

dsm-firmenich
LONG COURSE
WEEKEND
NETHERLANDS
ATHLETE
GUIDE
2026



dsm-firmenich ●●●



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1. A QUICK START

Dear athlete,

A warm welcome and thank you for being part of the dsm-firmenich Long Course Weekend Netherlands!

Whether you are here to push your limits, achieve a personal goal or simply enjoy the experience, you are what makes this event so special.

We wish you the very best of luck, but above all, have fun. Enjoy every kilometer, every challenge and the incredible atmosphere.

Kind regards,
dsm-firmenich Long Course Weekend Netherlands Team
Madelon, Simon, Marie, Karo, Justine, Fien & Matthias

MUST DO'S

1. [Download our app](#) for live tracking and all practical information.
 2. For our swimmers: [reserve your shuttle bus](#) ticket and [rent your Peaks wetsuit](#).
 3. Avoid queues and collect your race pack on Thursday, Friday or Saturday.
 4. Enjoy a 10% discount in our shop at the festival area on Thursday.
 5. [Check the interactive map](#) to discover the festival area, courses and key locations.
 6. Save the emergency number in your phone: +32 472 87 20 87
 7. Arrange meeting points with your supporters via our [interactive map](#) so they know where to cheer you on.
-



FACEBOOK



INSTAGRAM



STRAVA



2. ACCESSIBILITY

WHERE DO YOU NEED TO BE?

Race pack collection: Lage Frontweg 8, 6219 PC Maastricht (athlete registration)

Festival square: Lage Frontweg 8, 6219 PC Maastricht

Start & Finish swim: Fun Valley, Oosterweg 5, 6245 LC Eijsden

Start & Finish bike and run: Lage Frontweg 8, 6219 PC Maastricht (festival square)

PLEASE NOTE FOR SWIMMERS: Athlete registration and race pack collection are located a 12-minute drive from the swim start at Fun Valley.

[BOOK YOUR TICKET FOR OUR SHUTTLE BUS HERE!](#)

ACCESSIBILITY & PARKING

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

[MORE INFO](#)

COMING BY CAR ANYWAY?

Parking festival square:

Q-Park Frontenpark (Frontensingel, 6219 PE Maastricht) – Paid parking is available for visitors, athletes and supporters. A day ticket costs €17. You can also reserve your parking space in advance.

[ROUTE TO Q-PARK](#)

[RESERVE YOUR PARKING SPACE](#)

Parking Fun Valley (Swim on Friday 22 May) – paid parking available for visitors, athletes and supporters. €3 payable at the barrier.

[ROUTE TO FUN VALLEY](#)



3. PROGRAM

THU 21 MAY

16h00 - 19h00 Athlete registration open
16h00 - 19h00 Merchandise & expo open
(10% discount on EVERYTHING in the shop)



FRI 22 MAY

13h00 - 20h00 Athlete registration open
15h00 - 20h00 Festival square open

16h30 Shuttle bus gathering. Click [here](#).
16h45 Shuttle bus departure to Fun Valley
18h15 Start Peaks Maastricht Swim
19h30 Ceremony Peaks Maastricht Swim
20h15 Swim course closes
20h30 Shuttle bus return

SAT 23 MAY

07h00 - 18h00 Athlete registration open
07h00 - 18h00 Festival square open

08h00 - 09h00 Start 180K Bike
10h00 - 11h00 Start 100K Bike
12h00 - 12h30 Start 50K Bike
16h00 Ceremony Maastricht Bike

SUN 24 MAY

07h00 - 11h15 Athlete registration open
07h00 - 17h00 Festival square open

08h30 Start Half Marathon
08h45 Start 10K
09h00 Start 5K
09h45 Ceremony 5K
10h45 Ceremony 10K
11h45 Start Kids Run
12h15 Podia Half Marathon
12h30 Medal ceremony full, half en junior

GIVEAWAY

JOIN OUR GIVEAWAY AND GET THE CHANCE TO WIN AMAZING PRIZES FROM OUR PARTNERS!

€ 500



COMPRESSION BOOTS

Recover faster and stay in top shape with the BLACKROLL® Compression Boots!

€ 200



PEAKS DRYROBES

Just out of the water or getting ready for your next effort? This dryrobe keeps you warm and protects you from the elements.

