



BELGIUM

2025
ATHLETE GUIDE
LONG COURSE WEEKEND BELGIUM

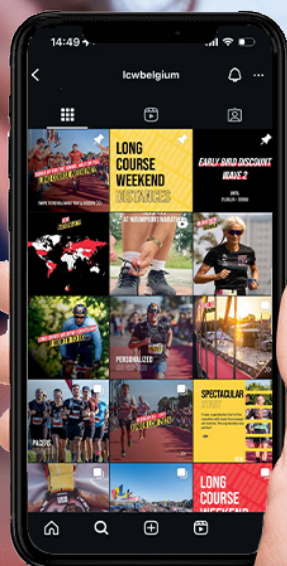
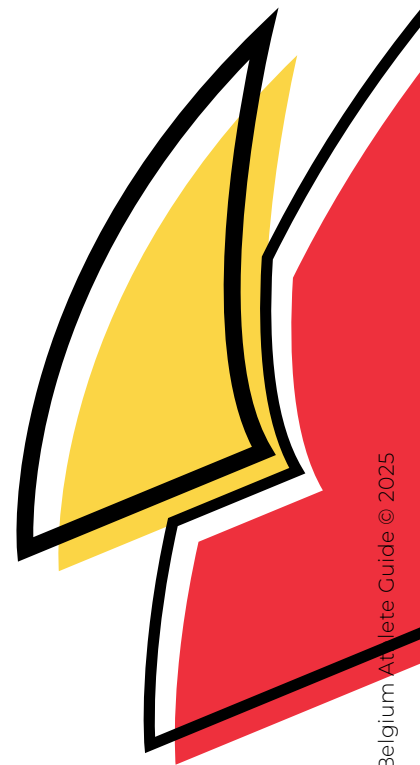
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LONG COURSE WEEKEND 2026



FIND US ON INSTAGRAM

@LCWBELGIUM





Dear athletes,

Welcome to the **fifth edition of Long Course Weekend Belgium** – Festival of Champions, taking place from Friday 26 to Sunday 28 September 2025 in vibrant Nieuwpoort.

What started five years ago as a sporting adventure has now grown into an international celebration of sport and experience. **More than 8,000 athletes from home and abroad** gather here to swim, cycle, and run together – each in their own way, each with their own goal. **The Festival of Champions** may feel like a world championship, but in our philosophy, there is only one truth: everyone who takes part is a champion.

The strength of Long Course Weekend Belgium lies in its diversity. On Friday, we dive into the **iconic inner harbour of Nieuwpoort** – a unique setting unmatched anywhere else. On Saturday, we ride from the coast across the border into France, through the **hilly Kemmelberg region** and past more than forty war memorials. A course that leaves not only a physical but also an emotional impression. And on Sunday, we finish with the **running races through the polders of Nieuwpoort**, where speed, atmosphere, and competition come together. Three days of sport, three days of emotion, three days of memories that last a lifetime.

At the festival square next to the Vismijn, it's not only about finishing and celebrating – it's also the place where athletes, supporters, families, and friends come together. Here, you'll witness the unique ceremony where the **Full Long Course Weekend** finishers receive their fourth medal – a goosebump moment you won't experience anywhere else.

Our participant list once again shows how widely Long Course Weekend Belgium is embraced: families with children taking their first steps in the **kids run**, friends sharing a sporting weekend, recreational athletes challenging themselves, and elite athletes pushing their limits. This weekend brings us all together, and that is what makes it so special.

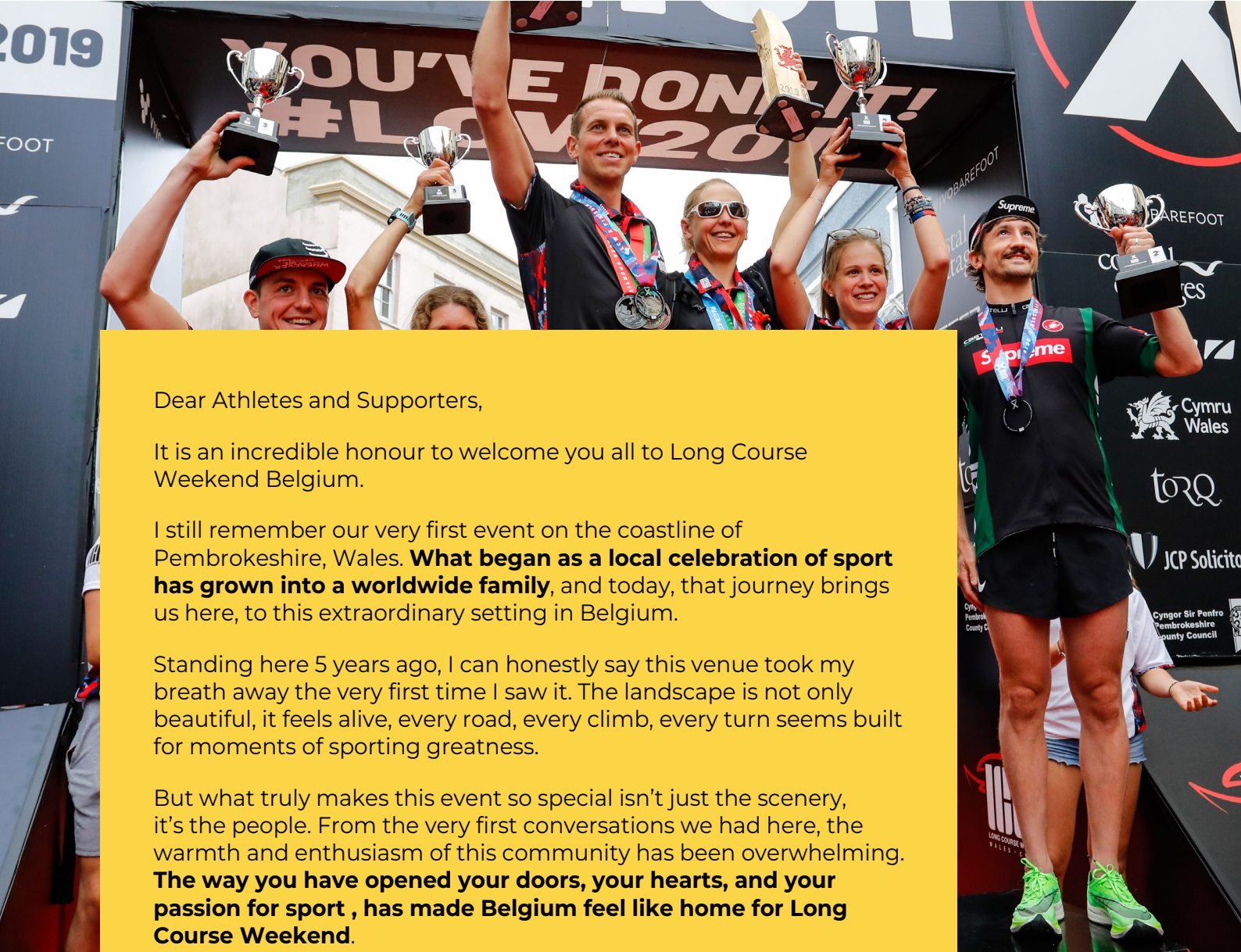
A special word of thanks goes to the **more than 400 volunteers and countless associations** who make this event possible. Without their enthusiasm and dedication, there would be no Long Course Weekend Belgium.

And of course, we want to thank the **city of Nieuwpoort** for being the perfect host of our fantastic event for the past five years. May there be many more to come!

So: take a deep breath, feel the energy of the sea and the polders, and let yourself be carried away for three days by the unique atmosphere of this sports festival.

Enjoy, give it your all, and experience the Festival of Champions.

Fien, Karo, Madelon, Marie, Simon, and Matthias
Team Long Course Weekend Belgium



Dear Athletes and Supporters,

It is an incredible honour to welcome you all to Long Course Weekend Belgium.

I still remember our very first event on the coastline of Pembrokeshire, Wales. **What began as a local celebration of sport has grown into a worldwide family**, and today, that journey brings us here, to this extraordinary setting in Belgium.

Standing here 5 years ago, I can honestly say this venue took my breath away the very first time I saw it. The landscape is not only beautiful, it feels alive, every road, every climb, every turn seems built for moments of sporting greatness.

But what truly makes this event so special isn't just the scenery, it's the people. From the very first conversations we had here, the warmth and enthusiasm of this community has been overwhelming. **The way you have opened your doors, your hearts, and your passion for sport, has made Belgium feel like home for Long Course Weekend.**

That's why we chose this location to launch **our very first Festival of Champions**. This isn't just another event, it's a celebration of everything our athletes and supporters have achieved around the world, brought together in one extraordinary place.

