

# Wife Carrying Charity Race



Just for fun and to support Ronald McDonald House, we have come up with a new race!

Wife carrying is a sport in which male competitors race while each carrying a female teammate.

The sport originated as a joke in Finland, supposedly reminiscent of the past where men courted women by running to their village, picking them up, and carrying them off.

## **Start Time**

10 am (before briefing on race day).

## **How Does it Work?**

The objective is for the male to carry the female through a 200 metre obstacle course including a mud obstacle and a couple of dry obstacles.

There are 4 customary styles to carry the wife: (1) the traditional piggyback (2) the wife dangling upside down on the carrier's back (3) thrown over on the shoulder and (4) crosswise on the carrier's shoulders. Or create a new personal style of your own!

## **Rules**

- The wife to be carried may be your own, the neighbour's or you may have found her further afield. She must, however, be over 18 years of age.

- The minimum weight of the wife to be carried is 49 kilograms. If she is less than 49 kg, the wife will be burdened with a backpack containing additional weight so that the total load to be carried is no less than 49 kg.
- All participants must have fun.
- The only equipment allowed is a belt worn by the carrier and the wife being carried can wear a helmet.
- Each contestant takes care of his/her safety.
- Contestants must pay attention to the instructions given by the organisers of this event and the marshals on the course.
- The winners are the couple to complete the course in the shortest time.
- Special prizes awarded to the most entertaining couple, the best costume and the strongest carrier.

### **What can you win?**

The winning couple will win a weekend away.

### **What to wear?**

Wear clothes which won't be stripped off in full speed running and which are easy to hold on to. The carrier's belt is the only equipment allowed to help in keeping one's grasp.

### **Tips**

It is of great importance to find a mutual rhythm. If the wife on the man's back is rocking out of time, the speed slows down. When the rhythm is good, the wife and the carrier become one accompanying the motions of each other. It is advisable to practice in order to find the mutual rhythm before the competition. You know what we mean?!

## **Training**

It is possible to train for the wife carrying competition everywhere in the middle of your daily routines: in the bath, in the supermarket, in the playground or in the gym. Wife carrying is good for your relationship.

## **Entry Fee?!**

The entry fee is \$20 per couple. All proceeds will be doubled and donated to Ronald McDonald house.

There are only 20 spaces available so don't delay!

**Are you ready to enter?**

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