## Programme

9-14 June 2020

## Monday June 8th

Entry delegations Accommodation, Groesbeek
Accreditation Accommodation, Groesbeek
Tuesday June 9th
Entry delegations Accommodation, Groesbeek
Accreditation Accommodation, Groesbeek
Official recon Road Race Afterwards course is signed with arrows. Riders can train on own purpose during the rest of the week.
Possibility MTB XCO recon
Opening Ceremony Nijmegen
Wednesday June 10th
Possibility MTB XCO recon
Official recon Individual Time Trial
Individual Time Trial (m+w) Nijmegen - Ooij - Nijmegen
Thursday June 11th
Possibility MTB XCO recon
Official recon MTB XCE
MTB Eliminator (XCE) ( $\mathbf{m + w}$ ) Campus Radboud University
Saturday June 13th
MTB Cross Country (XCO) (m+w) Groesbeek
Sunday June 14th
Road Race (m+w) Berg en Dal
Closing Dinner/Party Groesbeek

* All official times will be determined later


## Courses

9-14 June 2020

## All courses in one map:



All courses, accommodation and catering are on very small distances apart from each other. The accommodation for delegations is practically along the Road Race and MTB XCO Courses. To the Individual Time Trial and MTB XCE Course, riders can take a nice warming-up by going there by bike, but we will also provide a shuttle service for those who want to spare their legs.

## Individual Time Trial

## Wednesday June 10th 2020

"We start the championship with a flat Individual Time Trial. As flat as a Dutch Time Trial can be. Start and finish are located at the beautiful boulevard of Nijmegen underneath the famous bridge over the river Waal, in the heart of the city. After a few hundred meters, the riders enter the silent emptiness of the Dutch 'dikes \& polders'. Stunning views and a perfect course for a fast Time Trial."

Start/finish:
Waalkade 100, 6511 XP Nijmegen
Starting time \& time schedule: Will be determined later

## Course length:

## 2,3 km + 8,8 km

Altitude meters each lap:
5 m
Total Distance Women:
$2 \times 8,8+2,3=19,9 \mathrm{~km} ; 20$ altitude meters Total Distance Men:


## $3 \times 8,8+2,3=\mathbf{2 8 , 7} \mathrm{km} ; 25$ altitude meters

The Individual Time Trial has its start and finish on the 'Waalkade', Nijmegen's Boulevard. From there its about $1,1 \mathrm{~km}$ to the time trial lap which has to be done multiple times. After the last lap the $1,1 \mathrm{~km}$ back to the finish is the same as with the start.

## Profile (1 lap):




## Map:

Tip: Download GPX-file on our website!

"To bring the race to the people, we organise this spectacular discipline right at the heart of the Radboud University Campus. The Eliminator Format triggers the riders to go full gas multiple times after one another. All within one hour time. Who will beat their contenders every elimination round and battles for the medals in the big final, supported by hundreds of students, enjoying the race on their campus?"

## Start/Finish:

## Erasmusplein 1, Radboud University, 6525 HP Nijmegen

Starting time \& time schedule
Will be determined later

## Course length:

700 m
Altitude meters each lap:
0 m

Format:
Eliminator


The amount of elimination rounds and qualification criteria will be determined by the number of participants.


## Map:

Tip: Download GPX-file on our website!


Heyendaalseweg
Heyendaalseweg Heyt
Designed by:

## Jeroen van Eck

XCE Overall winner World Cup 2018
XCE European Champion 2015
XCE Dutch Champion (4x)

Details about artificial obstacles like ramps, chicanes and drops etc. will be determined later.

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Saturday June 13th 2020
"Given the fact there have been ridden UCI World Cups on this course before, we don't need to say this course is challenging. With various steep climbs, bumpy descents and tricky corners, this course is at World Cup level! A nice variation of open gravel paths and single tracks in the forests provides the riders with a nice surprise after every corner."

Start/Finish:
Groesbeek. Coördinates 51.804066, 5.943030

Course length:

## 5,8 km

Altitude meters each lap:
180 m

Total Distance Women:
Will be determined in Technical Meeting Total Distance Men:
Will be determined in Technical Meeting

## Starting times:

Will be determined later

## Start:

Starts of the races are on a wide course, 500 meters before the finish. From the start, riders have a wide, flat 300 meters straight, followed by a left hand corner and a 200 meter uphill grass climb to the finishline. After this first time passing the finish line, the amount of laps starts to count down

## Profile (1 lap):




Map:
Tip: Download GPX-file on our website!


## Road Race

## Sunday June 14th 2020

"We end the championship with the men's and women's Road Race. Following the brill ant course of the annual cycling race 'Omloop der Zevenheuvelen', we offer you a most tremendous and challenging Road Race. Laps of 15 km with 230 altitude meters each are no shocking numbers, but with three steep climbs every lap, the legs will hurt for sure."

## Start:

Afrikamuseum, Postweg 6, Berg en Dal
Finish:
Van Randwijckweg, 6563 EC Beek-Ubbergen

## Course length:

15,1 km
Altitude meters each lap
230 m

Total Distance Women
6x 15,1 km = 87,0* km; 1.380 altitude meters Total Distance Men:
$9 \times 15,1 \mathrm{~km}=132,3^{*} \mathrm{~km} ; 2.070$ altitude meters

* The Road Race takes place on a closed lap that has to be done multiple times (women $6 x$, men $9 x$ ). The neutral start takes place at the lap, $2,3 \mathrm{~km}$ after the finish line, so the first lap of both races will only last $12,8 \mathrm{~km}$ instead of 15,1 km . Official start will be after $1,3 \mathrm{~km}$ in the first lap. Offical race distances are as listed above.


## Profile (1 lap):




Map:


## Approved by

## Annemiek van Vleuten

World Champion and ambassador of the WUC Cycling 2020 On this course Annemiek won a stage in the Boels Ladies Tour 2018, a wom en's World Tour Stage Race.


