



# GOLD!

Nr. 8 - Juni 2017 EN

Magazine van de Vereniging Gouden-Kruisdragers Vierdaagse

In dit nummer:

New GKD T-shirts

Discover Huizen

New meeting point





# Content

|                                    |    |
|------------------------------------|----|
| Foreword                           | 3  |
| New                                | 4  |
| Summary concept minutes of meeting | 6  |
| Invitation General Members Meeting | 7  |
| Reunion Huizen                     | 8  |
| Meeting Points                     | 9  |
| From the members                   | 10 |
| 'Powered by' Enschede              | 12 |
| GKD T-shirts                       | 13 |
| Grand to Grand                     | 14 |
| Walkers bling bling                | 16 |
| In memoriam                        | 18 |
| Four Days' Marches Church Service  | 18 |
| Portrait of a member               | 19 |

Goud! is an issue of the association Gold-Crossbearers Vierdaagse.

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*The association Gold-Crossbearers Vierdaagse is founded on 24 July 1951 and approved by royal decree d.d. 24 July 1952, no. 46.*

# The Netherlands - walking land

There are few countries in the world where people walk as much as they do in Holland. Recent research shows that in my country, altogether, we take 481 million walks of one hour or more every year. This is good news, because it makes walking the most popular leisure activity of all time. Even better: it's not just the gray-haired seniors doing all the walking; the average age of people walking is actually going down, slowly but surely.

This really isn't a strange development when you think about it. The group of working people is getting busier and busier, resulting in more stress at work and at home. It is not always easy to find a balance between work and private life. What better than to 'empty' your head and go outside, alone or together, and walk in the woods or through the fields. It's good for one's body AND for one's mind.

There are many ways to get a walk. How about a nice city walk? My friends and I regularly visit a nice city and we always start with a city walk. There are plenty of tours/trails to be found on the internet or at the Tourist Office (in Dutch: VVV). How about a Taste and Walk tour, which leads you from one dish to the next (I have to admit: I am a walker who is a gourmet at heart).

Some people walk with a specific goal in mind, whether it is walking for a good cause, or a traditional or alternative pilgrim route, usually for hundreds of miles. Extreme walkers, who walk the Marathon des Sables through the Moroccan desert (our secretary Frans Leijtens!), or the Grand to Grand Ultra, a 273 km walk through the Grand Canyon. Read more about this event in this GOUD edition.

No matter what, walking is better for your health than intensive sports. It is better for one's heart, blood pressure and cholesterol than running is. It can reduce diabetes complaints, and postpone dementia. Walking is an efficient way to burn calories, because it regulates one's metabolism. And it's good for back pain. What more could you want?

In the meantime, the Four Days Marches are just around the corner. Will we see you at our Annual Meeting in the Nijmegen Kolpinghuis? We wish all participants Good Luck!

Leonie Vink  
Chair



(Frans Leijtens)

# News \*\* News \*\* News \*\* News

## Rino - new member of the board

My name is Rino Hamelink, born in Nijmegen. I walk the Four Days Marches since the age of 12 and I hope to complete it for the 35th time this year. I don't just walk the Four Days Marches, but I practically walk where ever I can. This can be 5 km with my daughter, but also a march of 160km.

Although I am a new member in this board, I have years of experience as voluntary worker with the walking sport in advising on walks and being member of the board of the walking association in the region Brabant-Zeeland.

In daily life I have been working as a supervisor in the catering industry, but I am looking for a new challenge right now.



Rino Hamelink

## Lustrumwards

For you as a member of our association it is new this year that you will automatically receive your lustrum reward when you successfully complete the Four Days Marches in accordance with the regulations.

So, as per this year you do not have to

request your lustrum reward yourself.

## Lustrums 2016

In the overview of lustrums in GOUD! of December 2016, the name of Mr. Walter Hollenkamp was missing. He successfully completed the Four Days Marches last year for the 35th time.

We congratulate him with this achievement.

## New meeting point

Due to changes in the routes for the first day we had to set up a new meeting point. The new meeting point is at Vossenpels 38 in Lent. In this magazine you'll find a full summary of all the meeting points.

## Cancellation of membership

The board asks you urgently to announce your intention of terminating your membership per 2018 **before 1st of October 2017**. The membership will be terminated at 31st of December 2017. We will be able to report your termination to the KWBN in time. After 1st of October 2017 you owe the membership fee for 2018, since our association has to pay remittance 2018 to KWBN. Be aware of these regulations, it prevents a lot of annoyance in case of late terminations.

