



GOLD!

Nr. 5 - December 2015 EN

Magazine van de Vereniging Gouden-Kruisdragers Vierdaagse

In dit nummer:

The first walking shoe

Strolling along the
Zaanse Schans

Gouden-
Kruisdragerstocht





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Goud! is een uitgave van de Vereniging Gouden-Kruisdragers Vierdaagse.

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Restlessness and Anticipation

The arrival of winter always makes me restless. The trees have shed their leaves, spice nuts compete with Christmas illumination, darkness comes an hour earlier. What are we going to do during the festive season?

That restlessness is increased by the developments within the KWBN where - at the moment of writing - there is still some uncertainty about the conditions of membership for members of affiliate associations. We deem it unfair that people who are members of more than one association should pay more dues to the KWBN. As a result, it has been decided during the general meeting to introduce the opportunity for those concerned to donate money instead of paying their dues twice. The effect of this on the administration is enormous, which – luckily for you – passes unnoticed, but which has taken up a lot of time for our treasurer and secretary, for which we owe them many thanks.

What also gets under my skin is the approach of the 100th Four Days' Marches. You will no doubt have heard rumours about what is in store for 'our' event. Behind the scenes a lot of work is going on to manage and organize everything. You will receive much more information about this in the months ahead. One thing that is certain is that as an association we shall take up a prominent place at the exhibition about the Marches which will be held for a hundred days in the Valkhofmuseum, opening on May 27th. Apart from that we are busy making preparations for our gift to the Four Days Marches Foundation. All we wish to reveal is that it will be something for every walker to enjoy and weighing nothing.

You may have noticed that separate translations have been omitted in this edition of GOUD! That is because, starting with this issue, our magazine will in future be printed in three languages. We hope to improve our information by integral translations in German and English.

What to do about this feeling of restlessness and itching? Just enjoy going out of doors, walking or cycling. Tingling hands and feet, glowing ears. Taking in the stillness of the landscape and inhaling the smell of burning woodstoves. And then warming up over a cup of tea or a glass of mulled wine. On behalf of the committee, receive my warmest wishes for the festive days and good health in 2016.

Leonie Vink, chairwoman



Via Gladiola
Foto: Frans Leijtens

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Change of address, new e-mail address, change of bank?

Should you move, please let us know your address in good time stating your membership number, so that we can send your mail to your new address. We would also appreciate it if you could also inform us of any changes with regards to your e-mail address or bank account. The latter is especially important in case you pay your fee by direct debit.



Foto: Martin Raasveld

Payment subscription 2016 direct debit

The subscription 2016 of members that have applied for direct debit will be charged in the middle of January.

Introduction PayPal for payment of the subscription

For quite some time, our ambassadors have been telling us about the difficulties foreign members have with paying the subscription when SEPA Direct Debit is not possible; with in particular the high transaction fees banks are charging.

In order to get rid of this, the board decided to offer payment of the subscription via 'PayPal'. This option is available (at this moment) to members in Australia, England, Scandinavia, USA and Switzerland. On November 25, a notification was already sent to the involved members. On December 5, everything was set up in PayPal to facilitate the payments and almost instantaneously the first member

made the payment. He was followed shortly after that by other fast members. Our ambassadors assisted well with contacting the few members of whom we did not have an e-mail address - a condition for PayPal and contacting our members of whom the e-mail inbox might have ran over.

In case you might live in one of the before-mentioned countries, you didn't receive a notification about this subject and you didn't pay your subscription yet, please send a message to membershipfee@goudenkruisdragers.nl

One thing that was noticed is that members could use a different e-mail address for PayPal than the one that is known in our member administration. In that case we would like to use the PayPal e-mail address.

If this applies to you, please notify us by sending a message to membershipfee@goudenkruisdragers.nl. Thank you in advance for your cooperation.

Registration Four Days Marches 2016: don't forget your reduction.

As from February you can register for the Four Days Marches 2016. If you mark on your registration form that you are a member of KWBN you will receive a reduction.

In 2015 this was € 5.00. It could be that you are asked for your membership number. If so, you can find this on your membership card that you will receive in December/January.

Subscription KWBN (Royal Walking Association Netherlands)

Members' council 2015

On Saturday November 14th a meeting of members of the KWBN was held to discuss important issues. The meeting lasted some hours longer as planned so a brief resume will follow.

The meeting began with a moment of silence to remember the members of the KWBN 'who passed away recently and the victims of the assault in Paris.

At first there was an explanation of the consultants of Manage to Manage (M-



Foto: Martin Raasveld

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toM) of the research they conducted within the organisation of the KWBN. Since 2015 January 1st, the moment of the merger of former walking associations KNBLO-NL and NWB, the KWBN has not been visible to its members; the staff from both associations don't work together that well; no progress has been made on matter concerning the integration of the former associations and finally the KWBN fails to address the issues in a changing reality considering walking. There is a firm criticism on all structures within the KWBN.

The association will make a new project planning to renew its organization and will appoint a transition board. This board will instead of the acting board address the issues of new KWBN-organisation and project plan. The members' council appointed a committee, consisting of Mr. De Koning, Cornelissen and Botman, who together with MtoM, association director Bronkhorst and chairman of the financial committee Meints, will propose a transition board to the members' council not later than January 2016. The acting board will resign at the same moment. The members' council approved this proposal unanimously.

Secondly the collaboration with Wandelnet was discussed. The KWBN likes to start such a collaboration in a private company to be able to exploit the opportunities better in a changing world of walking. This means that after the merger of KNBLO-NL and WBN on 1 January 2015, the third largest player inside the walking sport will join the union on short notice. The members' council agreed unanimously on this proposal and several critical questions from the members' council were answered or addressed by the board of KWBN. During a later, yet to be planned, members' council the KWBN will ask its members to approve an amendment of regulations and apply the foundation of the private company.

Finally the KWBN asked the members' council to approve of a subscription fee of € 10.20 in 2016, under enforcement of the principle 'member = subscription' in 2016 and the corresponding balance for 2016. The balance was known for some time, but the proposals concerning subscription were made known on 19 October 2015 to the members' council. The KWBN has started to apply these proposals in the administration without the approval of the members council.

The Association of Gold Medallists has sent a letter to the KWBN prior to this meeting to announce their vote against the proposals. Our association remains opponent to the principle 'member = subscription' because double members, member of 2 (or more) walking associations, will be charged double fees. The principle will cost all associations (precious) members and volunteers. Associations like WS'78 and our association have their policies for 2016 approved by their members in spring 2015 and can't reconsider these policies after six months.

Our association asked its members for permission to transfer the membership of those members, that the association pays no subscription fee for to the KWBN according the actual policy (i.e. the members that paid € 9,50 this year), per 1 January 2016 to a donorship: these members pay their subscription to our association and no fee to the KWBN. They will be able to pay their fee to the KWBN through another association of which they are member.

The board of the KWBN was not receptive to our objections and no substantial arguments were given to support the principle 'member = subscription'. The KWBN fears a deficit on the budget of 2016 and hopes to prevent it by asking double members to pay double subscription fees. We pointed out that this plan will not succeed because many of those members will terminate their double memberships.

At least 750 memberships of our association and WS'78 have been cancelled in the last month. We can only guess how many people with double membership



Foto: Marian Seegers

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Foto: Ronald van der Schot

have cancelled their membership at other associations. It was disappointing that the board accused our association of doing things that are not allowed and disrespecting the agreement 'member=subscription' made during the process of the merger.

To our opinion the KWBN is changing the rules without the permission of the members' council and not acting conform the appointment made during the process of the merger to discuss the principle 'member = subscription' during the year 2015 again.

A proposal of the member of WS'78 to implement another subscription policy was rejected by all other members, except two (our association and WS'78). The proposal of our member to disapprove on the principal 'member = subscription' for 2016, was rejected by all other members, except three (our association, WS'78 and Region Nord).

This results in the fact that regions of the KWBN and associations with individual members voted for a double subscription for those people who are member of

multiple associations. The members of WS'78 and our association have voted against the proposal for subscription, the proposal 'member=subscription' and the budget for 2016: unfortunately these proposals have been accepted by the members' council.

As from 1 January 2016 our association may act against the principles of the KWBN by introducing a donorship. Our association does not violate the rules yet, as stated by the KWBN during the members council. We believe to be acting in the interest of our members and the walking sport; this situation has been created by the board of the KWBN.