Whether you're racing, supporting, or simply here to experience the atmosphere, know that you are part of history this weekend. Thank you for being here. **Cherish every moment, because together, we are creating something unforgettable.**

We look forward to waving off, cheering you home and celebrating your achievements in the square!

Race safe and keep smiling!

Regards

Matthew Evans

CEO & Founder

Long Course Weekend Global

FESTIVAL OF CHAMPIONS

1ST EDITION



Long Course Weekend Belgium 2025 is the first edition of the Long Course Weekend Festival of Champions.

From 2025 onward, each year one of the Long Course Weekend destinations will be the host city of the Festival of Champions. The Long Course Weekend Festival of Champions brings together **sporting heroes from all the different Long Course Weekend destinations** who will give their very best.

Not only the **top 3 women and men** of every Long Course Weekend in the world are invited and receive a free entry. **Seven randomly selected women and seven randomly selected men** are given the same honour. Because that is what we stand for: at Long Course Weekend everyone is a champion.

What can we expect from the Long Course Weekend Festival of Champions:

- Athletes who qualified during one of the previous races come together on Thursday 25 September to raise a glass to Long Course Weekend at 20h00 at the festival square.
- Every Full Long Course Weekend athlete receives a special Festival of Champions hoodie, guaranteed to become a collector's item.
- During the special medal ceremony on Sunday at 16h00 all our champions will be honoured, the absolute highlight of Long Course Weekend. Do not miss it.

Do you want to qualify for the Festival of Champions in Wales, from Friday 26 to Sunday 28 June 2026?

Make the podium at the Full Long Course Weekend or show your best moves on our red carpet and you might be selected.

Keep an eye on your inbox after Long Course Weekend.



Nieuwpoort is a sports-minded city where experience and movement go hand in hand. With a wide and diverse range of sports activities, accessible sports infrastructure, and countless motivated sports clubs, the city is fully committed to sport.

In addition, Nieuwpoort focuses strongly on a **healthy and active lifestyle** for everyone. We aim to encourage as many people as possible to be active and to make conscious choices when it comes to health. Sport and movement are an essential part of that.

At the same time, we continue to build a **versatile and high-quality sports offering** that brings people together and inspires them. Sports activities strengthen social cohesion and create opportunities for meeting and involvement in our city.

We also wish to organise and support activities that firmly put Nieuwpoort on the map as a sporty and experience-driven city. Such initiatives attract enthusiastic athletes from home and abroad and allow them to discover the unique strengths of our city.

In that respect, **Long Course Weekend** fits perfectly within our vision. This international sports festival, where participants choose for themselves which disciplines and distances to take on, brings **thousands of participants to Nieuwpoort** every year. The combination of effort, perseverance, and experience creates a unique event.

As host city, we are therefore particularly delighted to welcome Long Course Weekend back to Nieuwpoort. We look forward to **three days full of enthusiasm, sporting achievements, and above all, joy and connection.**

We wish all participants an unforgettable edition of Long Course Weekend 2025. Give it your all and fully enjoy Nieuwpoort.

Mayor of Nieuwpoort

Kris Vandecasteele



LONG COURSE WEEKEND

The concept

Long Course Weekend is a unique sports festival. For three days, you can choose from races in three disciplines (swimming, cycling, running) and across different distances.

This way, you can take part in a sporting weekend tailored to you. You decide whether to join a swim race, a cycling tour, a run, or a combination of several sports and distances.

For the real diehards, there is the Full Long Course Weekend option: **swimming, cycling, and running spread across 3 days**. Every athlete who successfully completes the Full Long Course Weekend goes home with a fourth medal on top of the medals you receive per discipline. The special medal ceremony for all Full Long Course Weekend finishers on Sunday afternoon has meanwhile become a moment no one wants to miss!

The Long Course Weekend events are renowned for their unique and fantastic finish line atmosphere. Long Course Weekend took place for the first time in Tenby, Wales, fourteen years ago and has since grown into a race with more than 10,000 participants. Long Course Weekend appeals to a very broad audience and is therefore the sports event for athletes of all levels, families, groups of friends, and companies.

Discover everything of our event in this athlete guide!



GOOD CAUSE: TRIPLE CHALLENGE

Buy an adapted race buggy together with us for someone who needs it

At Long Course Weekend, we dedicate ourselves every year to a good cause. This year, we support **Triple Challenge**! This is a sporting movement that focuses on inclusion, connection, and sustainability. They believe that everyone, regardless of disability or background, should be able to cherish and experience sporting dreams. With their team of athletes, buddies, and supporters, they make it possible for people with disabilities to experience triathlons. From adapted running wheelchairs to connected duo runs: at Triple Challenge, it's all about pushing boundaries together.

This year, we want to help purchase an **adapted race buggy together with you**. This allows athletes to experience Long Course Weekend together with their parents or buddy. The only thing still missing? Your push forward, **because we will double the amount you raise**! You can make the difference!

Contribute, starting from €5





3 DAYS.
3 DISCIPLINES.
5 AMAZING LOCATIONS.



MAY 2026



22-24 MAY 2026



26-28 JUNE 2026



TBC 2026



18-20 SEPT 2026

{ DISCOVER YOUR
NEXT CHALLENGE. }



LONGCOURSEWEEKEND.COM

LONG COURSE WEEKEND APP

Stay up to date and download the Long Course Weekend app!

The all-in-one guide for this exciting event, packed with useful info, time tables, course maps, race results, and weather updates. All your questions answered in one place!

- **Event Info:** All essential information about Long Course Weekend Belgium, such as the time table, locations, festival square, and practical info. Stay informed with the latest news and announcements.
- **Results:** Whether you are competing or spectating, stay updated with the latest standings.
- **Course maps:** Navigate through detailed course maps of all races at Long Course Weekend Belgium.
- **Notifications:** Receive timely notifications about race updates, program changes, and important announcements. Stay well informed, so make sure to turn your notifications on!
- **Media:** Be the first to see the photos from Long Course Weekend Belgium.
- **Partners:** Discover our official partners and enjoy exclusive giveaways!
- **Supporter Hotspots:** Discover the best spots to cheer on your favourite athletes.

Download the app today to take your Long Course Weekend adventure to the next level.



STAY UP TO DATE WITH OUR WHATSAPP GROUP!

Join our official WhatsApp group to receive the latest updates about the event: time table, location, practical instructions, and more.

[CLICK HERE](#)

FOR ANDROID



FOR IPHONE



Thursday September 25

From 16h00	Parking open
16h00 - 19h00	Athlete Registration open - Fish Market Nieuwpoort

Friday September 26

From 13h00	Parking open
13h00 - 18h00	Athlete Registration open - Fish Market Nieuwpoort
15h00 - 21h00	Festival Square open - Fonteinplein Nieuwpoort
15h00 - 21h00	Expo open - Fonteinplein Nieuwpoort
16h45	Start box The Peaks Nieuwpoort Swim open - Fonteinplein
17h00	Race Briefing The Peaks Nieuwpoort Swim
17h15	The Nieuwpoort Swim Rolling Start
19h30	Swim course closes
19h30	Podium The Peaks Nieuwpoort Swim - Fonteinplein Nieuwpoort

Saturday September 27

From 07h00	Parking open
07h00 - 19h00	Athlete Registration open - Fish Market Nieuwpoort
07h00 - 18h00	Festival Square open - Fonteinplein Nieuwpoort
07h00 - 18h00	Expo open - Fountain Square Nieuwpoort
08h00 - 09h00	Start 180km cycling
10h00 - 11h00	Start 90km cycling
12h00 - 12h30	Start 45km cycling
14h00	Podium Cycle Flanders Fields

Sunday September 28

From 07h30	Parking open
07h30 - 12h30	Athlete Registration open - Fish Market Nieuwpoort
08h00 - 17h00	Festival Square open - Fonteinplein Nieuwpoort
08h00 - 17h00	Expo open - Fonteinplein Nieuwpoort
09h15	Kids Run
10h00	Start Marathon
10h15	Start 5k Run
10h25	Start 10k Run
12h10	Start Half Marathon wave 1 (finish time <2:05)
12h20	Start Half Marathon wave 1 (finish time >2:05)
12h30	Podium 5k & 10k
13h30	Podium Half Marathon
14h00	Podium Marathon
16h00	Medal Ceremony Full Long Course Weekend

***You decide your wave at the start line.**



LONG COURSE WEEKEND

MAASTRICHT • NETHERLANDS

Long Course Weekend Netherlands

After the amazing sports celebration in Belgium, we are already looking ahead to the next destination of Long Course Weekend: Maastricht! In May 2025, **the second edition of Long Course Weekend Netherlands** will take place. The first edition was an overwhelming success with **more than 2,500 athletes** sharing the unique Long Course Weekend experience. The atmosphere, the energy, and the combination of sport and festival made it an unforgettable weekend, and next year promises to be even bigger and better.

The setting in Maastricht is truly unique. You start with the swim in the beautiful lake at **Fun Valley**, a side branch of the river Maas that provides an impressive and atmospheric backdrop. The cycling part takes you through the rolling hills of South Limburg, across the border into Belgium and even a small stretch of Germany. With iconic climbs such as the **Keutenberg** on the menu, we are certain that every cyclist will be challenged here.

The run takes you through the nature around Maastricht, over a fast and flat course that invites you to go for top times or simply enjoy every kilometre. Everything comes together at the vibrant **Gashouderplein**, the home base of Long Course Weekend Netherlands. Here lies the Long Course Weekend festival square where athletes, supporters, and families celebrate the achievements together with music, entertainment, and an unforgettable atmosphere.

👉 **Save the date: 27 – 29 June 2025!** Do not miss this unique sports festival and secure your spot at the start. Register today for Long Course Weekend Netherlands and experience the adventure together with thousands of other athletes! **Now 25% discount** with our exclusive Long Course Weekend code!

Code valid until 06/10,
don't hesitate!

CODE: LCW2026NL



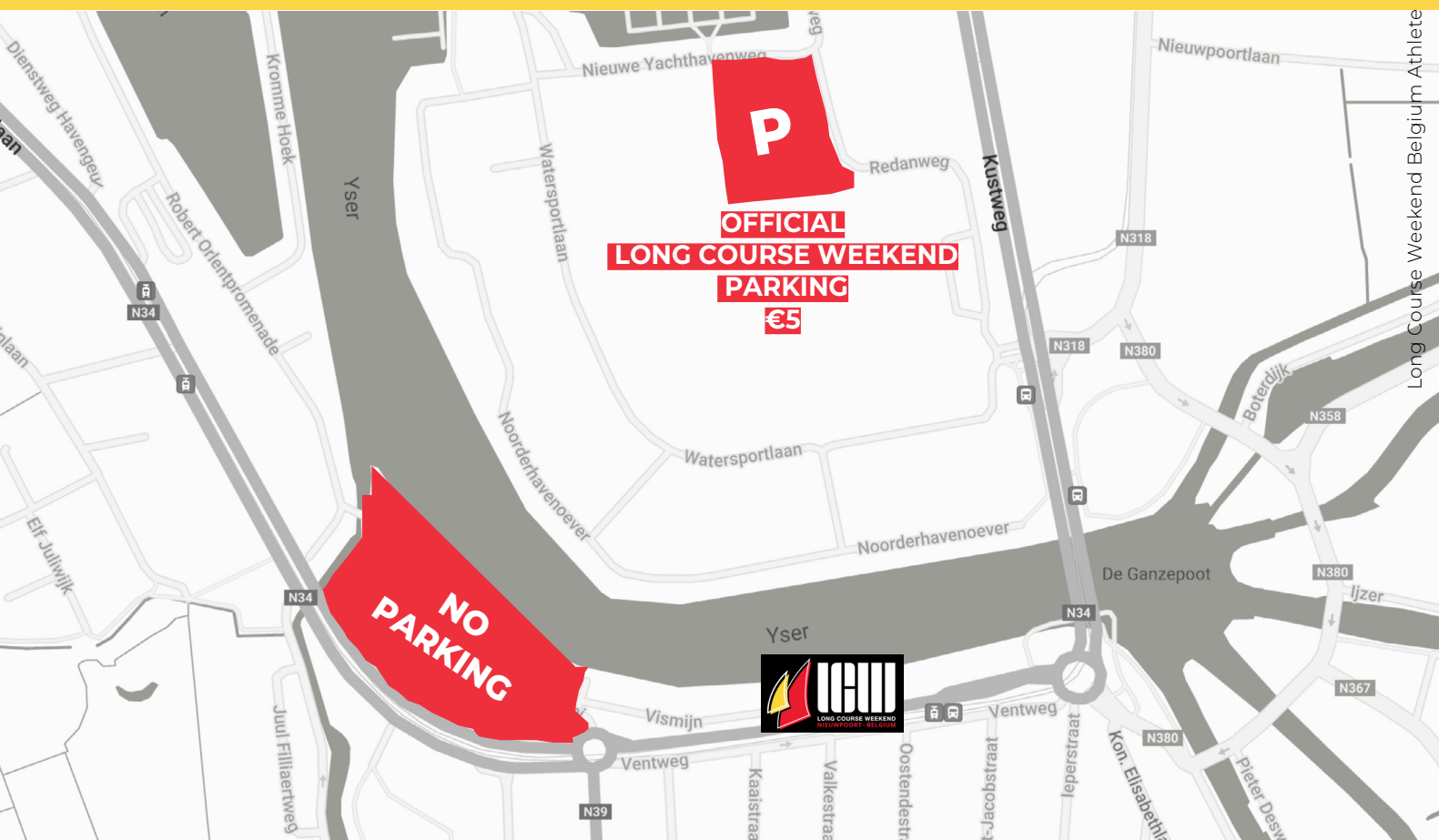
*Valid until 06/10/2025

PARKING

Google maps location



€5/per day: pay on site (cashless)



IMPORTANT LOCATIONS

Athlete registration

The athlete registration is located on the first floor of the Vismijn building and is only accessible to athletes taking part in one of the Long Course Weekend races. Each participant must register individually at the athlete registration.

Pre-ordered Long Course Weekend merchandise can be collected on Thursday at the athlete registration, and on Friday, Saturday, and Sunday in the Long Course Weekend shop at the festival square.

Cloakroom

There is a supervised cloakroom in a tent at the festival zone.

Festival square

The festival square next to the Vismijn is the square where all Long Course Weekend races start and finish. You will also find food trucks, expo stands, a large bar, a free water refill point, and music from our house DJ Maddis.

Showers and changing rooms

Changing rooms are available at our festival site. Athletes who want to shower can do so in the youth and sports complex of Nieuwpoort:

Sports complex

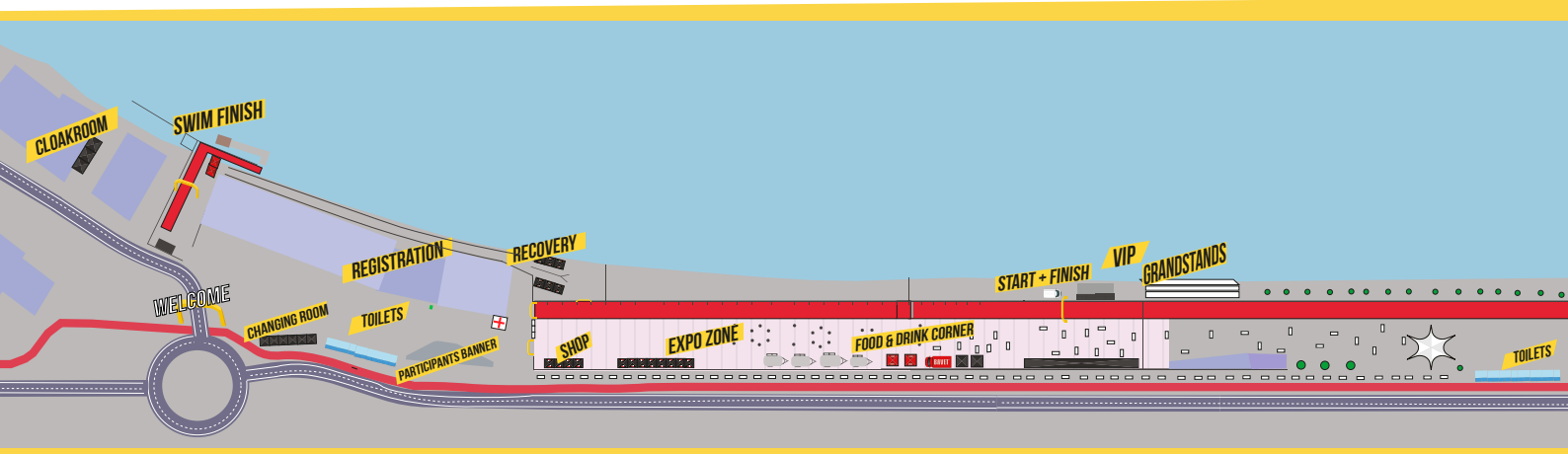
City of Nieuwpoort
Dudenhofenlaan 2B - 8620 Nieuwpoort
- Parking available

Opening hours

Friday 18h00 - 21h00

Saturday 13h00 - 16h00

Sunday 13h00 - 16h00



ADVENTURE QUEST

PUSHING YOUR LIMITS WITH MATHIEU BONNE

MATTHIEU BONNE IS AN ULTRA ATHLETE AND WORLD RECORD HOLDER IN CYCLING, SWIMMING AND TRIATHLON. HE EMBRACES EXTREME CHALLENGES AS A WAY OF LIFE AND DOES THINGS NO ONE HAS EVER DONE BEFORE.