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

Should you move, please let us know your address in good time, so that we can send your mail to your new address. It would be nice if you state the membership number that is available on the pass you have received from the walking association (KWBN). We would also appreciate it if you could also inform us of any changes with regards to your email address or bank account. The latter is especially important in case you pay your fee by direct debit. You can send your

message regarding any changes to ledenadministratie@goudenkruisdragers.nl. Thanks in advance.

## Membership types KWBN, it's up to you

As a member of the association of the Gold Medallists you are automatically member of the KWBN (Royal Walker Association Netherlands) and you pay a fee to this organisation through your membership fee of the Gold Medallists. The KWBN is offering you two types of membership, you can choose from

- A walking bonuscard, that takes in 2018 € 9,00 and in 2019 € 10,00 from your membership fee.

- A walking bonuscard, the magazine of KWBN: wandel.nl as well as an annual guide with all organised walking marches. This will take in 2018 € 14,00 and in 2019 € 16,00 from your membership fee. These fees add up to the fee for the association of Gold Medallists, that will be € 10,00 in 2018 (Total fee 2018 € 19,00 resp. € 24,00)

When you like to change your type of membership, report so before 1 oktober 2017 to the administration: Gerard Aarts, Derde Morgendreef 6, 5233 NK 's-Hertogenbosch, ledenadministratie@goudenkruisdragers.nl.

Consider this first possibility when several members of your family are member of a walking association that is allied with KWBN.

It is cheaper to choose a walking bonuscard only for members of your family because they won't receive a magazine nor annual guide since a maximum of one copy of each item will be sent to an address. Get that profit!

There is a catch in the deal though.

Point of attention: In the case you have several memberships of walking associations allied with KWBN, you'll pay the fee

# News \*\* News \*\* News \*\* News

of KWBN (according the rules) through the association you have the longest membership with. If you are registered at this (first) association for a 'walkingbouscard' and you didn't register a choice for the next/following association, the next/following association have registered you as 'MEMBER' by default and will charge you for the full KWBN fee.

This is not to your advantage; you have to have yourself registered as 'walkingbouscard' member for all associations allied with KWBN.

## Do you pay the membership fee yourself? You can help us.

The majority of the members have supplied the association with an authorization for direct debit to pay their annual membershipsfee. There are still hundreds of members paying themselves. We ask those members to authorize us for a direct debit of the annual membershipsfee. It saves the association postage for sending invoices if emailaddresses are not available or unknown. It also saves a lot of (paper)work because this administration needs to be done by hand. You proba-

bly understand it takes a lot of effort to receive all annual membershipsfee since there is a total of 3600 members.

So if you still pay yourself please send us a message that you agree to authorize the association for direct debit together with your IBAN- and BIC code. These are to be found on your bankstatement. You can sent your message to the administration: Gerard Aarts, Derde Morgendreef 6, 5233 NK 's-Hertogenbosch, ledenadministratie@goudenkruisdragers.nl.

Your advantage is that the membershipsfee will be paid in time and direct debit - reduces cost for the association and keeps the fees as low as possible.

## Presentation reissue 'De Goudenkruisdragers'

Although the book is only available in Dutch we still believe it would be nice to let you know that on the 8th of July there will be a festive book presentation of the reissue of 'De Goudenkruisdragers' (The Gold Medallists) by Rudy Dek. This will take place at bookstore Dekker van de Vegt at Marikenstraat 29 in Nijmegen.

Rudy Dek will hand-over the first copy to Leonie Vink, our Chairman.

This is followed by a drink and a bite and the opportunity to buy the book and get it signed by the author.



The book is a thriller about a secret file about the Gold Medallists which gets on the run.

In 2012, the book appeared for the first time and contained some inaccuracies, of which the author doesn't even know how they got into the book. Five yeears later this is resolved in this reissue.



(Frans Leijters)

# Concept minutes of meeting

## Summary

This is a summary of the concept minutes of the meeting of the general members meeting on 8 april 2017. Th complete minutes will be published and can be downloaded from the website three weeks before the general members meeting on 17 July 2017.

During the opening, the chair reflects on 2016, in particular the 100th Marches. Many members wore our new poloshirts. The Flag Parade "new style" drew a lot of attention. This year, too, many novelties are in preparation, such as a possible continuation of the shirts. As of this year, the distribution of the lustrum awards will be "automated". The Flag Parade will be held again this year, and we have been asked to participate again.

For the first time, the 30km walkers will have an early and a late start. But an ever bigger change is that "the letters of the starting-offices will be removed".

A number of members have signed out, among whom honorary member Henny Sackers, remarking that he owed a word of thanks to a number of members who congratulated him on his being appointed new head of the Marches.

Principal part of this meeting are the 2016 annual reports: the secretarial report and the financial account. The report is approved. The chair comes to the conclusion that the financial committee is discharged of their 2016 duty. In addition, a roster of the discharge of the members of the financial committee is agreed upon, and Ynskje van den Brakel-Visser is re-elected.

Next on the agenda is the 2018 budget. Summarizing, the chair decides on an unaltered budget, with the inclusion of the €10 contribution, augmented with the contribution to the KWBN.

Committee member Vicky Henriksen-De-laney retires by rotation and is not re-electable. Leonie highlights the many merits she had for the Association, which is why the board has decided – hearing the Election Committee - to elect her Honorary Member.

Vicky receives a painting made by our member Annemieke Martinus-Claus.

On behalf of the committee, the chair nominates Rino Harmelink as successor of Vicky. Rino briefly introduces himself. The chair finds that the regulations in the statutes apply and concludes that Rino is appointed committee member, which is applauded by those present. Frans Leijtens and Martin Pegels are re-elected as committee members.

Several points are brought up for discussion under any other business, such as the matter of how medals and rewards will be handed out. Signs will be put up where the distributions will take place. 30km walkers will also be enabled to exchange early and late starts.



Waalkade (Frans Leijtens)

# General Membersmeeting invitation

## You're welcome!

We invite you to gather for the General Membersmeeting on 17 July 2017 2:00 PM in Nijmegen Kolpinghuis, Smetiusstraat 1.

The board suggest the following agenda:

1. Opening by the chairman
2. Incoming correspondence & announcements from the board
3. Minutes of the General Meeting held on April 8 2017
4. The 101st Four Days Marches and (other) business regarding the Marches
5. Reunion 2016 in Huizen (Noord-Holland)
6. Reunion 2018 in Ouwerkerk (Zeeland)
7. (other) Proposals of the board
8. Proposals from the members
9. Any other business
10. Closure

The board requests anyone with questions that take some preparation, to sent those to the secretariat if possible in writing and at least one week before the meeting.

At the moment of the printing of this magazine, the board had no intensions to present any proposals to the general meeting.

If there is wish on behalf of the KWBN and / or The 4DAAGSE to address the meeting, it will take place immediately after the opening of the meeting. The board aims to end the meeting at 15.00.



*Vereeniging (Frans Leijters)*

## Van Veluw 75 years

Van Veluw celebrated their 75 years existence on 18 May. A guided tour was organized as part of the festivities. It was shown how the medals, also the Four Days Marches medal, are produced.

The lustrum awards of the Gold Cross Bearers are produced by Van Veluw as well.

We congratulate Van Veluw with their jubilee and hope to continue a long and good cooperation!



# Discover the village of Huizen

## Invitation reunion 2 september 2017

We like to invite cordially all members to the reunion in Huizen in the region 't Gooi. The event is hosted at Coronel Kartracing

On saturday 2nd september 2017 we receive the members of the association in the city of Huizen province Noord Holland region 't Gooi. Although Huizen is known for fishing, it started as agriculture community and was mentioned at first in 1832. During the visit we will learn more about the history of this village. The modern days will get their full attention during the reunion. We will be hosted in the accomodation of Coronel Kartracing in the harbour of Huizen. The reception with coffee and cake will be followed by a presentation of the history of Huizen and its folkloric costume. There will be a programme of choice after lunch: you can walk with a guide in the environment or the old center or visit the Huizer Museum. There is another option to ride a heat in a kart and play a lasergame. There will be an opportunity for all to walk around by yourself in the old village or to the limekiln in the harbour. We will end the day at Coronel with the granting of the lustrum awards.

Expense? 35 Euro pp for the guided tours or museum, 40 Euro pp for Karten and lasergamen. You can apply by transfer these costs to account NL70 INGB 0000375702. When you do apply please write your membernumber en one of the following terms (NATURE, VILLAGE, MUSEUM, TRAM, KARTEN) in the available commentary space .

