

TECHNICAL GUIDE

VISIT FRIESLAND ELFSTEDEN RACE

Sunday March 6, 2022

UCI MEN 1.2



WWW.VISITFRIESLANDELFSTEDENRACE.NL

INDEX

1. VISIT FRIESLAND ELFSTEDENRACE 2022	1
2. ORGANIZING COMMITTEE	1
3. ORGANIZATION	1
4. MEMBERS OF THE COMMISSAIRES' PANEL	2
5. TEAMS	3
6. ROUTELINK	3
7. START	3
8. DISTANCE	3
9. NEUTRALIZATION	3
10. OFFICIAL START (FLYING)	3
11. PERMANENCE	4
12. MEETINGS	4
13. PARKING TEAMS	4
14. PARKING SOIGNEURS AT THE FINISHLINE	4
15. DRESSING ROOMS	4
16. ANTI DOPAGE	5
17. HONOURING	5
18. FEEDING ZONE	5
19. DEVIATION	5
20. HOSPITALS	5
21. RAILROAD CROSSINGS	5
22. MAP	6
23. MAP LAST 3 KM	7
24. HEIGHT PROFILES	7
25. DIRECTIONS	8
26. REGULATIONS	18

Date	Start	Finish	Profile	Distance
Sunday March 6	Elfstedenplein, Leeuwarden	Groningerstraatweg, Leeuwarden	Flat	199.2 km
7.00	Permanence open	9.45	Drivers' meeting	
8.00 - 8.45	Inscription & confirmation riders	9.45-10.45	Team presentation	
9.00	Traffic controllers, police and medical staff	11.00	Neutralized start	
9.00	Teammanagers meeting	11.22	Real start	
9.00	Press room open	16.00	Finish	
9.30	Commissaires' meeting	16.00	Dinner	
9.30	Briefing traffic controllers	16.30	Honouring	
		16.30	Commissaires meeting	

1. VISIT FRIESLAND ELFSTEDENRACE 2022

Organization	: Courage Events
Address	: Baroklaan 1, 9351 TR Leek
Website	: www.visitfrieslandelfstedenrace.nl
E-mail	: thijs.rondhuis@courage-events.nl
Telephone	: 0031 622900131

2. ORGANIZING COMMITTEE

Visit Friesland Elfstedenrace 2022

Chairman	: Nathan Lootsma
Volunteers	: Roelof Bosma
Cars	: Erik Jager
Sponsorship	: Freddy Haak
Sponsorship	: Jan Bakker
Sponsorship	: Jan van Erve
Organization	: Thijs Rondhuis

3. ORGANIZATION

Function	Name	Telephone
Koersdirecteur	Thijs Rondhuis	06-22900131
Technische zaken, vergunningen en veiligheid, safety manager	Rikus Sunderman	06-22377479
Verkeersregelaars	Roelof Bosma	06-55793160
Start / finish coordinatie	Willem Oosting	06-22798820
Start / finish / reclame	Hindrik Wilkens	06-44414602
Start / finish / reclame	Yke Agema	06-41546952
Start / finish / reclame	Chris Gelderblom	06-29486107
Hotels	Margriet Roelofsen	06-22690334
Communique	Daan Brand	06-52110040
Huldigingen	Eyelen Bekkering	06-22416010
Gasten coordinatie	Danielle Bekkering	06-53730955
Pers	Danielle Bekkering	06-53730955
Social media	Theo Sikkema	06-27021398
Social media	Daan Bultje	06-24739439

Website en communicatie	Mascha Rondhuis	06-14531153
Uitzetting bepijling parcours	Klaas Meindertsma	06-29283492
Uitzetting bepijling parcours	Henk de Leeuw	06-52475031
Ophalen bepijling parcours	Chris Gelderblom	06-29486107
Ophalen bepijling parcours	Jan Gritter	
Inschrijfbureau	Willy Sunderman	06-57172109
Chaufeur Geluidswagen	Hans Feller	06-11210270
Chaufeur Jury 1	Piet Guikema	06-16427085
Chaufeur Jury 2	Henk Vis	06-53604295
Chaufeur Jury 3	Jan Raven	06-33027707
Chaufeur Jury 4	Wim Dussel	06-15133784
Chaufeur Jury 5 / aankomstrechtter	Jan Dam	06-51835059
Rondearts	Egbert ten Wolde	06-52554157
Bezemwagen	Chiel Heinen	06-53332166
Perswagen	Willem Oosting	06-22798820
Chaufeur gasten 1	Danielle Bekkering	06-53730955
Chaufeur gasten 2	Eyelen Bekkering	06-22416010
Motor Begeleidingsteam Assen	Chris Gras	06-23668800
Medische dienst	Top Medical Team	06-50434069
Ronde arts	Gineke Jeurink	06-50434069
Podium, jurywagen, finishboog, finishstreep en geluid	Sportscom; Richard Beereboom	06-51277198
Dranghekken	Doorenbos; Wim Bloeming	06-48274913

4. MEMBERS OF THE COMMISSAIRES' PANEL

Function	Name
President commissaire	Danuta Maciatek, Poland
Commissaire 1	Pim Kroon
Commissaire 2	Richard Vermeeren
Commissaire 3	Sanne Briggeman
Radio Tour	Miranda Colenbrander
Finish judge	Koos Feiken
Timekeeper commissaire	Dieuwke Kalsbeek
Computer commissaire	Daan Brand
Announcer 1	Andries Nieuwenhuis
Announcer 2	Erik Jager
Motor comissaire	Erik Bos
Motor rider	Pieter Moes
Motor ordonnance	Cor Rijpma
Video finish	Richard Beereboom
Broom wagon	Sjaco de Waal
Stagiair	Arjan Bakker

5. TEAMS

	Team	Team Country	Team Class
1.	SPORT VLAANDEREN - BALOISE	Belgium	UCI ProTeam
2.	ABLOC CT	Netherlands	UCI Continental Team
3.	ALLINQ CONTINENTAL CYCLINGTEAM	Netherlands	UCI Continental Team
4.	BEAT CYCLING	Netherlands	UCI Continental Team
5.	BINGOAL WB DEVELOPMENT TEAM	Belgium	UCI Continental Team
6.	DEVELOPMENT TEAM DSM	Netherlands	UCI Continental Team
7.	ELKOV - KASPER	Czech Republic	UCI Continental Team
8.	HRE MAZOWSZE SERCE POLSKI	Poland	UCI Continental Team
9.	JUMBO - VISMA DEVELOPMENT TEAM	Netherlands	UCI Continental Team
10.	LEOPARD PRO CYCLING	Luxembourg	UCI Continental Team
11.	METEC-SOLARWATT P/B MANTEL	Netherlands	UCI Continental Team
12.	RIWAL CYCLING TEAM	Denmark	UCI Continental Team
13.	TARTELETTO - ISOREX	Belgium	UCI Continental Team
14.	TEAM AMPLER-TARTU 2024	Estonia	UCI Continental Team
15.	TEAM DAUNER AKKON	Germany	UCI Continental Team
16.	TEAM LOTTO - KERN HAUS	Germany	UCI Continental Team
17.	VOLKERWESSELS CYCLING TEAM	Netherlands	UCI Continental Team
18.	XSPEED UNITED CONTINENTAL	Canada	UCI Continental Team
19.	NATIONAL TEAM AUSTRIA	Austria	National Team
20.	HOUTTEC CYCLING TEAM	Netherlands	Club Team
21.	JEGG DJR ACADEMY	Netherlands	Club Team
22.	JOHN DEERE CYCLING TEAM - NWVG	Netherlands	Club Team
23.	MONDA VAKANTIEPARKEN - IJSSELSTREEK CT	Netherlands	Club Team
24.	WIELER COMBINATIE FRIESLAND	Netherlands	Club Team
25.	WV WEST FRISIA	Netherlands	Club Team

6. ROUTELINK

<https://www.afstandmeten.nl/index.php?id=2928761>

7. START

11.00 Westcord WTC Hotel, Heliconweg 52, Leeuwarden

8. DISTANCE

199.2 km

9. NEUTRALIZATION

9.8 km

10. OFFICIAL START

Rijksstraatweg, Hardegaryp

11. PERMANENCE

Inscription/teammanagers meeting/commissairs meeting

Westcord WTC Hotel Leeuwarden
Heliconweg 52,
8914 AT Leeuwarden
Phone: 0031 58 233 4900

12. MEETINGS

Westcord WTC Hotel Leeuwarden
Heliconweg 52,
8914 AT Leeuwarden
Phone: 0031 58 233 4900

Inscriptions and meetings	
8.00-8.45	Inscription and conformation riders
9.00	Teammanagers meeting
9.30	Meeting of the Panel of commissaires'
9.45	Drivers meeting
16.30	Commissairs meeting

13. PARKING TEAMS

Westcord WTC Hotel Leeuwarden
Heliconweg 52,
8914 AT Leeuwarden
Phone: 0031 58 233 4900

14. PARKING SOIGNEURS AT THE FINISH-

Parking Roazendaal, Leeuwarden (200 metres after the finishline)

15. DRESSING ROOMS

Westcord WTC Hotel Leeuwarden
Heliconweg 52,
8914 AT Leeuwarden
Phone: 0031 58 233 4900

16. ANTI DOPAGE

Westcord WTC Hotel Leeuwarden
Heliconweg 52,
8914 AT Leeuwarden
Phone: 0031 58 233 4900

17. HONOURING

16.30 h

First three riders
WTC Expo, Helliconweg 52, Leeuwarden (At the start and parking place)

18. FEEDING ZONE

86 km
Wibrandawei, Bolsward

19. DEVIATION

700 metres before the finishline to the right (parallel at the finishline)

20. HOSPITALS

Medisch Centrum Leeuwarden	H Dunantweg 2	Leeuwarden	Tel.: 0031-58-286 6666
Nij Smellinghe	Compagnonsplein	Drachten	Tel.: 0031-512-588 888
Antonius Ziekenhuis	Bolswarderbaan 1	Sneek	Tel.: 0515 488 888
Ziekenhuis De Sionsberg	Birdaarderstraatweg 70	Dokkum	Tel.: 0519 291 234
Medisch Centrum Leeuwarden	Achlumerdijk 2	Harlingen	Tel.: 0517 499 999

21. Railroad crossings

There are railroad crossings at km:
4.9 km
103.8 km
130 km

22. MAP

VISIT
FRIESLAND
ELFSTEDEN
RACE

ZONDAG 6 MAART 2022
199.2 KM



23. MAP LAST 3 KM



24. HEIGHT PROFILES

The north of the Netherlands is a flat area. The course is completely flat. Because there are no height differences, it is not usefull to place height profiles here.

25. DIRECTIONS

42 km/h	time	kms to do	residence	kms done	dis- tance	description	(crossing	no
11:00	11:00		{Ljouwert}	0,0		Nederland, prov. Friesland		a
11:00	11:00		LJOUWERT	0,0		Elfstedenplein neutralized		b
				0,0		roundabout 3/4 left Helicomstraat	Tesselscha- destraat	c
				0,4		roundabout 2/4 straight on Valeriusstraat	Harlinger- straatweg	d
				1,0		traffic lights straight on Dammelaan	Troelstra- weg	e
				1,5		crossroad traffic lights straight on Dammelaan	Jelsumer- straat/Wol- legaast	f
				2,0		crossroad traffic lights straight on Dammelaan	Rengersln/ Luchterek	g
				2,2		Dammelaan beweegbare brug		h
				2,5		roundabout 2/4 straight on Gerbrandyweg	Goudenre- genstraat	i
				2,8		traffic lights Gerbrandyweg bikepath crossing		j
				3,0		traffic lights straight on bikepath crossing, Groningerstraatweg		k
				4,1		traffic lights straight on Groningerstraatweg	A Vonde- lingweg	l
11:11	11:11		EB	5,2		Groningerstraatweg		m
11:17	11:17		{Tysjerk- steradiel}	7,5		Rijksstraatweg		nr.
				8,4		crossroad traffic lights straight on Groninger- straatweg	Swarte- weisein/ Westerd.	o
				9,6		roundabout 1/4 right Rijksstraatweg		p
11:22	11:22		HURDE- GARYP	9,7		Rijksstraatweg		q
				9,8		Rijksstraatweg, railroad tunnel, CAUTION MID- DLE		r
11:22	11:22		End of neu- tralization	9,8		crossroad keep left Rijksstraatweg	Noarder Omwei	s
11:22	11:22	199,2	START	0,0		crossroad keep left Rijksstraatweg	Easter Omwei	1
11:24	11:24	197,5	End of build-up area	1,7		Rijksstraatweg		2
		196,8		2,4		Rijksstraatweg viaduct Sintrale As N356		3
		196,3		2,9		roundabout 2/3 straight on Rijksstraatweg N355		4
		196,0		3,2		crossroad traffic lights left P Veenwouden, Woudweg, CAUTION MIDDLE		5
		195,1		4,1		Woudweg viaduct Sintrale As N356		6
11:29	11:28	194,6	{Dantuma- diel}	4,6		Woudweg		7

11:29	11:28	194,6	FEANWAL-DEN	4,6		Suderwei		8
		194,4		4,8		crossroad straight on Suderwei, CAUTION MIDDLE	Freiahof	9
		194,3		4,9		Runwei, railroad crossing, CAUTION MIDDLE		10
		194,0		5,2		crossroad straight on Stinswei		11
		193,6		5,6		crossroad straight on Haadstrjitte		12
		193,1		6,1		crossroad straight on Oastein	Toartel-dostrjitte	13
11:31	11:31	192,7	EB	6,5		Oastein		14
		192,3		6,9		end of road left priority crossroad Runwei		15
		192,0		7,2		roundabout 3/4 left De Sanjes	op- en afrit N356	16
		191,3		7,9		Haadwei		17
		190,5		8,7		Haadwei fixed BRIDGE 3 x CAUTION NARROW		18
11:34	11:34	190,4	DE FALOM	8,8		Haadwei		19
		190,3		8,9		Haadwei 4 x CAUTION OBSTACLE		20
		189,9		9,3		crossroad straight on Haadwei CAUTION OBSTACLE	Achterwei	21
		189,6		9,6		crossroad right Haadwei, CAUTION OBSTACLE	Hegewal	22
11:36	11:35	189,5	EB	9,7		Haadwei		23
		188,8		10,4		roundabout 2/4 straight on Haadwei	Gasterloane/Kavelwei	24
11:38	11:37	187,9	DAMWALD	11,3		Haadwei		25
		186,7		12,5		roundabout 2/4 straight on Haadwei	Thiedema-wei	26
11:40	11:39	186,6	EB	12,6		Haadwei, 4 x CAUTION MIDDLE		27
		185,3		13,9		crossroad straight on Haadwei, CAUTION MIDDLE	Koailoane	28
11:42	11:41	184,8	{Noardeast Frysland}	14,4		Haadwei		29
		184,7		14,5		roundabout 2/4 straight on Murmerwoudsterwei	Lauwersee-wei N361	30
11:43	11:42	184,2	DOKKUM	15,0		Murmerwoudsterwei		31
		184,0		15,2		roundabout 2/4 straight on Murmerwoudstrwei	Parklaan	32
		183,5		15,7		roundabout 3/4 left P Burdaard 8, Birdaarderstraatweg		33
		183,3		15,9		crossroad straight on Birdaarderstraatweg, CAUTION NARROW	De Woudhorne	34
11:45	11:44	182,9	EB	16,3		Birdaarderstraatweg		35
11:46	11:44	182,4	{Dantumadiel}	16,8		Burdaarderstjittewei		36
11:49	11:48	179,8	SYBRANDAHUS (wit)	19,4		Trekwei		37
		179,7		19,5		crossroad straight on Klaarkampsterwei	Sybrandahus	38
		177,6		21,6		crossroad straight on Klaarkampsterwei, CAUTION NARROW	Trekweg	39
11:53	11:52	177,0	{Noord East Frysland}	22,2		Dokkumerstraatweg		40
		175,9		23,3		crossroad right P Jislum 2, Hikkaarderdyk		41

		175,8		23,4		Hikkaarderdyk, BRIDGE		42
		174,6		24,6		crossroad left P Wanswerd 2, Iedyk		43
12:00	11:58	172,1	TER-GREFT(wit)	27,1		Iedyk		44
12:01	11:58	171,9	EB (wit)	27,3		crossroad right P Hallum 5 red, Noordermiedweg		45
12:07	12:04	167,5	HALLUM	31,7		Noordermiedweg, CAUTION NARROW		46
		167,3		31,9		crossroad straight on It Pypke	Jipperdastrjitte	47
		167,0		32,2		crossroad right Rondweg (before sign dead end)		48
		166,6		32,6		end of road right Offingaweg		49
12:09	12:06	166,4	EB	32,8		Offingaweg		50
		166,4		32,8		end of road left priority crossroad. Ljouwerterdyk		51
		166,1		33,1		Ljouwerterdyk CAUTION LANES SPLIT		52
		165,9		33,3		Ljouwerterdyk, CAUTION MIDDLE	Doniaweg	53
		165,4		33,8		roundabout 2/4 straight on Ljouwerterdyk	Lunissstate	54
		164,5		34,7		crossroad straight on Ljouwerterdyk, CAUTION MIDDLE	Hijumerweg	55
12:12	12:09	164,1	{Ljouwert}	35,1		Bredyk N357		56
		163,7		35,5		crossroad straight on Bredyk, CAUTION MIDDLE	Terp	57
		162,3		36,9		Bredyk CAUTION LANES SPLIT		58
		161,5		37,7		crossroad straight on Bredyk, CAUTION MIDDLE	Lege Hearewei	59
		161,1		38,1		crossroad straight on Bredyk, CAUTION MIDDLE	Hege Hearewei	60
		160,6		38,6		roundabout 1/4 right P Middelsee, Middelsee-wei N398	Juckemaleane	61
		160,4		38,8		crossroad straight on Middelsee-wei, CAUTION MIDDLE	ButenSkilwei	62
		159,7		39,5		roundabout 2/3 keep left P Bitgummole 4, Middelsee-wei		63
12:19	12:16	159,0	{Waadhoeke}	40,2		Noordwesttangent N398, viaduct	Stienserhegedyk	64
		157,4		41,8		Noordwesttangent viaduct	Langestraat	65
		155,7		43,5		roundabout 3/4 left P Ingelum 3, Dysterhuzen		66
		154,8		44,4		crossroad straight on Sirtemawei	Nylandsdyk	67
12:27	12:24	153,1	MARSSUM	46,1		Bitgumerdyk, CAUTION NARROW		68
		153,0		46,2		crossroad right Tramstrjitte		69
		152,6		46,6		crossroad straight on Dr Poptastrjitte	Franjumbuorsterpead	70
		152,4		46,8		crossroad keep left Dr Poptastrjitte, 2 CAUTION POLES	Wilein-gastrjitte	71
		152,4		46,8		end of road right Rypsterdyk		72
12:29	12:25	152,1	EB	47,1		Rypsterdyk, CAUTION NARROW		73
		151,8		47,4		roundabout 2/4 straight on Rypsterdyk	Westergoawei N383	74
		150,1		49,1		Ryksstrjitwei		75
		149,3		49,9		crossroad left P "doorgaand vrachtverkeer", Ryksstrjitwei		76

		147,5		51,7	roundabout 3/4 left P Dronrijp, Rypsterdyk		77
		147,3		51,9	Rypsterdyk viaduct A31		78
		147,2		52,0	roundabout 1/4 right P Dronrijp, Strjitwei		79
		146,9		52,3	roundabout 2/4 straight on Strjitwei	Afrit A31	80
		146,1		53,1	roundabout 1/3 straight on Strjitwei	Sjeardema-singel	81
		144,2		55,0	Rijksstraatweg		82
		141,0		58,2	Leeuwarderweg		83
12:45	12:40	140,7	FRJENTSJER	58,5	Leeuwarderweg		84
		140,5		58,7	roundabout 2/4 straight on Leeuwarderweg	Dijkstra-weg	85
		140,1		59,1	crossroad straight on Oude Kaatsveld	Salverder-weg	86
		140,0		59,2	crossroad right P Centrum red Zuiderkade	Dr J Bangastraat	87
		139,8		59,4	crossroad straight on Zuiderkade, CAUTION NARROW	Molepolle	88
		139,7		59,5	crossroad straight on Zuiderkade, CAUTION NARROW	Pr. Maurits-straat	89
		139,6		59,6	crossroad straight on Zuiderkade, 2 x CAUTION NARROW	Hofstraat	90
		139,4		59,8	crossroad straight on Zuiderkade, CAUTION NARROW	Tuinen/Vossegats-steeg	91
		139,2		60,0	end of road left P Leeuwarden A31, Harlingerweg	Vijverstraat	92
		139,0		60,2	crossroad straight on Harlingerweg, CAUTION MIDDLE	Kam-strastraat	93
		138,6		60,6	roundabout 2/4 straight on Harlingerweg	Burg Dijkst-laweg	94
		137,8		61,4	crossroad straight on Harlingerweg, CAUTION NARROW	Filosofen-pad	95
12:49	12:44	137,7	EB	61,5	Harlingerweg		96
		137,1		62,1	crossroad straight on Rijksweg	Kiesterzijl	97
12:51	12:45	136,7	HJERBEAM	62,5	Rijksweg		98
		136,3		62,9	crossroad straight on Rijksweg, CAUTION NARROW	Sicce-mastraat	99
12:52	12:46	136,0	EB, HJER-BEAN	63,2	Rijksweg		100
12:52	12:47	135,4	{Harns}	63,8	Rijksweg		101
		134,1		65,1	roundabout 2/4 straight on Zuidwalweg N390	Op en afrit A31	102
		133,8		65,4	Zuidwalweg viaduct A31		103
		133,6		65,6	roundabout 2/4 straight on Zuidwalweg N390	Op en afrit A31	104
		132,5		66,7	roundabout 2/4 straight on Zuidwalweg N390	Haulewei N393	105
12:57	12:51	132,2	EB	67,0	Zuidwalweg		106
		131,0		68,2	crossroad straight on Oude Ringmuur	Nw Vis-sershaven	107
		130,9		68,3	Oude Ringmuur, Hiddessluizen/BRIDGE		108
		130,4		68,8	crossroad straight on Oude Ringmuur 3 x CAUTION MIDDLE	Wadden-promenade	109
		130,3		68,9	Oude Ringmuur, BRIDGE		110

		130,3		68,9		crossroad right Havenplein, P Leeuwarden	Gr Brede- plaats	111
		130,2		69,0		Havenplein, brug		112
		130,1		69,1		Willemskade		113
		130,0		69,2		crossroad straight on Havenweg	Dokstraat	114
		129,9		69,3		crossroad straight on Havenweg, CAUTION MIDDLE	Wester- straat	115
		129,5		69,7		crossroad right Westerzeedijk, railroad crossing	Spoor- straat	116
13:02	12:56	128,4	EB	70,8		Westerzeedijk		117
		128,3		70,9		Westerzeedijk, CAUTION LANES SPLIT		118
13:04	12:58	127,4	{Sudwest Fryslan}	71,8		Westerzeedijk		119
		126,7		72,5		crossroad left P Kimsverderlaan		120
		126,7		72,5		crossroad straight on Kimwerderlaan	op- en afrit N31	121
		126,6		72,6		Kimsverderlaan viaduct N31		122
		126,6		72,6		roundabout 2/4 straight on Kimsverderlaan	Op en afrit N31	123
		125,7		73,5		crossroad right P Dijksterburen 1, Tolhekleane		124
		124,5		74,7		end of road left Dijksterburen, knproute 53		125
		123,6		75,6		De Blokken		126
		122,9		76,3		crossroad keep left Riegeweg		127
		121,0		78,2		crossroad straight on Nesserlaan, CAUTION OBSTACLE	Teakelaan	128
		119,0		80,2		end of road left Mulierlaan		129
13:17	13:10	118,3	WYTMAR- SUM	80,9		Mulierlaan		130
		118,3		80,9		roundabout 3/4 left P Arum 4, G.Japiksweg	Pingjumer- straat	131
		117,9		81,3		crossroad right P Witmarsum, Arumerweg and immediately		132
		117,9		81,3		crossroad left P Scheltens 3, Easthimmerwei		133
13:17	13:11	117,8	EB	81,4		Easthimmerwei		134
		116,8		82,4		Easthimmerwei, 7 x CAUTION NARROW		135
		113,3		85,9		Wibrandaweg CAUTION LANES SPLIT		136
		113,3		85,9		priority crossroad.crossroad straight on Wi- brandawei	Westergoa- wei N359	137
		113,2		86,0		Wibrandawei, FEEDING ZONE		138
		112,7		86,5		Wibrandawei, END OF FEEDING ZONE		139
13:25	13:18	112,6	BOALSERT	86,6		Wibrandaweg		140
		112,5		86,7		roundabout 1/4 right Hichtumerweg	Schwart- senberger- weg	141
		112,1		87,1		crossroad straight on Twibaksdyk	Hichtumer- weg	142
		111,3		87,9		Twibaksdyk, fixed bridge		143
		111,0		88,2		Twibaksdyk, CAUTION MIDDLE		144
13:27	13:20	110,8	EB	88,4		Twibaksdyk		145
		110,8		88,4		priority crossroad. crossroad straight on Tjerk- werderweg	Harlinger- straat	146
13:27	13:20	110,8	BOALSERT	88,4		Tjerkwerderweg		147

13:28	13:21	110,3	EB	88,9	Tjerkwerderweg		148
		110,3		88,9	Tjerkwerderweg, viaduct A7		149
		110,3		88,9	crossroad straight on Tjerkwerderweg	op- en afrit A7	150
		108,4		90,8	crossroad right Waltaweg and immediately		151
		108,4		90,8	crossroad left Van Panhuysweg		152
		108,0		91,2	Van Panhuysweg, brug		153
		106,7		92,5	Jousterperweg		154
		105,9		93,3	end of road left. P Parrega 1 red, Trekweg		155
13:34	13:27	105,8	PARREGA	93,4	Trekweg, CAUTION NARROW		156
13:36	13:28	104,4	EB	94,8	Trekweg, CAUTION NARROW		157
		100,4		98,8	Trekweg, BRIDGE (besides N359)		158
13:42	13:34	100,3	WARKUM	98,9	Trekweg		159
		100,3		98,9	crossroad straight on Fabriekswei	Eniggabur- ren	160
		99,5		99,7	end of road right priority crossroad.Spoardyk		161
13:44	13:35	99,4	EB	99,8	Spoardyk		162
		99,4		99,8	roundabout straight on Spoardyk	Sudergoa- wei N359	163
13:44	13:35	99,4	WARKUM	99,8	Spoardyk		164
		98,9		100,3	crossroad left P Ijsselmeer/DVV, Hearewei	Aldewei/ Beginne	165
		98,2		101,0	Hearewei, BRIDGE		166
		97,8		101,4	Hylperdyk		167
13:46	13:38	97,6	EB	101,6	Hylperdyk		168
		97,1		102,1	crossroad left Lange Leane		169
		95,4		103,8	Lange Leane, railroad crossing, CAUTION MID- DLE		170
		94,8		104,4	priority crossroad.crossroad right P Hindelo- pen 2, Oosterdijk, CAUTION MIDDLE		171
		93,9		105,3	Oosterdijk, railroad crossing		172
		93,0		106,2	crossroad left P Molkwerum 5, Suderseewei		173
		92,2		107,0	end of road left P Molwerum 4, Westerdijk		174
		91,3		107,9	crossroad straight on Schuilenburg		175
		90,5		108,7	crossroad straight on Sedyk	Schuilen- burg	176
		87,9		111,3	crossroad left P "Doorgaand verkeer", 't Sele- antsje		177
14:00	13:51	87,6	MOLKWE- RUM	111,6	Hellingstrjitte, CAUTION NARROW		178
		87,3		111,9	crossroad right Tsjerkestrjitte	Stations- wei	179
14:01	13:52	87,1	EB	112,1	De Wymerts		180
		86,2		113,0	De Wymerts, railroad crossing		181
		85,8		113,4	crossroad right P Stavoren, Noordermar		182
		84,6		114,6	Koeweg		183
		83,7		115,5	crossroad left P Stavoren 1, Stationsweg (befo- re railroad)		184
14:07	13:57	83,0	STARUM	116,2	Stationsweg		185
		82,6		116,6	crossroad left Noord Brug		186
		82,6		116,6	Noord Oude Zeesluis		187

