

North Carolina Senior Games - Annette Moore, one of the Track Event Mgrs.

NC Senior Games Power Walking Handout

Some tips for Power Walking:

- Posture:
 - Stand up straight and tall
 - Imagine a rope extending from your spine through neck and head, lifting you upward
 - Tighten core, tucking in tummy and tightening glutes
 - Relax shoulders
- Arms:
 - Bend elbows ~ 90 degrees
 - Hold hands in loose fist
 - Keep arms on their own sides of the body (no crossing midline)
 - Bent elbows make a shorter pendulum swing for your arms □ more rapid turnover of feet!
- Feet:
 - One part of one foot must maintain contact with the ground as you Power Walk
 - Heel should hit the ground before ball of foot or toes
 - Push off your back foot to propel you forward as you move opposite leg forward to next step
- Legs:
 - **May be bent slightly (= soft knees) when your foot lands on the ground**
 - As you practice, think about lifting your quads as you extend your leg forward, rather than shuffling
 - Push off from your back leg to propel you forward, tightening glutes
- Face:
 - Relax
 - Smile ~ enjoy the walk!

Some Key Rules:

- Power Walking is a monitored event in which an athlete can be disqualified (DQ)
- One part of one foot on the ground at all times (violation = loss of contact)
- Soft knee bend is OK; extreme knee bend = running (= violation)
- Heel must strike the ground before toe (violation = creeping if toe strikes before the heel – knee will be bent)
- Three different judges must recommend DQ for any combination of violations. EXCEPTION: Last 100 m. of race
- Any violation in last 100 meters of race determined by a single judge is a reason for immediate disqualification
- No headphones or cell phones permitted during the race

See [NC Senior Games Official Rules Book](#) (page 41) for complete list of rules.

For more information on Power Walking, see:

The United States Power Walking Association: <https://www.facebook.com/USPWA/>

[USPWA Rules](#) (according to which NCSG rules are conducted, except as noted in NCSG Rules Book)

[NC Senior Games Official Rules Book](#) (page 42): <https://www.ncseniorgames.org/s/rulesbook.pdf>

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More information that you may find useful:

Look at Power Walking (+ how it differs from Race Walking)

2 main differences:

- For walkers: Knees: Soft (slight bend for Power Walking) v. Stiff / Straight (For RW)
- For Event Managers: Only need 1 judge at Finish Line for PW / need 3 at Finish Line for RW

NCSG Track Webpage: <https://www.ncseniorgames.org/track-field>

Includes Running, Power Walking, Race Walking + Field Events

~ 1 min. **Running video for virtual events:** <https://www.youtube.com/watch?v=UF-P01yx4sA&feature=youtu.be>

NCSG Rule Book: <https://www.ncseniorgames.org/s/rulesbook.pdf>

Helpful info from National Veterans Golden Age Games Rulebook -- w/ information for judges:

https://www.blogs.va.gov/nvspse/wp-content/uploads/2018/11/NVGAG-Power-Walk-Event-Rule-Sheet_2019.pdf

Power Walking videos + resources:

-- What is Power Walking? Sikana English-- https://www.youtube.com/watch?v=erK4_3OuUIY

-- Racewalking v. Power Walking - slowpoke Diva (questionable knee bend on Power Walker) : <https://www.youtube.com/watch?v=cVkXYtKFew>

Stretches for Walking (article w/ info + links): <https://www.verywellfit.com/how-to-walk-stretching-routine-3433061>

How to walk faster - Sport Walk - Leg Drive: (6 min): <https://www.youtube.com/watch?v=4c6NBwB67RI>

How to walk faster - Sport Walk -- (6 min) : <https://www.youtube.com/watch?v=P9fYOI2NeW4>

World Sr Games Power Walking (4 min)-- <https://www.youtube.com/watch?v=AAxiXd0qMzk>

Helpful Information for Event Coordinators:

Race Walking = Knee must be straight when heel hits the ground

- 1500 meter + 5 K events
- 1500 meter:
 - 3 $\frac{3}{4}$ laps of track (always ending at same finish line)
 - Race walk judges (w/ paddles + cards for recording warnings + violations; + red cards + pencils / pens; watch)
 - Lap Counters (to keep track of racers + # of laps to go, + to encourage) -- they need clipboards, lap counting sheets + pencils -- and a positive attitude!
 - Head Judge to keep track of Red Cards + notify racers if DQ'ed at end of race
- 5K :
 - 12 $\frac{1}{2}$ laps of the track (always ending at same finish line)
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 - Lap Counters (to keep track of racers + # of laps to go, + to encourage) -- they need clipboards, lap counting sheets + pencils -- and a positive attitude!
 - Head Judge to keep track of Red Cards + notify racers if DQ'ed as the race is underway (= athlete is removed from the track)
 - Ideally, 1 or 2 volunteers could distribute water to racers along track
 - Ideally, 1 -2 volunteers serve as Runners, collecting red cards from judges along the track.

Power Walking = Knee may be soft / slightly bent when heel hits the ground

- 1500 meter + 5 K events
- 1500 meter:
 - 3 $\frac{3}{4}$ laps of track (always ending at same finish line)
 - Power walk judges (w/ paddles + cards for recording warnings + violations; + red cards + pencils / pens; watch)
 - **Only 1 Judge needed at the Start and Finish lines, to watch for possible DQ violations.**
 - Lap Counters (to keep track of racers + # of laps to go, + to encourage) -- they need clipboards, lap counting sheets + pencils -- and a positive attitude!
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Virtual resources (“how to” video and scoresheet) are posted on the State Finals/SF Sports page of the NCSG website. Hopefully you won't need them and can host your events in-person.

<https://www.ncseniorgames.org/virtual-sports>