



**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**

---

**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

---

**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