€ 150



up4™ VOUCHERS

Looking to take your training to the next level with sports nutrition? With up4™ products, you get quality and innovation you can rely on. There will be 3 lucky winners!

€ 100



VITAMIN WELL

Training hard or in need of a refreshing boost? Stay hydrated and energised with Vitamin Well. Vitamin Well is giving away two prizes of 5 trays with 12 bottles each!

[CLICK TO WIN](#)

**We are innovators
in nutrition, health,
and beauty**

**And we bring
progress to life**

Scan the QR code
to visit our website





4. PRACTICAL INFO

REGISTRATION

Participants must check in at athlete registration to collect their race pack.

- Please have your **QR code** ready (sent by Eventgoose via email) together with your **BIB number** (available on our [website](#)).
- Name changes or distance changes are possible at the info desk for €10, **provided the distance is not sold out**. Switching to a more expensive distance? You will need to pay the price difference as well.
- Come on Thursday and enjoy a 10% discount in the shop!
- On-site registrations are possible at the info desk **if the distance is not sold out** – prices will be slightly higher on-site.

[CLICK HERE FOR THE OPENING HOURS](#)

[SEARCH YOUR NUMBER](#)

FULL / HALF / JUNIOR athletes only need to check in once to collect their race pack.

Athletes participating in multiple races only need to queue once and can ask a staff member for their additional race packs.

BAG DROP

A bag drop is available at the festival square.

Only backpacks can be handed in, loose items will not be accepted.

Fun Valley (swim): a bag drop is also available at Fun Valley.

We recommend collecting your race pack on Thursday, Friday or Saturday. We expect a large number of runners on Sunday, so this helps avoid long queues.

As an extra bonus, you'll get 10% discount in our shop on Thursday!



MERCHANDISE

Pre-ordered merchandise can be collected at the Long Course Weekend shop on the festival square. Please bring your QR code.

Marathon runners will receive their T-shirt when collecting their race pack.

Full, Half and Junior athletes will receive an official Long Course Weekend polo shirt and a unique goodie bag with their race pack. The polo shirt must be worn during the medal ceremony on Sunday!

SHOWERS & CHANGING ROOMS

Athletes participating in the swim on Friday can use the changing rooms and showers at Fun Valley (€2.50 fee).

Changing rooms and a bag drop are also available at the festival square.

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

AID STATIONS

Cyclists can refuel along the course with products from our partner up4™. Participants in the 90K will receive 1 gel, while participants in the 180K will receive 2 gels and 1 bar.

Runners can expect aid stations approximately every 5 km. Check the map to discover the offer available at each aid station.

[VIEW THE BIKE AID STATIONS HERE](#)

[VIEW THE RUN AID STATIONS HERE](#)



5. FULL, HALF & JUNIOR LONG COURSE WEEKEND

*Are you registered for the Junior, Half or Full Long Course Weekend?
After this page, you'll find detailed information for each discipline.
Please read it carefully so you are well prepared.*

FULL/HALF/JUNIOR LONG COURSE WEEKEND

- You will receive a goodie bag
- You will receive an official Long Course Weekend polo shirt
- You will be featured in a separate classification

MEDAL CEREMONY

On **Sunday May 24 at 12h30**, the closing ceremony will take place at our festival square to celebrate all of your achievements.

What should you bring?

- All your medals
- Your Long Course Weekend polo shirt

Flow?

1. After finishing your run, put on the Long Course Weekend polo shirt included in your race pack and wear your 3 medals.
2. Take your place behind the orange carpet.
3. Athletes will be called to the finish line one by one. Full Long Course Weekend athletes will receive their **4th medal**.
4. Together with the other athletes, you will form a guard of honour for the athletes who are still being called forward.
5. The top 3 athletes will be called last and will take their place on the podium.

