



1st BOULEVARD 10 KM RACE WALK
September 19TH, 2009
ARUBA



Rules and information

1. Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.
2. When a Judge observes an athlete failing to comply with paragraph 1 above by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Yellow Card to the Chief Judge.
3. When three Red Cards from three different Judges have been sent to the Chief Judge, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judges Assistant by showing the athlete a red card. The failure to give notification shall not result in the reinstatement of a disqualified athlete.
4. It is mandatory to wear both numbers respectively in front and in the back of the walking **shirt** in such a way that the numbers receive maximum visibility.
5. All competitors must cross the finish line with their numbers attached to their **shirt** (in the front and back).
6. Participants are not allowed to receive help during the race except from our volunteers at the water stations (3 km, 6 km and 9 km) or EMS.
7. All participants must have themselves checked in prior to the race at the race administration tables, which will be set up near the start of the race. Check in starts at 4 pm.
8. It is mandatory to wear a walking **shirt**, **bared torso is not allowed**.
9. Failure to comply with rules one (1) through six (8) will be sanctioned with disqualification.
10. The run starts at 5.00 pm, near L.G.Smith Blvd. # 486 (north of the high-rise hotels).
11. The distance has been measured and certified by the Aruba Athletic Federation to be exactly 10.000 meters with the tolerance of ca. 0.15%.
12. There will be water available at the start of the event then subsequently at the 3 km point, 6 km point, 9 km and at the finish site. Refreshments and fruit will also be served at the end of the race.
13. There will be rewards to the following age groups:

Men		Women	
14-19 yrs.	3 prizes	14-19 yrs.	3 prizes
20-29 „	3 prizes	20-29 „	3 prizes
30-39 „	3 prizes	30-39 „	3 prizes
40-49 „	3 prizes	40 - 49 „	3 prizes
50-59 „	3 prizes	50 – 59 „	3 prizes
60 + „	3 prizes	60+ „	3 prizes

This event is organized by ARRUWAC in cooperation with IDEFRE

and Sponsored by:

