



RULES & REGULATIONS

Thank you for choosing to join us for our most challenging virtual program yet: Tour de Benelux! In this time of physical/social distancing, it is important for both physical and mental wellness to promote fitness and self-care.

The Tour de Benelux is a 416 km trek around United States Army Garrison Benelux footprint that will start and finish at SHAPE and virtually pass through Chievres, Brussels, and Brunssum!

This challenge **begins on Monday, February 1, 2021**, and you will have 13 weeks to complete the entire distance (or as much of it as you can).

How do I track my miles?

Whether you are walking or running, cycling, swimming, or rowing, all kilometers count! Just log your distances on the Tour de Benelux Participant Tracking Sheet (included) and email to usarmy.brussels.imcom-europe.list.dfmwr-recreation@mail.mil by Sunday evening each week. There is no need to provide proof of your distances gained... we'll take your word for it!

Where am I going?

Beginning at SHAPE (virtually, of course) you will make a clockwise tour around the Benelux, broken up into four stages of increasing distance:

Stage 1 - SHAPE to Chievres Air Base	18 km
Stage 2 - Chievres Air Base to USAG Benelux-Brussels	82 km
Stage 3 - USAG Benelux-Brussels to USAG Benelux-Brunssum	127 km
Stage 4 - USAG Benelux-Brunssum to SHAPE	189 km
Total Distance	416 km

What do I get? (aka "What about the shwag?")

All participants will receive an official Tour de Benelux 2021 T-shirt and a set of 4 custom medals to celebrate each stage of the challenge, highlighting some of the things that makes each of our communities unique and amazing!

How do I get it?

Shirts and medals will be available to pick up at your local Fitness Center. We will let you know when they are available.

Who's coming with me?

You are not alone, and we will prove it! At the beginning of each week we will post an update on the USAG Benelux Family and MWR Facebook page with some highlights of the journey and celebrations galore! We would love if you would post some photos on these FB posts, showing everyone how much fun you're having!

Please Note: While out and about, please ensure you are complying with your local measures to keep everyone safe!

Participation in the Tour de Benelux 2021 constitutes full and unconditional agreement and acceptance of these rules and verifies that the participant is physically able to complete the event.

By submitting an entry you agree to have your name and photo posted on the USAG Benelux Family and MWR Facebook page. We reserve the right to remove any post that does not follow the guidelines posted on our Facebook page.

By entering, you agree to follow the Official Rules and hold harmless and indemnify USAG Benelux Family and MWR and the United States Army. This event is no way sponsored, endorsed, administered by or associated with Facebook. No Federal endorsement implied.

This activity is open to all U.S. Military and NATO personnel, DOD civilians, and Family Members.