Applications will be taken till the 12th of august 2017.

The guided tours (NATURE or VILLAGE) will take a maximum of 25 persons; the Horse tram (TRAM) will take no more than 20 persons: please apply soon if you like to be parts of one of these groups.

### Program

10.00 AM-11.00 AM Reception with coffe and cake at Coronel Kartracing

11.00 AM-12.30 PM Presentation about Huizen and the folkloriccostume (by the Huizer Museum)

12.30 PM- 1.30 PM Lunch

1.30 PM- 4.00 PM Program of choice:

NATURE: guided tour (by Huizer Museum) through the nature near the Gooi lake, ending in the old village (€ 35 pp)

VILLAGE: guided tour (by Huizer Museum) through the old village (€ 35 pp)

MUSEUM: walk to and visit the Huizer Museum in the old village (€ 35 pp)

TRAM: ride with Horse tram to and visit the Huizer Museum in the old village (this option is especially for guest that have difficulties walking!)(€ 35 pp)

KARTEN: karten, lasergamen and explore the old village by yourself (€ 40 pp)

4.00 PM- 5.00 PM Granting of lustrumawards (at Coronel Kartracing)

You will find the closest busstop (line 320) at just 300 m from Coronel Kartracing, at the Bestevaer near the harbour of Huizen (in front of the office of Thales: busstop Havenstraat). The busstation of Huizen is at 1400 m from Coronel. Parking for cars is sufficiently available near Coronel. To enter the accomodation at Coronel, you'll need to take the staircase up and down during the day.



The old harbour



The Huizer Museum



Coronel Kartracing

# GKD Meeting Points

## A reminder

Some years ago we started with installing Meeting Points along the course so members can meet each other. The last announcement of these locations was some time ago; in the meantime a lot of new Gold Cross Bearers became member of the association. The Meeting Point on the first day has changed. That is another reason to announce those Meeting Points once more.

### Meeting Point day 1

You'll find the Meeting Point in Oosterhout, but at another location. This was necessary since the change of the course.

The Meeting Point is at the address Vos-senpelstraat 38 in Lent; this is at the left side of the road.

On the photo below you will get an first impression of the location where we like to host you.



### Meeting Point day 2

The Meeting Point on the second day will be in Beuningen at the Hogewaldstraat number 16, near the intersection with the verbindingsweg.

This is situated just before leaving the village.



### Meeting Point day 3

On the third day you'll find the Meeting Point leaving Bergen Dal at the right side of the road on the Oude Kleefsebaan number 17.

The little square in front of the church (Parish the Resurrection) gives us a nice spot close to the road.



### Meeting Point day 4

The fourth day you find the Meeting Point in Malden, just before passing the Intratuin at the right side of the road.



The Meeting Points are announced by boards and are recognizable by the beach banners.



# From the members

## Walking, sweating and no whining: a selection of slogans from the Four Days Marches

A remarkable phenomenon: walking the Four Days marches. It takes at least five holidays, you get very sore feet, you return every day at the point where you started and almost everybody think you're a fool. Of course the spectators are right, just the walkers know why they are doing it. A walker does more than walking from A to B, he is also observer, he is curious, listens and remembers what he sees and sometimes writes it down. How it ends? You forget about sore feet and maybe a sore head, but your performance stays forever. Nobody can take that from you.

Invited by the editors in Gold! No. 7 of December 2016, I would like to share with you some slogans that I have noted during 24 Four Days Marches. No, not like how long, warm, beautiful, cold and wet it was. I have to disappoint those that expect to read here about the welfare of the walking world, say the backside of participants, albeit a huge and fascinating topic. It's about t-shirts and boards and banners with slogans of different kinds. Made up and worn by walkers or written by people involved in the party called Vierdaagse. These slogans are indicated in italics hereafter.

By Kees Brinkman

They encourage, warn, discourage, as varied as the participants themselves. Demonstrators with political messages do not belong at the Four Days Marches, we just ignore that. I have compiled an anthology from the rest. I have classified the slogans, where will we start with?

That is obvious: with the complainants of course! The Netherlands has achieved a high degree of perfection, complaining and whining about everything. It is expressing dissatisfaction. Satisfied people and pure walkers do not complain, they are relaxed and therefore happy, for sure at the party of the Four Days Marches.

After those who complain follow those who regret, those who evade, those who doubt, those who date, and the best I have saved for last: the humorists. Are you ready? Here we go.