In order to prevent that our policy will be held against the disciplinary rules of the KWBN that were subject of approval during the members council, we voted against these rules (in vain). We regret the fact that the KWBN gives more importance to the disciplinary rules than to the modification of the subscription policy.

It will be clear that the relation of our association with the KWBN is at a historical low since we became a member of the walking association. Fortunately the KWBN has invited us to take part in a committee that will setup a new subscription policy as soon as possible. This will keep the communication going and we will be able to contribute in a more positive manner to the future of the KWBN.

The meeting was closed with a playful action of one of the attendants: the KWBN is invisible for most of its members and this member offered a self-made T-shirt with KWBN logo, in the expectation that the KWBN will profile itself in walking sport in the Netherlands.

Ambassadors

In the previous three editions of our magazine, we introduced our ambassadors. In this edition we like to give a brief overview once more of all ambassadors:



Reunion Zaandam
Foto: Martin Raasveld

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Belgium: Katrien Delanote (katrien.delanote@goudenkruisdragers.nl)

Germany: Michael Gödeke (michael.godeke@goudenkruisdragers.nl)

Scandinavia: Tue Henriksen-Delaney (tue.henriksen@goudenkruisdragers.nl)

United Kingdom: David Brooks (david.brooks@goudenkruisdragers.nl)

United States: Marge Petronis (marge.petronis@goudenkruisdragers.nl)

Switzerland: Susanne Keller & Jürg Tschabold (sune.keller-juerg.tschabold@goudenkruisdragers.nl)

You can also find them on our website www.goudenkruisdragers.nl 'Association'.



Photo: Arjan Versteeg



Photo: Arjan Versteeg



Foto: Marian Seegers

Concept minutes of meeting

Summary concept minutes

This is a summary of the concept minutes of the General Meeting on July 20, 2015. The complete minutes of meeting will be made available at the latest three weeks prior to the meeting on April 9, 2016. These minutes can be downloaded from our website. Please do take into account that these will be in Dutch only.

Our Annual General Meeting took place at the Kolpinghuis in Nijmegen on Monday July 20th, 2015. We started at 2.00 p.m. as usual. In total 128 members attended the meeting. Among the members were present Bert van der Lans, honorary member, Stan Lyczak, chairman of the KWBN and Johan Willemstein, chairman of the Four Days Marches Foundation. Both chairmen addressed the audience.

Stan Lyczak underlined the necessity of changes within the KWBN and explained the start of building a so-called KWBN fanbase. Johan Willemstein added that changes indeed took place and wants to know whether the Four Days Marches medal should be changed also, as the letters of the KNBLO (now merged with

NWB into KWBN) are written on the medal. All members indicate that the KNBLO letters need to be maintained.

This year, 1,493 participants will try to complete their 10th edition of the Four Days Marches and on Friday maybe the 1,500,000th medal will be handed out. Johan spoke about the 55 km distance during the 100th Four Days Marches in 2016. For this year he could tell us that the controlling procedure would be carried out with so-called "flying brigades" and that there would be two additional secret control locations.

After Stan's and Johan's departure our chairman introduced Thomas de Groot as

our 3,000th member and made clear our association counts over 3,100 members at the moment. Furthermore she explained the situation concerning KWBN membership fees: The chairman reminded everyone of the "powered by GKD" walks that were still to come, such as the Gouden-Kruisdragerstocht (named after our association) on February 13th 2016 in Nijmegen, organised by WS'78.

The board's decision to maintain the birthday greetings by post was shared with the members and also some information was given concerning the 2016 jubilee activities. Finally it was announced that the reunion in 2016 would take place in Wijchen, near Nijmegen. After the question round the meeting was concluded with the Four Days Marches anthem.



The board (Photo: Martin Raasveld)



The meeting room is ready (photo: Martin Raasveld)



Chairman of KWBN, Stan Lyczak

General Meeting invitation

April 2016

Herewith we would like to invite you for our General Meeting in Nijmegen on Saturday April 9, 2016 in Kolpinghuis, Smetiusstraat 1, Nijmegen, starting 3.00 p.m.

The board suggests the following agenda

1. Opening by the chairman
2. Incoming correspondence & announcements of the board
3. Minutes of the meeting held on 20 July 2015
4. Annual report of the board on 2015
 - a. Secretary's report
 - b. Treasurer's report
5. Report of cash audit team
6. Change in regulations
7. Appointment of cash audit team 2016
8. Budget 2017 and determination subscription
9. Election of the board
10. (other) Proposals of the board
11. Proposals from the members
12. Any other business
13. Closure

Notes on the agenda:

Item 3: A summary of the Annual General Meeting of July 20, 2015 is printed in this magazine. The draft minutes will be available on the website at a later date, but at least three weeks before the date of the meeting.

Items 4,7: The documents supporting this point will be available at a later date, but at least three weeks before the date of the meeting.

Item 8: The Board proposes to set the membership fee for 2017 at € 10.00 + remittance to the KWBN.

Item 9: Periodic resigning and eligible for re-election its chairman L. Vink and Mrs. F. de Leeuw.

Any other member who proposes his candidacy need to apply in writing to the board at least 30 minutes before the meeting, accompanied by signatures of at least ten voting members.



Foto: Ronald van der Schot



Photo: Arjan Versteeg



Photo: Tiny Kouters

Strolling along the Zaanse Schans

Reunion 2015 Zaandam

It was a cloudy, but nice day. On Saturday 12 September over 100 members from all over the country came to Zaandam for our yearly reunion.

Some got up at dawn that day where others stayed overnight in the area. As from 9 am the first visitors arrived at the Inntel Hotel in the center of Zaandam.

The hotel opened in 2010 and was designed by the architect Wilfried van Winden. The design is a good example of the so called Fusion architecture which mixes and connects the present with the past; East to the West; traditional to innovation and high to low buildings.

Seventy traditional houses from the area are incorporated in various shades of green, traditional to the area.

Past, present and future

The organisers Ton Swart and Margriet Sponselee welcomed everyone with coffee and cake. After Leonie Vink the chairman had opened the day, Mrs. Kok of the municipality Zaanstad spoke about the past, present and future of Zaandam.

Before lunch there was time for a short walk in the town centre. Some members walked to the Tsaar Peter house and the Blue House where the painter Claude Monet lived for a few years while others admired the spectacular town hall and wandered along the Gedempte Gracht.

Open air museum

Back at the hotel we enjoyed our lunch after which three buses took us to the Zaanse Schans. There was plenty of opportunity to admire the landscape of peat, meadow and the many windmills along the small rivers. The Zaanse Schans is a lively area which originates from the 18th and 19th century.



Hotel Van der Valk (Foto: Martin Raasveld)



Foto: Martin Raasveld



Foto: Martin Raasveld



Foto: Martin Raasveld

Facts & figures

Formally, the Zaanse Schans is not a museum, but is it meant as preservation of cultural heritage.

The houses at 'de Schans' are rented out to occupants.

Open since 1961

The Zaanse Schans yearly welcomes around 1.5 million visitors.

In the open air museum one can see wooden windmills, barns and houses which are built in the unique Zaanse architecture. As from 1961 these buildings were moved from various parts in the area and rebuilt on the grounds of the museum.

Traditional closing

Towards the end of the afternoon we returned to the Intel hotel for the traditional closing of the reunion and the presentation of the lustrum rewards.

Before that the president of the Four Days Marches, Johan Willemstein, held a talk about the past and of course the next edition of the Four Days Marches. Afterwards we enjoyed a drink and we thanked the organizers Ton Swart and Margriet Sponselee for the fantastic day.

As we left we were given a celebratory present from the organisers as they both had successfully completed the Four Days Marches for the 25th time this year.



Foto: Martin Raasveld

'Powered by'

Gouden-Kruisdragerstocht

For the 5th 'Powered by GKD' walk we will pay a visit to a famous Dutch city. Due to our anniversary in 2016 a real Gouden-Kruisdragerstocht has been created in and around Nijmegen on February 13, 2016.

When: Saturday February 13, 2016

Time of departure: 40 km: 09.00 a.m., 20 km: 9.30-10.00 a.m.

Final closure time: 5.30 p.m.

Location: Jan Massinkhal, Nieuwe Dukenburgseweg 5, 6534 AD Nijmegen.

Within easy reach by train: via NS-station Nijmegen/ Goffert

The walking trail goes from the Jan Massinkhal right through the Goffertpark and the Willemskwartier. Next, we will pass the Kolpinghuis, Kronenburgpark and the St. Jacobs chapel. Then the route continues by walking along the Waalkade up to the Wedren and then continue to direction St. Annamolen (mill) and the Gladiolenpoort (former location of the Canisius hospital). A bit later everybody arrives at the resting place where coffee and soup is distributed. The 20 km participants go back in the direction of the finish, the 40 km participants start their extra loop. They will enter the woods to arrive at Molenhoek / Mookerheide via Brakkensteinpark and rural estate Driehuizen.

The 40 km participants have their main stop to rest in the community centre De Wieken at Molenhoek and continue via the botanical garden along Malden and across Heumensoord in the direction of the city again. Near to the St. Annastreet we come back again to the "soup and coffee" stop. At the end, the 20 and 40 km participants go back to the Jan Massinkhal via Charlemagne and along the Maas-Waal canal.

This track, with a lot of Four Days Marches highlights along the way, is a really unique one as you can imagine. In this respect we are very happy with the WS'78 cooperation. WS'78 will organize one of their winterseason walks as our anniversary GKD walk. Of course, our association will be present this day and you can stamp your walking passport with the special "powered by GKD" stamp.

And maybe we have a special reminder to our anniversary for all the participants.



St. Jacobskapel



Kolpinghuis



Kronenburg Park

The Four Days Marches shoe

Sometimes a question is asked to which more answers can be given, but there are also questions to which no answer can be given. For that reason the question about the Four Days Marches shoe during our meeting on the Monday before the Marches in 2015 provides a challenge for me!

Can the military clodhoppers that the 296 soldiers wore during the first Marches in 1909 be categorized as sports shoes and did the ten civilians walk on plimsolls or sneakers?

In magazine "Op Gouden Voet" (On Golden Foot), Mrs Petronella Janssen-de Waal testifies that her husband had hidden her walking shoes, but "luckily I had a pair of old shoes lying in the cellar which I put on" (p.48). Did that make them into Four Days Marching shoes? In 1946, walkers used to lend and borrow each other's shoes, socks, towels, under and upper garments (p.85). Those shoes became Marches shoes for lender and borrower alike.

The person who asked this question was possibly thinking of the time in which 'father and son' walked on Robinson shoes (referring to a slogan of the factory). Other shoe factories in Nijmegen were Swift, Wellen & Co, Nimco and Wotana.

During the 35th Marches in 1951, the Blauwvosjes (a walking club at the time) walked – at the request of the organization – on shoes with a leather and a rubber sole (RAN/F84115).

According to the Four Days Marches magazine no.1 from 1987, the nose of the shoe should accommodate six toes (p.32) and no shoe is suitable for all purposes (p.33). Richard B(ouwens), shoe importer from the Four Days Marches city of Nijmegen, keeps your feet deliciously fresh with his Mephisto shoes and they fit like a glove from day one. When Reebok becomes one of the main sponsors in 1993, the company introduces the "Country Mile Low" and in 1995 the "Nijmegen" (Dfl. 199.95). These can be regarded as the first Four Days Marches shoes.

In 1996 Rockport tests the "Four Days Marches" with fifteen walkers (4Dmag. No.10, p.42).

New Balance, main sponsor since 2000, a year later developed - in cooperation with the Pennsylvania School of Pediatric Medicine - the "743BRT" and elected it official Four Days Marches shoe. Research showed that the walking step unwinds considerably straighter than the running step (4Dmag. No.16, p.43).

Finally: Hi-Tec Sports take no half measures to become the biggest and best in the walking sport (4Dmag. No.28, p.10) and immediately go at it hammer and tongs with the "Nijmegen Low, Numaga and Nijmegen Mid". In 2016 Hi-Tec will offer shoes in red and green and a hip design with gladioli!

THE Four Days Marches shoe does not exist, since 50,000 pairs of feet are attached to a hundred thousand individually different walkers.

Marcel M. Claassen



*Military footwear, 'kistjes' in Dutch slang, at the Via Gladiola during the 74th Four Days Marches.
Photo: J. van Teeffelen*

Behind the scenes

Central Administration

Each magazine we have an episode of 'Behind the scenes' in which we highlight parts of the organization. Through this we would like to give you a small insight in the organization behind the Four Days Marches and it will give you an idea what comes to organizing such a big event. This time we take a look at the Central Administration of Susanne Gerrits.

What is your name and position?

Susanne Gerrits, Head of the Central Administration



What exactly does Central Administration do, and how many people work at the Central Administration?

The Central Administration (CA) is a unit of the Four Days Marches Organization Department. Besides the CA employees, we have two secretaries and one person in Communication.

Five people work year-round at CA; from January to July, those people are supported by 15-20 flex workers, who help with the processing of registrations and payments, as well as informing the participants regarding all kinds of subjects. When registration opens early February (and then again mid April, after the lottery), the Central Administration Department is extremely busy. All 12 computers are occupied non-stop from early in the morning until the end of the day.

The employees (they're all females) patiently answer the many hundreds of phonecalls and emails from Four Days Marches participants. In July, everyone and everything is moved to Wedren Square, in order to answer any last-minute questions from participants.

Are you a Holder of the Gold Cross?

No, I never participated. It was made very clear to me during my job interview that this job could not be combined with participation. In my experience, that is completely true, but who knows what the future will bring...

How many hours per week do you work in this position?

My contract is for 32 hours, but in reality it is a bit more, especially during the period between registration and July.

Which year stands out to you?

Each year is special. A lot of people might think of 2006, but each year has its own unique moments, stories and events.

Sometimes a year is special for me and my team because we performed a huge task or project behind the scenes, invisible for the participants.

Do you have any nice stories?

At CA, we get the most remarkable questions and stories. Usually, they result in surprised smiles on the employees' faces. However, sometimes the stories are just very sad, particularly after registration or the lottery has ended. People often share very emotional and personal stories, trying to explain why they want to participate. That's when our smiles disappear; those stories sometimes send shivers down our spine.

I will give two examples of stories that made us smile. We received a question from a lady who had to do the regulatory 40 kilometers a day. However, she wanted to do the 30 kilometers and still get a medal. Her argument was that that would



Photo: Martin Raasveld

still be a tremendous achievement because she was physically much heavier than the average participant. She even included some statistics, laying out her physical burden and the difference between the energy it took her compared to her 'skinny' sister (who also participated). Another great example was the question of a new mom, who asked about lactation opportunities. That in itself is not a strange question, but this mom was expecting full-on lactation rooms that needed to be private, had electricity and a fridge, and ideally also the option to have the milk delivered back to Wedren square.



Photo: Arjan Versteeg



The temporary office at the Wedren will all the members of the Central Administration

Requests

Applying for entry stand tickets for the Four Days Marches 2016 needs to be done earlier than usual. Requests can be made through our website. In case you are unable to visit our website you can also use the form on the right and send it to: Francie de Leeuw, Wedesteinbroek 2007, 6546 RS Nijmegen. Requests need to be received before 15.06.15. For requesting tickets, the following applies: you need to be a member of our association for at least 2 years and you need to have participated in the marches successfully for at least 35 times. The tickets can only be collected in the Kolpinghuis on Monday 18 Juli between 1 p.m. and 1.50 p.m., prior to our meeting. NOTE: the number of tickets is limited.

Entry stand tickets

Request form

- Name :
- Initials :
- Addressa :
- Zip code :
- City :
- Phone :
- E-mail :
- I would like to request the following tickets:
- 36-39 times:
- O 1 ticket free
- 40-49 times:
- O 1 ticket free or O 2 tickets free
- 50 times or more:
- O 1 ticket free or O 2 tickets free

Lustrum rewards

Congratulations

We congratulate the following members after all with the achievement of a lustrum during the Four Days Marches of 2015. Did you had a lustrum this year, but is your name not on the list? Then your request was not received or not received in time or you indicated that you did not appreciate to be in the list. It's not necessary to mention it to us.

It regularly happens that members request a reward after the Four Days Marches. We like to emphasize that this needs to be done before.

15x Vierdaagse:

Hr. H. Akkermans	Vlissingen	Hr. J. de Krijger	Poeldijk
Hr. G. van Beek	Nijmegen	Hr. D. Kuiper	Almelo
Hr. P. van de Berg	Nijmegen	Hr. M. Kuppeveld	Mill
Mw. F. de Bree	Warmenhuizen	Hr. W. Lehmler	s-Hertogenbosch
Mw. E. Bronk	Deil	Hr. G. Linthorst	Apeldoorn
Mw. M. Brouwer	Poppel, BE	Hr. H. Mensink	Gorssel
Hr. R. Courtney	Swindon, UK	Hr. G. Overdijk	Tiel
Mw. H. Deknatel	Wateringen	Mw. N. Paulusse	Zoetermeer
Hr. F. van Dijk	Lelystad	Mw. N. Petronis	Wheaton, USA
Hr. K. Ehlert	Gouda	Hr. C. Roessen	Zoeterwoude
Hr. G. Grooters	Haarlo	Hr. H. Rutten	St. Hubert
Hr. F. Gros	Dronten	Hr. G. Sant	Heemskerk
Hr. W. Hendriks	Nijmegen	Hr. F. Schalk	Houten
Mw. A. Janssen	Alphen a/d Rijn	Mw. S. Schwarzkopf	Siegburg, DE
Hr. J. Joosten	Alkmaar	Mw. A. Teunisse	Beverwijk
Hr. T. Kamphuis	Enschede	Hr. C. van Uffelen-Bal	Etten
Hr. B. Kleverwal	Loenen	Hr. P. Veenhuis	Emmeloord
Hr. A. Knopert	Zutphen	Hr. I. Wieringa	Wormer

20x Vierdaagse:

Hr. J. Boersbroek	Nijmegen	Hr. A.P. Koster	Meppel
Mw. L. Bosma	Moordrecht	Hr. J. Kuhlman	Diemen
Hr. F. Dede	Den Haag	Hr. M. van Loon	s-Hertogenbosch
Hr. H. Dikken	Hilversum	Hr. R. Miechels	Arnhem
Hr. C. Ederveen	Nijmegen	Hr. J. Pardijs	Vorden
Hr. R. Heijnen	Qualicum Beach, CA	Hr. H. van Putten	Hilversum
Hr. J. Jansen	Oude Pekela	Mw. P. Smolenaars	Roggel
Hr. J. Karsdorp	Zoetermeer	Mw. A. van Vugt	Nijmegen
Mw. E. Koopman	Alkmaar	Mw. C. Zuiker	Wognum

25x Vierdaagse:

Mw. A. Beekmans	Beek en Donk	Hr. M. Kuperus	Houten
Hr. L. Bloem	Waddinxveen	Mw. B. Liefhebber	Streefkerk
Hr. A. Brienens	Mill	Hr. H. Minkman	Julianadorp

Hr. J. Brobbel
Mw. J. van de Broek
Mw. W. Cornellissen
Hr. T. Distler
Hr. H. Dikken
Mw. J. Egberts
Hr. H. Elliott
Mw. M. Grijssen
Mw. A. van Herebeek
Hr. R. van Helmond
Mw. V. Henriksen
Mw. R. Klein Bennink

Hoek van Holland
Eindhoven
Gendt
Scharnebeek, DE
Nijmegen
Beuningen
Macclesfield, UK
Heteren
Best
Kortenhoef
Malden
Zutphen

Mw. M. Oosshot
Hr. T. van de Pol
Mw. K. Roesler
Mw. W. Schober
Hr. R. van der Schot
Hr. B. Sluijters
Mw. Sponselee
Hr. Swart
Hr. A. Vereijken
Hr. P. van Veen
Hr. M. Weis

Amsterdam
Tiel
Nierderwinkling, DE
Arnhem
Huijbergen
Rheden
Beverwijk
Beverwijk
Beek en Donk
Heerhugowaard
Oberdonven, LU

30x Vierdaagse:

Hr. J. Aalders
Hr. A. Bot
Hr. J. Boerhof
Hr. J. Borghans
Hr. K. Op de hipt
Hr. J. Jacobs
Mw. B. Larsen
Hr. H. Oirschot
Hr. G. Ostergard

Bilthoven
Nootdorp
Smilde
Landgraaf
Munchen, DE
Schoondijke
Den Haag
Bergen
Holstebro, DK

Hr. J. Peters
Hr. J. Reynders
Hr. R. Riss
Hr. J. van der Schoor
Mw. F. van de Vegte
Hr. M. Versteeg
Mw. T. van de Westen
Hr. C. van Winsen

Beek
Beek
Reinbach, DE
Nijmegen
Nijmegen
Papendrecht
Galder
Nijmegen

35x Vierdaagse:

Hr. C. Eimermann
Hr. F. van Leeuwen

Breda
Malden

Hr. H. Moller
Mw. G. van Wijnen

Fredericia, DK
Hoogvliet

40x Vierdaagse:

Mw. B Aelen
Hr. D. de Graaf
Hr. H. Laurensen

Nijmegen
Bussum
Nijmegen

Hr. P. Mittermeier
Hr. J. Nahon
Mw. B. Westelaak

Neurenberg, DE
Voorburg
Nijkerk

45x Vierdaagse:

Mw. A. de Leeuw
Hr. J. Natris
Hr. C. van Wijnen

Nijmegen
Oss
Hoogvliet

50x Vierdaagse:

Mw. W. Juurlink
Hr. A. Kroes
Hr. J. Maassen
Hr. W. Modderkolk
Hr. L. Otter
Hr. H. Weber

Dedemsvaart
Nijmegen
Lent
Zoetermeer
Abbega
Beromunster, CH



In Memoriam

After appearance of the previous magazine, we have received notification of the des-
cease of the below-mentioned members. Our condolences go out to the relatives.

Dhr.	W.G. Adema	1942	Sneek
Dhr.	R. van Balen	1925	Westervoort
Dhr.	H.A. Klomp	1935	Harderwijk
Dhr.	C. Koning	1929	Veldhoven
Dhr.	L.W.F. Kortekaas	1965	Zuid-beijerland
Dhr.	P.J.P. Nijssen	1944	Eindhoven
Dhr.	F.J. van de Pol	1948	Dordrecht
Dhr.	H.J.J.H. van der Pool	1939	Houten
Dhr.	C.R. Scheltus	1935	Lelystad
Dhr.	G.C.A.M. Smits	1937	Vlijmen
Dhr.	M.C.J. Willems	1947	Beuningen



Foto: Martin Raasveld



Foto: Martin Raasveld



Foto: Martin Raasveld

Milestone: member 3000

Thomas de Groot

Last meeting, Thomas de Groot was put in the spotlight by our chairwoman because he is member 3000 of our association. Thomas already joined after the Four Days Marches in 2014, but the meeting before the marches seemed the best moment to give him a small present.

Our association is still growing to date. At this moment the number of members passed 3300.



Foto: Martin Raasveld

Portrait of a member

Name: Marilyne Mingou

Place of residence: Heverlee, Belgium

Age: 37



How would you describe yourself in one sentence?

As a very enthusiastic busy bee with an adversity to sitting still and doing nothing.

How do you fill your days?

I am a professional soldier serving as an officer with the Belgian Defence.

What makes you happy?

A long walk, horse riding or finding the time to read a good book in one go.

Why did you start walking the Four Days Marches?

I really started with the 'Four Days marches of the IJzer' in Belgium where I was told that you are not a walker if you have not completed the Four Days Marches of Nijmegen. Subsequently I was able to participate in Nijmegen with the JFC Brunssum team. From then onwards I have been addicted.

How many times did you participate?

In 2015 it was the 11th time for me. I al-

ways have been part of an international military unit and since three years with my own team: the Belgian German Friendship Team.

What is your secret for a successful Four Days Marches?

Definitely walking as a detachment commander. The secret of a good team is that you all know one another very well, that there is a good team spirit and having a good supporter.

With those ingredients we are certain to finish as a team even if it rains for four days or should everyone in the team have blisters.

How would you describe your most memorable encounter and most enjoyable memory of the Four Days Marches?

There are too many of both to pick one. I have met so many wonderful people during the Four Days Marches of many different nationalities, they will recognize themselves reading this article! But most of all: T&V as well as the team of the small contingents in Heumensoord.

Which is the last walk you took part in?

It is December now: the last walk in my diary is the 'Marche du Périmètre' in Bastogne.



Do you have anything more to add?

Most of all I would like to wish every reader a lot of success for the 100th edition of the Four Days Marches. The Belgian German Friendship Team will certainly take part and we are looking forward to it. I am very proud to lead this fantastic team through the Four Days Marches and all the training leading up to it. That is what makes the Four Days Marches such a special event, year in year out.



Indien onbestelbaar retour: Van Karnebeekstraat 153, 3317 KW, Dordrecht



Double rows detachments of the Royal Dutch Navy on the fourth day of the 81st Four Days Marches. (1997)

Photo: J. van Teeffelen

Source: Archives KNBLO-NL, Regionaal Archief Nijmegen