		82,5		116,7		crossroad straight on Smidstraat	Helling- pad/Dwin- ger	188
		82,4		116,8		crossroad -straight on- Voorstraat		189
		82,4		116,8		crossroad keep left Voorstraat	Dwinger	190
		81,8		117,4		Stadsfenne		191
		81,7		117,5		crossroad right P "Doorgaand verkeer", Stads- fenne		192
		81,6		117,6		Stadsfenne, Johan Frisosluis		193
14:09	13:59	81,4	EB	117,8		Stadsfenne		194
		81,3		117,9		crossroad straight on Zuiderweg		195
		78,3		120,9		Laaksum		196
14:15	14:05	77,3	LAAKSUM (wit)	121,9		Laaksum		197
14:15	14:05	77,0	EB (wit)	122,2		Laaksum		198
14:18	14:07	75,2	{De Fryske Marren}	124,0		Wieldyk		199
14:19	14:09	74,1	MIRNS	125,1		Wieldyk		200
		73,5		125,7		crossroad straight on Breelenswei	Murnser- dyk	201
		72,5		126,7		crossroad straight on Smitsleane	Rysterdyk	202
		71,4		127,8		end of road priority crossroad crossroad right P Rys 1, Mientwei		203
14:24	14:13	71,2	RYS	128,0		Mientwei		204
		70,4		128,8		crossroad left P Lemmer, Leise Leane		205
14:25	14:14	70,2	EB	129,0		Leise Leane		206
		68,8		130,4		crossroad right P Balk 6 red, Wyldemerkwei		207
		67,0		132,2		crossroad left P Oudega 4 red, Lykwei	Smikewei	208
		67,0		132,2		roundabout 2/4 straight on Lykwei	Sudergoa- wei N359	209
		65,7		133,5	133,5	crossroad -re.aanh.- Harichsterdyk		210
14:35	14:24	63,1	HARICH	136,1		Stinsenwei, CAUTION NARROW		211
		62,6		136,6		crossroad right P Balk 1, Harichsterstikke		212
14:36	14:24	62,5	EB	136,7		Harichsterwei		213
		62,4		136,8		roundabout 1/4 straight on Wilhelminastraat	Suderse- wei N928	214
14:36	14:25	62,3	BALK	136,9		crossroad left P Woudsend red, Luorbuorren		215
14:36	14:25	62,3	EB	136,9		Luorbuorren		216
14:37	14:26	61,6	BALK	137,6		end of road right P Balk red, Pypsterstikke		217
		61,1		138,1		end of road left De Warren		218
		61,1		138,1		end of road right P Lemmer 14 red, Meerweg		219
		61,0		138,2		crossroad left P Lemmer 13 red Dubbelstraat	Van Swin- derenstraat	220
		60,8		138,4		crossroad straight on Wikelerdyk	Borger- manstraat	221
14:39	14:28	60,1	EB	139,1		Jachtlustweg		222
		59,1		140,1		crossroad keep left Jachtlustweg	Sanmar	223
		58,5		140,7		crossroad straight on M van Coehoornweg	Jachtlust- weg	224
14:43	14:31	57,8	WYCKEL	141,4		M van Coehoornweg, CAUTION NARROW		225
		57,4		141,8		end of road left P Sloten 1, J Hornstraweg		226
14:43	14:31	57,2	EB	142,0		J Hornstraweg		227

14:45	14:33	56,2	SLEAT	143,0	J Hornstraweg		228
		56,1		143,1	crossroad straight on Runwei	Wijkeler- weg/Lystke Jerren	229
		55,6		143,6	Runwei vaste brug		230
		55,5		143,7	Runwei, brug		231
		55,4		143,8	crossroad straight on Spanjaardsdijk	Varleane	232
14:46	14:34	55,0	EB	144,2	Gaestdyk/Jeardensdyk		233
14:47	14:34	54,9	TSJERK- GAAST (wit)	144,3	Gaestdyk		234
14:48	14:36	53,6	TSJERK- GAAST	145,6	Gaestdyk		235
14:49	14:37	53,1	EB	146,1	Gaestdyk		236
14:51	14:39	51,7	SPANNEN- BURG (wit)	147,5	Gaestdyk		237
		51,6		147,6	end of road priority crossroad.left P Woudsend 7, Strjitwei N354		238
14:56	14:44	48,0	{Sudwest Fryslan}	151,2	Strjitwei		239
		47,0		152,2	crossroad straight on Vosseleane N354	Strjitwei (na bocht)	240
		46,5		152,7	roundabout 1/4 right P Hommerts 4, Strjitwei N354		241
		43,9		155,3	roundabout 2/4 straight on Strjitwei		242
		43,6		155,6	Strjitwei aquaduct, becomes Jeltwei N354		243
		43,2		156,0	roundabout 2/4 straight on Jeltwei	Lippenwal- de	244
15:04	14:51	42,6	DE HOM- MERTS	156,6	Jeltwei		245
		42,2		157,0	roundabout 2/3 left P Heeg 4, Hettingawei, CAUTION MIDDLE		246
15:05	14:52	41,9	EB	157,3	Hettingawei		247
		40,9		158,3	crossroad straight on Osingahuzen	Pampuswei	248
15:07	14:54	40,5	OSINGAHU- ZEN	158,7	Osingahuzen		249
		40,4		158,8	Osingahuzen, brug		250
		39,7		159,5	roundabout 1/4right P Ijlst 5, Alde Skating		251
		36,4		162,8	end of road right P Oosthem 2, Nijesiel		252
15:13	14:59	36,3	NIJESIEL	162,9	Nijesiel		253
		35,9		163,3	Nijesiel, bridge		254
15:14	15:00	35,8	DRYLST	163,4	Nijesiel		255
15:14	15:00	35,7	EB	163,5	Zuidwesthoekweg		256
		35,0		164,2	roundabout 2/4 straight on Zuidwesthoekweg	Stadslaan	257
		33,0		166,2	Zuidwesthoekweg viaduct A7		258
		32,9		166,3	traffic lights straight on Zuidwesthoekweg, CAUTION MIDDLE	Stadsrond- weg Zuid	259
15:19	15:05	32,3	SNITS	166,9	Zuidwesthoekweg		260
		32,2		167,0	roundabout 2/3 straight on Kanaalstraat	Van Gif- fenstraat	261
		31,9		167,3	crossroad straight on Kanaalstraat, CAUTION MIDDLE	Stations- straat	262
		31,7		167,5	crossroad straight on Dr Boumaweg	Willem- straat	263

		31,5		167,7		end of road traffic lights right Parkstraat	Bolswar- derweg	264
		31,4		167,8		crossroad straight on Pr Hendrikkade	Julianastr/ Badhuisgr	265
		31,1		168,1		roundabout 2/4 straight on Pr Hendrikkade	Ged. Pol/ Looxmagr	266
		30,8		168,4		roundabout 4/6 left Leeuwarderweg	Oosred- k/1ste Oos- terkade	267
		30,7		168,5		roundabout 2/4 straight on Leeuwarderweg	Boeier- straat	268
		30,2		169,0		roundabout 2/4 straight on Leeuwarderweg	Sysinga- wiersterle- ane	269
15:22	15:08	29,9	EB	169,3		Leeuwarderweg		270
		29,1		170,1		roundabout 2/4 straight on Leeuwarderweg N354	Stadsrond- weg Oost	271
		28,8		170,4		Leeuwarderweg CAUTION LANES SPLIT		272
15:24	15:10	28,4	SKEARNEG- OUTUM	170,8		Leeuwarderweg		273
		28,2		171,0		Zwettewei N354		274
		27,8		171,4		roundabout 2/4 straight on Zwettewei	Hege Wier/ Lege Dyk	275
15:26	15:11	27,4	SKEARNEG- OUTUM	171,8		Blankedalwei N354		276
		26,0		173,2		roundabout 2/4 straight on Blankedalwei	Spearste- dyk	277
15:30	15:15	24,4	DEARSUM	174,8		Snitserdyk N354		278
15:31	15:16	23,5	EB	175,7		Snitserdyk N354		279
		23,2		176,0		roundabout 3/4 left P Franeker 17, Harstawei		280
		22,8		176,4		Froonackerdyk		281
		22,4		176,8		roundabout 1/4 right P Easterwierum 2, Hege- dyk		282
15:36	15:20	20,4	EASTER- WIERUM	178,8		Dorpsstrjitte, CAUTION NARROW		283
		20,1		179,1		crossroad straight on Dorpsstrjitte, CAUTION NARROW	Skorren- hofwei	284
15:36	15:21	19,9	EB/TSJER- KEBUOR- REN	179,3		Hegedyk		285
15:38	15:22	18,9	{LJOU- WERT}	180,3		Hegedyk		286
15:42	15:26	16,1	WEIDUM	183,1		Hegedyk, 30 km zone, 2 x CAUTION NARROW		287
		15,4		183,8		crossroad right P Wytgaard 3, Dekemawei		288
15:43	15:27	15,4	EB	183,8		Dekemawei, CAUTION NARROW		289
		14,2		185,0		Weidumerdyk, vaste BRIDGE CAUTION NARROW		290
		13,0		186,2		priority crossroad.crossroad left P Leeuwarden 8, Bredyk		291
		12,8		186,4		crossroad right P Leeuwarden 8, Oenemadyk		292
		11,7		187,5		Oenemadyk, railroad viaduct		293
		11,7		187,5		roundabout 2/4 straight on Oenemadyk	Op- en afrit N32	294
		11,6		187,6		Oenemadyk viaduct Overijsselseweg		295

		11,5		187,7		roundabout 2/3 left P Wirdum 1, Legedyk,	Op- en afrit N32	296
15:49	15:33	11,2	WIRDUM	188,0		Legedyk		297
		11,0		188,2		crossroad straight on Legedyk, CAUTION NARROW	Kooistrjitte	298
		10,9		188,3		crossroad straight on Legedyk, CAUTION NARROW	Kooistrjitte	299
		10,9		188,3		crossroad straight on Greate Buorren	Werpsterdyk	300
		10,8		188,4		Hof		301
		10,7		188,5	55,0	crossroad -re.aanh.- Swichumerdyk	Hof	302
		10,6		188,6		Swichumerdyk fixed BRIDGE CAUTION NARROW		303
		10,5		188,7		crossroad straight on Swichumerdyk, CAUTION NARROW	Hellemastrijtte	304
		10,4		188,8		crossroad straight on Swichumerdyk, CAUTION NARROW	De Boerstrjitte	305
15:50	15:34	10,3	EB	188,9		Swichumerdyk		306
15:50	15:35	9,8	SWICHUM	189,4		Aytadyk		307
15:51	15:35	9,4	EB	189,8		Aytadyk		308
		8,8		190,4		end of road priority crossroad left P Drachten 23, Drachtsterweg		309
		8,0		191,2		Drachtsterweg CAUTION LANES SPLIT		310
		7,9		191,3		roundabout straight on Drachtsterweg	op- en afrit N31	311
		7,8		191,4		Drachtsterweg viaduct N31		312
		7,6		191,6		traffic lights straight on Drachtsterweg	op- en afrit N31	313
		6,3		192,9		Exit keep left Drachtsterweg	Hop/ Teamsdyk	314
15:55	15:39	6,3	LJOUWERT	192,9		Drachtsterweg		315
		6,2		193,0		Drachtsterweg viaduct		316
		6,0		193,2		Drachtsterweg entry	Hop/ Teamsdyk	317
		5,6		193,6		Drachtsterweg Escher aquaduct		318
		5,4		193,8		Drachtsterweg Adlansfiaduct		319
		5,1		194,1		traffic lights right Adlansdyk		320
		4,7		194,5		traffic lights straight on Aldlansdyk	Holwordtel/Langdeelstr	321
		3,9		195,3		Planetenlaan, Greunsbrug		322
		3,6		195,6		traffic lights left P Ring, A Vondelingweg, rechter rijbaan		323
		3,0		196,2		A Vondelingweg viaduct Uranusweg/Plutoweg		324
		2,6		196,6		A Vondelingweg railroad viaduct		325
		2,2		197,0		A Vondelingweg viaduct Grovestins		326
		0,8		198,4		traffic lights straight on Blitsaerderlaan DEVIATION TEAM CARS: GO RIGHT		327
		0,7		198,5		crossroad right Groningerstraatweg (par.)		328
16:04	15:48	0,0	FINISH	199,2		Groningerstraatweg (par.) at Elfsteden finish arch		329

26. Regulations

Article 1: Organization

The Visit Friesland Elfstedenrace is organized by Courage Events, Baroklaan 1, 9351 TR Leek, holder of a license of the Dutch Cycling Federation, under the regulations of the International Cycling Union (UCI). The Visit Friesland Elfstedenrace is taking place on Sunday the March 6th.

Article 2: Type of event

The event is open to riders of the Men Elite category. The event is entered on the UCI Europe Tour calendar. The event is registered as a class UCI 1.2 event.