### Those who complain

Why does anyone start a performance event? Of course they are right when they claim: *Without the bus it's a big deal*. And who asks: *How far do we go Papa Smurf?* did not read well what was said on the internet and in the walking magazine. Someone who walks a long distance feels it in the end. I get so tired of it.

Yes, walking a day requires an effort that

you will feel, after all, you will do more than walking the dog around the church.

### Those who regret

You will catch the Four Days Marches virus or not. Who puts on his shirt: *Look at me I'll never do this again*, is not infected but immune to the virus. This also applies to the people that want to try but don't like it and share with us: *We walk twice, for the first and the last time*.

### Those who evade

You walk along with thousands of others, yet someone advises: *go cycling!* During the four days you pass several times the 'airbridge' over the Heyendaalseweg that connects university buildings.

An excellent location for wishing colleagues and acquaintances success and many use this opportunity.

However, not all wishes are optimistic. There is peevish person amongst them: *Charles, it's never going to be fun*. The banner somewhere in the city center in 2016 is also very clear: *Bert, do not do it!*

### Those who doubt

The world is full of doubts and yes you will find them in Nijmegen too. They wonder: *Do you really like this?* Another claims: *You are going fast, but are you happy too?* Answer: yes. In Nijmegen I let myself go

and walk and enjoy. Yes but who am I to doubt myself? Any idea what to do with it?

### Daters

It's the third walking day in 1996. In Mook Annie's friends do not only wish her good luck but also want her to get a friend and invite walkers to apply: *Go go Annie. PS We like Annie to have a man; about 47 years, sports type, should be able to walk well, small problems accepted*.

In 2001 a boy in love in Wijchen needed five banners to reveal his desire. *Sandra we know each other - now six years - I'm the chunk from the pool - now I have a question - do you want to marry me?* What has come of this? I would not know.

*We are to good to be free*, say two women in pink dresses. That was in 2008, did they get what they wanted? No idea.



(Tiny Kouters)

## Humorists

There is a lot of fun on the road and alcoholic refreshments are consumed as well, because many people think that walking and drinking don't exclude each other. After a warm completed stage: enjoy a beer, the music and have a chat. Delicious!

The biggest category of messages, sayings and advises is humorous of nature, an essential element of the Four Days Marches. The old marines have understood this and shared in 1994: *A healthy mind can never live in a dry body*. This category contains the man in Elst that is wearing a tight t-shirt and having a thick belly. *Only beer gets you such a beautiful body*.

It was in 2000 during the entry parade. A walking 'clown' is dressed in a pink dress

and has a white wig. He carries a board saying: *Via Gladiola: the world's longest and permitted zone to walk the streets*. Lots of the people appreciate such statements!

Everything can be put in perspective even if the world is being harassed by financial problems such as in 2009. In Elst this problem is solved with three signs in succession: *After 200m. Crisis - after 100m crisis - beyond the crisis*.

Self-knowledge, you can't have enough of it. Two ladies with a poison green apron wonder: *Aren't we a tasty bite?* It's 2011 and the weather is nice. Along the side are two robust ladies in comfortable, equally robust chairs to enjoy the passing and transpiring walking legion.

They are fully equipped: a table with bottles, glasses and favorite refresh-

ments. They are satisfied and well behaved and they look like it too. In front of them lies a fierce bulldog with a plate around his head: *Hugs free*.

## And last but not least

Thanks God it's Friday, a big banner across the road near a rest area. Probably a military sigh at the Scheidingsweg. It is impossible to miss, the very optimistic expectation of 2016: Who walks will live a hundred years! That's not a slogan for just 2016, but applies for every year.

How do we do this next month? *Walking, sweating and no whining*.



Kees Brinkman

# Do you walk with Sinterklaas?

## Oh, come and look .....

We move from the west to the east of the Netherlands, to Enschede for the next 'Powered by GKD' walk. Walkingclub DIO from Haaksbergen invites everybody cordially to their annual Sinterklaaswalk.

## Walking in Twente

On Saturday, November 25 and Sunday, November 26, we are organizing our annual St Nicholas walk, which this year will be a 'Powered by GKD' walk. This is something that we, as the organizers of this walk, are very happy about. We also sent a message to Madrid, and St Nicholas and his helpers are very excited to meet you on this walk.

Due to the fact that the new N18 road will still be under construction, we will NOT start at Sporthal De Els in Haaksbergen.

Instead, the new start location will be Camping Twente, right on the N18 between Haaksbergen and Enschede. It is an ideal start location for walking through the Buurserveen and toward the Rutbeek.

### Start location:

Camping Twente  
Oude Deldenerweg 1  
7546 PP ENSCHEDE

### Directions:

From A1 to Hengelo, then A35 to Enschede. Take Exit Enschede (University) and follow the signs for Enschede Zuid. Take N18 to Haaksbergen, follow the signs for Camping Twente.

From A12 to Oberhausen, take exit to Doetinchem (A18), at the end turn onto N18 (T-wenteroute) to Enschede, and follow the signs for Camping Twente.

### Distance:

| Distance: | Start time:          |
|-----------|----------------------|
| 30 km     | 09:00 am to 11:00 am |
| 20 km     | 09:00 am to Noon     |
| 15 km     | 09:00 am to 1:00 pm  |
| 10 km     | 09:00 am to 2:00 pm  |
| 5 km      | 09:00 am to 2:00 pm  |

IVV stamp available.

Entry fee: € 2,50 (KWBK members)

Entry fee: € 3,50 (non-KWBK members)

Medal: € 1,20 (additional fee)

Entry fee for primary school pupils: € 1,50 including medal (if accompanied by adult)

Info 053-5726821 of 053-5696544 and [www.wkdio.nl](http://www.wkdio.nl)

On behalf of Wandelkring DIO Haaksbergen and GKV, you are cordially invited to come and enjoy the Twente scenery.



# Gold Cross Bearers T-shirt for Four Days Marches 2017



The success of the polo shirts on the occasion of the 100th Four Days and the request of many members for a new shirt has made the association decide to offer another/new shirt this year. Do you like to order one or more? Read the following carefully.

## Description and costs

The shirts are so-called technical shirts of the brand Clique, are of good quality and made of 100% polyester. They are available in men's and women's sizes in the color turquoise (light blue).

The printed logo consists of the image of a gladiol surrounded by the text: 'Vereniging Gouden-Kruisdragers Vierdaagse 2017' (see image).

The shirts cost € 16.00 a piece. They are available in sizes S to XXL (ladies) and XXL (men).

## Order

To order a shirt send a mail to [rino.hamelink@goudenkruisdragers.nl](mailto:rino.hamelink@goudenkruisdragers.nl) before 1 july. Please state your name, city and te-



lephone number. Tell us if you want a male or female shirt and the size.

Transfer the amount to bankaccount number (IBAN) NL51 INGB 0008 1630 10 of Blue Boot Walking Tours, stating your name and 'shirt GKD'.

Your order will be accepted when your payment is received. Exchange of shirts (e.g. you like to have a smaller/larger one) is not possible since the shirts are made to order.

## Pick up point

When your order is final you will receive a confirmation. With this confirmation

you can pick up your shirt(s) on Monday 17 July between 12.00 and 14.00 at the Kolpinghuis, Smetiusstraat 1 in Nijmegen.

**Note:** Its not possible to sent the shirt(s) to your home address! If you can not pick up your shirt, ask someone else to pick up your shirt(s).

We hope the center of Nijmegen turn into blue with all the members with a Golden Cross Bearers shirt on the Via Gladiola on Friday July 21st. We wish you a lot of fun in Nijmegen.



# A GKD-er in the Crand Canyon

## Grand to Grand

A report from Rino Hamelink about extreme challenge; something totally different compared to the Four Days Marches

After I had successfully participated in the MdS (Marathon des Sables) through the Sahara in Morocco twice, a Belgian walking friend drew my attention two years ago to a similar event in North America: the Grand-to-Grand (G2G). It turned out to be a hike from the edge of the Grand Canyon to the top of the Grand Staircase. A 273-kilometre hike which has to be covered in six stages – just like the MdS.

The other things seemed familiar as well: a running event in which I would participate as a walker, one long stage so that the overall duration of the event would be seven days, and you would have to be fully self-supporting as a participant, except for the water. This means that you have to carry everything with you, even your food supplies for seven days, and also a lot of mandatory items, such as a compass, a first-aid kit, two torches, a small mirror, and so on. I liked the idea of participating in this hike; it would be something different from the Sahara-sand.

On Friday 23th September I had to check in with the organisation in Kanab (Utah) to take care of administrative tasks and to have my luggage checked and weighted.



Everything was found ok and my backpack (without the additional belly bag and my camera) weighted around 30 pounds. On Saturday, we were taken to the edge of the Grand Canyon by four-wheel drive vans. Here was our first camp, from where we would start on Sunday.

On Sunday we were up against a stage of 50 kilometres. This was not so heavy as I had expected. Many dusty roads, and only the last few kilometres went through the natural terrain. We had been warned of cactuses. The organisation had been quite right to do so. I passed one too closely and got some very long needles in my leg, which - as I discovered when I tried to remove them - had little hooks at the end.

The second stage, on Monday, was 43 kilometres long. It was quite difficult. It started with a climb of 2 kilometres which took me 50 minutes. Overall, we climbed 700 meters and descended 900 meters. And all day long it was very warm.

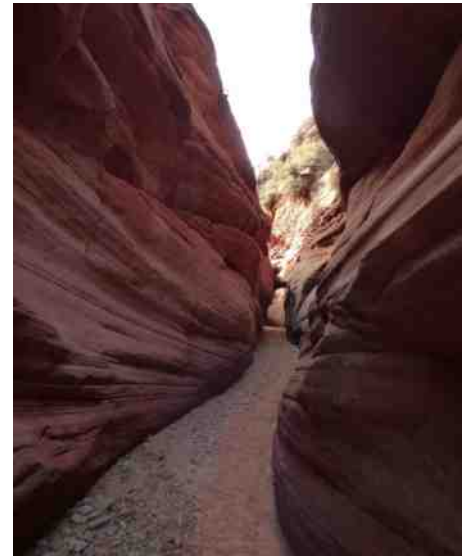
The third day was the crucial day. During the first two days, nobody had dropped out, but the long stage on the third day turned out to be decisive afterwards. On this day, 22 of the 139 participants dropped out (in total only 23 people would drop out). It consisted of no less than 85 kilometres (60 on soft sand and 15 on hard sand), 1700 meters of climbing and 1300 meters of descending. It was tough, but stunningly beautiful.

The fourth day was 'just' a marathon, but again very heavy. This time because of the weather. An incredible thunderstorm suddenly formed all kinds of streams and rivers... I fell twice. When climbing a rock, we were ordered to go back down as soon as possible. A flash flood of mud came down just where we wanted to go up. After having waited for 45 minutes, we went up again using a detour. I had become soaking wet and in the evening I dried my shoes at the campfire. Unfortunately, I put one inner sole too close at the fire and as a result 3 centimetres of it melted away. But luckily, I stayed blister-free for the rest of the hike.

On day 5 we did a marathon again. From the camp, we descended to a canyon which we followed for kilometres, walking, crawling, leaping, clambering... One time I had to push my back against the rocks and my feet against the opposite rock side to come down. Another time I passed the water in a horizontal position, pushing my feet against the rocks and my hands against the opposite side. We continued the hike along a small river and after that over a dry bed. Well in time I arrived at the final camp.

On the final day, we had to cover 12 kilometres with 600 meters of climbing. The first part was flat, with a lot of mud, and then we started to climb. It was very steep, but I arrived at the top sooner than I had expected. We walked around the top over a ledge, clambering over fallen trees and stones that had been swept away. The final part was almost flat. Then the finish. I've made it. 273 kilometres through unspoilt nature. Occasionally we had crossed an asphalt road, but mainly we had followed nature trails. Tough, but how beautiful it was.

Will I ever do this hike again, or will I look for a new challenge? The organisation has thought up a new one: the Mauna to Mauna Ultra on a volcano in Hawaii...



# "Walkers bling"

## What do walkers do with their medals?

One puts them in a box, some have a 'professional' trophy cabinet and many others tinker something themselves to put their medals away or show them off on a special spot at home.

In the previous edition of GOUD! we published some photos of members who shared them on our Facebook page. We noticed: come one, come all.... and that was the same after publishing photos in GOUD! last December.

Soon other members turned in photos as well, enough to fill two pages in this magazine.

Do you have a special way to keep your medals (of the four days marches) and would like to share that with others, please send your contributions to [redactie@goudenkruisdragers.nl](mailto:redactie@goudenkruisdragers.nl). If we receive sufficient contribution we continue this article in December!



The 'Four Days Marches Wall' of Heinz-Georg Heiland from Weimar, Germany. Heinz-Georg has participated in the Marches for the 43rd time last year. In addition to the Four Days Marches, he knows how to find even more challenges in the Netherlands. He also did the Rotterdam marathon 5 times in the past.



