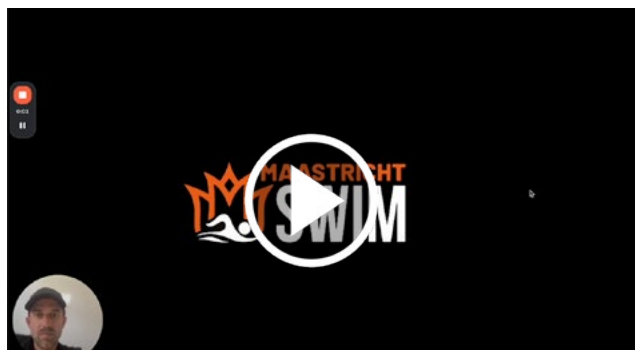




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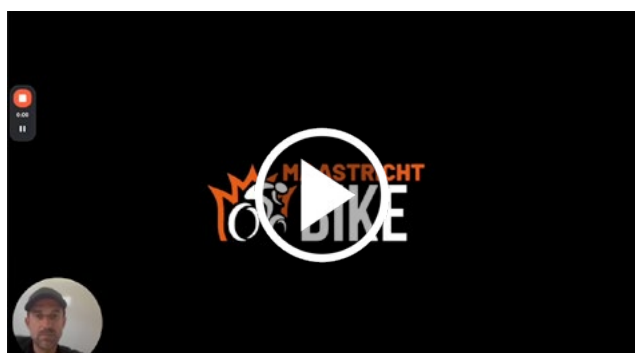
2025
ATHLETE GUIDE
LONG COURSE WEEKEND NETHERLANDS

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

1. Welcome to Long Course Weekend Netherlands
2. Festival of Champions
3. Long Course Weekend: The concept
4. Timetable
5. Long Course Weekend Belgium
6. Parking
7. Key locations
8. Registration
9. Race Pack
10. Last minutes & day registrations
11. Food & drinks

THE LONG COURSE WEEKEND RACES

1. FULL Long Course Weekend
2. HALF Long Course Weekend
3. Peaks Maastricht Swim
4. Maastricht Bike
5. Maastricht Marathon
6. Podiums

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,

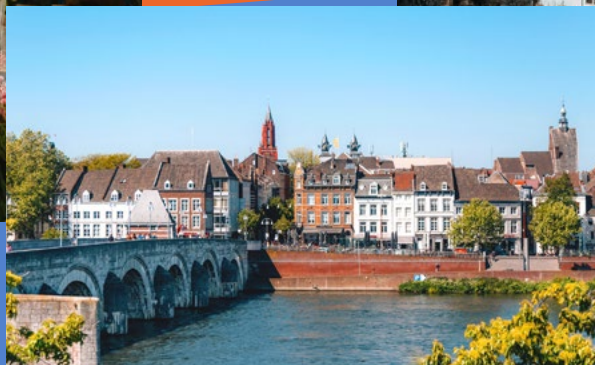
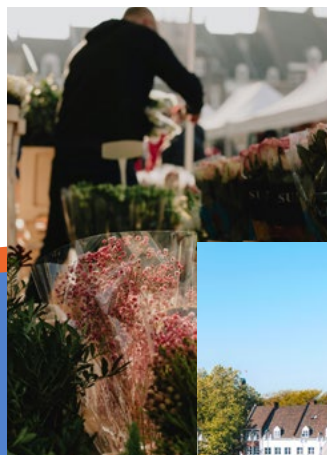
Maastricht is a city with a rich and diverse sports culture. From elite competitions to recreational exercise, from endurance runs to leisurely walks, from road cycling to relaxed bike rides—you'll find it all here. And honestly, so much more. The city boasts countless sports clubs, along with excellent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