CLASSIFICATION

Overall classification = SWIM TIME + BIKE TIMING SEGMENT + RUN TIME

[CLICK HERE FOR THE RULES & REGULATIONS](#)

FESTIVAL SQUARE

NOORDERBRUGSINGEL

dsm-firnenich
CHEER
ZONE

BLACKROLL®
RECOVERY
ZONE

FOOD & DRINK
ZONE

SHOP

EXPO ZONE

CHANGING
ROOMS

ATHLETE
REGISTRATION
2ND FLOOR

GASHOUDER

BAG DROP

TOILETS

up4™
RECOVERY
ZONE

EHBO

BIKE
PARKING

ENTRANCE

WELCOME TO
LONG COURSE
WEEKEND

CABERGERWEG

LAGE FRONTWEG

[VIEW THE INTERACTIVE MAP HERE](#)



6. THE PEAKS MAASTRICHT SWIM



TIMETABLE

16h30: SHUTTLE BUS GATHERING (Radium site > Fun Valley)

16h45: SHUTTLE BUS DEPARTURE

18h15: START 1.9K/3.8K

20h30: CUT-OFF TIME

19h30: CEREMONY 1.9K/3.8K

20h30: SHUTTLE BUS RETURN (Fun Valley > Radium site)

CHECKLIST

- Wetsuit
- Timing chip
- Long Course Weekend swim cap (mandatory)

CUT-OFF TIME

Cut-off: 2 hours*

*Your time only starts once you cross the timing mat.



RACE FLOW

All athletes start together. Distances can be identified by the colour of the swim cap. If the water temperature is below 15.9°C, wearing a wetsuit is mandatory. If the temperature is above this limit, wearing a wetsuit is still strongly advised. This will be communicated on our social media channels on Thursday 21 May.

1.9K swimmers finish after 1 lap.

3.8K swimmers complete an Australian exit before starting their second lap..

After leaving the water, you must return your timing chip. Failure to do so may result in a €50 fine.

Finish aid stations will be available!

RULES & SAFETY

1. Fair play comes first
2. Swim buoys are allowed
3. You must follow the instructions of the organisation and lifeguards at all times.
4. You must keep the buoys on your right-hand side.

If you are in distress, lie on your back and signal to one of the lifeguards in the boats or on the paddle boards along the course.

MAAS

THE PEAKS MAASTRICHT SWIM



FUN VALLEY

P

DISCOVER THE COURSE HERE

GRINDGAT
OOST-MAARLAND



BEAT THE WATER

TRUST YOUR GEAR.
FOCUS ON YOUR RACE.



READY FOR THE
PEAKS MAASTRICHT SWIM?



MAXIMUM BUOYANCY
BETTER FLOAT, LESS EFFORT.



ULTIMATE FLEXIBILITY
MORE FREEDOM, MORE PERFORMANCE.



KEEPS YOU WARM
FOCUS ON YOUR RACE, NOT THE COLD.



BUILT FOR PERFORMANCE
TESTED BY ATHLETES,
APPROVED BY CHAMPIONS.

OFFICIAL PARTNER OF
dsm-firmenich
LONG COURSE WEEKEND
NETHERLANDS



VISIT OUR STAND
AT THE EXPO!



EXCLUSIVE LCW OFFER:

15% OFF
ON PRESENTATION
OF YOUR ATHLETE GUIDE!





7. THE MAASTRICHT BIKE

TIMETABLE

08h00 - 09h00: START 180K

10h00 - 11h00: START 100K

12h00 - 12h30: START 50K

15h30: CUT-OFF 50K

16h00: CEREMONY & CUT-OFF 100K

18h00: CUT-OFF 180K

There is a rolling start within these time slots. Athletes will start in groups of 10–15 people.

CHECKLIST

- Bike plate with timing chip and zip ties
 - GPX file: the course is signposted. For extra safety, download the GPX via our app or website, or use the RouteYou app.
-

CUT-OFF TIME

180K: 9 hours

100K: 6 hours

50K: 3 hours



RULES & SAFETY

This is a cycling tour, **NOT** a race.

1. You must obey traffic rules at all times: stop at red lights and give way where required.
2. Anyone failing to respect the road regulations will be removed from the course immediately and risks receiving a fine.

[CLICK HERE FOR THE RULES & REGULATIONS](#)

NEED ASSISTANCE? CALL OUR EMERGENCY NUMBER: [+32 472 87 20 87](tel:+32472872087)

EKOÏ

SPECIAL EVENT OFFERS

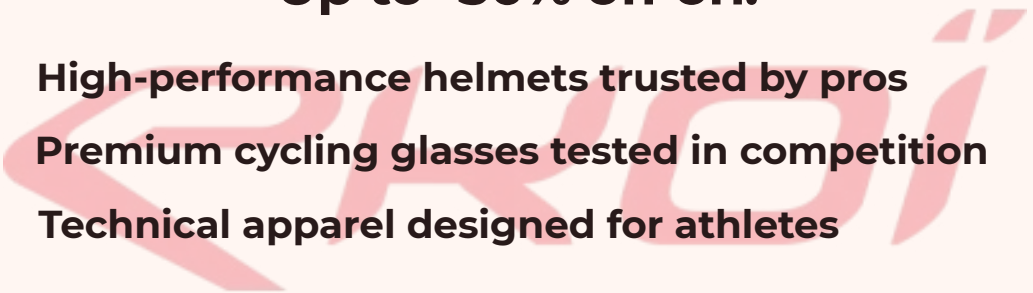
Gear up like a pro with exclusive deals from EKOÏ

Up to -50% off on:

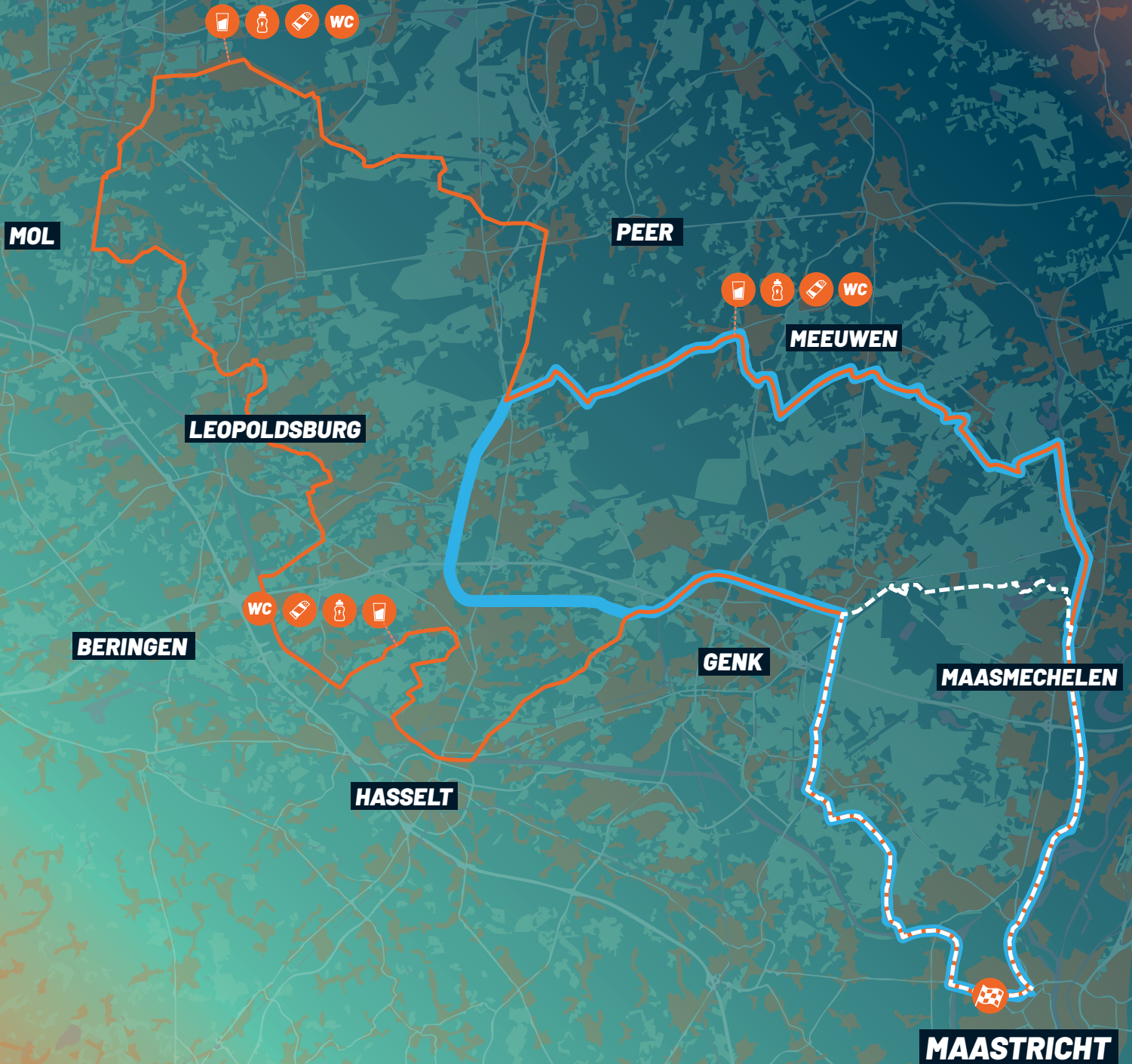
High-performance helmets trusted by pros

Premium cycling glasses tested in competition

Technical apparel designed for athletes



THE MAASTRICHT BIKE



DISCOVER THE COURSES HERE

180

100

50



8. dsm-firmenich MAASTRICHT MARATHON

TIMETABLE

08h30 Start Half Marathon

08h45 Start 10K

09h00 Start 5K

09h45 Ceremony 5K

10h45 Ceremony 10K

11h45 Start Kids Run

12h15 Ceremony Half Marathon

12h30 Medal ceremony full, half en junior

CHECKLIST

- Start number with timing chip
- Safety pins to attach your number
- Bag drop tear-off tag

CUT-OFF TIME

Half Marathon: 3h30

10K: 1h30

5K: 1h00



RULES & SAFETY

The course has limited traffic but is not fully closed to traffic.

1. Please respect the road regulations at all times.
2. You must follow the instructions of the police and course marshals at all times.

[CLICK HERE FOR THE RULES & REGULATIONS](#)

NEED ASSISTANCE? CALL OUR EMERGENCY NUMBER: [+32 472 87 20 87](tel:+32472872087)

PACERS

HALF MARATHON
1:30
1:40
1:50
2:00
2:10
2:20
2:30

LIVE TRACKING

[DOWNLOAD THE APP FOR LIVE TRACKING](#)

AIMING FOR A PODIUM FINISH?

Make sure to arrive at the start well in time and take your place near the front. This will allow you to start your race smoothly and avoid unnecessary delays.

dsm-firmenich MAASTRICHT MARATHON

MAASMECHELEN

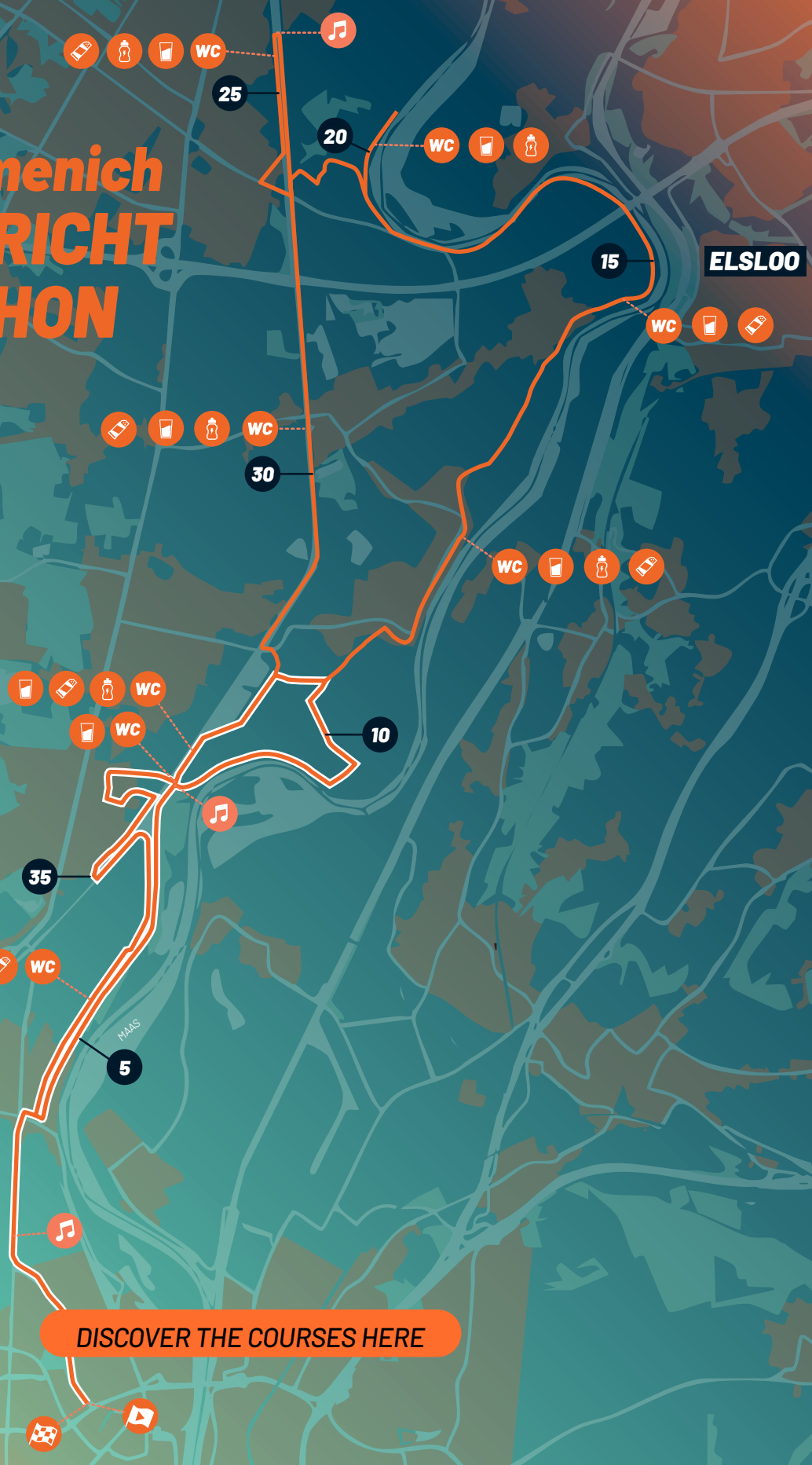
ELSL00

LANAKEN

MAASTRICHT

DISCOVER THE COURSES HERE

- M** MARATHON
- HM** HALF MARATHON





9. dsm-firmenich KIDS RUN

WELCOME KIDS!

dsm-firmenich Long Course Weekend Netherlands is excited to welcome young athletes for an amazing Kids Run!

The race will take place on **Sunday morning at 11:15**, using the same start and finish area as the 5K, 10K, Half Marathon and Marathon.

- Orange carpet start & finish
- Special kids medal
- Sport & fun guaranteed

By participating in the kids run, you also support Maastricht schools with the purchase of sports equipment!

3 distances:

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



KIDS RUN WARM-UP

Our partner Monkey Moves Maastricht will provide a fun warm-up and interactive games throughout the day for the youngest participants!

PROGRAM

11h15 gathering

11h30 warm up

11h45 start Kids Run

Interactive games until 15h00!

10. ALSO DISCOVER

Stay a little longer and enjoy the atmosphere after your race! There's plenty happening at our festival square: enjoy the beats from our DJ, grab a drink at the bar or take your time browsing around in our shop.



RESULTS

All results can be found here immediately after your race.

[DISCOVER HERE](#)



FINISHERPIX

With FinisherPix, you can order all photos taken of you during your race(s)! Make sure your start number is clearly visible.

[ORDER HERE](#)



FOOD COURT

Treat yourself to a drink, a healthy snack or a delicious meal!

[DISCOVER HERE](#)



LONG COURSE WEEKEND SHOP

At our festival square, you'll find the Long Course Weekend shop. Discover items from previous editions as well as brand-new merchandise.

[CLICK HERE FOR OUR WEBSHOP](#)



EXPO

Need a new wetsuit? Or maybe a foam roller? You'll find several expo stands at the festival square.

[DISCOVER HERE](#)



11. TRIPLE CHALLENGE

Triple Challenge is the official charity partner of dsm-firmenich Long Course Weekend Netherlands. Together, we are committed to making sport accessible to everyone.

With your participation, you truly make a difference. **For every registration, €0.50 is donated to Triple Challenge**, supplemented by voluntary donations. This helps fund a special racing buggy, allowing athletes to take part in races together with a parent or buddy.

But it's not only about support, these athletes are also lining up at the start themselves. They show what is possible with the right support and a strong dose of determination.

- Make sure to visit their stand at the festival square, discover their story and get inspired.
- Cheer them on, support the initiative and help create a more inclusive sports world.

*SPORT FOR INCLUSION.
SPORT FOR THE FUTURE.
SPORT FOR GOOD!*

[DISCOVER THEM HERE](#)





12. FAQ

"CAN I STILL CHANGE MY DISTANCE/NAME?"

You can still change your distance or name at athlete registration (€10 administration fee). For a name change, you will need the ticket and race pack of the original athlete.

Distance changes are only possible if the distance is not sold out.

"WHERE CAN I FIND MY QR CODE AND START NUMBER?"

Your QR code can be found in the email containing your ticket (sent by Eventgoose).

[CLICK HERE TO FIND YOUR START NUMBER](#)

"CAN I RENT A WETSUIT?"

Yes, you can rent a wetsuit through our partner PEAKS.

[RESERVE HERE](#)

"DO YOU HAVE AN APP?"

Yes, we have an app. You'll find live updates, courses, the first photos, live results and much more there.

[DOWNLOAD THE APP](#)

"WHAT IF I NEED ASSISTANCE DURING THE RACE?"

During the bike and run races, our emergency number is active: +32 472 87 20 87.

"WHEN IS THE 4TH MEDAL CEREMONY?"

On Sunday May 24 at 16h00, the closing ceremony will take place for all Junior, Half and Full Long Course Weekend athletes. We kindly ask all athletes to attend wearing their polo shirt and medals.

Make sure to stay a little longer for this unforgettable moment!

"CAN I STILL REGISTER ON THE DAY ITSELF?"

Yes, this is possible for **distances that are not sold out**. Please note that on-site registration prices are slightly higher.



LONG COURSE WEEKEND BELGIUM • NIEUWPOORT

18-20 SEPTEMBER 2026



REGISTER HERE

25% DISCOUNT CODE*: LCW2026BE

*CODE VALID UNTIL 29/05/26.



**3 DAYS.
3 DISCIPLINES.
3 AMAZING LOCATIONS.**



22-24 MAY 2026



26-28 JUNE 2026



18-20 SEPT 2026

**{ DISCOVER YOUR
NEXT CHALLENGE. }**



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



WE WANT TO THANK ALL OUR PARTNERS FOR MAKING THIS EVENT POSSIBLE!

dsm-firmenich 



Gemeente Maastricht



Korean Genius in Motion



MAXUS



BLACKROLL

EKOI

Hello Champ

Monkey Moves'


NATURE SPORTS
AND EVENTS



FULL-FLAVOURED

NON-ALCOHOLIC BEER

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WE DELIVER MORE

DRIVING PROFESSIONALS. DELIVERING MORE.

ARTISAN
GRAETS
SUPPLY



DELIVER 7

More comfort. More technology. More business!

Also available in electric

5
YEAR
WARRANTY

8
YEAR
BATTERY
WARRANTY



[Maxomotive NV / Bedrijvenlaan 4, 2800 Mechelen / info@maxusmotors.be / www.maxusmotors.be](#)

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

Let's prioritize safety.

www.kgm.nl

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HYBRID, LUXURIOUS, FUEL-EFFICIENT.



NEW
TORRES HEV
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NEW
ACTYON HEV
from **€45.490⁽²⁾**

Consumption : 5,9-6,1 L/100 km. 133-139 G/KM CO₂ (WLTP)  Let's prioritize safety.

10
YEAR
OR
150.000 km
WARRANTY

(1) The tax-inclusive price of the Torres Hybrid – Bronze 2WD 6A/T version is €38,990 – €1,500 Power-Up bonus + €1,000 delivery fee = €38,490 recommended retail price, including VAT & BPM. This promotion is valid for private individuals from 01/05/2026 until 30/06/2026. The recommended retail price listed above includes conditional bonuses and is valid provided the conditions of the Power-Up bonus (*) are met. (2) The tax value of the Actyon Hybrid – Platinum version = €45,990 – €1,500 Power-Up bonus + €1,000 delivery fee = €45,490 recommended retail price incl. VAT & BPM. This promotion is valid for private individuals from 01/05/2026 until 30/06/2026. The recommended retail price listed above includes conditional bonuses and is valid provided the conditions of the Power-Up bonus (*) are met. (*) When purchasing a new KGM Hybrid, we will take your old car in trade and offer €1,500 (including VAT) on top of the value of your trade-in vehicle. The vehicle must be complete, roadworthy, and have been registered in the new owner's name for at least 6 months. The vehicle must be accompanied by the required legal documents. The name of the new car's owner and the name of the previous owner must match. The Power-up bonus is valid when a car can be taken in trade and is only offered on specific KGM stock cars with a registration obligation by no later than 30/06/2026. The official KGM factory warranty is 5 years on a new KGM and is extended by an additional 5 years by KGM Nederland. Every time you have your vehicle serviced at your official KGM dealer, you will receive an additional year of warranty, up to a maximum of 10 years or 150,000 kilometers (whichever comes first). All information and terms and conditions regarding the warranty and roadside assistance are available upon request from your official KGM dealer and at www.kgm.nl. Advertiser: SsangYong Motors Nederland B.V. - Spinnerij 51, 1185 ZS Amstelveen - E: info@kgm.nl. VAT number: NL823113140B01. Non-contractual photos. WLTP: Contact your KGM dealer for all information.

ADVENTURE QUEST

PUSHING YOUR LIMITS WITH MATHIEU BONNE

MATTHIEU BONNE IS AN ULTRA-ENDURANCE ATHLETE AND WORLD RECORD HOLDER IN CYCLING, SWIMMING AND TRIATHLON. HE EMBRACES EXTREME CHALLENGES AS A WAY OF LIFE, CONSTANTLY PUSHING BOUNDARIES AND TAKING ON ACHIEVEMENTS NO ONE HAS ACCOMPLISHED BEFORE.

TO REACH HIS GOALS, MATTHIEU SEEKS HARMONY BETWEEN BODY AND MIND, CONNECTS DEEPLY WITH NATURE AND EXPERIENCES ALL ITS ELEMENTS DURING ADVENTURE QUEST WEEK.

HE WILL INTRODUCE YOU TO HIS UNIQUE WAY OF LIVING AND SHARE THE MINDSET FRAMEWORK THAT HELPS HIM ACHIEVE THESE EXTRAORDINARY PERFORMANCES, OFFERING VALUABLE LESSONS AND INSPIRATION FOR ALL PARTICIPANTS.

REGISTER NOW

14 TO 21 NOVEMBER 2026

WWW.ADVENTUREQUEST.BE



Hello Champ

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**IMPROVE YOUR ATHLETIC PERFORMANCE
LEARN WHAT, HOW MUCH AND WHEN
TO EAT DURING EXERCISE
TOGETHER WITH STEPHANIE SCHEIRLYNCK**







[CLICK HERE](#)

*VALID UNTIL 29/05/2026

INSPIRED BY ATHLETES

UP4 was created to meet real performance needs. In close collaboration with the scientists and flavor specialists at dsm-firmenich, as well as top teams from the world of sport, our products have been developed based on the latest insights. Every ingredient is carefully selected, based on proven effectiveness and in optimal dosages.

Our products help you to:

-  Perform effectively
-  Stay sharp
-  Stay hydrated
-  Remain well-nourished
-  Recover quickly after training
-  Support your long-term health

UP4 SPORTS NUTRITION PRODUCTS

Our sports nutrition products are designed to enhance performance, optimize recovery, and support the health of athletes and active consumers through a targeted nutritional approach.



OUR MISSION

Optimal vitality for everyone. With natural, science-backed Swiss nutrition products, we empower you to perform at your best—physically and mentally. Harnessing the power of nature, validated by science, our formulas are designed to help you live every day with energy, balance, and focus.

Visit our website:



up4™

www.supportyourperformance.com

BLACKROLL® Do it your
health

Ready to recover? Let's go!

Discover and experience our
proven products and
innovations for optimal
recovery and better
performance during your race
weekend.

Come by and
experience
our recovery
area.

Linda Meier
HYROX-World champion

Boost your recovery.

Discover our products for recovery
and performance and get an
exclusive 20% discount.

Scan & boost your
recovery.



dsm-firmenich ●●●