TO ACHIEVE HIS GOALS, MATTHIEU SEEKS HARMONY IN BODY AND MIND, VERMENGHT IMMERSSES HIMSELF IN NATURE AND EXPERIENCES ALL ITS ELEMENTS DURING THE ADVENTURE QUEST WEEK. MATTHIEU WILL LET YOU DISCOVER HIS UNIQUE WAY OF LIFE AND WILL TRY TO OUTLINE HIS MINDSET FRAMEWORK FROM WHICH PARTICIPANTS CAN LEARN.

[READ MORE](#)



**REGISTER NOW!
ONLY 2 SPOTS LEFT!**

8 TO 15 NOVEMBER 2025

WWW.ADVENTUREQUEST.BE

REGISTRATION

To register and collect your Race Pack you will need the following:

- The QR code you received in the confirmation email (sender: Eventgoose).
- Your race number, which you can find online or in the app.

FULL/HALF/JUNIOR Long Course Weekend athletes only need to register once to collect their Race Pack. Other athletes who participate in multiple races queue once and ask a staff member for their additional Race Pack(s).

You can register and collect your Race Pack at these times:

Thursday 25 September 16h00 - 19h00

Friday 26 September 13h00 - 18h00

Saturday 27 September 07h00 - 19h00

Sunday 28 September 08h00 - 12h00

You can collect your Race Pack for any discipline on any of these days.

We strongly recommend that all runners who are already present on Thursday, Friday, or Saturday collect their Race Pack as soon as they can. We expect a very large number of runners on Sunday, so this way we can avoid long waiting times.

Pre-ordered merchandise – where to collect?

THU: Athlete registration

FRI-SUN: Long Course Weekend shop at the festival square

Your pre-ordered clothing and size are listed on your Race Pack!

RACE PACK

Make sure you receive the following items at the athlete registration per discipline:

The Peaks Nieuwpoort Swim

Long Course Weekend Swim cap
Timing chip

Cycle Flanders Fields

Bike plate
Straps to attach your bike plate
Bike helmet sticker with number
Timing chip sticker for the helmet
90K/180K: Etixx bike provisioning (!)

The Nieuwpoort Marathon

Bib number with timing chip
Safety pins to attach your number
Marathon T-shirt (only 42.2km)
Cloakroom strip on your bib number



*** All Junior/Half/Full Long Course Weekend athletes additionally receive a goodie bag!**

LAST MINUTES & DAY REGISTRATIONS

Bring a friend

Nothing is more fun than doing sports together and creating memories with friends!

Do you still have sporty friends who are not registered for Long Course Weekend? Encourage them to join in! They can still register online or even register on the day itself on site. Online registration is possible until Wednesday 24 September. On-site day registrations are possible from Thursday 25 September.

ATTENTION: On-site day registrations are a bit more expensive than online. So for a cheaper registration, your friends should register now!

Sporting together, cheering together, and crossing the finish line together that is what Long Course Weekend is all about!

Distance and name changes

Do you want to make a last-minute change of distance or would a friend like to participate in your place? This can be done on site at the Vismijn during the athlete registration hours.

How to change the name?

- The new participant collects the bib number of the original participant (via the ticket with QR code).
- Take the race pack to the info desk and pay €10 on site for the name change.

ATTENTION: The Peaks Nieuwpoort Swim and The Nieuwpoort Marathon 10K are sold out! Day registrations are only possible for cycling and other running distances. Keep an eye on the website for sold-out distances!



MAKE LONG COURSE WEEKEND YOUR ULTIMATE TEAM BUILDING EXPERIENCE

Let your team push boundaries together, both literally and figuratively. Long Course Weekend Belgium in Nieuwpoort is the sports festival that invites companies to take part in a unique multi-sport event full of action, fun, and strong connections

Why is this event perfect as **team building**?

- Accessible for everyone: from beginning sports enthusiasts to experienced athletes, everyone can choose from swimming, cycling, and running, in various distances or combinations.
- Build team spirit at iconic locations: swim in the marina of Nieuwpoort with a view of the Albert I monument, cycle through the scenery of 2 World Wars, and run on flat courses where PBs are waiting to be broken.
- More than sport: enjoy a festival vibe with an iconic red-carpet finish, DJ sets, food trucks, bars, and a Kids Run for family and supporters..

In addition to staff registrations, we also offer other B2B options such as a tent as a meeting point on our festival grounds or personalised T-shirts for participants or supporters.

Interested? Fill in the form [here!](#)

These companies will join us this year during Long Course Weekend!

astara

 anyseals

 **Fagron**
personalizing
medicine



“FORWARD TOGETHER, ALSO BEYOND WORK!”

TESTIMONIAL:

LONG COURSE WEEKEND - TEAMBUILDING EXPERIENCE ANYSEALS

“This year, we are taking part in the **Nieuwpoort Marathon for the first time**. The idea started when our CEO challenged one of his employees to run a half marathon. Instead of going for it alone, it seemed much more fun to involve everyone and turn it into a **shared challenge**. For us, this is more than just sport: it is a way to get to **know each other better, to work together, and to have fun outside the workplace.**”

“We are part of an international group, but we have kept the spirit of a **family business**. You can feel it in the way colleagues support each other, motivate each other, and celebrate successes together. What's more, our team is very **diverse**: different nationalities, languages, and talents make us extra strong.”

Whether you like to roll up your sleeves in the warehouse or prefer to help customers from the office, with us you will always find colleagues who appreciate you and move forward together with you.

👉 **Are you looking for a workplace with warmth and international dynamics? Then you will feel right at home with us!**



ALSO INTERESTED?

Also interested in doing a sporty team building with your company next year?
Contact us via this [link](#)!



FINISHERPIX

Your personal race memories with FinisherPix

With **FinisherPix**, you can order all the photos taken of you during your race(s)! This way, you'll have a beautiful memory of your sporting achievements.

The professional photographers are positioned at the most scenic spots along the course to capture your action moments. And of course, they are ready to take that **epic red carpet finish photo!**

From the smile on your face at the start to your determination during the race, and from the emotion at the finish line to the pride in your achievement – everything is captured for you. With these photos, you can relive those unforgettable moments again and again!

Share them! Whether it's in the family WhatsApp group or on your Instagram, now you have the coolest photos to show off.

Your precious race memories are only one scan away! [Scan the QR code](#) to order your FinisherPix and preserve the magic of your Long Course Weekend forever.

Some tips for great race photos:

- Make sure your bib number is always visible on the front.
- Say cheese on the track! Keep your eyes open for the FinisherPix photographers and give them your best big smile!
- Keep your eyes on the prize! As you approach the finish line, look straight ahead and shine for that perfect photo!

Order here



Fruitsnacks

Fruit your work!

***A healthy energy boost
during Long Course Weekend
and at your workplace!***



Learn more?



www.fruitsnacks.be

Fruitsnacks is also giving all Long Course Weekend volunteers a
fruity energy boost!

FOOD

BAVET

Good news for everyone at Long Course Weekend: the Bavet food truck will be present at the festival site! Here you can enjoy their delicious dishes, such as the classic Bolognese and the tasty Say Cheese. Whether you want to refuel after your race or are simply looking for something tasty, Bavet has something for everyone.

Menu

Bavet
Bolo Bastard (veggie)
Say Cheese (veggie)
Holy Grail (mix Bavet - Say Cheese)

STEWART

In the mood for Flemish food? Our food truck serves homemade stew, slow-cooked to perfection and full of flavour. A true classic to enjoy, straight from Flanders!

Menu

Brown stew – 'The classic'
Blond stew – 'Breezy blonde'
Red stew – 'Cherry bliss'

DE MIENE

Whether you are competing yourself or cheering with full enthusiasm, a well-filled belly is part of the experience! DE MIENE is ready for you with the tastiest classics from the sea. Let yourself be tempted by crispy kibbeling, golden calamari, a fresh cod burger, or a creamy shrimp croquette. Freshly prepared, full of flavour, and always served with a smile.

Menu

Kibbeling with tartar sauce
Calamari with tartar sauce
Cod burger
Shrimp croquette with bread



Friday: 15h00 - 21h00

Saturday: 11h00 - 18h00

Sunday: 10h00 - 17h00



FOOD

PURA BAYA

At Pura Baya, the nutritious açai berry takes center stage to give you a boost before or after your effort! They offer refreshing açai bowls and smoothies blended with high-quality organic ingredients. This Brazilian superfood is sure to surprise you!

