

THE SITTARD KENNEDY MARCH – March 31, 2018

1. The Sittard Kennedy March came into existence in 1963 when the American president John F. Kennedy said "I think most American people are so weak, they can't even walk fifty miles within 20 hours". In many places people tried to prove him wrong. In Sittard, in the South of the Netherlands, four high school students and some of their friends started the first Sittard Kennedy March on April 20th 1963. After 19 hours, 10 participants reached the finish line tired but satisfied. The event developed into a tradition. In 2017, numbers had grown to 2430.
2. The distance to be covered is 80 km. It must be completed within 20 hours.
3. The start is between 5 and 7 am on Saturday, March 31, 2018. Both start and finish will be at the Market Place in Sittard.
4. Only walking, marching or speed-walking are permitted. Running or jogging is not allowed. Rules can be adapted to disabled participants.
5. Advance registration is possible:
 - Online at www.kennedymars.org till 19 march 2018. You can pay by iDeal, Creditcard, Bancontact/Mister Cash or SOFORT.
 - At Mulders Berg- en Wandelsport, Molenstraat 10 in Limbricht between February 20th and March 30th 2018 (except Saturday afternoon).
 - On the day itself from 04.15 hours a.m.
6. Participants will receive commemorative pins as follows:
 - a bronze pin for first time completion.
 - a silver pin for the second time.
 - a medal for the third time.
 - a number of subsequent completions.
7. Participants must organise their own luggage and beverages.
8. At the five resting places, participants receive free apples and sandwiches. Stopping is not compulsory.
9. All roads are hard-surface and the route is marked by arrows.
10. For hotel reservations please call the Tourist Office at +31-43-6098500
11. Competition Class:
 - Participants aged 21 and over (on January 1, 2018) and capable of walking the march within 12 hours may compete in the Competition Class.
 - Royal Netherlands Athletics Union (K.N.A.U.) rules will be applied.
 - Competitors receive special support during the march.
 - The three male winners and first female will receive commemorative medals. There are no prizes.
 - Registration for the Competition Class is only possible online: www.kennedymars.org.



- The registration fee for the Competition Class is € 25 which has to be paid online by iDeal, Creditcard, Bancontact/Mister Cash or SOFORT, before March 20-03-2018.

12. For further information, please call Thea van der Loo +31 46 4520810 or www.kennedymars.org