In conformity with the UCI rules, the following points will be allocated:

1. 40 points
2. 30 points
3. 25 points
4. 20 points
5. 15 points
6. 10 points
7. 5 points
8. 3 points
9. 3 points
10. 3 points

Article 3: Participation

As per article 2.1.005 of the UCI regulations, the event is open to the following teams: UCI ProTeams of the country - UCI foreign UCI ProTeams (max. 2) - UCI continental teams - UCI cyclo-cross professional teams - National teams - Regional and club teams. The minimum number of riders of each team is 5 and the maximum of each team is 7. The length of the race is 199.2 km.

Article 4: Race headquarters

The permanence is open on Sunday, March 6th, 2022 at 8 a.m. and is located in the WTC Expo hotel, Heliconweg 52, 8914 AT Leeuwarden

When receiving the numbers, the team leaders must hand over their own license as well as the licenses of the riders. The number issue closes at 8.45 am.

The team leaders meeting, in accordance with article 1.2.087 of the UCI regulations, will be held in the presence of the delegation of the jury at 9:00 am, in a room of the WTC Expo hotel, Heliconweg 52, 8914 AT Leeuwarden. The jury meeting, in the presence of the UCI President Mrs. Danuta Maciatek, will start at 9.30 am. WTC Expo hotel, Heliconweg 52, 8914 AT Leeuwarden.

Article 5: Meeting police

The meeting of the police with the traffic wardens will take place in the room in the permanence. There are also parking spaces here for the motorcycles of the traffic controllers and police.

Article 6: Parking

Use can be made of parking spaces along the WTC Expo, Heliconweg 52, 8914 AT Leeuwarden. The participants and supervisors must keep the parking spaces clean and deposit waste in the appropriate waste bins and leave it clean.

We would also like to point out to all of you the use of the toilet facilities that have been realized at the parking places on the WTC Expo and at the starting location on 't Zand in Bredevoort and not to urinate in the open. Penalties / fines will be issued for this.

We would like to request that you indicate this clearly to your riders and guidance.

Article 7: Dressing rooms

In case of bad weather, use can be made of the dressing rooms at Elfstedenhal, Fryslânplein 1, 8914 BZ Leeuwarden, when using, you must leave it clean.

Article 8: Radio-Tour

Race information will be broadcast on the following frequency 155.9375 and will be confirmed at the team managers' meeting.

Article 9: Neutral technical support

The technical support service is handled by Belgian Neutraller service. The neutral support is taken care of by means of 3 cars.

Article 10: Finishing time limits

Any rider finishing in a time exceeding that of the winner by more than 8% shall not be placed. The time limit may, in exceptional circumstances, be revised by the Commissaires' Panel in agreement with the organizer (Article 2.3.039 of the UCI rules) for example if the head of the Police signalizes traffic problems during the race.

Article 11: Price schedule

1.€ 2425,- 2.€ 1210,- 3.€ 610,- 4.€ 305,- 5.€ 240,- 6. € 180,- 7. € 180,- 8. € 120,- 9. € 120,- 10.-20. € 20,- Total price schedule is € 6,050 and the payment will be made through Cycling Service B.V.

Article 12: Anti doping

The UCI Anti-Doping Rules are fully applicable to this competition. The riders will be escorted under chaperones This will take place at the location of WTC Expo, Heliconweg 52, 8914 AT Leeuwarden.

Article 13: Forbidden ways of cycling

It is forbidden to ride on footpaths and cycle paths, which are not included explicitly – and are mentioned as such – in the outline of the stage. Crossing closed railway crossings or other similar

Article 14: Awards ceremony

In accordance with article 1.2.112 of the UCI rules, the following riders must attend the official awards ceremony:

- - The first three riders of the event

Immediately after the finish, the riders are expected to be present at the Ceremony Protocolaire, will be escorted by chaperones of the organization to a place where they can be look after by their soigneurs. Within 10 minutes after the finish the organization will start with the C.P.

Article 15: Penalties

The UCI penalty scale is the only one applicable.

Article 16: Detour

Just before the finish, in the final lap, all the team managers must follow the detour to the right, 700 meters before the finish to the parking lot for the teams. Please, adapt your speed.

Article 17: Team presentation

All teams have to present themselves at full completement. The presentation will start at 9.45 am and the order of rank will be announced during the team managers' meeting.

Article 18: Transponders

During the Bloeizone Fryslân Tour transponders will be provided for the electronic identification of the riders. These transponders will be distributed to the team manager at the confirmation of the teams. For missing or broken transponders the team will be charged € 100,--.

Article 19: Feeding / waste zone

The feeding zone is situated at 86 km (Wibrandawei, Bolsward). In addition to the fact that the beginning and the end of the supply is indicated. The waste zone will start 500 meters before the feeding zone and ends 500 meters after the feeding zone. The waste zone will also be announced at the right side of the road.

Article 20: Dangerous points

On places, that could be dangerous, the Organizer will station officials to warn the participants by (red) flag and flute. The participants need to be very attentive and careful at these points.

Article 21: Environment

A clean environment is important and essential for the organization of the Visit Friesland Elfstedenrace. As such, we make an urgent call to the riders, team managers, service personnel and all other attendance in the race, not to dispose garbage or materials on public roads, verges and ditches. Before and after the feeding zones and at 20 km before the finish and at 5 km before the finish, a litter zone will be set up.

Article 22: Conduct of riders

Riders may not, without due care, jettison food, bonk-bags, feeding bottles, clothes, etc. in any place whatsoever. Riders may not jettison anything on the roadway itself but shall draw to the side of the road and safely deposit the object there. If waste zones are established by the organizer, the rider must safely and exclusively deposit their waste on the sides of the road in this area. It is forbidden to carry and/or use glass objects.

Article 23: Instructions

All riders, team managers and companions must follow the instructions of police, members of the commissaires' panel or

traffic warders of the organization. Disregarding these instructions shall be punished strictly.

Article 24: Unforeseen

In all circumstances, concerning technical issues, not covered by these Regulations, the Commissaires panel decides in all matters according to the U.C.I.-regulations, in all other situations the organizer decides.

VISIT FRIESLAND ELFSTEDEN RACE

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