Menu

Açaí Bowl banana/strawberry
Coconut bowl
Smoothie Red Wonderland
Smoothie Tropical Rain

Friday: 15h00 - 21h00

Saturday: 07h00 - 18h00

Sunday: 08h00 - 17h00



KOFFIE QUEEN

At Koffie Queen, you're in the right place for your caffeine fix. From a strong espresso to a creamy cappuccino – perfect for anyone in need of a boost! Be sure to stop by!



Thirsty?

Come and enjoy our extensive bar all weekend long! From soft drinks to a delicious Belgian beer (including alcohol-free Sportzot)!



FULL-FLAVOURED NON-ALCOHOLIC BEER

Discover our Sportzot!



THE LONG COURSE WEEKEND BELGIUM EXPO

Come and discover!

During Long Course Weekend Belgium it's not only about sport, but also about experience and discovery. That is why you can visit our Expo Zone all weekend long: the place to get inspired, discover the newest sports items, and receive practical tips from experts.

Fri: 15h00 - 21h00

Sat: 07h00 - 18h00

Sun: 08h00 - 17h00

What to expect

- **Van Eyck Sport:** the specialist for cyclists. In addition to roadside assistance, they also provide cycling accessories – you will find everything to make your rides even better and more comfortable.
- **Blue Globe Sports:** discover their range of Peaks wetsuits, swim goggles, and more essentials for every athlete.
- **Fagron:** get advice from experts in nutrition and health. They are specialised in DNA-based insights that help you work towards your sporting goals in a smarter and more personalised way.
- **Blackroll:** recover faster and move better thanks to their range of foam rollers and other tools for runners and athletes who want to get the best out of their body.
- **Strive:** get support just before the race to be calmer at the start. That way you set off relaxed and ready for the race!



Recover faster.

Perform stronger.

Whether you swim, bike or run – recovery is key to peak performance. BLACKROLL® supports your body with products for self-massage, activation and regeneration. Developed together with athletes and experts.

**Scan the QR code and enjoy 20% off this
Long Course Weekend!**



DNA ANALYSIS GAVE ME NEW ENERGY

KIM DE BAAT



After a career in the professional peloton, Kim De Baat keeps surprising herself with new insights about her body. Thanks to Fagron Sport Test and NutriGen, two DNA analyses, she now knows how to train and live smarter—without having to work harder.

Kim De Baat knows better than anyone what sport can mean in someone's life. She became Belgian road champion, spent years in the professional peloton, and now guides the next generation of cycling talents as assistant national coach. Yet the Sport Test and NutriGen provided her with surprising insights—insights that not only changed her own experience of sport, but are just as applicable to anyone interested in health or fitness.

“After an initial consultation where I received a detailed explanation of both tests, my curiosity was triggered,” Kim explains. “I wanted to know what I might have missed in my career, or what I could have done differently. In sport, every detail matters, but it always starts with the basics. And those basics—nutrition and DNA—are important for everyone, whether you're just starting out or aiming for top performance. A DNA test is far more personal and in-depth than a standard diet. I found it incredibly interesting to experience this myself—also because I want to be able to better inform my athletes about it.”

The results brought more than one surprise. “For instance, it turned out I'm hypersensitive to caffeine, even though I used it a lot as a rider. Many athletes swear by it as a positive, stimulating aid, but for some people—like me—it can actually be less useful or even counterproductive.”

Kim now applies the insights mostly in her daily life. As a coach, she continues to train actively to keep up with her athletes, which made it ideal to test certain results right away.



“I discovered a sensitivity to starch, realized that caffeine actually had no beneficial effect, and learned that exercise alone doesn't really help me lose weight. Concrete changes in my diet delivered much more. With just a few small adjustments I lost weight, feel calmer mentally and—perhaps most importantly—I have more energy throughout the day and sleep better.”

What Kim learned shows how important it is to get the foundations right. “You can eat perfectly healthy, but still not respond well to certain foods—without even realizing it. Thanks to these DNA tests, you discover which foods and drinks give you energy instead of draining it. That insight can make a huge difference for anyone: from recreational athletes to professionals.”

Although her overall view on sport hasn't fundamentally changed, Kim learned that progress doesn't always require training harder or more. **“By simply knowing better what suits your body, you can achieve results faster and more easily. That has been a real eye-opener for me.”**

Kim's story shows this: whether you're a beginner or have been active for years, those who understand the basics gain the most. DNA insights reveal which foods and habits strengthen your foundation, so training becomes more effective and you feel more energized—in sport as well as in daily life. Discover what your body truly needs—scan the QR code above and start building your foundation.

DISCOVER THE SUPPORTERS HOTSPOTS



The QR code will take you to Google Maps. Zoom in on the swimming, cycling or running icons to discover the hotspots! The perfect place to cheer on your athletes, where a great atmosphere is guaranteed.

Find them all using the QR code!

Swim Hotspot:

click [here](#)

Bike Hotspot 180K (Kemmelberg 78,48km):

click [here](#)

Run hotspot 10K (sports park 5,80km):

click [here](#)

Run hotspot all distances + DJ:

click [here](#)

Run hotspot (half) marathon (bridge 10,45km) + DJ:

click [here](#)

Run hotspot marathon (22,07km) +DJ:

click [here](#)

Run hotspot (half) marathon (16,98km & 38,02km):

click [here](#)

MUST DO'S LONG COURSE WEEKEND BELGIUM

1. First timer? Make sure to ring the **bell** at our finish and let everyone know that you completed your distance for the first time!
2. Come and take a look at our Long Course Weekend Belgium **Expo Zone**!
3. Run together with your daughter or son across the finish! We provide a **family lane** along the finish where your child can cross the finish line together with you.
4. Find your name on our **athlete banner**, which you can find at our festival square!
5. Pick up your **number** from Thursday onwards and save time to enjoy a nice drink at our festival square!
6. Download the **app**!
7. Don't forget to order your personal photos via **FinisherPix**.
8. Come watch our special **4th medal ceremony** on Sunday at 16h00.
9. Bring your children and register them for our **Kids Run**.
10. Register now for **Long Course Weekend Netherlands 2026**!

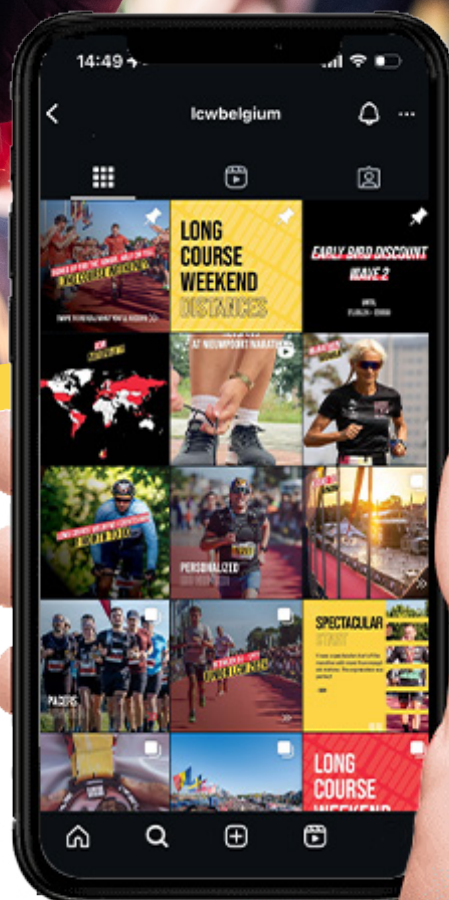




IPHONE



ANDROID



FOLLOW US



AND DOWNLOAD THE LONG COURSE WEEKEND APP!





WE DELIVER MORE



DISCOVER MAXUS AT BARISEAU MOTTRIE

Maxus offers a complete range of vans, tailored to every need. From the compact **eDELIVER 3** to the spacious and powerful **eDELIVER 9** – we also strengthen our position in the pickup segment with the introduction of the robust **eTERRON 9** as well as the **T60 MAX**. For Maxus, there are no limits to innovation within their electric range, nor to their diversification. That's why you can always count on more with Maxus. Discover the full Maxus range now at **Bariseau Mottrie in Kortrijk**, your Maxus dealer.



Maxomotive NV / Bedrijvenlaan 4, 2800 Mechelen / info@maxusmotors.be / www.maxusmotors.be

Environmental Information (Royal Decree of 19.03.2004) All specifications are subject to change without prior notice. Non-contractual photos. Company number: BE 0430 801 744. BELFIUS IBAN: BE18 5513 3884 0065 – BIC: GKCCBEBB. All information and conditions regarding the 5-year warranty are available upon request from your official Maxus dealer and at www.maxusmotors.be.



Let's prioritize safety.



Bariseau Mottrie
Deerlijksestraat 6 - 8500 Kortrijk

WIN WITH LONG COURSE WEEKEND

PEAKS AZUL WETSUIT

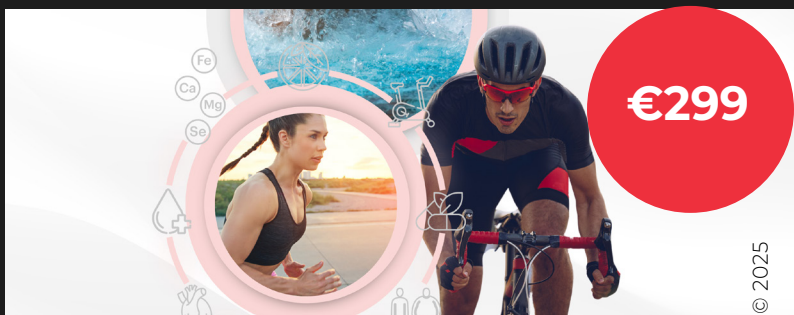
The PEAKS Azul wetsuit offers ultimate buoyancy, speed, and flexibility for top performance in the water.



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FAGRON SPORT TEST

Discover with a Fagron DNA test how your body responds to exercise, nutrition, and recovery, and train smarter based on your genetic profile.



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€500

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Experience ultimate freedom with an adventurous weekend in the powerful KGM Torres Hybrid, complete with rooftop tent for the perfect outdoor experience.



€750

LONG COURSE WEEKEND SHOP



SHOP AT OUR FESTIVAL SQUARE

**FRI: 15H-21H
SAT: 7H-18H
SUN: 8H-17H**

NICKY REES: THE ONLY ONE WHO FINISHED ALL LONG COURSE WEEKENDS IN WALES

“EVERYONE OF ALL LEVELS CAN TAKE PART.”

NICKY REES

Nicky, who are you?

I'm Nicky Rees, 57 years old, married and father of two. In 1999 I ran my first marathon in London, followed by more than 15 marathons over the next seven years.

You're the only one who has completed every Long Course Weekend in Wales. How does that feel, and what motivates you to keep going?

I feel very fortunate to have finished all 14 Long Course Weekend Wales events, though it certainly came with its share of ups and downs.

What has been your most memorable Long Course Weekend experience so far, and why?

My most memorable Long Course Weekend was in 2016. I took part with my friend Gareth, who suffered from motor neurone disease and sadly has since passed away. During the swim I pulled him along in an inflatable boat, we used a recumbent bike for the cycling, and during the run he was in a buggy. If you Google 'Long Course Weekend Wales', you'll find the beautiful video Gareth made back then.



First Long Course Weekend Wales.

What advice would you give to athletes preparing for their first Long Course Weekend?

The advice I'd give to any athlete is: start small, but eventually try to complete all the distances. If you get injured, focus on what you can do instead of what you can't. And never underestimate your own ability.

What are you most looking forward to in Belgium?

What I'm most looking forward to is meeting all the athletes and talking with the local people.

What makes Long Course Weekend different from a traditional triathlon or endurance race?

What makes Long Course Weekend so much more special than other races is the family experience: everyone, at every level, can take part thanks to the different distances available for all participants.

CYCLE FLANDERS FIELDS

Cycle Flanders Fields is part of Long Course Weekend Belgium and is a unique cycling event with 3 distances: 45km, 90km, 180km. Cycle Flanders Fields is a **recreational cycling tour**.

With Nieuwpoort as the base, the courses head towards the Westhoek region. The 180km course partly follows the route of the **World Tour Classic Gent-Wevelgem**, including the climb of the Kemmelberg. After the start at the **Vismijn in Nieuwpoort**, the route goes towards Veurne, crosses the **French border**, dives into the hilly section, and leads via the plugstreets and under the Menin Gate, past **dozens of war monuments**, back towards Nieuwpoort.



DID YOU KNOW?

During the 180km course you cycle over the historic Plugstreets!

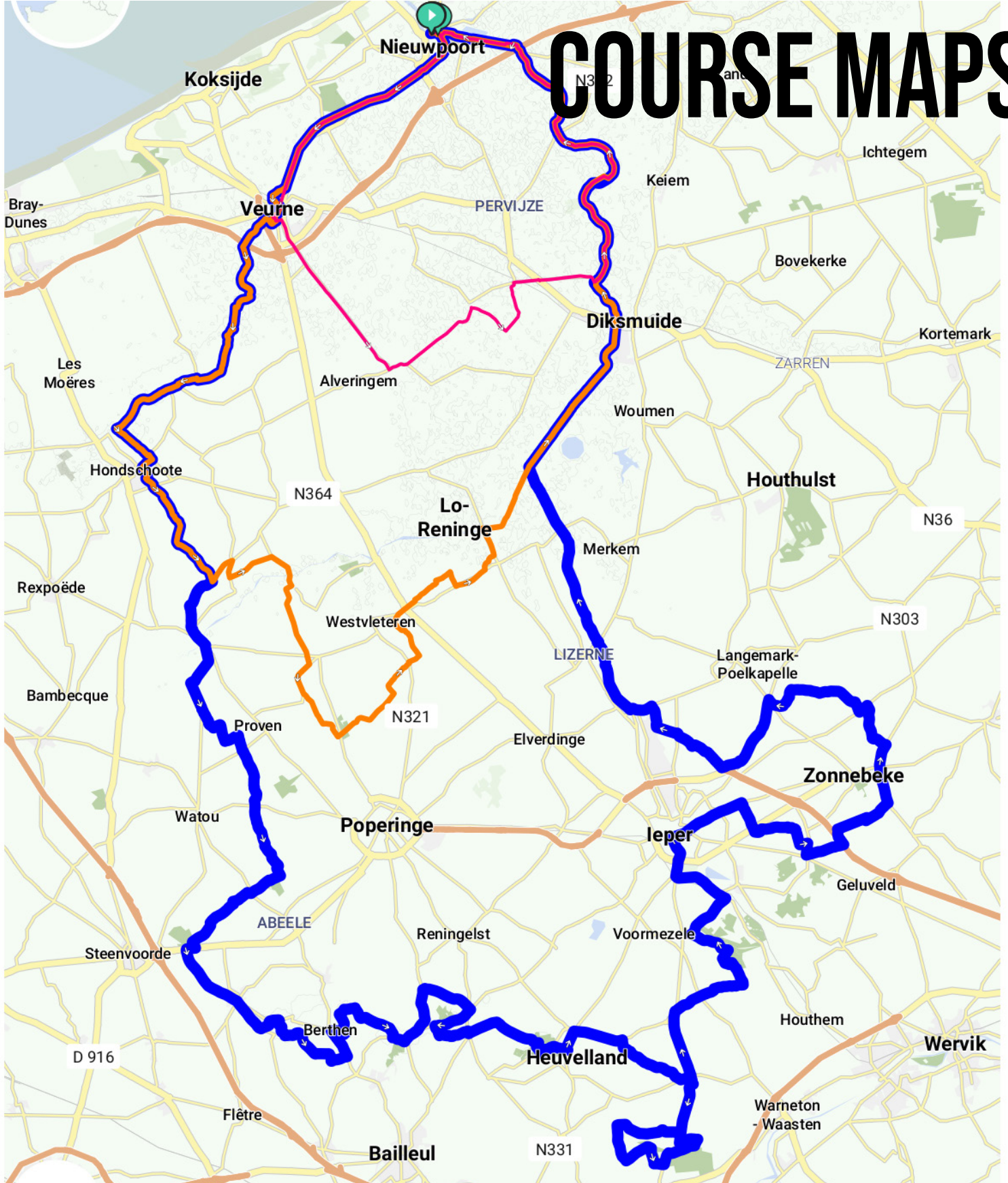
This special place got its name when British soldiers during the First World War found it difficult to pronounce the village of Ploegsteert and simply called it "Plugstreet."

This region was the scene of heavy fighting and some of the bloodiest battles of the war. But alongside this tragic history, there is also a heart-warming story about Christmas 1914, when soldiers from both sides allegedly laid down their weapons for a while to celebrate Christmas together and even play a game of football in no man's land. Whether this really happened remains a mystery!

Get ready for a beautiful piece of history!



COURSE MAPS



Long Course Weekend Belgium Athlete Guide © 2025

45K



90K



180K



FLOW

CYCLE FLANDERS FIELDS

Cycle Flanders Fields is a recreational cycling tour where no general classification will be published*.

