

RACEWALKING 50K WORLD CUP

Do you want to test the hardness of the 50k RW? This is your game!

INSTRUCTIONS BEFORE PLAYING

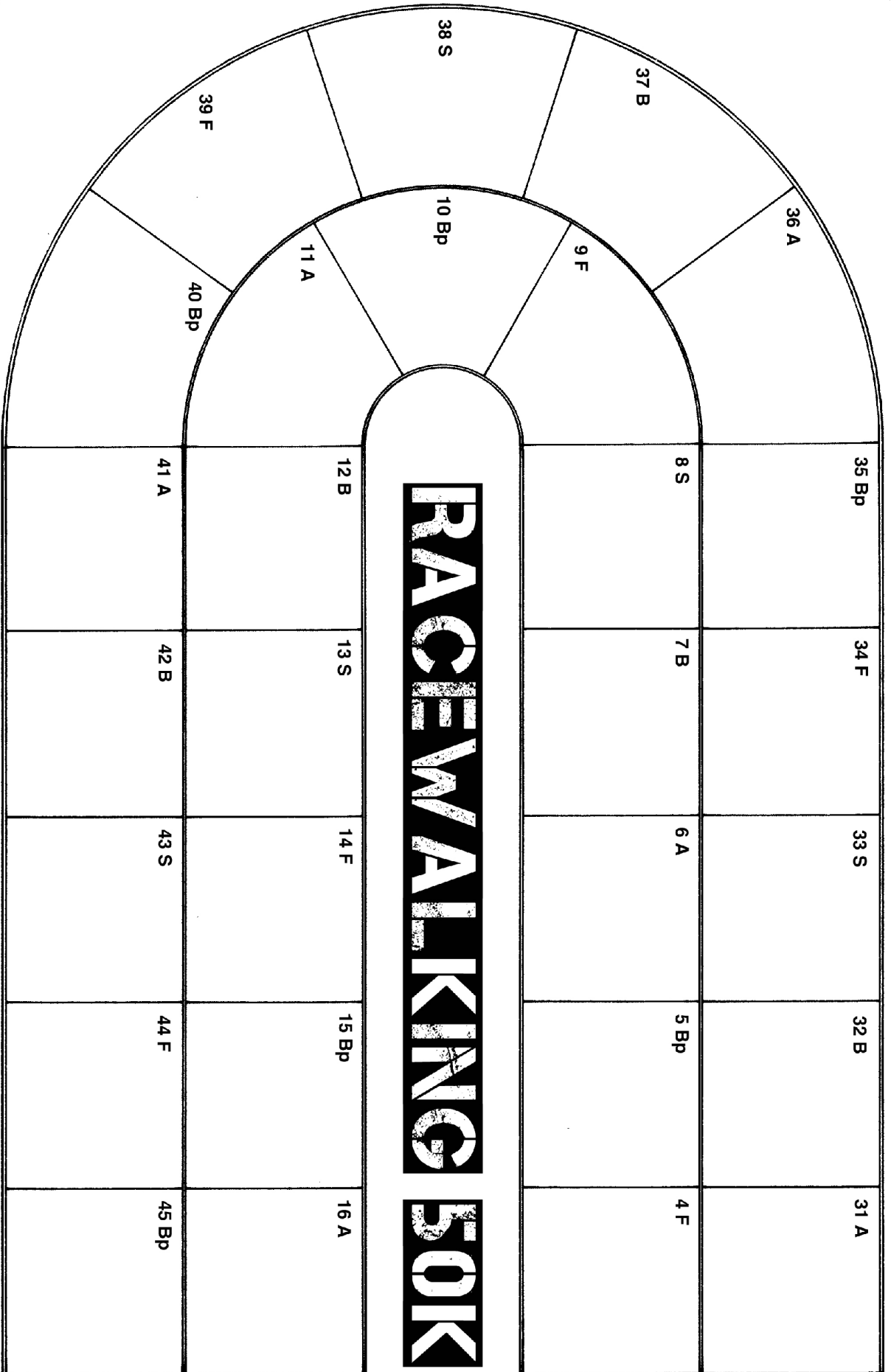
- Print and cut out the cards along the dotted lines and arrange them shuffled in a pile, or place them in an opaque container or bag.
- Print and join the two parts of the board, gluing them with adhesive tape or glue.
- You will also need one die and chips (you can use buttons, legumes, etc.)

RULES OF THE GAME

- The game is very easy, basically consists of going through the 50 squares board and reaching the finish line first.
- To advance across the board, you must roll the die, and take out a card (without looking!)
- You will advance the number of squares that result in the die, and you will do what the card says (and you will mix it again with the rest of the cards).
In addition, you must perform the corresponding exercise in the resulting square. (The letter next to the box number indicates the type of exercise)
In case you have to stay in the same square, without being able to advance, you will perform the exercise of that square.
- The number of repetitions of the exercise will be the result of multiplying the die result by the value assigned to that exercise.
(Example: x10 sit-ups, if you have rolled a 3 on the die, you must perform 30 sit-ups)
- The maximum time to perform the exercise will be 1:30.
In case of not being able to carry out the exercise, you will remain a turn without playing.
- The entrance to the “penalty zone” is only virtual, you simply continue at the same square and add a turn without playing additional to the one that corresponds to you for having drawn a red card.

<p>YOU CHANGE THE PACE!</p> <p>All your rivals go back 2 squares</p>	<p>YOU FALL BEHIND!</p> <p>All your rivals advance 2 squares</p>	<p>YOU ARE SICK: DIARRHOEA!</p> <p>You go to the bathroom, and one round without playing</p> <p>(Your rivals will notify you when it is your turn to play again)</p>
<p>YOUR SUPPORTERS ENCOURAGE YOU!</p> <p>You multiply X2 the die result</p>	<p>YOUR SNEAKER IS UNLEASHED!</p> <p>You back 3 squares</p>	<p>THE PACE IS TOO FAST, YOU'RE BURNED!</p> <p>You only advance if you roll a 1, 2 or 3 on the die</p>
<p>INJURY!</p> <p>2 turns without playing</p>	<p>WATER SUPPLY!</p> <p>Advance 2 more squares</p>	<p>ELECTROLYTES SUPPLY!</p> <p>Advance 3 more squares</p>
<p>ENERGY GEL SUPPLY!</p> <p>Advance 4 more squares</p>	<p>BENT KNEE YELLOW-PADDLE!</p> <p>You stay where you are, without advancing the die result</p>	<p>LOSS OF CONTACT-YELLOW PADDLE!</p> <p>You stay where you are, without advancing the die result</p>
<p>BENT KNEE-RED CARD!</p> <p>You stay where you are, and also a turn without playing</p> <p><i>(If you accumulate 3 red cards, you must enter "penalty zone" and add one more turn without playing. If you accumulate 4 cards, you are disqualified, and you must leave the game)</i></p>	<p>LOSS OF CONTACT-RED CARD!</p> <p>You stay where you are, and also a turn without playing</p> <p><i>(If you accumulate 3 red cards, you must enter "penalty zone" and add one more turn without playing. If you accumulate 4 cards, you are disqualified, and you must leave the game)</i></p>	<p>DIRECT RED CARD!</p> <p>You are disqualified, and you must leave the game</p> <p><i>(This card will only be applied in the last 10 squares of the game)</i></p>

(Cut out the cards along the dotted lines)



30 Bp	29 F	28 S	27 B	26 A	25 Bp
3 S	2 B	1 A			
			23 S	24 F	

WORLD CUP

17 B	18 S	19 F	20 Bp	21 A	22 B
46 A	47 B	48 S	49 F	50 Bp	

F - N - S - H

- A: Sit ups (X10 die result)
- B: RW arms action, 2kg dumbbells (X10 die result)
- S: Squats (X5 die result)
- F: Push ups (X2 die result)
- Bp: Burpees (X2 die result)