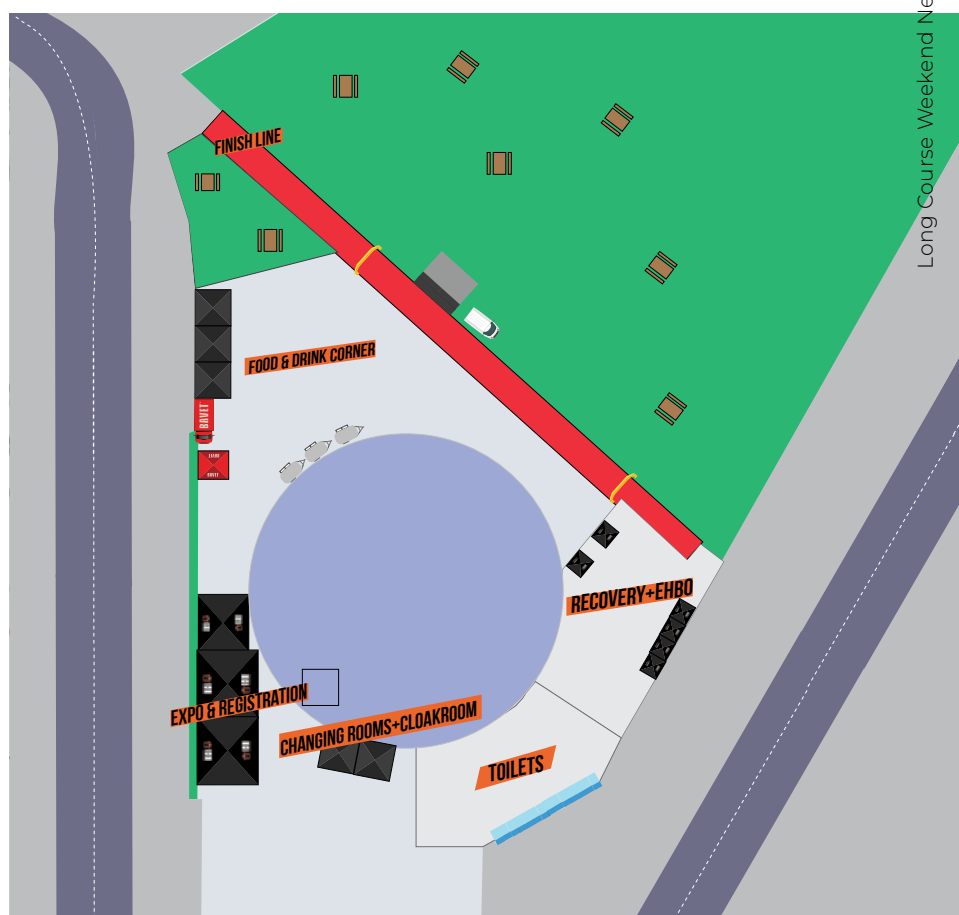
PLEASE NOTE: There are no showers available at the festival square on the Radium site!

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!

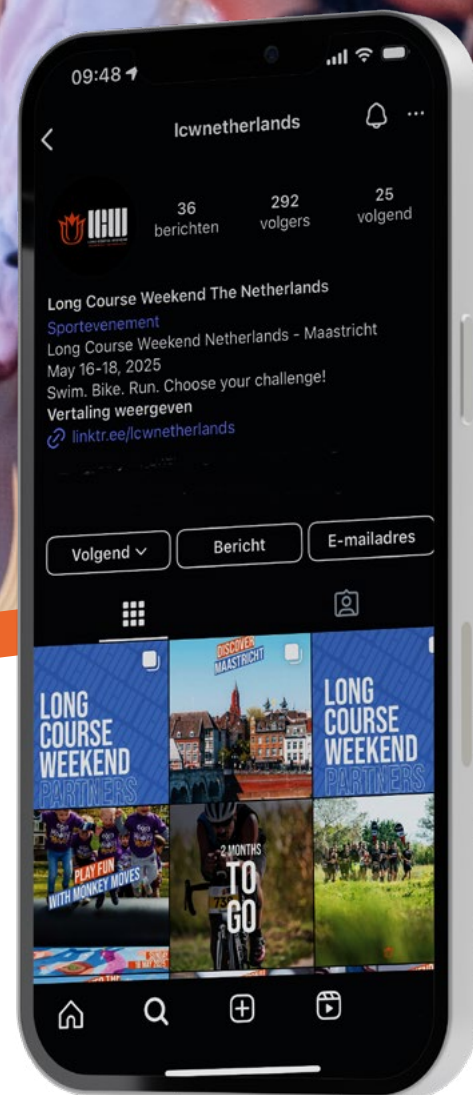




FOLLOW US



EN DOWNLOAD THE LCW APP!



IPHONE



ANDROID



FULL LONG COURSE WEEKEND

For athletes who want to take on **the ultimate challenge!** 3.8km swimming, 180km cycling, and 42.2km running over three days in a beautiful setting: that's the full Long Course Weekend.

The event starts on Friday, May 16th, with the **swimming race**. The **3.8km** swim course starts from the beach. Participants follow a designated route in open water. The Full Long Course Weekend athletes will swim two laps in the stunning lake. The finish is once again at the beach, where supporters are ready to cheer every swimmer across the finish line!