All participants of Cycle Flanders Fields must follow the **highway code** and the applicable traffic rules on the course at all times. This means that you ride on the cycling path where one is available and that you stop at traffic lights when they are red. If the organisation notices participants who do not respect the rules, their bike plate will be immediately confiscated, and they will be disqualified.

There are 2 zones on the course where **times will be recorded**:

1. The climb of the Kemmelberg (only for the 180km)
2. A time trial segment along the Yser, from 8km to 4km before the finish (all distances)

These timings will be used for the following:

FOR THE FULL LONG COURSE WEEKEND

The sum of the 2 timings will be used for the FULL LONG COURSE WEEKEND classification.

FOR THE HALF LONG COURSE WEEKEND and THE JUNIOR LONG COURSE WEEKEND

The time of the time trial segment will be used for the HALF and JUNIOR LONG COURSE WEEKEND classification.

FOR THE CYCLING PODIUM (men and women)

The sum of the 2 timings will be used for the CYCLING PODIUM for men and women.

This means that only participants of the 180km are eligible for the Cycle Flanders Fields podium.

Having trouble or in need?

Call our emergency number: **+32 472 872 087**

You can also find it in the Long Course Weekend app!

**Belgian legislation does not allow us to organise a cycling race, since a cycling race can only take place on a closed course. Long Course Weekend is a sports festival for athletes of all levels, and we find it important to be able to offer unique one-loop courses to participants in the special setting of the Westhoek region.*

FLOW

CYCLE FLANDERS FIELDS

Registration

Thursday, September 25: 16h00 - 19h00

Friday, September 26: 13h00 - 18h00

Saturday, September 27: 07h00 - 11h30

All participants of Cycle Flanders Fields must check in at the Long Course Weekend festival area within their assigned time slot before the start. Your helmet and bike will be checked, and then you can start at your own pace.

Start times per distance:

180km: 08h00 - 09h00

90km: 10h00 - 11h00

45km: 12h00 - 12h30

During the tour, you can refill your water bottle both beforehand at the festival area and along the route.

Bag Drop

There is a luggage area at the festival square where you can safely leave your belongings. However, we recommend first and foremost that you leave your personal items with your supporters, friends, or family! Only one bag per participant is allowed.

Timing

Athletes must always follow the traffic rules and must, among other things, stop at traffic lights (which are kept to an absolute minimum along the route). Make sure your timing chip stays securely attached to your helmet at all times. This ensures we know that everyone has safely reached the finish!

Cut-off times

180 km (9h ride): 18h00

90 km (8h ride): 19h00

45 km (3h ride): 15h30



AID STATION

CYCLE FLANDERS FIELDS

For the 90 km route, there is 1 aid station located at approximately 56 km.
For the 180 km route, there are 3 aid stations provided.

Toilets are available at every stop!

90 km

56,20 km

Water
Fruit/snacks/candy

180 km

57,8 km

Water
Etixx Sportdrank
Fruit/snacks

101,44 km

Water
Etixx sports drink
Fruit/snacks/candy

137,4 km

Water
Etixx sports drink
Cola
Fruit/snacks/candy



Long Course Weekend Belgium Athlete Guide © 2025

POWERADE

Fruitsnacks

The **specific sports nutrition** for the 90km and 180km cyclists is NOT provided at the aid stations, but is given before the start in your race pack along with your bib number.

- 180km: 1 ETIXX Bar and 2 ETIXX Gels
- 90km: 1 ETIXX Bar

ATTENTION

This is your pre-race nutrition, which you receive beforehand and can use during your ride.

etixx

sports nutrition

REACH FOR THE BEST

#FuelYourGoal



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WIN WITH LONG COURSE WEEKEND

WIN A WEEKEND GETAWAY AT HOSTELLERIE KEMMELBERG!

Tag & win: for all FULL and 180K athletes!

This year, we're combining athletic challenges with a unique opportunity: win an **unforgettable weekend at Hostellerie Kemmelberg**, a charming hotel perched on the iconic Kemmelberg. Hostellerie Kemmelberg is a haven of tranquility and refinement: **a luxurious base with gourmet cuisine and panoramic views you won't find anywhere else**. Enjoy a weekend focused on relaxing, recharging, and indulging.

Who can participate?

All athletes taking part in the FULL Long Course Weekend or the 180K ride.

How to participate?

- During your ride on Saturday, an official photo will be taken of you on the Kemmelberg.
- Share this photo on your social media.
- Tag both @lcwbelgium and @hostellerie_kemmelberg in your post.

That's it! From all entries, we'll select one lucky winner to enjoy a delightful weekend at the very place where you achieved your sporting feat.

Keep an eye on your inbox after the event, you will receive your photo there.


HOSTELLERIE
KEMMELBERG
Hotel & Restaurant
Est. 1954



BIKE ASSISTANCE

CYCLE FLANDERS FIELDS

Van Eyck: no worries, just cycling fun

Are you taking part in Cycle Flanders Fields and worried about getting a flat tire? No worries! Our partner **Van Eyck Sport** is ready to help.

With their convenient **mobile bike repair service**, they will be available at the festival site and along the cycling routes. Whether you run into problems on the road, need to lubricate your chain, or want minor repairs and adjustments to your bike, Van Eyck is there for you.

Their dedicated and experienced team offers professional service, so you can start and finish your ride completely stress-free. This means you can fully focus on enjoying your cycling adventure and the stunning locations you will pass, without the burden of unexpected technical issues.

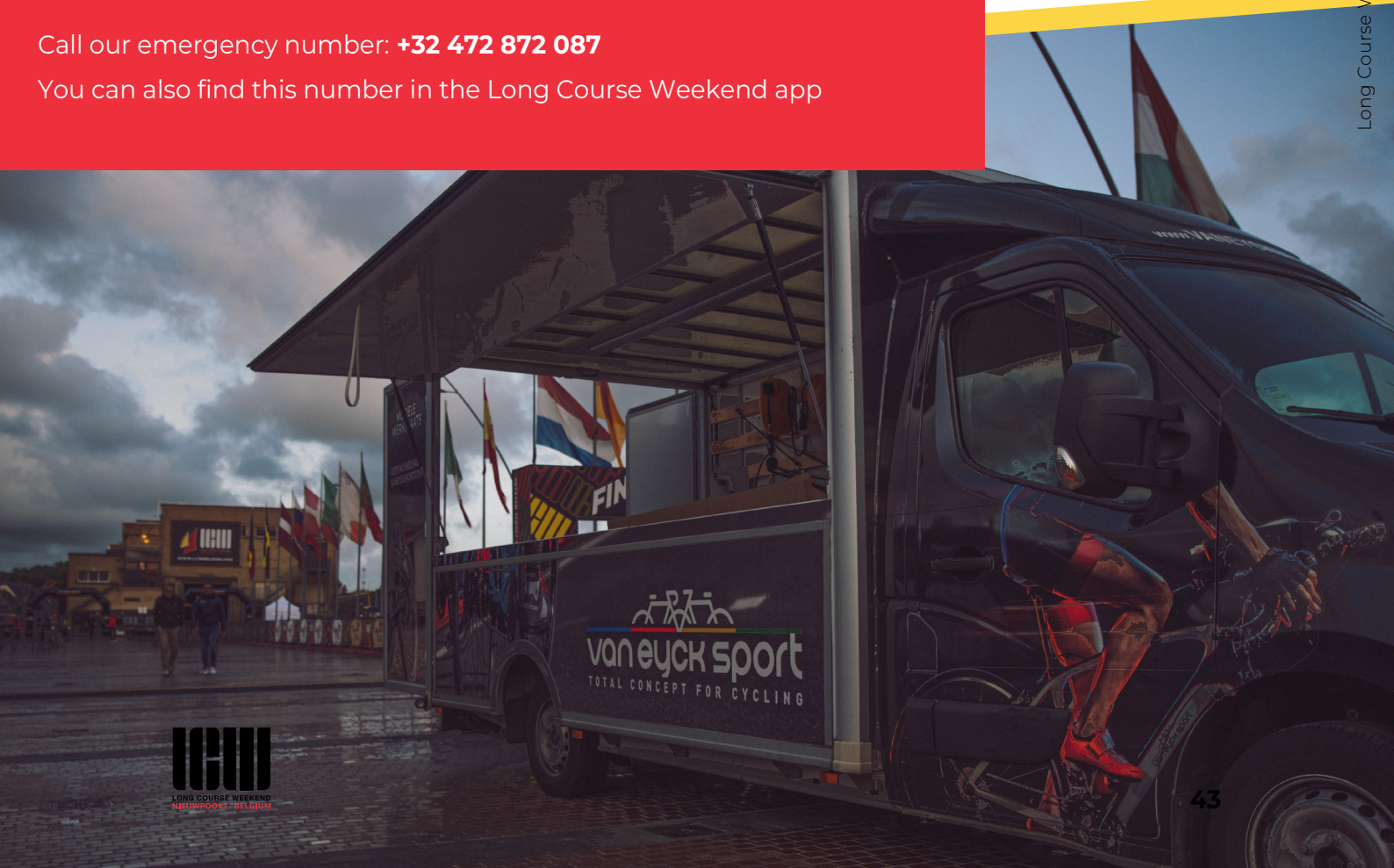
In short, Van Eyck Sport is here to elevate your experience and support you during every pedal stroke of your adventure.



