

## TC10k NORDIC POLE WALKING

Nordic pole walkers are welcome in the TC10K, and we ask that you read the etiquette below.

It should be every participant's (runners, walkers, pole walkers) desire to be conscious and considerate of others throughout this wonderful event. As pole walkers let us set the example.

It is your responsibility to store, carry and use the poles in a safe manner arriving at, participating in, and leaving the event area. It is your responsibility to protect your poles and not get them stepped on!

### IN ALL CONGESTED AREAS

When approaching the course, waiting on the course for event to start, moving forward towards the start line, and thru the finish chute, carry your poles close to your body with the tips pointing at the ground.

After crossing the start line continue to carry your poles close to your body with the tips pointing to the ground, until the congestion thins and there is clear space to start using the poles fully.

At any point in the course, if there is congestion, carry your poles close to your body with the tips pointing down.

### STARTING POSITIONS

The **Recreational Pole Walkers** will start in the last flight (1.40+ hour time), so strategize by parking and walking directly to the end of the participant line-up.

The **Competitive and Team Pole Walkers** will start together at the **1:20-1:29 minute gate**, hopefully behind the runners and in front of the walkers (in an ideal world).

### MOVING ALONG THE COURSE FOLLOW THESE COMMON "RULES OF THE ROAD"

- Generally walk on the right side of the road.
- **To pass**, announce your intention loudly, "passing on your left (or right)", look behind you for other participants trying to pass you, and make sure it is safe to pass.
- Before **moving in front of other participants**, look behind you and make sure there is lots of clearance space for your poles.
- In **congested areas**, walk in single file.
- In **clear areas**, walking two people wide is permissible.
- **Water Stations**: 20 feet before the water station put both poles in one hand with tips pointing to the ground and carry the poles. Grab a water cup with free hand and keep moving. After exiting a water station, do not put poles back into action until safe to do so.
- If you drink **water from your fanny pack**, either move to the shoulder, stop, drink water, and move back into the flow of participants when it is clear to do so OR put both poles in one hand with tips pointing down, keep walking, grab your water bottle with free hand. Make sure the area is clear before putting poles back into action.

**NORDIC pole walking is a WALKING EVENT** so one foot must be in contact with the ground at all times. It is permissible to shuffle down any slope.

### NORDIC POLE WALKING AS A TEAM

- Pole walkers may participate as a team of four (quad), three (trio), or two (duo).
- All of the above terms of participation apply to all team members.
- Identify your team in some way (same T-shirt, same hats, team name on shirts, etc)
- Team participants always walk in single file except when the lead walker peels off.
- When maneuvering as a team through congestion on the course, make sure there is time to get ALL team members through safely, **and allow lots of room before cutting in to give space the poles occupy behind the last pole walker.**
- If there is room to safely do so, and if team members wish to do so, team members may walk abreast for the last few meters of the course and cross the finish line together.
- The time of the last member of the team to cross the finish line is the official time for the entire team.

For more information about Nordic Pole Walking in the TC10K, please contact Linda at [linda4success@shaw.ca](mailto:linda4success@shaw.ca)