



HÆRVEJSMARCHEN

VIBORG | DANMARK – ALTID SIDSTE WEEKEND I JUNI



2015

Road to health



HÆRVEJSMARCHEN Viborg

Protector

His Royal Highness Prince Joachim

Information

HÆRVEJSMARCHEN / Mr Jens Ingolf Nørgaard

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President

Mayor Mr Torsten Nielsen, Viborg Municipality

Board

Mr Frank Mikkelsen	Chairman / IML
Mrs Grethe Elgaard	Vice Chairman / The Children's March
Ms Kathe Nielsen	Treasurer / Registration
Ms Mette Hagen	Member / Ceremony
Mr Knud O Andersen	Member / March Leader

Opening Hours

The HÆRVEJSMARCHEN Secretariat

1 March – 20 May 2015: Thursdays 16.00 – 17.00

21 May – 25 June 2015: Thursdays 14.00 – 17.00, Fridays 14.00 – 15.00

Friday 26 June 2015 in Kasernehallen (The Sports Hall): 12.00 – 22.00

Saturday 27 June 2015 in The Sports Hall: 04.00 – 17.00 and on the Parade Square by the start line 04.00 – 09.00

Sunday 28 June 2015 in the Sports Hall: 04.00 – 17.00 and on the Parade Square 04.00 – 11.00

Welcome

HÆRVEJSMARCHEN would like to welcome you to the 47th march – the largest international march in Scandinavia.

The event offers a great outdoor experience in the beautiful countryside of Jutland around a city known for its part in Danish history – the royal city of Viborg. The march offers activity on a variety of levels catering for the top-trained rambler to weekend walkers, for individual sports people to organised teams and for those on foot and for those in wheelchairs.

After a well-organised walk in 2014 with 6,035 participants, the army of volunteers is again preparing for another great HÆRVEJSMARCHEN.

The organisers of HÆRVEJSMARCHEN have in recent years looked back on history, as well as into the future, to find the right formula for coming events. This has resulted in a rejuvenation of profile and a renewal of the event. However, the fundamental principle of HÆRVEJSMARCHEN remains: 'Creating a positive experience on the road to health'.

The Five Pillars

- Walking and exercising – with big and small steps
- Community feeling – walk on your own or with friends, with your own countrymen or with other nationalities
- Entertainment and amusement – before, during and after the march
- A uniting activity in the Viborg region and a natural part of the town festival
- held every year in the last weekend of June

The HÆRVEJSMARCHEN is divided into:

- The HÆRVEJSMARCHEN – the official IML march
- A Festival of Health – a social walk in a festive setting
- The Children's March HVM – a real walking experience for the young

Routes, participants, helpers, spectators, tourists and the Town Festival – everything and everyone come together at the Parade Square – Start – Finish Line – Festive Spirit.

HÆRVEJSMARCHEN's National and International Relations

HÆRVEJSMARCHEN is a member of IML Walking Association, Walkers' Association Fodslaw, Danish Company Sports Association (DIFF) and is recognised by the Danish Olympic Committee (DOK).

IML

HÆRVEJSMARCHEN, together with 7 other marches of more than one day, was one of the founders of the march organisation, International Marching League, in Tokyo in 1987. Other organisations have joined since.

In 2005, it was decided to change the name to IML Walking Association. Membership is restricted to one march per country. The basic principles of IML are that participation in other countries' marches contribute to a greater international understanding and acceptance as well as a sense of unity from joining walkers from many countries.

If you wish to become an IML walker, you must purchase an 'International Walker Passport' the first time you take part in an IML event, subject to the conditions of the local march organiser. The passport is stamped on completion of each march. On completion, you can buy a bronze medal and a bronze bar with the respective country name if you wish.

A complete list of all IML marches can be found on: www.imlwalking.org/agenda.htm

Welcome to HÆRVEJSMARCHEN 2015

Parade Square (Paradepladsen)

Festive spirit at the start and finish lines! The official opening and closing ceremonies take place at the Parade Square where there will be activities, a cosy atmosphere and food. This is where participants, spectators, local residents and tourists meet.

Programme

Friday

19.00 Official opening ceremony

Saturday

05.00 Official start
05.00 – 08.00 The HÆRVEJSMARCHEN IML walkers start
07.00 – 09.00 Start 10 km route
04.00 – 17.00 The Parade Square is open

Sunday

05.00 Official start
05.00 – 08.00 The HÆRVEJSMARCHEN IML walkers start
07.00 – 09.00 Start 10 km route
11.00 Joint start for The Children's March
04.00 – 17.00 The Parade Square is open
15.30 Closing ceremony with presentation of medals

THE HÆRVEJSMARCHEN IML

The Danish IML march – the biggest in Scandinavia!

The distances and routes are in accordance with the age and physical abilities rules of the IML Walking Association. For the serious walkers from Viborg, Denmark and the rest of the world; and for locals who wish to challenge themselves to complete a real march.

Participants, whether on foot, in wheelchairs, taking part alone or in a team, must complete one of the following obligatory routes:

2 x 45 km – Blue route

2 x 40 km – Red route

2 x 30 km – Yellow route

2 x 20 km – Green route

2 x 10 km – Orange route ('Veteran route')

The starting time on both days is between 05.00 and 09.00.

'Veteran route': 2 x 10 km is for participants over 70 years. Participants over 70 years of age are not restricted to completing the orange route – they are welcome to complete the route of their choice.

The route map is available from the registration desk in the Sports Hall.

One Day Card

A 'one day card' is available for those who wish to take part for only one day. The card, which costs 100 DKK, can be purchased from the HÆRVEJSMARCHEN Secretariat from one week before the event and until the event starts. During the event, the cards can be bought in the Sports Hall or at the start line on the Parade Ground.

The card gives participants the right to use HÆRVEJSMARCHEN's services such as the toilet facilities and first posts along the routes and the return transport to the finish line.

The card does **NOT** entitle walkers to medals (HVM and IML) or the stamping of IML passport on completion of the routes.

Disabled Participants

The HÆRVEJSMARCHEN is not considered to be a walk for disabled people. However, disability organisations, associations, etc. may obtain dispensation on route lengths from the Secretariat. A written application must be submitted before the beginning of March 2015.

Teams

A team must consist of minimum 11 people of whom one must be designated team leader. One member of the team is allowed to use a bicycle as part of the support to the team. The team must complete the route together, although a 10% drop-out rate is allowed. The special rules for team participation can be obtained from the HÆRVEJSMARCHEN Secretariat.

Military Teams

Must complete 2 x 45 km.

Any Other Teams

Can complete the route of their choice. Those wishing to have their IML passport stamped and buy IML medals must complete a minimum of 2 x 20 km. Adults over 70 must complete a minimum of 2 x 10 km to qualify for IML.

Important!

Please note that all participants **must** have reached the finishing line by 17.00 on both days.

In the event of doubt concerning participation or completion of the routes, the HÆRVEJSMARCHEN March Regulations apply. These are available from the Information Desk or from the HÆRVEJSMARCHEN management.

Nordic Walking

Nordic walkers are welcome to take part the HÆRVEJSMARCHEN.

First Aid

First aid is available both along the routes and at the start and finishing lines.

All first aid posts are manned by trained personnel from ASF Dansk Folkehjælp.

Smoking

Smoking is **not** permitted in the woods or on heathland.

Keep Our Countryside Clean

Outside picnic areas and designated mini depots, waste and empty packaging can be left by the HÆRVEJSMARCHEN signs.

Start

The march starts from the Parade Square on both Saturday and Sunday.

Finish

All routes finish at the control point on the Parade Square at 17.00 at the latest on both Saturday and Sunday.

Final Leg of the March (Sunday)

On both Saturday and Sunday, the Band will lead walkers the last kilometres of the march to the finish line. Any articles needed for final leg of the march should be agreed on in advance with the Information Desk in the Sports Hall.

Closing Ceremony

The closing ceremony for walkers who have completed HÆRVEJSMARCHEN 10, 15, 20, 25, 30, 35, 40 and 45 times will take place at the Parade Square at 15.30 on Sunday.

The closing ceremony for IML participants who have qualified for 'International Master Walker' (completion of the walks of the 8 founding members) or 'European Walker' (completion of 8 different IML walks in Europe) or 'Global Walker' (completion of 75% of all IML walks or a maximum of 10 IML walks in each IML region) will take place at the Parade Square at 15.30 on Sunday.

All walkers who wish to take part in the joint closing parade to the Parade Square meet outside the entrance to the Sports Hall at 15.15 the latest.

Medals, Team Plaques and Certificates

HÆRVEJSMARCHEN grousse or number medals are awarded for completion of the obligatory IML distances and can be displayed on medal ribbons according to the guidelines. A display of the medals can be found in the Sports Hall.

Medal Collection

Medals can be collected from the Sports Hall on Sunday until 17.30. Medals will not be posted.

Participants on all routes, who also are walking on International Walker Passports, can buy IML medals and bars according to IML Walking Association rules in the Sports Hall on Sunday until 17.30. Medals will not be posted.

Team Plaques

For teams that have completed the march according to the rules, plaques will be sent to the team leaders after the march.

Certificates

HÆRVEJSMARCHEN certificates with name and length of completed route can be purchased for 25 DKK in the Sports Hall on Sunday until 17.30. Certificates will not be posted.

The Children's March

The children's own march take place on Sunday. For children between 0 and 10 years old. For institutions, school clubs and associations, children, parents and grandparents.

The march starts and ends at the Parade Square and follows the last leg of the 'real' HÆRVEJSMARCHEN so that the youngest walkers also feel the excitement of the genuine walking experience. This route is for children together with their parents, grandparents or another adult who wish to experience the real HÆRVEJSMARCHEN together. It is also possible to participate as a group (institution, association, etc.)

Route: Approximately 5 km with entertainment along the route. **Start:** 11.00 on Sunday.

Accommodation and Catering

The HÆRVEJSMARCHEN organises inexpensive accommodation at 'Nordre Skole' (school) and in a sports centre close to start. Each participant must bring a sleeping pad / air bed and a sleeping bag / bedding.

However, a range of hotels and other kinds of accommodation is also available in Viborg. Visit: www.visitviborg.dk

Accommodation and catering cannot be guaranteed without advance reservation and payment. In order to prevent damage to floors, please take off outdoor shoes when entering sports halls. If you have specific accommodation or catering requirements, please remember to order this when registering and remember to pay in advance. You can only gain access to schools or sports halls if you can show accommodation / catering tickets for the facility in question. Payments or reservations must be made in advance and cannot be made on the day at the accommodation facilities.

Catering

Breakfast and dinner will be served in the tent at the Parade Square.

Menu

Friday evening	Grilled chicken served with new potatoes, mixed salad, pasta salad and bread
Saturday evening	Hungarian goulash served with rice, sour cream, mixed salad and bread
Sunday evening	Roasted fillet of pork served with rice, paprika sauce, mixed salad, pasta salad and bread

Prices

Accommodation per night	80 DKK
Breakfast per day	50 DKK (served 04.00 – 07.00, Monday 06.00 – 08.00)
Dinner per day (one course)	90 DKK (served 17.00 – 19.00)

Refunds

In case of withdrawal from the walk, advance payments for accommodation and catering will be refunded if the HÆRVEJSMARCHEN Secretariat is notified in writing in advance. A deduction of 50 DKK per person to cover administration will apply. Refunds will be made within a month after the march. Please remember to provide account number and / or address when notifying the Secretariat.

Accommodation Hotel, Bed & Breakfast

VisitViborg
Skottenborg 12 – 14
8800 Viborg
Tel +45 87 87 88 88
Fax +45 86 60 02 38
E-mail: info@visitviborg.dk
www.visitviborg.dk

Registration

To register for the HÆRVEJSMARCHEN, go to www.haervejsmarchen.dk and click on EN in the right hand corner.

Payment

Due to changes in the Danish payment rules, bank transfers from outside Denmark must be made in DKK.

Payments should be made to:

Nordea Bank Denmark A/S

Trade Finance Po Box 850

0900 Copenhagen C

Denmark

SWIFT: NDEADKKK

IBAN: DK 3520006500139802

Bank code: 2330

Account number: 6500 139 802

Please note that all bank payment charges are the buyer's responsibility!

Registration for the HÆRVEJSMARCHEN

Registration can be made in the Sports Hall on Friday 26 from 12.00 to 22.00 and on Saturday from 04.00 until the march starts. Queues must be expected.

Individual and team registration can be done online on www.haervejsmarchen.dk or by contacting the HÆRVEJSMARCHEN Secretariat on:

Tel: +45 86 62 58 54

E-mail: info@haervejsmarchen.dk

More information is available on www.haervejsmarchen.dk

Postal registration is **not** possible after 15 June.

Confirmation is not provided for registration nor for the receipt of payment.

Changes in registration or team membership must be provided in writing to the HÆRVEJSMARCHEN Secretariat. Please remember to provide names and dates of birth.

Starting Fees***2 days walk***

Adults	200 DKK
Children (5 – 14 years)	150 DKK

1 day (Saturday or Sunday)

Adults	100 DKK
Children (5 – 14 years)	75 DKK

A discount of 25 DKK is given for registrations made and paid before 31 May.

Cancellation

If you are unable to take part in the march, notification of non-participation is not required. There are no refunds of starting fees except in cases of force majeure.

Register on www.haervejsmarchen.dk

Registration Form 2015

PLEASE USE CAPITAL LETTERS

First name: _____

Surname: _____

Complete postal address: _____

Nationality: _____

E-mail: _____

Tel: _____

Date of birth (day/month/year): _____

Gender (please circle): Female Male

I wish to register for (please circle):

2x45 km 2x40 km 2x30 km 2x20 km

I have previously completed the HÆRVEJSMARCHEN ____ times

I am part of the following team: _____

Accommodation

Where: Nordre Skole ____ Sports centre ____

When: Friday ____ Saturday ____ Sunday ____

Catering

Dinner: Friday ____ Saturday ____ Sunday ____

Breakfast Saturday ____ Sunday ____ Monday ____

Total costs (Please transfer your complete registration and add up your total costs below)

Registration fee

	<i>Before 31 May</i>	<i>After 1 June</i>	
Adult	__175 DKK	__200 DKK	= _____

Child (5 – 14)	__125 DKK	__150 DKK	= _____
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Accommodation	Nb of nights	__ x 80 DKK	= _____
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Dinner (90 DKK per day)		__ x 90 DKK	= _____
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Breakfast (50 DKK per day)		__ x 50 DKK	= _____
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TOTAL DKK _____