

5th Annual Nordic Walking World Championships



50K Olympian Philip Dunn male winner of the 2007 World Championships and Karen Asp female winner of the 2007 World Championships

Nordic Waling

Thank you to all who contributed to the rules:

Edward Urbanski (US), Brian Rulten (UK), Claire Walter (US), Anna Ekstrandh (Canada), Norman Trubik (Australia), Michelle Van Eenoo (Canada), Marek Zalewski (US), Andrea Childerhose (Germany), Crystal Peterson (US), Tom Rutlin (US), David Beevers (UK), Iain Leiper (UK), Dafina Nikolovska (Macedonia), Tom Bourdage (US), Maree Farnsworth (Australia) and John Merritt (US).

Hello Nordic Walkers,

Thanks to Les Smith's continued support and vision this year Portland Marathon's Nordic Walking has been expanded to offer something for all fitness, ages and skill levels of Nordic Walkers!

Marathon Distance Championship

The 5th Annual Marathon Distance Nordic Walking World Championship is open to all. Go for the gold or just have fun with this challenging distance. Please be familiar with the rules posted on this page. [Sign up here.](#)

To enter Marathon and Walking Championships online:

- On the online registration form, check "Yes" to the "Are you a Nordic Walk Participant" question.
- Send an e-mail to ptldmarathonwalks@yahoo.com indicating the following: 1) that you wish to enter the Nordic Walk competition and 2) that you have read and understand the Nordic Walking rules posted on this page.

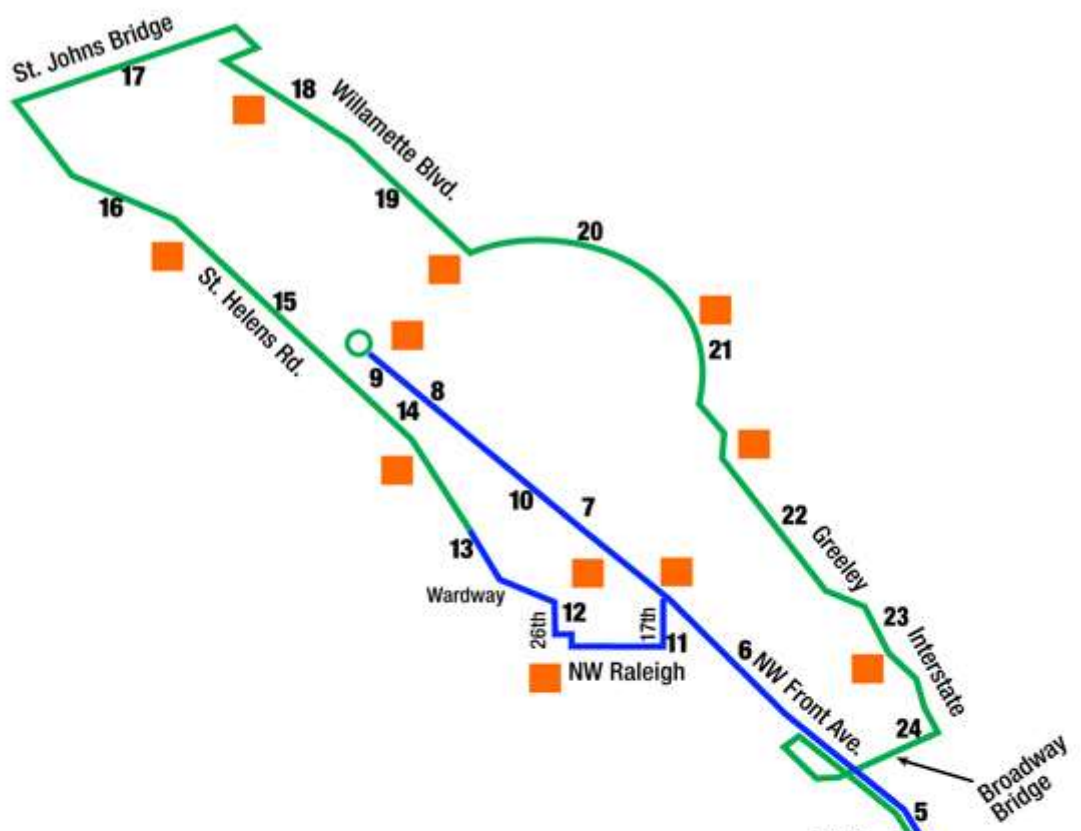
10K Mayor's Fun Nordic Walk

A non-competitive fun fitness walk through scenic Portland, Oregon.

[Sign up here](#)

Referencia de:

<http://www.portlandmarathon.org/>



2010 Portland Marathon 26.2 mile Course

- Full Marathon Route miles 1-3 —
- Full Marathon Route miles 3.1-13 —
- Full Marathon Route miles 13.1-26.2 —
- Turn-around ○
- Mile Marker **3**
- Aid Station ■

