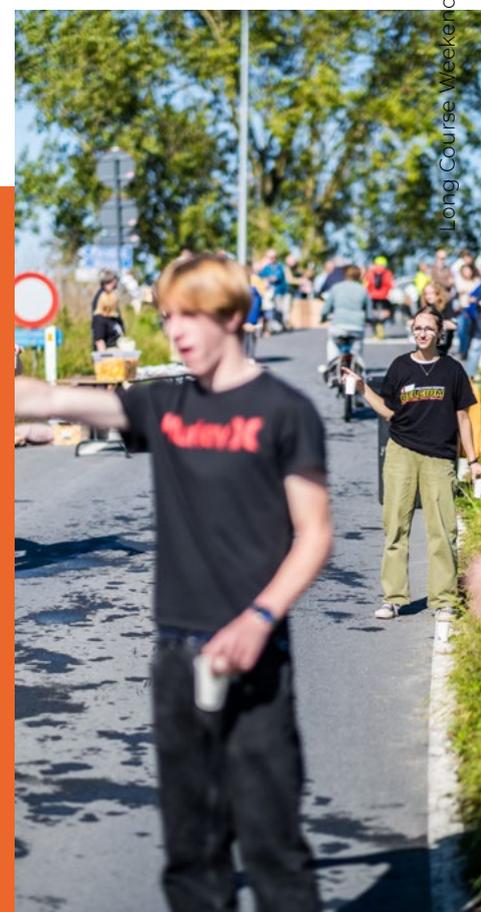
1. 5,61 km

Water

2. 10 km

Recovery Finish line

Water
Cola
Candy
Snacks



Hello Champ

ENJOY **25% OFF**
ON ALL PROGRAMS
WITH THE CODE: **LCWNL25**



IMPROVE YOUR SPORTS PERFORMANCE
LEARN WHAT, HOW MUCH, AND WHEN TO EAT
DURING EXERCISE WITH STEPHANIE SCHEIRLYNK

*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

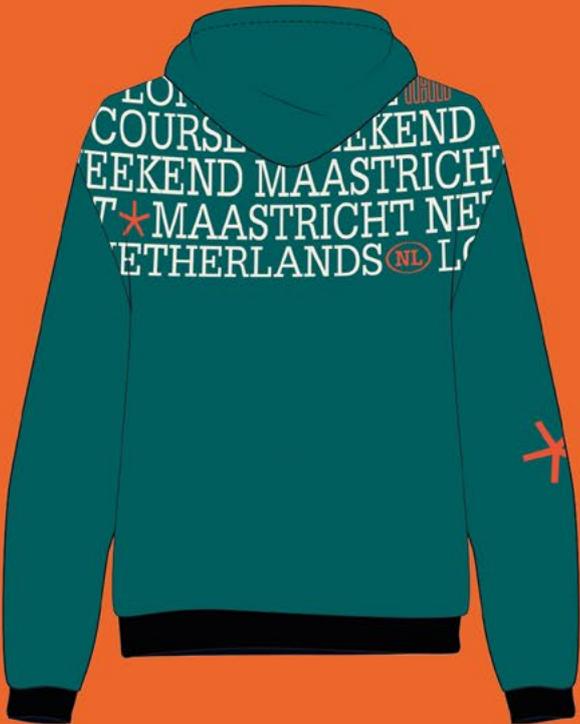
We encourage all athletes from all running events to **be present** at the various podiums, and especially for the special **medal ceremony for the Full Long Course Weekend!**





**LONG COURSE WEEKEND
NETHERLANDS**

OFFICIAL MERCHANDISE



Long Course Weekend Netherlands Athlete Guide © 2025

**AVAILABLE AT
THE FESTIVAL SQUARE**



SAVE THE DATE

LONG COURSE WEEKEND NETHERLANDS

22 MAY - 24 MAY 2026



REGISTER HERE



MAASTRICHT • NETHERLANDS

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

Long Course Weekend Netherlands Athlete's Guide © 2025

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

