

# TECHNICAL GUIDE

 **UCI** NATIONS' CUP  
JUNIOR



April 9 - April 11 2020



Healthy Ageing  
TOUR

[WWW.HEALTHYAGEINGTOUR.NL](http://WWW.HEALTHYAGEINGTOUR.NL)

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Date	Stage	Distance	Start	Finish
April 9	1      Zoutkamp - Zoutkamp	15.3 km	9.30	
April 10	2      Groningen - Ten Boer	74.3 km	9.45	11.48
April 11	3      Appingedam - Appingedam	82.1 km	9.30	11.36

# ORGANIZATION

Healthy Ageing Tour 209

Organization

: Courage Events

Address

: Baroklaan 1, 9351 TR Leek

Website

: www.healthyageingtour.nl

Race Director

: Eyelien Bekkering - De Ruiter (0031 622416010)

Technical Organization

: Rikus Sunderman (0031 622377479)

E-mail

: healthyageingtour@gmail.com

Telephone

: 0031 622900131

Technical organization	Courage Events	healthyageingtour@gmail.com
Guests / honouring	Daniëlle Bekkering	0031-653730955
Coördination start / finish Location and deviation cars	Willem Oosting	0031-622798820
Coördination start / finish Cars in the race and drivers	Luink Pater	0031-651244692
Coördination bill boards	Gerben de Ruiter	0031-630410825
Bill boards / fences	Hendrik Wilkens	0031-644414602
Bill boards / fences	Tim Dijkhuis	0031-638346044
Press	Margriet Roelofsen	0031-622690334
Information desk permanence	Hanny Brand	0031-621387180
Communiqué / results	Martijn Brand	0031-634279375
Police commander	Ruud de Vries	0031-652398900
Coördination motorcyclists	MBT	
Website, Social Media	Daan Bultje	0031-624739439
Social Media	Theo Sikkema	0031-627021398
Signing circuit, km. signs, red flag, signs at locations	Klaas Meindersma	0031-629283492
Signing circuit, km. signs, red flag, signs at locations	Henk de Leeuw	0031-652475031
Communication equipment	Gialt Biesma	0031-622340386
Stage, signing and honouring	Jeroen Strijker	0031-611356475
Release & intake necessities traffic controllers and motor cyclists	Willy Sunderman	0031-657172109
Medical care	Ambulance Events Service	0031-653205317
Race doctor	Gineke Jeurink	0031-622214655
Service desk	Mascha Rondhuis	0031-614531153
<b>DRIVERS</b>		
Race director 1	Willy Sunderman	0031-657172109
Race director 2	Jan Dam	0031-651835059
Sound car	Femmie Bathoorn	0031-627378915
Jury 1	Piet Guikema	0031-616427085
Jury 2	Roel Schuiling	0031-646624477
Jury 3	Egbert ten Wolde	0031-652554157
Jury 4	Nico Been	0031-625214565
Jury 5 / finish judge		
Doctor	Ambulance Event Service	0031-653205317
Broom wagon	Wim Dussel	0031-615133784

Press 1	Gerben de Ruiter	0031-630410825
Guests 1 and coördination honouring	Lisette Hamminga	0031-640173443
Guests 2	Ike Agema	0031-641546952
Guests 3		
Stage, jury bus, finish arch, finish line and sound	Sportscom; Richard Beereboom	0031-651277198
Crush barriers	Doorenbosch; Wim Bloeming	0031-648274913
Pagedal		0031-599611000
Head race jury	Erwin Kistemaker	0031-651707685

## MEMBERS OF THE COMMISSAIRES' PANEL

Function	Name	Residence
President commissaire	Jempi Jooren	Belgium
Commissaire 1	Erwin Kistemaker	
Commissaire 2	Koos Feiken	Lieveren
Commissaire 3	Bram Dijkhuis	Stadskanaal
Radio Tour	Miranda Colenbrander	Zwolle
Finish judge	Jan Nijmeijer	Hoogeveen
Computer commissaire	Martijn Brand	Enschede
Broom wagon commissaire	Sjaco de Waal	
Blackboard		
Announcer 1	Jannes Mulder	Steenwijkerwold
Announcer 2	Marjo Nijmeijer	Hoogeveen
Motor commissaire	Cor Rijpma	Oldeholtpade
Motor rider	Pieter Moes	Groningen
Motor rider blackboard		
Motor commissaire	Erik Ypma	
Video / timekeeper commissaire	Richard Beereboom / SportsCom	Winsum

# REGISTRATION AND MEETINGS

## Wednesday April 8

Het Pagedal, Hoveniersweg 1, 9502 BW Stadskanaal

Registration / confirmation teams	: 17.30 - 19.00
Team managers' meeting	: 19.15
Meeting of the commissaires' Panel	: 19.45
Dinner	: 19.00 - 20.30

## CLASSIFICATIONS

Classifications	Jersey	Sponsor
General	Yellow	HANNN en Meer Gezonde Jaren
Points	Green	
Sprint	Orange	
Best young rider	White	Gezonde Huiskamer
Best fighting spirit	Red	

## TEAMS

1. National Team USA
2. National Team Germany
3. National Team Great Britain
4. National Team France Road
5. National Team France Track
6. National Team Poland
7. National Team Slovakia
8. National Team Sweden
9. National Team Norway
10. National Team Belgium
11. National Team Estonia
12. National Team Kazachstan
13. National Team Spain
14. Team Van Assche - Veloloft
15. Team Glabbeek
16. Team Cannibal
17. Team Liv-Awol
18. Team District Midden - Wielerzone
19. Team Drenthe
20. WV Schijndel
21. Team ABP Development Team
22. Team Restore Cycling - Westlanwd Wil Vooruit
23. Team Avia - Rudyco
24. Team Talent Cycling
25. Team District Oost - Team RDE
26. Team Lux Cyclingteam
27. Team Thuringer Radsportverband
28. Team District Noord Holland
29. Team Mangertseder
30. WCL Bergklimmers
31. Team Tofauti Every Active

## Accommodation

<b>Wednesday April 8 - Saturday April 11:</b> Het Pagedal Hoveniersweg 1 9502 BW, Stadskanaal 0031-5996110000	<b>Arrival at Wednesday April 8:</b> - Check in from 14.00 h - Dinner: 19.00 - 20.30 h
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# Stage 1 - April 9

## ITT Zoutkamp

Start	9.30 start first rider
Distance	15.3
Signing	15 minutes before start of each rider
Honouring	12.15

### Permanence information

Permanence organization	Visserijmuseum, Reitdiepskade 11, Zoutkamp
Permanence press	7.00
Permanence open at	8.00
Meeting of the commissaires' panel	12.15
Results	Zeester, Beatrixstraat 21a, Zoutkamp
Anti dopage	Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245
Hospital	UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161
Dressing rooms	Zeester, Beatrixstraat 21a, Zoutkamp
Parking	Parking Ice skate club, Panserweg 4, Zoutkamp

### Day information

Breakfast	6.00 - 7.30
Dinner	19.00 - 20.30



09.04.2020

Zoutkamp



Permanence (PRESS)



Anti Dopage



Permanence



Permanence (ORGANIZATION COMMISSAIRES PANEL)



Parking cars



Showers

# Stage 1 Zoutkamp - Zoutkamp

Thursday 9 April 2020

15.3 km

Junior



Healthy Ageing TOUR





# Stage 1 - April 9

## ITT Zoutkamp

Total Distance	Time at 38 km/h	Residence / Street	Direction
0,0	09:30	Prov. Groningen, gemeente Hogeland	
0,0	09:30	ZOUTKAMP, Reitdiepskade at Visserijmuseum	START
0,0	09:30	Reitdiepskade - Havenstraat	right
0,8	09:31	end of built-up area Zoutkamp	
0,9	09:31	Zoutkamperweg	
1,5	09:31	Zoutkamperweg - Zoutkamperweg	keep right
2,6	09:34	HOUWERZIJL	
3,1	09:34	Hoofdstraat - Zwarteweg	right
3,3	09:35	end of built-up area Houwerzijl	
3,8	09:36	Ewer	
3,9	09:36	Ewer - Electraweg	straight on
4,6	09:37	Ewer - Ewer	keep right
4,8	09:37	Ewer - Hoofdweg	keep left
5,4	09:38	Hoofdweg - Vlakteriet	left
5,4	09:38	Vlakteriet - Kattenburgerweg	right
7,1	09:41	Kattenburgerweg - Douwen	left
7,5	09:41	Douwen - Trekweg	keep left
9,4	09:44	Trekweg - Leenstertillen (end of road)	left
10,6	09:46	Leenstertillen - Vlakteriet (end of road)	right
12,3	09:49	Vlakteriet - Hoofdstraat (end of road)	left
13,0	09:50	NIEKERK	
13,3	09:51	end of built-up area Niekerk, Zoutkamperweg	
14,1	09:52	Zoutkamperweg - Zoutkamperweg (end of road)	right
14,8	09:53	ZOUTKAMP, Churchillweg	
15,3	09:54	Churchillweg - Julianastraat, DEVIATION TEAM CARS	straight on
15,3	09:54	Churchillweg at house number 31	FINISH

# Stage 2 - April 10

## Groningen - Ten Boer

Start	9.45
Distance	74.3 km
Signing	8.45 - 9.30
Honouring	12.05

### Permanence information START

Permanence	Laan Corpus Den Hoorn 98-102, Groningen
Permanence open at	7.00
Meeting of the commissaires' panel	8.15
Dressing rooms	Laan Corpus Den Hoorn 98-102, Groningen
Parking	Parking VV Stadspark, Concourslaan, Groningen

### Permanence information FINISH

Permanence	VV Omlandia, Sportlaan 4, Ten Boer
Permanence open at	8.00
Results	12.05
Anti dopage	VV Omlandia, Sportlaan 4, Ten Boer
Hospital	Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245 UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161
Dressing rooms	VV Omlandia, Sportlaan 4, Ten Boer
Parking	VV Omlandia, Sportlaan 4, Ten Boer

### Day information

Breakfast	6.00 - 7.30
Dinner	19.00 - 20.30
Distance from Pagedal to Groningen	43 min - 49 km
Distance from Ten Boer to Pagedal	47 min - 58 km



# Stage 2 Groningen - Ten Boer

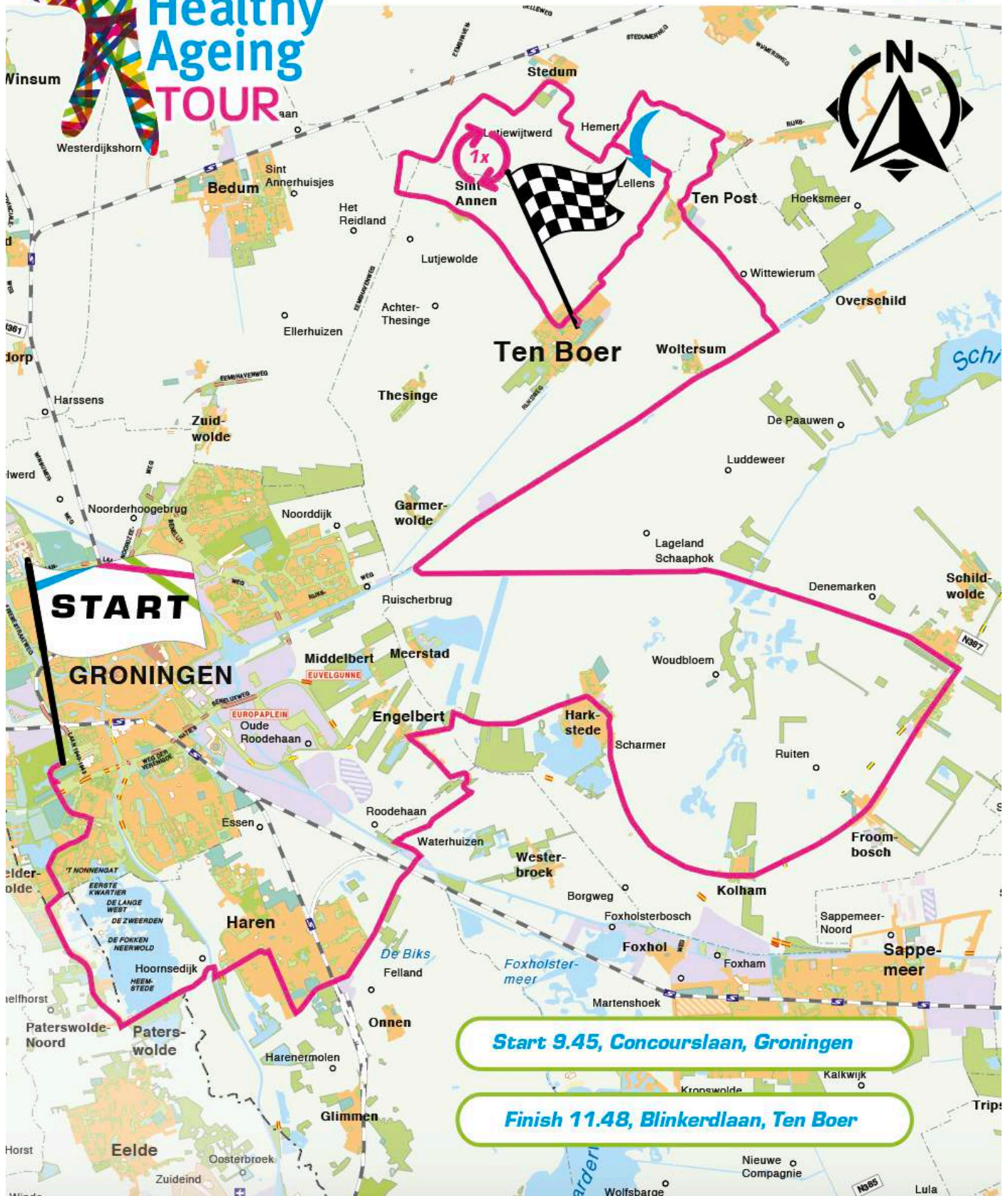
Friday 10 April 2020

74.3 km

# Junior



## Healthy Ageing TOUR



# Stage 2 - April 10

## Groningen - Ten Boer

Distance	Time at 38 km/h	Description	Direction
0,0	9:45	Nederland, Prov. Groningen, Gem. Groningen, GRONINGEN	
0,0	9:45	Concourslaan between entries parking, neutralized	DEPART
0,1	9:45	Concourslaan - M Houwelaan	right
0,6	9:45	M. Houwelaan - JE Scholtenlaan	left
0,9	9:46	Roundabout JE Scholtenlaan - entry and exit A7	straight on
1,6	9:47	Roundabout JE Sccholtenlaan - entry and exit A7 - Laan Corpus den Hoorn	straight on
2,1	9:48	Roundabout Laan Corpus den Hoorn - Boerhaavelaan - Van Swietenlaan	straight on
2,3	9:48	traffic lights Laan Corpes Den Hoorn - Paterswoldseweg	right
2,8	9:49	traffic lights Paterswoldseweg - Van Swietenlaan	right
3,5	9:50	roundabout 2/4 Paterswoldeseweg - Van Swietenlaan - CG Wichmanstraat	straight on
3,7	9:50	Paterswoldseweg crossing bike path, CAUTION MIDDLE	
4,1	9:51	Paterswoldseweg - Uitrut Hoornse Plas, CAUTION MIDDLE	straight on
4,4	9:51	end of built-up area Groningen, EELDERWOLD	
4,4	9:51	prov Drenthe, gem. Tynaarlo	
4,4	9:51	roundabout 2/3 Paterswoldseweg - Borchsingel - Groningerweg	left
4,6	9:51	Groningerweg end of neutralization at house number 114	
0,0	9:51	Groningerweg at house number 114	START
0,5	9:51	end of built-up area Eelderwolde	
2,1	9:54	EELDE PATERSWOLDE	
2,6	9:55	roundabout 2/3 Groningerweg - Hoofdweg - Meerweg	left
2,7	9:55	Prov. Groningen, Gem. Groningen, HAREN	
4,4	9:57	end of built-up area Haren	
4,7	9:58	Meerweg movable bridge Noord Willemskanaal	
5,0	9:58	roundabout 3/5 Meerweg - exit A28 - Meerweg	left
5,1	9:59	Meerweg viaduct A28	
5,3	9:59	HAREN, exit Postilon hotel, CAUTION MIDDLE	
5,5	9:59	Emmalaan - Nesciolaan, CAUTION MIDDLE	keep right
6,2	10:00	roundabout 1/3 Emmalaan - Rijksstraatweg	right
6,8	10:01	traffic lights Rijksstraatweg - Rustersteeg - Hertenlaan	straight on
7,5	10:02	Rijksstraatweg - Holsteinlaan - Dr EH Ebelsweg N86o, CAUTION MIDDLE, P Felland (white)	left
7,9	10:03	roundabout 2/4 Dr EH Ebelsweg - De Harenerhof - Nieuwlandsweg	straight on
8,5	10:04	EH Ebelsweg railroad viaduct	
8,8	10:04	roundabout 2/3 EH Ebelsweg - Felland Noord	straight on
9,0	10:05	end of built-up area Haren	
9,3	10:05	EH Ebelsweg - Cantersveen, CAUTION MIDDLE	straight on
11,2	10:08	Gem Midden Groningen	
11,2	10:08	EH Ebelsweg, spoorwegovergang - Waterhuizen	
11,4	10:09	Waterhuizen, movable bridge Winschoterdiep	
11,5	10:09	roundabout 2/3 Waterhuizen - Rijksweg West - Winschoterweg, P Groningen 7	left
11,9	10:09	Winschoterweg, CAUTION MIDDLE	
12,1	10:10	Winschoterweg - Woortmansdijk, CAUTION MIDDLE	right
13,9	10:12	Driesprong Woortmansdijk - Oudeweg/Engelberterweg, P Engelbert	left
14,3	10:13	Engelberterweg viaduct A7	
14,4	10:13	Gem. Groningen	
14,8	10:14	ENGELBERT, CAUTION NARROW	
15,2	10:15	Engelberterweg, CAUTION NARROW	
15,6	10:15	Engelberterweg, CAUTION NARROW	
15,8	10:15	Engelberterweg - Woldjerspoorweg, P Harkstede 3	right

15,9	10:16	Woldjerspoorweg, CAUTION NARROW	
16,3	10:16	end of built-up area Engelbert, CAUTION NARROW	
17,0	10:17	Woldjerspoorweg - priority road Hoofdweg (end of road), P Harkstede 2	right
17,1	10:18	Hoofdweg, CAUTION MIDDLE	
17,8	10:19	HARKSTEDE	
18,2	10:19	Gem. Midden Groningen	
19,7	10:22	Hoofdweg - Hamweg	keep right
19,7	10:22	Hoofdweg - Donkerslaan, CAUTION MIDDLE	straight on
20,3	10:23	SCHARMER	
21,2	10:24	end of built-up area Scharmer	
23,6	10:28	KOLHAM	
25,7	10:31	Hoofdweg viaduct N387 Provincialeweg, CAUTION MIDDLE	straight on
26,4	10:32	FROOMBOSCH	
28,4	10:35	SLOCHTEREN	
29,9	10:38	Hoofdweg - De Kluft, CAUTION MIDDLE	straight on
30,9	10:39	Hoofdweg - Noordbroeksterweg - Hoofdweg, P Schildwolde 2 (end of road)	left
31,1	10:40	Hoofdweg - Slochterdiep, P Schaaphok 5	keep left
32,2	10:41	end of built-up area Slochteren, CAUTION NARROW	
35,3	10:46	Slochterdiep fixed bridge afwateringskanaal Duurswold, CAUTION DANGEROUS BIKE PATH SEPARATION	
35,7	10:47	Slochterdiep, CAUTION NARROW, CAUTION DANGEROUS BIKE PATH SEPARATION	
36,1	10:48	Slochterdiep, CAUTION NARROW	
37,6	10:50	LAGELAND, 2 x CAUTION NARROW	
37,9	10:50	end of built-up area Lageland, CAUTION NARROW	
38,0	10:51	Gem Groningen	
41,8	10:57	Slochterdiep - Borgsloot - Eemskanaal ZZ (end of road), P 12 Overschild	right
45,7	11:03	Gem. Midden Groningen	
50,2	11:10	Eemskanaal ZZ - priority road Meenteweg N865 (at stop sign)	left
50,3	11:10	Meenteweg movable bridge Eemskanaal	
50,4	11:10	Woltjerweg	
51,3	11:12	WITTEWIERUM (white)	
52,9	11:14	TEN POST, CAUTION NARROW	
53,1	11:14	B Kuiperweg movable bridge	
53,2	11:15	B Kuiperweg - Rijksweg (end of road), P Delfzijl	right
53,6	11:15	end of built-up area Ten Post	
54,4	11:16	Rijksweg viaduct Rijksweg N360	
54,8	11:17	WINNEWEER	
55,2	11:18	Rijksweg - Delleweg	left
55,3	11:18	end of built-up area Winneweer	
55,6	11:18	Gemeente Loppersum	
57,1	11:21	Delleweg - Groot Hemerterweg, P Lellens 3	left
58,3	11:23	gemeente Groningen	
58,3	11:23	Groot Hemerterweg - Hemerterweg ENTRY CIRCUIT	left
53,6	11:23	TEN POST, CAUTION NARROW	
53,8	11:23	Eestumerweg - Stadsweg, P Lellens 1,	right
54,1	11:24	end of built-up area Ten Post	
54,4	11:24	Stadsweg - Borgweg	straight on
56,0	11:27	Stadsweg movable bridge Westerwijdwerdermaar	
56,0	11:27	Stadsweg - Wolddijk (end of road)	left
56,1	11:27	Stadsweg - Wolddijk (before sign dead end)	right
56,3	11:27	TEN BOER	
57,4	11:29	Stadsweg - Gaykingastraat - Boersterweg (end of road), P St Annen 3	right
57,6	11:29	roundabout 2/4 Boersterweg N993 - Emmerwolderweg - Roerdompstraat	straight on
57,7	11:30	end of built-up area Ten Boer	
58,0	11:30	Boersterweg - Boersterveld, CAUTION MIDDLE	straight on

61,5	11:36	Gem Het Hogeland	
61,7	11:36	St Annerweg - Stedumerweg, P Stedum 5 (red), CAUTION MIDDLE	right
62,4	11:37	Stedumerweg - Halteweg - Stedumerweg, P Stedum 4 (end of road)	right
62,8	11:38	Gem Groningen	
62,8	11:38	Wolddijk viaduct N46 Eemshavenweg	
63,1	11:38	Gem Loppersum	
63,3	11:38	Wolddijk fixed bridge Westerwijtwerdermaar - Crangeweesterweg	
64,7	11:41	Crangeweesterweg before sign bike path - Bedumerweg	keep right
65,4	11:42	4 sprong Bedumerweg - D Triezenbergstraat	left
66,2	11:43	STEDUM	
66,4	11:43	D Triezenbergstraat - Bedumerweg, P Loppersum	keep right
66,8	11:44	end of built-up area Stedum	
68,6	11:47	Gem Groningen	
68,8	11:47	Lellensterweg - Borgweg - Hemerterweg, P Ten Post 2	left
70,4	11:50	Stadsweg (after corner to the right)	
70,6	11:50	TEN POST, CAUTION NARROW	
70,7	11:50	Stadsweg - Eestumerweg - Stadsweg, P Lellens 1	right
71,0	11:51	end of built-up area Ten Post	
72,9	11:54	Stadsweg movable bridge Westerwijdwerdermaar	
72,9	11:54	Stadsweg - Wolddijk (end of road)	left
73,0	11:54	Stadsweg - Wolddijk (before sign dead end)	right
73,2	11:54	TEN BOER DEVIATION TEAM CARS	
73,9	11:55	Stadsweg - Fivelstraat	left
74,1	11:56	Fivelstraat - Blinkerdlaan (end of road)	right
74,3	11:56	Blinkerdlaan at house number 25	FINISH

# Stage 3 - April 11

## Appingedam - Appingedam

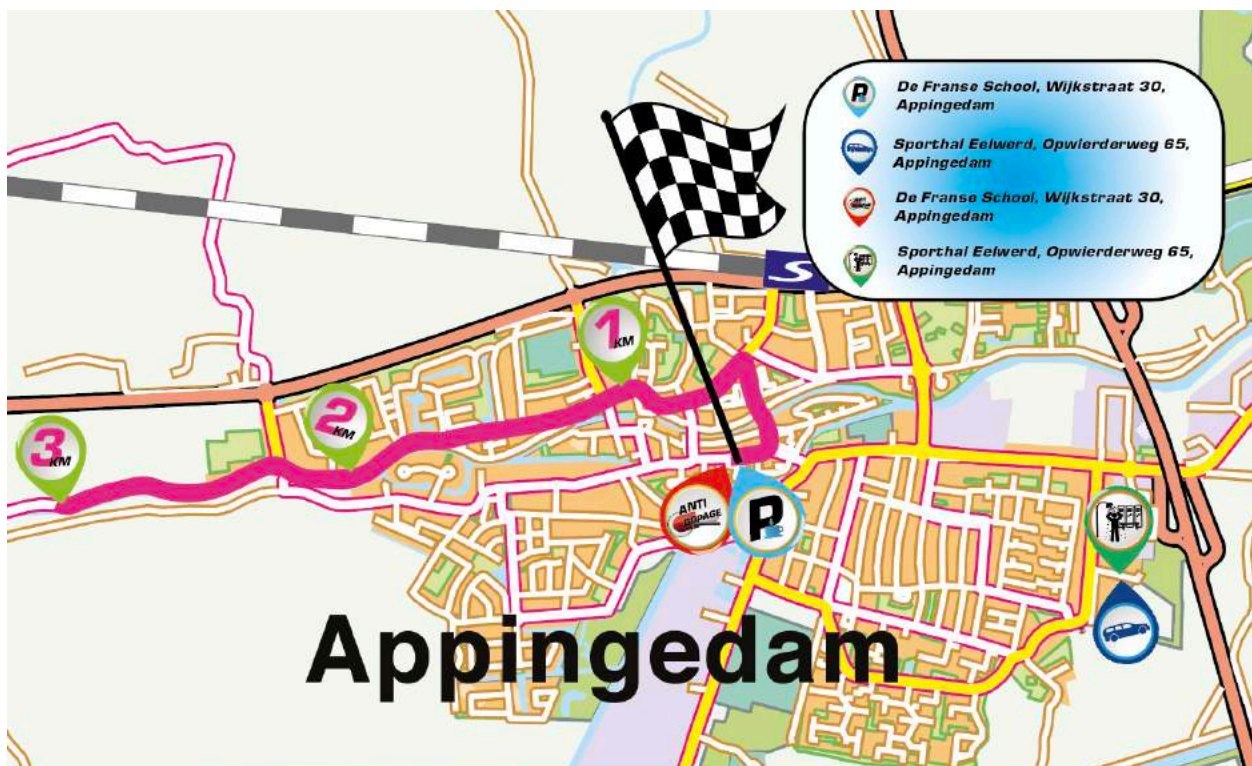
Start	9.30
Distance	82.1 km
Signing	8.30 - 9.15
Honouring	11.50

### Permanence information

Permanence	De Franse School, Wijkstraat 30, Appingedam
Permanence open at	7.00
Meeting of the commissaires' panel	8.00
Dressing rooms	Sporthal Eelwerd, Opwierderweg 65, Appingedam
Parking	Sporthal Eelwerd, Opwierderweg 65, Appingedam
Results	11.50
Anti dopage	De Franse School, Wijkstraat 30, Appingedam
Hospital	Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245 UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161 Ommelander Ziekenhuis Groningen, Pastorieweg 1, Scheemda, 0031 880 661 000

### Day information

Breakfast	6.00 - 7.30
Dinner	19.00 - 20.30
Distance from Pagedal to Loppersum	49 min - 58 km
Distance from Appingedam to Pagedal	41 min - 47 km



11.04.2020 Loppersum - Delfzijl - Appingedam



# Stage 3 Appingedam - Appingedam

Saturday 11 April 2020

82.1 km

Junior



Healthy Ageing TOUR



Start 9.30, Wijkstraat, Appingedam

Finish 11.42, Wijkstraat, Appingedam



# Stage 3 - April 11

## Appingedam - Appingedam

Total Distance	Time at 38 km/h	Total Distance	Time at 38 km/h	Total Distance	Time at 38 km/h	Total Distance	Time at 38 km/h	Total Distance	Time at 38 km/h	Total Distance	Time at 38 km/h	Total Distance	Time at 38 km/h	Total Distance	Time at 38 km/h	Residence / Street	Direction
1st ronde		2e ronde		3e ronde		4e ronde		5e ronde		6e ronde		7e ronde		8ste ronde			
0,0	9:30															APPINGEDAM, Wijkstraat at Nicolai kerk, neutralized	depart
0,3	9:30	8,9	9:47	19,4	10:03	29,9	10:20	40,4	10:36	50,9	10:53	61,4	11:09	71,9	11:26	Snelgersmastraat bridge Nieuwe diep	
0,3	9:30	8,9	9:47	19,4	10:03	29,9	10:20	40,4	10:36	50,9	10:53	61,4	11:09	71,9	11:26	Dijkhuizenweg - Westerkade	straight on
1,5	9:32	10,1	9:48	20,6	10:05	31,1	10:22	41,6	10:38	52,1	10:55	62,6	11:11	73,1	11:28	Dijkhuizenweg - Tjamsweesterweg - Stadsweg	straight on
1,9	9:33															end of built-up area Appingedam, end of neutralization	
0,0	9:33	10,5	9:49	21,0	10:06	31,5	10:22	42,0	10:39	52,5	10:55	63,0	11:12	73,5	11:29	end of built-up area Appingedam	START
1,8	9:35	12,3	9:52	22,8	10:09	33,3	10:25	43,8	10:42	54,3	10:58	64,8	11:15	75,3	11:31	Gemeente Loppersum	
2,5	9:36	13,0	9:53	23,5	10:10	34,0	10:26	44,5	10:43	55,0	10:59	65,5	11:16	76,0	11:33	WIRDUM	
2,9	9:37	13,4	9:54	23,9	10:10	34,4	10:27	44,9	10:43	55,4	11:00	65,9	11:17	76,4	11:33	Stadsweg - Stadsweg	right
2,9	9:37	13,4	9:54	23,9	10:10	34,4	10:27	44,9	10:43	55,4	11:00	65,9	11:17	76,4	11:33	Stadsweg smalle bridge Damsterdiep (2,4 m breed!)	
3,0	9:37	13,5	9:54	24,0	10:10	34,5	10:27	45,0	10:44	55,5	11:00	66,0	11:17	76,5	11:33	Stadsweg - Rijksweg	right
3,1	9:37	13,6	9:54	24,1	10:11	34,6	10:27	45,1	10:44	55,6	11:00	66,1	11:17	76,6	11:33	end of built-up area Wirdum	
4,4	9:39	14,9	9:56	25,4	10:13	35,9	10:29	46,4	10:46	56,9	11:02	67,4	11:19	77,9	11:36	Gemeente Appingedam, Alberdaweg	
6,1	9:42	16,6	9:59	27,1	10:15	37,6	10:32	48,1	10:48	58,6	11:05	69,1	11:22	79,6	11:38	APPINGEDAM	
6,4	9:43	16,9	9:59	27,4	10:16	37,9	10:32	48,4	10:49	58,9	11:06	69,4	11:22	79,9	11:39	Alberdaweg - Tjamsweesterweg	straight on
6,4	9:43	16,9	9:59	27,4	10:16	37,9	10:32	48,4	10:49	58,9	11:06	69,4	11:22	79,9	11:39	Alberdaweg - bridge Tjamsweesterweg - Westersingel	straight on
7,5	9:44	18,0	10:01	28,5	10:18	39,0	10:34	49,5	10:51	60,0	11:07	70,5	11:24	81,0	11:40	Westersingel - Jukwerdeweg - Bolwerk DEVIATION TEAM CARS	straight on
7,8	9:45	18,3	10:01	28,8	10:18	39,3	10:35	49,8	10:51	60,3	11:08	70,8	11:24	81,3	11:41	Bolwerk - C Albertsstraat - Koningstraat	straight on
8,1	9:45	18,6	10:02	29,1	10:18	39,6	10:35	50,1	10:52	60,6	11:08	71,1	11:25	81,6	11:41	Koningstraat - Takenslaan - Stationsstraat (sign no entry)	right
8,3	9:46	18,8	10:02	29,3	10:19	39,8	10:35	50,3	10:52	60,8	11:09	71,3	11:25	81,8	11:42	brug Damsterdiep - St Annastraat	straight on
8,4	9:46	18,9	10:02	29,4	10:19	39,9	10:36	50,4	10:52	60,9	11:09	71,4	11:25	81,9	11:42	St Annastraat - Wijkstraat	right
8,6	9:46	19,1	10:03	29,6	10:19	40,1	10:36	50,6	10:52	61,1	11:09	71,6	11:26	82,1	11:42	Wijkstraat finishpassage/sprint/finish	FINISH

# SUMMARY OF SPRINTS

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<b>Stage 1</b> ITT Zoutkamp	<u>Bonification:</u> No sprints	<u>Points:</u> No sprints
<b>Stage 2</b> Groningen - Ten Boer	<u>Bonification:</u> No sprints	<u>Points:</u> No sprints
<b>Stage 3</b> Appingedam - Appingedam	<u>Bonification:</u> 19.1 km (2nd time crossing finish line) 29.6 km (3rd time crossing finish line) 50.6 km (5th time crossing finish line)	<u>Points:</u> 61.1 km (6th time crossing finish line)

# HOSPITALS

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## Stage 1 - ITT Zoutkamp

Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245

UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161

## Stage 2 - Groningen - Ten Boer

Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245

UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161

Ommelander Ziekenhuis Groningen, Pastorieweg 1, Scheemda, 0031 880 661 000

## Stage 3 Appingedam - Appingedam

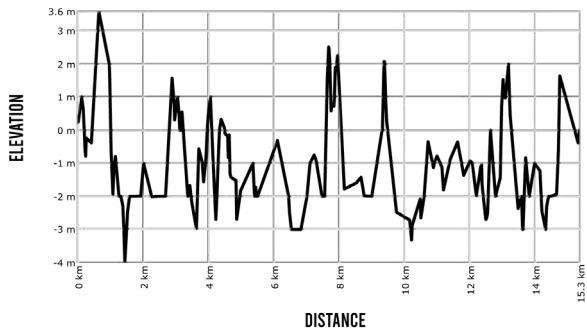
Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245

UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161

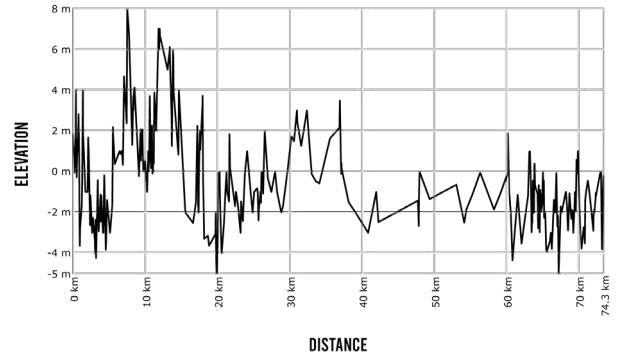
Ommelander Ziekenhuis Groningen, Pastorieweg 1, Scheemda, 0031 880 661 000

# HEIGHT PROFILES

STAGE 1: ITT ZOUTKAMP

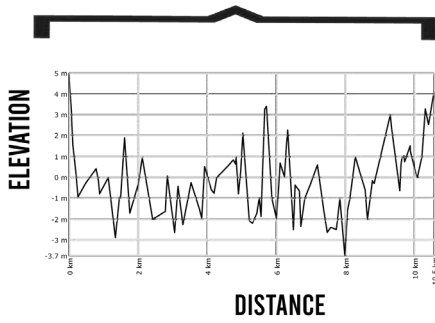


STAGE 2: GRONINGEN - TEN BOER



STAGE 3: APPINGEDAM - APPINGEDAM

1 LAP



# REGULATIONS

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## Article 1: Organization

The Junior Women Healthy Ageing Tour 2020 is organized by 'Courage Events', residing in Leek, under the Regulations of the International Cycling Union (UCI) and the National Federation KNWU. The Junior Women Healthy Ageing Tour will be held from April 9, 2020 to April 11, 2020.

## Article 2: Type of event

The Junior Women Healthy Ageing Tour 2020 is open to athletes of the Junior Women category. The Healthy Ageing Tour is listed on the UCI Calendar as a 2.Ncup event, and is part of the UCI Women Junior Nations' Cup, and will be held under the UCI regulations.

In conformity with the regulations (2.14.053, 2.14.054), points for the UCI Women Junior Nations' Cup ranking are awarded as follows. Only nations will be ranked in the UCI Women Junior Nations' Cup ranking. There is no individual ranking. Only the first rider from each nation scores points based on her place in the event.

Final Classification	Stage Result
Position 1 30 points	6 points
2 25 points	5 points
3 20 points	4 points
4 17 points	3 points
5 16 points	2 points
6 15 points	1 point
7 14 points	
8 13 points	
9 12 points	
10 11 points	
11 10 points	
12 9 points	
13 8 points	
14 7 points	
15 6 points	
16 5 points	
17 4 points	
18 3 points	
19 2 points	
20 1 point	

## Article 3: Participation

The Junior Women Healthy Ageing Tour is open to the following teams: national teams, regional teams and club teams and mix-teams

Contrary to UCI rule 2.14.052 teams must be formed of maximum 4 riders. No team may start with fewer than 4 riders.

## Article 4: Race Headquarters

The race headquarters will be open starting Wednesday, April 8, 2020 at 17:30 hrs. till 21:00 hrs. and are located at: Het Pagedal, Hoveniersweg 1, 9502 BW Stadskanaal, telephone: 0031 599-611000.

The registration of the participants, the verification of the licenses, and the distribution of race numbers, frame numbers, transponders, and other materials and documents will take place at the race headquarters on Wednesday, April 8, from 17:30 hrs. to 19:00 hrs.

The information desk in the permanence will be open every day from 8.00-10.00 hrs and 17.00-19.00 hrs.

The **Team managers' meeting**, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires' Panel, is scheduled for Wednesday, April 8 2020, 19:15 hrs. at the race headquarters.

The **meeting of the Members of the Commissaires' Panel**, is scheduled for Wednesday April 8 2020, 19.45 hrs. at the race headquarters.

An overview of the addresses of the other race headquarters for the other Stages is mentioned in our Technical Guide.

## Article 5: Radio-Tour

Race information will be broadcast on the following frequency: 155.9375

## Article 6: Neutral Technical Support

The technical support service is handled by Belgian Neutral Service.

The neutral support is taken care of by means of 3 Cars.

## **Article 7: Finishing Time Limits**

Taking into account the characteristics of each Stage, the finishing time limits have been set as follows: for each Stage 8%. In the Time Trial is no time limit. The time limit may, in exceptional circumstances, be increased by the Commissaires' Panel in agreement with the organizer, according to the article 2.6.032 of the UCI regulations. In the case of a duly noted incident of a stage, article 2.6.027 from the UCI regulations will apply.

## **Article 8: Classifications – Time compensations**

The following classifications will be applied:

### **a. Individual Classification by time ( Yellow Jersey )**

The classification is established by determining the total time of all the stages for each rider. The achieved bonuses in time are subtracted, any penalties in time are added. A bonus in time is awarded to the first three placed riders in stages 2 and 3. The bonus amounts to 10, 6 and 4 seconds respectively. The seconds in the sprints are included as well. In stage 3 there are three bonus sprints with 3, 2 and 1 second time bonus conform article 2.6.019 of the UCI regulations.

2.6.015 Where two or more riders make the same time in the general individual time placings, the fractions of a second registered during individual time trials (including the prologue) shall be added back into the total time to decide the order.

If the result is still tied or if there are no individual time trial stages the placings obtained in each stage, except team time trial stages, shall be added and, as a last resort, the place obtained in the last stage ridden shall be taken into consideration

### **b. Points Classification ( Green Jersey )**

In all individual stages (the time trial included) the first 15 riders will obtain points according this scale: 25, 20, 16, 14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. In the event of a tie in the general individual classification by points, the following criteria shall be applied

in order until the riders are separated: 1. number of stage wins; 2. number of wins in intermediate sprints counting for the general classification on points; 3. general individual classification by time

### **c. Sprint Classification (Orange Jersey)**

In stage 3 will be held 1 point sprint according to the instructions in the technical guide. The first three qualified riders in a sprint are rewarded with 3, 2 and 1 points. The daily sprint classification is obtained by adding the rewarded points for each rider. The Overall Sprint Classification is established by totalling the points, awarded in the competed stages. In case of an equal number of points, the results of the last sprint will be decisive

### **d. Young riders Classification (White Jersey )**

The Overall Youth Classification can be compared with the Overall Individual Classification, provided that only riders are classified who are not yet 18 years of age on December 31, 2020.

### **e. Classification for the rider with the best fighting spirit (Red Jersey)**

The prize for the rider with the best fighting spirit will be awarded to the rider who, according to the opinion of the organiser and the commissaries panel has made the strongest effort in a Stage. After each Stage the rider with the best fighting spirit will be honoured with the blue jersey. If this rider is the leader in another classification, then the blue jersey will be worn by a substitute as appointed by the organiser and the commissaires panel. There is no Overall Classification for this jersey.

### **f. Team Classification**

The daily Team Classification is obtained by adding the times of the first three finishing riders of a team after each stage. Time bonuses are not taken into account, but penalties, will be added to the total. If the same time is recorded for more teams, than the order of ranking is established according to the sum of the rankings of the first three finishing riders of a team in that Stage. The

team with the lowest total of points will be ranked first, etc. The Overall Team Classification is established by adding the times of each team, acquired in the past Stages. In case of equal times the number of 1st places in the Daily Team Classification is decisive. If there is still no difference the number of second places is decisive etc. (Art. 2.6.016 UCI Regulations). In order to obtain an entry in the Team Classification, a team must count at least three riders.

All Overall Classifications are preceded by the classifications of the day, which are indicated as such. The leaders are obliged to wear the jerseys of the classifications concerned. The order of ranking of the jerseys is as mentioned above. If a rider is leading several classifications, then the jersey of the highest order of ranking should be worn. The jerseys of the other classification(s) go to the next rider in the classification concerned. That rider is qualified also for the prize money that goes with the jersey. If a rider has to wear the World Champion Jersey or the National Champion Jersey, the leader in the classification and the rider that wears the Jersey each get half of the prize money that belongs to that Jersey. This rule does not apply to the final ranking in the classifications, when the awards are presented according to ranking.

### Article 9: Prizes

	Stages	General Individual Classification
1st	€ 175	€ 105
2nd	€ 100	€ 60
3rd	€ 75	€ 45
4th	€ 60	€ 36
5th – 10th	€ 50	€ 30
11th – 20th	€ 20	€ 12
total	€ 910	€ 546

### Prize Money Final Classifications

Green jersey	1. € 50	2. € 35	3. € 25
Orange Jersey	1. € 50	2. € 35	3. € 25
White jersey	1. € 50	2. € 35	3. € 25
Red jersey	1. € 50	2. € 35	3. € 25

Team Classification 1. € 50 2. € 35 3. € 25

€ 3716 Prize Money will be paid.

### Article 10: Antidoping

The UCI antidoping regulations are entirely applicable to the Junior Women Healthy Ageing Tour. Moreover, and in conformity with the Dutch law, the Dutch antidoping legislation is applicable in addition to the UCI antidoping regulations.

### Article 11: 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 traffic intersections is forbidden also. Riders are obliged to follow the directions of the race officials and the accompanying police squad. Do not throw away any rubbish.

### Article 12: Awards Ceremony

The riders, qualified for honouring, are obliged to go to the victory platform within 10 minutes after crossing the finish line, in order to take part in the Awards Ceremony. For the Awards Ceremony qualify the stage winner, the rider with the best fighting spirit and the leaders of all the classifications. Moreover, at the honouring of the final individual classification after the last stage, also the numbers 2 and 3 of the classification and the winner of the overall Team Classification will be honoured, and the leading nation in the UCI Women Junior Nations' Cup ranking.

### Article 13: Competing in other cycling events

A rider dropping out of the Junior Women Healthy Ageing Tour may not compete in any other cycling event for the duration of the Junior Women Healthy Ageing Tour 2020. (Art. 2.6.026 UCI Regulations).

### Article 14: Penalties

Violation of the Regulations is penalized according to the rules decreed by the U.C.I. for this purpose.

**Article 15: Housing**

The organizer has made housing reservations for every team from April 8 until April 11, 2020. For every team accommodation will be arranged for 6 persons. Housing includes breakfast and dinner. All expenses are for the account of the team.

**Article 16 : Attendance list**

The riders must be present 1 hrs. till 15 minutes before the official start (neutralized start in a stage in line) in order to sign the attendance list preceding the start.

**Article 17: Starting procedure**

Before the start of every stage the riders must line up inside the designated starting area.

The riders wearing the different classifications jerseys, the national champions jerseys, continental champion and the world champion should take place on the first row.

**Article 18: Transponders**

During the Healthy Ageing Tour transponders will be provided for the electronic identification of the riders. Those transponders will be distributed to the team manager at the conformation of the teams. For missing or broken transponders the team will be charged for € 100,--.

**Article 19: 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 20: Environment**

A clean environment is important and essential for the organization of the Healthy Ageing Tour. 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.

**Article 21: 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 22: 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.



**Bathoorn**  
**Autoschade Roden**





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