Having trouble or in need?

Call our emergency number: **+32 472 872 087**

You can also find this number in the Long Course Weekend app





van eyck sport

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9300 Aalst

DADIZELE

Meensesteenweg 168
8890 Dadizele

ERPE-MERE E-BIKE

Oudenaardsesteenweg 391
9420 Erpe-Mere

GEELE

Waterstraat 31
2440 Geel

SINT-PAUWELS

Potterstraat 125
9170 Sint-Pauwels



CEREMONIES

There are 19 stages spread across the weekend:

Friday evening 19h30

- Swim 1,9 km women
- Swim 1,9 km men
- Swim 3,8 km women
- Swim 3,8 km men

Saturday afternoon 14h00

- Bike fastest time women
- Bike fastest time men

Sunday afternoon

- Run 5 km women - 12h30
- Run 5 km men - 12h30
- Run 10 km women - 12h30
- Run 10 km men - 12h30
- Run marathon women - 13h30
- Run marathon men - 13h30
- Run half marathon women - 14h00
- Run half marathon men - 14h00

Sunday afternoon 16h00

- Half Long Course Weekend Women
- Half Long Course Weekend Men
- Full Long Course Weekend Women
- Full Long Course Weekend Men
- Junior Long Course Weekend Boys
- Junior Long Course Weekend Girls

We **invite all athletes** from every running event to be present in large numbers for the **different podium ceremonies**, and especially for the **special medal ceremony** for the Full Long Course Weekend on **Sunday at 16h!**





6TH EDITION
LONG COURSE WEEKEND
18 - 20 SEPTEMBER 2026



SAVE THE DATE



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to the right equipment:

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RENT YOUR WETSUIT FOR THE PEAKS NIEUWPOORT SWIM



IMPROVE YOUR CRITICAL SWIM SPEED WITH THE FASTEST WETSUIT ON THE MARKET.
PREFERRED BY ATHLETES LIKE JOLIEN VERMEYLEN EN TOM VAELEN.
DISCOVER THE HOW AND WHY HERE.

PLEASE FEEL FREE TO VISIT OUR STAND

Energy efficient

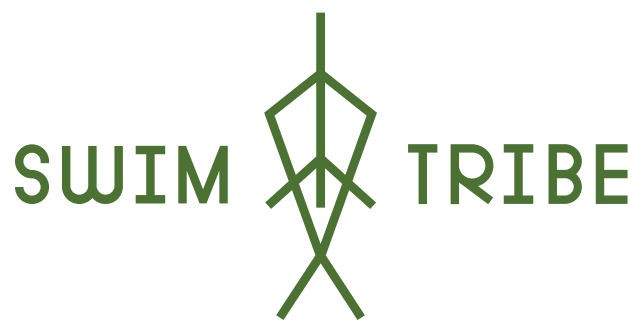
Tests have shown that PEAKS wetsuits can deliver an energy efficiency net gain between 12,5% and 25%.
This means that you expend less energy to swim faster.

Ultra low resistance

Tests have shown that PEAKS wetsuits can deliver an energy efficiency net gain between 12,5% and 25%.
This means that you expend less energy to swim faster.

A lightweight second skin

It feels a second skin when fitted, yet it doesn't restrict movement.
The added benefit is that it is easy to put on before a training session.
More importantly, it is easy to take off when transitioning in a race.



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EXPERIENCE
ENJOY

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Enjoy swimming crawl like
the best, in the pool or
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Swim
Technique



Long
Distance



Open
Water



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€33.990*

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5,9-6,1 L/100KM. 133-139 G/KM CO₂ (WLTP)



Let's prioritize safety.

UNTIL
8
YEAR
OR
160.000km
WARRANTY
VALID ON NEW COMPONENTS

The 8-year or 160,000 km warranty applies only to the HEV components of the vehicle.

Recommended catalogue price (incl. VAT) for the Torres Hybrid – Bronze 2WD version = €36,990 - €2,000 discount = €34,990 net price - €1,000 take-over premium() = €33,990 promotional price. Recommended retail price incl. VAT by the importer. Offer valid for private customers from 01/09/2025 to 30/09/2025. The promotional price mentioned above includes conditional bonuses and is valid provided the conditions for the take-over premium(*) are met. (*) When purchasing a new Torres Hybrid, we will take back your old car and offer €1,000 incl. VAT on top of the estimated trade-in value. The vehicle must be complete, in running condition, and registered for at least 6 months in the name of the new owner. All legal documents must be available. The name of the new vehicle's owner must match that of the previous vehicle owner. All information and terms regarding the 5-year warranty and assistance are available upon request from your official KGM dealer or at www.kgm.be.

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MAXUS
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100% ELECTRIC - UP TO 3,5 KG TOWING CAPACITY

NEW
T60 MAX
DIESEL - UP TO 3,5 KG TOWING CAPACITY

Maxus expands line-up with robust pick-ups

In addition to our vans – from the compact eDELIVER 3 to the powerful eDELIVER 9 – we are expanding our range with two robust pick-ups. The **T60 MAX** features a powerful 2.0-litre diesel engine, delivering strong performance both on-road and off-road. With a payload capacity of up to 1.2 tonnes and a towing capacity of up to 3.5 tonnes, it's perfect for heavy-duty tasks. The **eTERRON 9** offers a fully electric driving experience with a towing capacity of up to 3.5 tonnes. With this extended range, Maxus now offers the perfect solution for every job and every terrain. That's why you can always count on more with Maxus.



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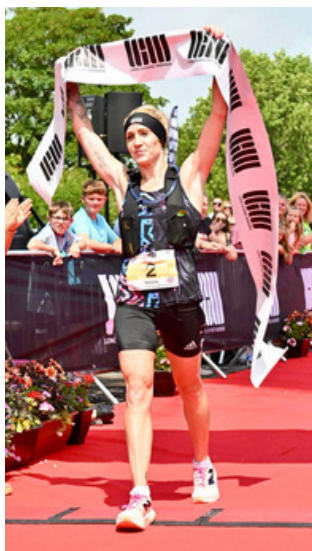
At STRIVE, we believe your race is more than physical, it's a test of mindset. That's why we've partnered with **Long Course Weekend** to help you step up to the start line calmer, stronger, and ready to show yourself what you're truly capable of.

WHY JOIN STRIVE?

- Mindset coaching from experts in sport, performance, and the military
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- A supportive community of like-minded challenge-seekers
- Practical tools to manage nerves, overcome setbacks, and fuel confidence

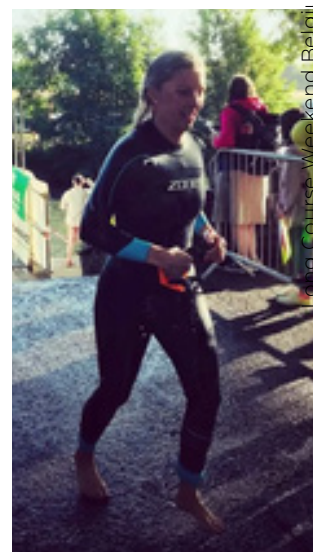
NATALIE LAWRENCE

Professional triathlete, coach and mum of four. Once part of GB squads, she overcame setbacks to return stronger, winning Outlaw Full 2023, LCW Wales twice, and securing international podiums.



DONNA HUBBARD

Performance coach and founder of STRIVE. Specialising in fear management, she empowers people to chase bold goals, believing sport unlocks growth, resilience, and the courage to thrive.



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£54.99

USE CODE: LCW20

Equivalent to £4.58/month
subscription billed annually

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At STRIVE, we're always in your corner. Visit the STRIVE Corner at LCW Belgium for live mindset tips, Q&As, and to meet the coaches in person. You'll find us at Long Course Weekend Belgium Festival Square.

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HAVE A GREAT WEEKEND!

LONG COURSE WEEKEND AND ITS PARTNERS



LONG COURSE WEEKEND BELGIUM IS AN ORGANISATION OF:

