

XC NECIS 2024



Information Booklet

Hello and welcome to you reader, runner, spectator, coach or otherwise interested. If you are reading this, it means you want to know more about the Cross Country NECIS event that is hosted by ISA. What you have in front of you is a roadmap through the weekend. Take your time and read all this to get into the vibe of the event, and know what to look out for during the tournament. It includes the map of the course. We hope you will have a blast and that this two day event will be the cherry on the cake of your XC season!

Watch the XC NECIS event live [here](#).

History of the bos

There is a Dutch saying that goes: 'God created the world, but the Dutch created the Netherlands'. The NECIS location in Amsterdam is a beautiful example of this. When the Amsterdam Forest (Amsterdamse Bos) was designed by Jakoba Mulder in 1928, it was about to become the biggest urban forest in the world. Covering 895 hectares making it almost three times bigger than New York's Central Park. Construction began in 1934 with a workforce existing of formerly unemployed workmen. During the 36 year construction, in total almost 20.000 people contributed to the making of the forest.

The Amsterdamse Bos was created in a polder and lays almost 5 meters below sea level, making it a staggering achievement from a hydro-engineering and a forestry point of view. With water flowing throughout The Bos, the 116 bridges scattered across the area are themselves works of art. The NECIS course will run over two bridges designed in Amsterdam School-style by architect Piet Kramer. The bridges were painted in bright colors to make them stand out from their surroundings.

The Amsterdam Forest served a social purpose straight from the design, with the intent to provide the Amsterdam population with opportunities to relax and enjoy nature. The Bos showcases a unique type of landscape that had never existed in the immediate vicinity of Amsterdam before. A mixture of woodlands, meadow with elevations, ponds, water courses meandering forest paths and unusual vegetation. As such, it has something to offer everybody including a rowing course, open-air theater, riding stables, cricket and field-hockey clubs, wading pools for children, yearly festivals and this year's cross country NECIS!



Day 1

Day one will be our traditional race day and follows most procedures all are used to during a season. The event kicks off with an optional guided walk of the course, allowing competitors to familiarize themselves with the twists, turns, and terrain that lie ahead. After walking the course we start with the races. First U12's followed by U14's before lunch and U16 and 16+ after lunch. Check the most accurate time table [here](#).

All competitors will run the same lap which is 1.6km in total. The loop has different surfaces, sand, grass, gravel, mud and tarmac but as flat as a pancake. All age categories will have a slightly different starting area on the loop to get to the required 3, 4 and 5 km races. U12 and U14's doing two loops, U16 and 16+ will run three loops.

The Social @ de Kegel.

After race day there is a social event planned for all runners and coaches involved. Everyone will enjoy a dinner together in De Kegel (translation: The Pin). The meals will be topped off by an hour of bowling! No need to bring your own shoes or bowling ball, we have them available in all weights and sizes!



Photo taken from:
<https://www.grandhotelamstelveen.nl/ontspannen/park-de-kegel>



Radarterrein Amsterdamse Bos



Nieuwe Meerlaan 1, Parkeerplaats Dagrecreatie.

Spectators: if the parking is full, there are more places available at: Nieuwe Meerlaan 3, 1182 DB Amstelveen. It's a 900m walk from there to the start.

Day 2

Run Forest Run

On the second day of the NECIS cross country event, we'll take on a challenging run while giving back to the planet. For all our cross country NECIS (training) events we are using various beautiful locations in nature like parks and forests. On day two will host a fun lap-count event to help build those forests. In the spirit of creating your own environment, like the Dutch did with the Netherlands. Runners get the chance to earn trees that will be planted in The Netherlands and abroad; together we can create a new forest!

The course will be open two separate occasions an hour. Runners will run the one-mile lap as many times as they can. The bibs will gather all the information, telling us how many laps each runner/school did, and what was the fastest time on the course. Every fastest runner in each age category will earn a tree. But the total amount of laps will also decide how many trees will be planted in your (schools) name. Take on the challenge of getting the fastest time, and/or enjoy the challenging social run and collect as many laps as possible with your friends!

If you are interested in sponsoring this event use the QR code below to donate a tree (or two, or Tree) or click on this [link](#). A tree will already be planted for the price of one good coffee. Donations are very welcome and can still be made during the event. At the end of the day we will announce the total number of trees that will be planted. So we know exactly how much a lap was worth!



Scan to donate!

Medal ceremony and BBQ

After the first hour of the lap count event we get ready to swap your serious faces for some smiles because it's time to celebrate like champions! We will have the Medal Ceremony of race day, where we hand out individual- and team awards. Decorated with medals and other nice prizes the course is open for another hour. Will this be the time to run your fastest lap of the weekend?

Push yourself one last hour of this season because the greatest prize for everyone is coming up. No one has to go home hungry because we end the day with a BBQ feast! When all hunger is stilled it is time to say goodbye.





Donate your sport shoes at the event!

Will you join us in making an impact? Give your running - sports shoes a second life and make a difference! NECIS Amsterdam and Sneaker Impact share a common goal: to reduce waste by giving your running/sport shoes a second life. Drop off your used sports shoes in the Sneaker Impact collection box after your races at the event. Together with Sneaker Impact, we ensure that your old sports shoes are sent to microcredit businesses, helping people in underprivileged countries support their families and communities. Bring extra shoes so you don't have to go home bare feet! For more information, visit: www.sneakerimpact.com