The 'bling bling' of Monique van Ingen from Huissen; to be found in her bathroom. This way she can enjoy it every day.



The collection of Anneke Veenendaal from Krommenie, which has a beautiful spot in a room in the attic.



This one is from Stef Meeusen. He has successfully completed the Four Days Marches 15 times of which 14 times according the regulations (1 times 40km instead of 50km).

He participated in the cancelled edition of 2006 as well. The memory of this terrible Four Days Marches can be found in the top left, on the bronze number 1 medal.

On the silver number 5 medal, the special pin of the 75th edition in 1991 can be found.

All designs are made of wood (painted).



This one is from Raymond Meeusen. He completed the Marches 14 times successfully, of which the latest one was last year (the 100th edition). The silver gladiol can be found in the right upper corner. He participated in 1996 (the 80th edition) as well and the blue pin of that edition can be found in the right lower corner.



This one is from Pascal Heijmen, a walking mate of Raymond Meeusen. He started walking in 2013 and completed the Four Days Marches 4 times now. He still has some time to go, but maybe he will become a Gold Medallist in the future too. The red-white-blue ribbon on the right hand side can be used for the numbers.

# 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.

|                     |               |      |
|---------------------|---------------|------|
| Mr. C. Bol          | Rotterdam     | 1949 |
| Mr. F.B. Dede       | 's-Gravenhage | 1947 |
| Mr. C.J. Dekkers    | Doorn         | 1940 |
| Mr. H. Gravemaker   | Heemskerk     | 1938 |
| Mr. F. Groenewoud   | Amsterdam     | 1936 |
| Mrs.J.C. Heinstman  | Den Helder    | 1959 |
| Mr. H.J. Jabinschek | Wijchen       | 1953 |
| Mr. L. Koezen       | Ommen         | 1945 |
| Mr. R.J. Mammen     | Hilversum     | 1957 |
| Mrs.T.G.M. Pelgrim  | Terborg       | 1933 |
| Mr. T. van de Pol   | Tiel          | 1951 |
| Mr. E. Richter      | Brondby, DK   | 1922 |
| Mr. A.M. Stroebe    | Driebergen    | 1947 |
| Mr. M.M.J. Voeten   | Zutphen       | 1974 |
| Mr. A.J. Vroon      | Maassluis     | 1932 |
| Mr. A.J.J. Wannet   | Nijmegen      | 1944 |



## Four Days' Marches Church Service 2017



Bron: <https://www.flickr.com/photos/111347625@N06/25665131673/>

On Sunday 16th July the Four Days Marches church service will be held for the 56th time in St Stevens Church in Nijmegen.

The service starts at 10 o'clock. The church is open from 9 o'clock.

The theme of the service is A Light on our Path.

The service will be conducted by Rev. W. Boon and Father R. Willemsen.

There will be a musical performance by The Groesbeek Mixed Choir, supported by the Siva Quartet and conducted by Mr Eugène Ceulemans.  
The König organ will be played by Mr Cor van Wageningen.

On behalf of the Committee of the Vierdaagse Foundation,  
Mrs Gien Langen-van Kolck, secretary/ treasurer.

# Portrait of a member



**Name:** Mick Pausey  
**Residence:** Narangha  
**Age:** 72

My name is Mick Pausey and I am 72 years old. I am originally from the UK but have lived in Queensland, Australia for 13 years.

I think I am pretty laid back. I used to be a Police Officer in the London Metropolitan Police but I am now retired. I like being out and about in the fresh air.

My first Vierdaagse was in 1975 when I marched with the London Bobbies.

To be successful in the Vierdaagse I have to train very hard. I do a long walk every week from February and also take part in the Canberra Walking Festival. My fon-

dest memory of the Vierdaagse was my first parade along the "Via Gladioli" So many people cheering us on.

I last walked the Vierdaagse last year for the 40th time, so it was a special year for me. Last year I carried the Australian flag in the Flag Parade and felt very honoured to do so.



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



*Tired feet get fresh air at a military post on the right border of the Maas on the fourth day of the 71st Four Days Marches. In the background the Saint Martinus church of Cuijk (1987)*

*Photo: Jan van Teeffelen*

*Source: Collection Royal Dutch Association for Physical Education (KNBLO) 1906-2003 (Regional Archive Nijmegen)*