



**ENTRIES OPEN FOR THE**  
**Virtual Head of the River 2021**

a worldwide virtual contest in the boat or onshore

**20 March to 4 April**

**8, 4 or 2,5 km: rowing in a boat or on a rowing machine**  
**8 km: cycling or running**

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**You can compete as often as you want!**

**juniors, students, seniors, masters**  
**beginners, recreational rowers, race rowers**  
**on a rowing machine,**  
**in all types of rowing boat or**  
**on your bicycle or running**

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**CHALLENGE YOUR RIVALS OR YOUR OWN CREW**

**Go to [www.headoftheriver.nl](http://www.headoftheriver.nl)**  
**and click on button to enter**

**You can compete as often as you want to improve your time and set a personal best**  
**Best time counts. Last day to enter: 4 April 2021**

An initiative by Head of the River Amstel in cooperation with the  
Scullers Head and Junior & Pairs Head