



## ThedaCare Half Marathon Competitive Walk Guidelines

A participant who registers for the Half Marathon Competitive Walk agrees to walk the entire 13.1 miles.

### Rules

- **This event is strictly a 100% walking event** with no mixing of running, trotting or light jogging. That means every step taken from start to finish is walking. No exceptions. Spotters will be positioned throughout the course judging.
- One foot must be on the ground at all times. No excessive head bounce.
- Violation of the rules will result in disqualification from awards. *It is the discretion of the judge to offer a warning prior to disqualification based on degree of violation.*
- Competitive Walkers are provided **TWO** bibs to be **visibly worn** at all times. **The numbered Half Marathon Competitive Walk bib must be worn in the front and the blank 'WALK' bib is to be worn on the back.** The blank bib helps Course Marshals as well as fellow race participant's spot violations. **Failure to visibly wear both bibs will result in awards disqualification. All walkers must have visible bibs at all times.**

### Start Line

- **The Half Marathon Competitive Walk will have a separate start that will begin approximately 5 minutes after the Marathon & Half Marathon clears the start line.** The race begins with an air horn start. Anyone who leaves before the official start of the Half Marathon Competitive Walk race will be disqualified by your electronic timing chip.
- All walkers must assemble in the Pentecostal Church parking lot on the south side of Midway Road near the Start Line. Look for Corral D flag.
- After Marathon and Half Marathon race begins at 7:00am, walkers will then move on to the road and up to the start line. At approximately 7:05am, the walkers race will start with an air horn start. As with all participants, your timing chip will electronically record your actual race time which begins at the start line and ends when you cross the finish line.

### Awards

- **The overall awards for this race will be determined by a foot race and – not chip timing.** This is the same format as the Full and Half Marathon races.
- Awards will be issued to the top 3 male and female finishers. Awards for top 3 male and top 3 female in seven age groups will also be awarded. Foot race determines overall awards; chip timing determines age group awards. No double dipping in awards will be allowed (age and overall).