The second day is all about **cycling**, covering a course of no less than **180km**. The start and finish are at the Radium Site, a unique location on the outskirts of Maastricht. From here, you'll venture into the beautiful surroundings, with a varied course that takes you through rolling landscapes, historic villages, and challenging roads. You'll cycle from Maastricht towards Lanaken and further through picturesque municipalities in both the Netherlands and Belgium. Along the way, you'll pass expansive nature reserves, peaceful country roads, and some tough climbs that will test your legs.

Finally, the **running** race wraps up the Long Course Weekend. Athletes will take on a **42.2km** course, starting and finishing again at the Radium site. Expect an exciting and jubilant atmosphere at both the start and finish, with an orange carpet for every finisher.

RACE FLOW

FULL LONG COURSE WEEKEND

Race flow

The FULL LONG COURSE WEEKEND athletes will follow the guidelines and rules outlined below for the three disciplines. Please read the full athlete guide carefully. We ask the FULL athletes to follow these specific instructions:

- 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**. The FULL athletes can start together at the front for the marathon.

Medal ceremony

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

1. After finishing the marathon, put on your Full Long Course Weekend Polo from your Race Pack and your 3 medals!
2. Take your place at the back of the orange carpet.
3. One by one, Full Long Course Weekend athletes will be called to the finish line, where they will receive their special 4th medal.
4. Once you've received **your 4th medal**, take your place between the start of the orange carpet and the finish line, forming a guard of honor with other athletes for those who are still being called.
5. The top 3 will be called last and take their place on the podium.

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).

HALF LONG COURSE WEEKEND

A distance for athletes who want to take on a **challenge**: 1.9km swimming, 100km cycling, and 21.1km running over three days in a beautiful setting: that's the Half Long Course Weekend.

The event starts on Friday, May 16th with the **swim** race. The **1.9km** swim course is one of the most beautiful open water swim courses in the Netherlands!

The second day is all about **cycling**, with athletes covering a **100km** route. Both the start and finish are located at the Radium site in Maastricht.

Finally, the **run** race wraps up the challenge. Athletes will run **21.1km**, starting and finishing again at the Radium site. Expect an exciting and vibrant atmosphere at both the start and finish, with an orange 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 for the 3 disciplines. Please read the complete athlete guide carefully. We ask HALF athletes to adhere to the following guidelines:

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

Medal ceremony

At 16h00 on Sunday, there will be a special medal ceremony for all participants of the Full and Half Long Course Weekend. We ask ALL participants of the Half Long Course Weekend to follow the guidelines below:

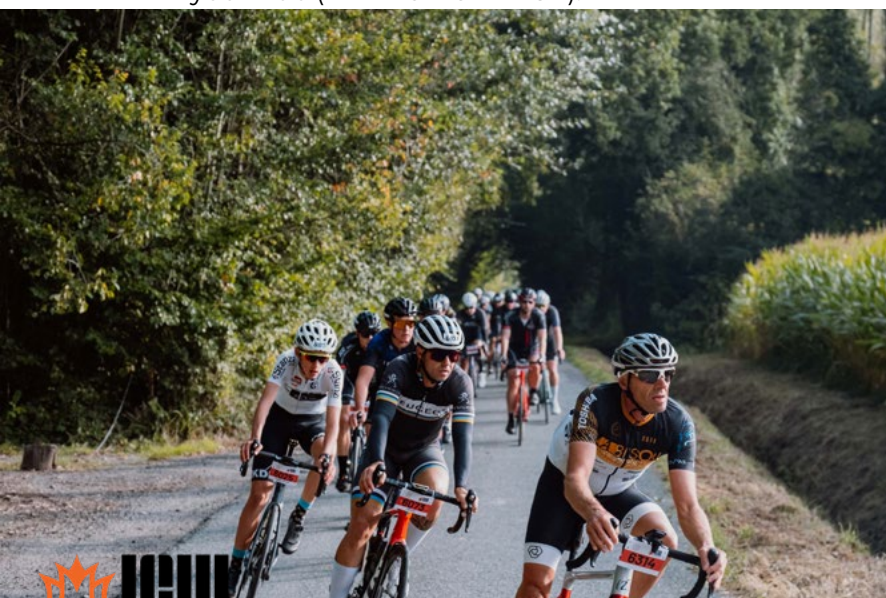
1. After reaching the half marathon, put on your Half Long Course Weekend Polo, which is included in your Race Pack, and your medals.
2. Take your place at the arch furthest from the finish, at the beginning of the orange carpet.
3. The Half Long Course Weekend athletes will be called to the finish **in groups**. The top 3 will come forward last and take their place on the podium.
4. The athletes will then take their place on the orange carpet and form an honor guard for the FULL Long Course Weekend athletes.

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).



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

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

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



PEAKS MAASTRICHT SWIM



The Peaks Maastricht Swim is one of the most beautiful open water races in the Netherlands. This spectacular swim event takes place in the stunning lake of the **Fun Valley recreation area**, a unique location for both participants and spectators. Supporters can cheer on the swimmers along the entire length of the beach. You will finish at the **now-iconic Long Course Weekend Netherlands finish line**, where every participant is welcomed like a true champion.



RACE FLOW

PEAKS MAASTRICHT SWIM

Registrations

Thursday 15 May: 16h00 - 19h00

Friday 16 May: 13h00 - 18h00

Wetsuits are mandatory Boots and gloves are not allowed. You can rent a wetsuit from our partner, Peaks!

Wearing the **swim cap** provided by the organization is mandatory.

The temperature will be measured on Wednesday, May 14 and Friday, May 16. 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 bins provided. Those who do not return their swim tag risk a fine of €50.

At Peaks Maastricht Swim, everyone gathers on the beach at Fun Valley for the start. The 3.8km swimmers start first and are positioned at the front of the beach. The 1.9km swimmers will start afterward and will be positioned behind the 3.8km swimmers. There will be no opportunity to warm up in the water.

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

NOTE: Shuttle service from Radium site to Fun Valley

Bib number pickup at the Radium site (Lage Frontweg 8, Maastricht). This is also possible on Thursday between 16h00 and 19h00. The swim start is at Fun Valley, which is a **12-minute drive** by car.

Make sure to allow enough time to reach Fun Valley on time, or take advantage of our shuttle service! Buy [here](#) your bus ticket.

16h30 be present
16h45 departure shuttle bus
20h30 return shuttle bus



RACE FLOW

PEAKS MAASTRICHT SWIM



We work with a rolling start, where swimmers start in groups of 5. Your actual time will be measured, so there's no need to rush before or at the start. Each distance has a different color swim cap.

For the 3.8 km swim, we use an **Australian exit**. This means that swimmers will briefly leave the water after the first lap, walk a short distance on land, and then re-enter the water for the second lap.

Once you're out of the water, walk or run to the finish arch on the beach. After finishing, you'll receive water, something to eat, and your medal!

Rules and safety

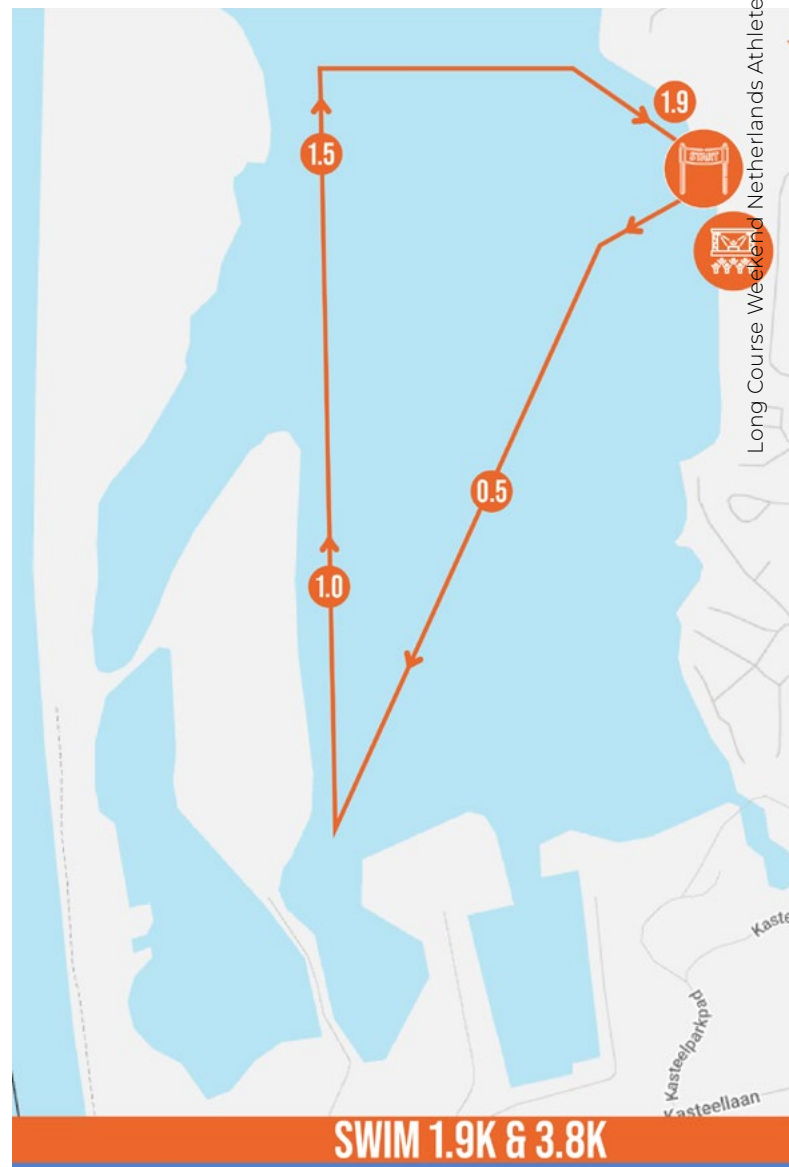
Long Course Weekend is a sports event where fair play is the top priority. We expect everyone to participate in the most fair manner, with respect for other participants.

You must always follow the instructions of the event organizers and lifeguards. Always keep the buoys on your right side.

The organizers and lifeguards may decide at any time to remove swimmers from the water if they judge that the swim can no longer be completed safely.

If you are in distress, signal one of the lifeguards in the boats or peddle boards on the course.

Buy your bus ticket here!



SWIM 1.9K & 3.8K

RACE FLOW

PEAKS MAASTRICHT SWIM



Shuttle bus

For those who have purchased a bus ticket: we expect you at 16h30 at the Radium site. We will depart at 16h45 for Fun Valley. So make sure to be on time!

Bag Drop

There is a cloakroom at Fun Valley where you can safely leave your belongings. However, we primarily recommend leaving your personal items with your supporters, friends, or family to avoid long waiting times!

Timing

Timing chip above your wetsuit.

Cut-off: 20h15

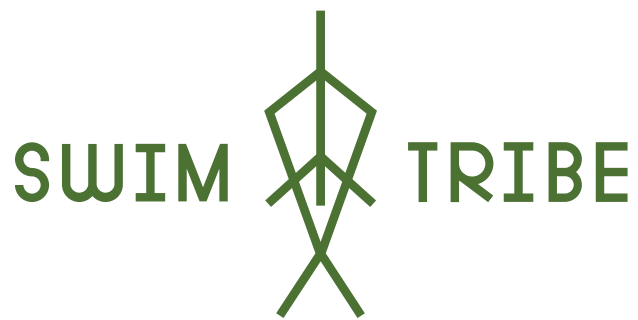
Showers en changing rooms

There are changing rooms and showers available for those who wish to use them. Shower cost: €2.50.



RENT YOUR WETSUIT FOR PEAKS MAASTRICHT SWIM





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excelling in the pool or
in open water!

- ✓ *individual sessions*
- ✓ *group sessions*



Swim
Technique



Long
Distance



Open
Water



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

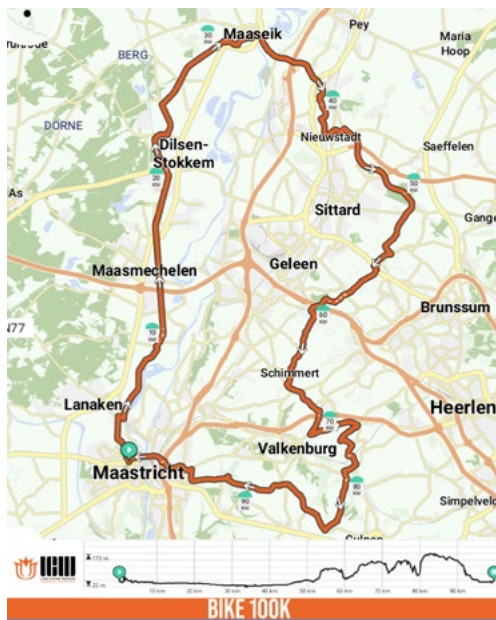
MAASTRICHT BIKE



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

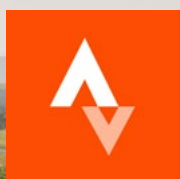
STRAVA SEGMENT

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:

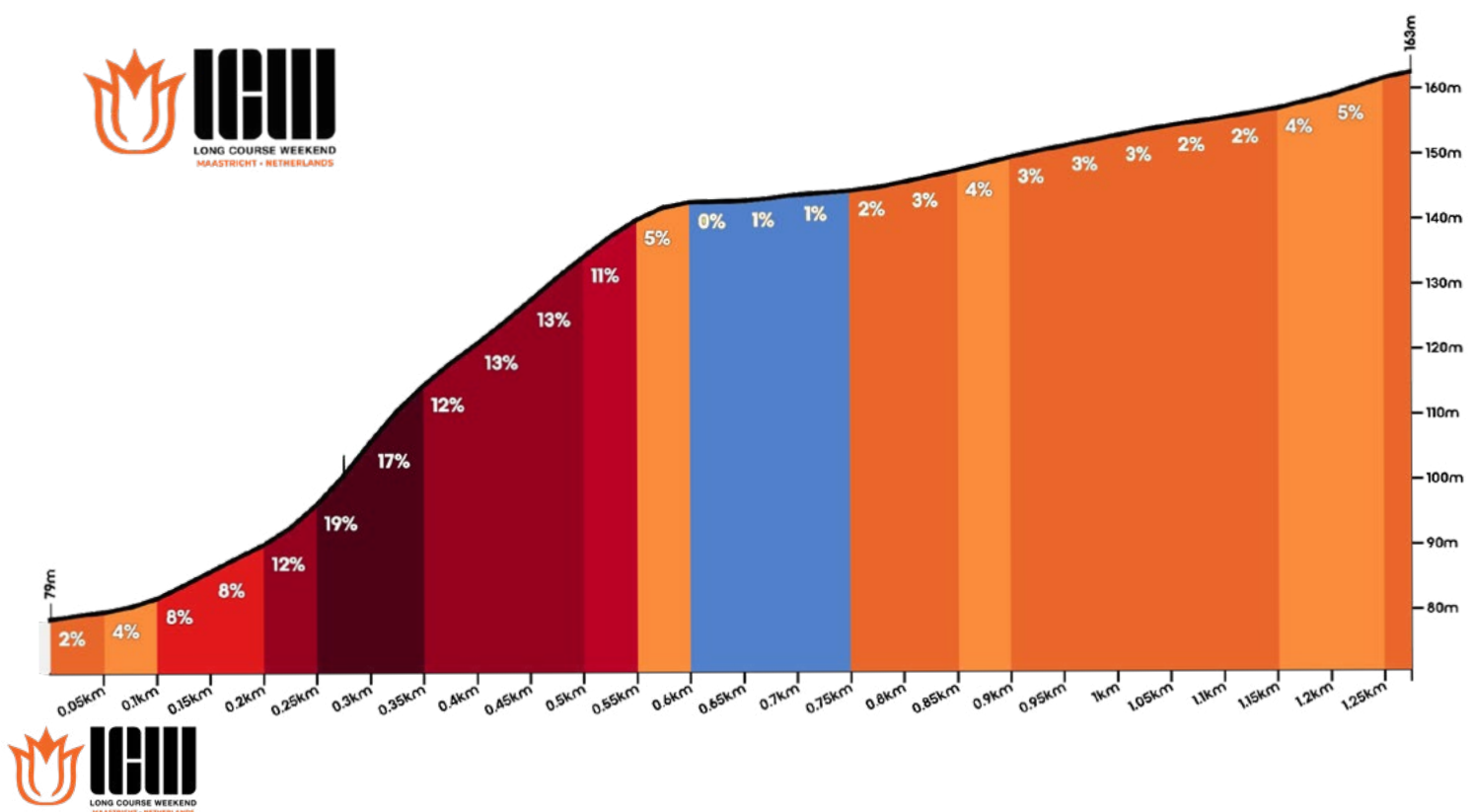
- This course is traffic-reduced, but not traffic-free.
- The road code must be respected at all times.

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) 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

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.



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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.



