



THE SITTARD KENNEDY MARCH – 4 April 2026

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.
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, 4 April 2026. 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. Registration is possible:
 - Online at www.kennedymars.org till 24-03-2026. You can pay by iDeal, Creditcard, Bancontact/Mister Cash or SOFORT.
 - At Mulders de Buitensportspecialist, Koningstraat 1, Born, between 1 January and 24 March 2026, (except Saturday afternoon).
 - On the day of the walk (4 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 please call the Tourist Office at 0031-43-6098500
11. Competition Class:
 - Participants who reached the age of 19 before the 1st of January of this year and are capable of walking the march within 12 hours may compete in the Competition Class.
 - The Atletiekunie rules will be applied.



- Competitors receive special support during the walk.
- The three male winners and three first female winners 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 € 30 to be paid online by iDeal, Creditcard, Bancontact/Mister Cash or SOFORT, before 24 March 2026.

12. For further information, send an email to secretaris@kennedymars.org.