



THE SITTARD KENNEDY MARCH – 11 April, 2020

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 2019 the number of walkers was 2234.
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, 11 April 2020. Both start and finish will be at the Market Square 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. The registration fee is € 20 (€ 22 as of 31 March). Registration is possible:
 - Online at www.kennedymars.org till 30 March 2020. You can pay by iDeal, Creditcard, Bancontact/Mister Cash or SOFORT.
 - At Mulders Berg- en Wandelsport, Molenstraat 10 in Limbricht between 2 and 10 April 2020 (except Saturday afternoon).
 - On the day of the walk (11 April) 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 organize their own luggage and beverages.
8. At the five resting places, participants receive free fruit and sandwiches. Stopping is not compulsory.
9. All roads are hard-surfaced. The route is marked by arrows.
10. For hotel reservations: www.kennedymars.org.
11. Competition Class:
 - Participants born before January 1999 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 walk.
 - 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 to be paid online by iDeal, Creditcard, Bancontact/Mister Cash or SOFORT, before 31 March 2020.

12. Swentibold-March (40 km)

It is also possible to walk the Swentibold March, which is a half Kennedy March. The start is at 10.00 am. The registration fee is € 10 (€ 12 after 30 March). Registration is the same as for the Kennedy March.

13. Mini March (10 km)

The start is at 12.00 am. Registration fee is € 4.

14. For further information: www.kennedymars.org or secretaris@kennedymars.org.