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

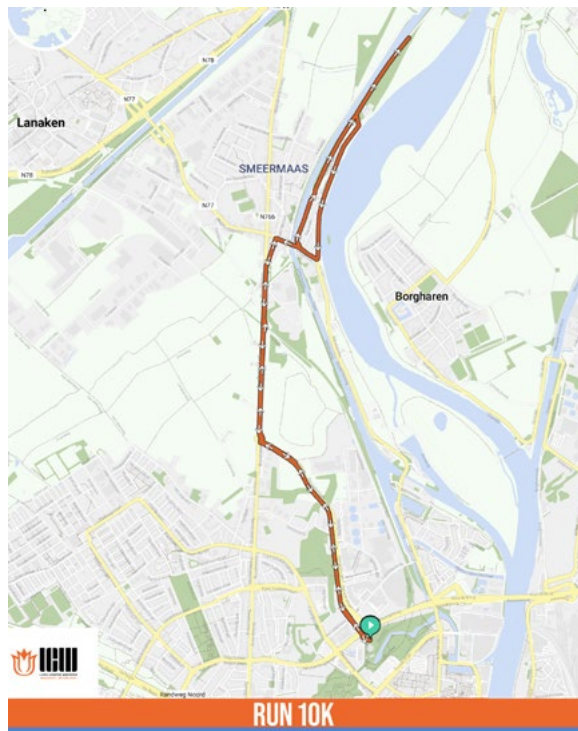
maastricht.monkeymoves.com

COURSES

MAASTRICHT MARATHON



5K



10K

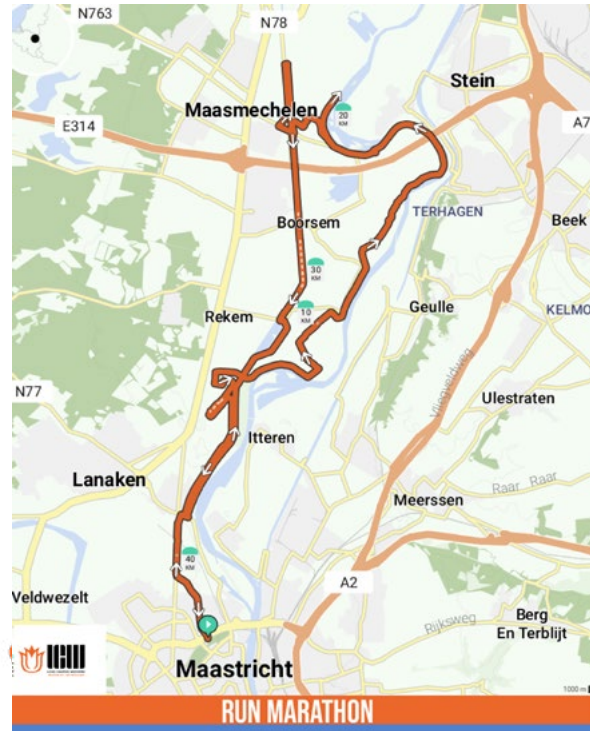


COURSES

MAASTRICHT MARATHON



21,1K



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

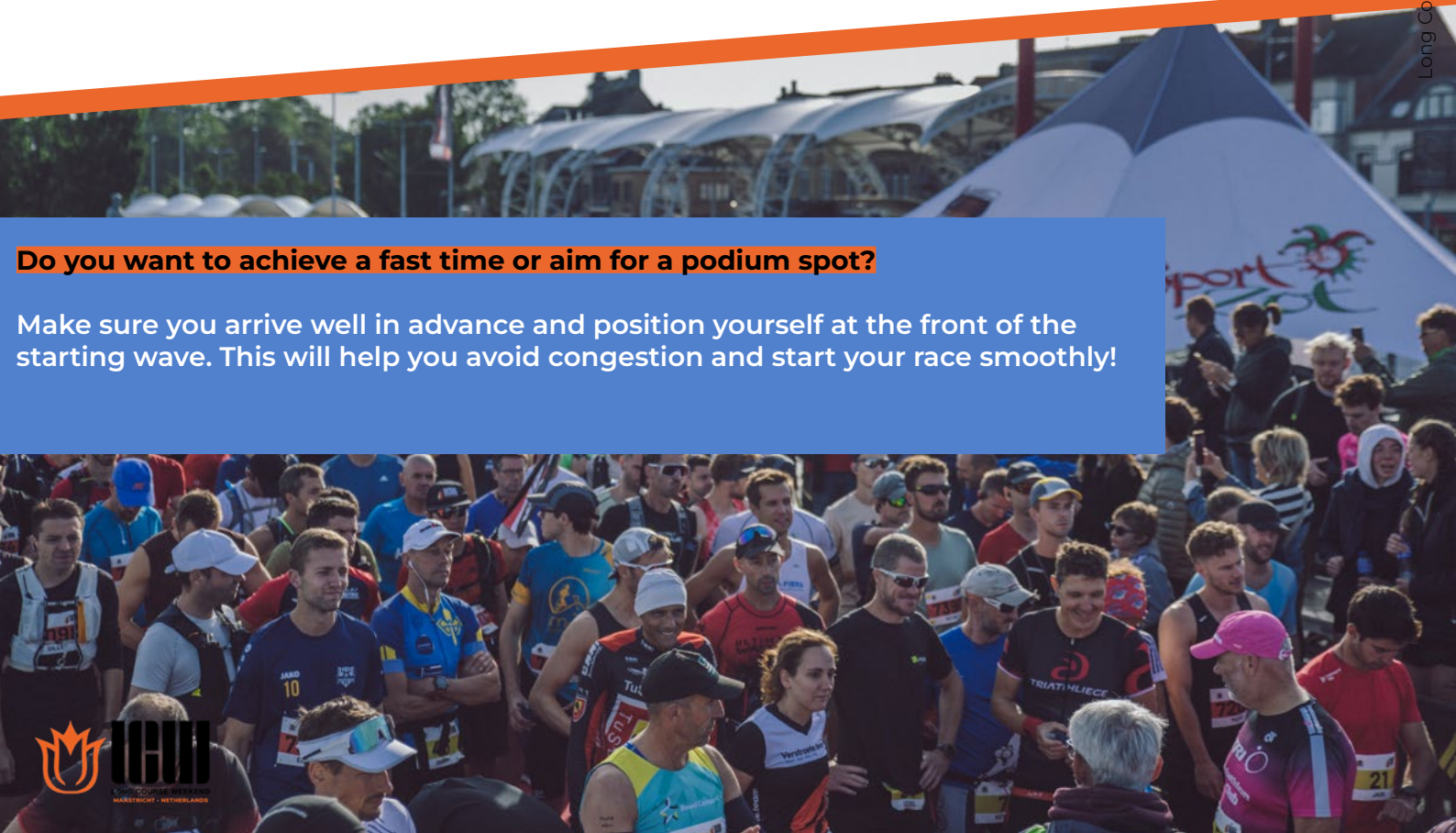
All participants of the Maastricht Marathon must check in at the Long Course Weekend festival site 15 minutes before the start of their distance. Your number will be checked, and then the starting gun will be fired. The start times differ per distance:

- 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

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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

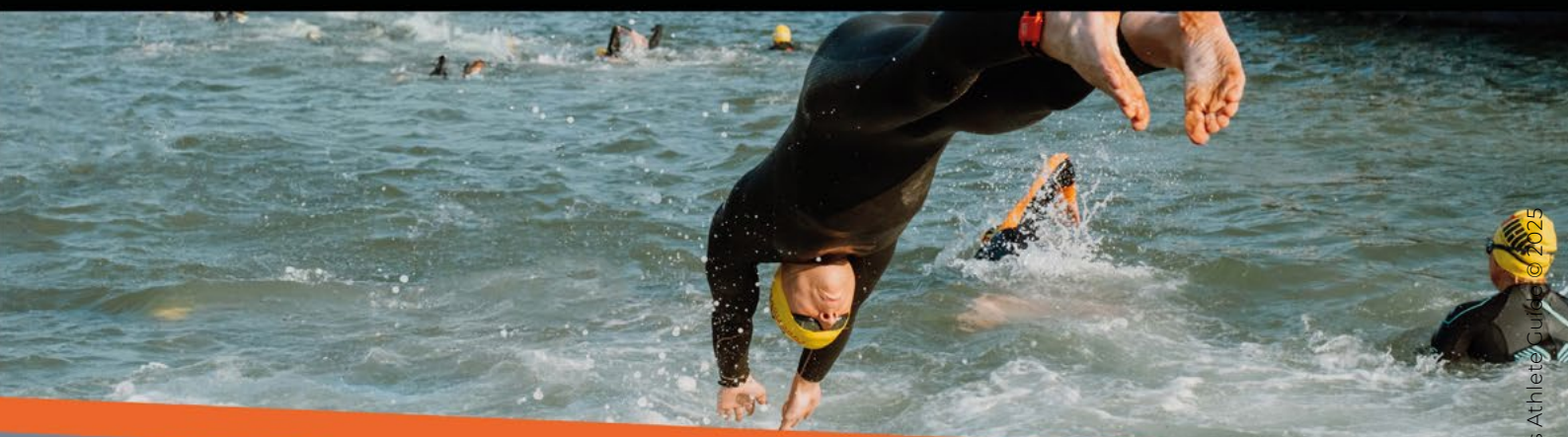


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LONG COURSE WEEKEND NETHERLANDS

22 MAY - 24 MAY 2026



REGISTER HERE



*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!



Gemeente Maastricht

Hello Champ

