RACEBOOK

NWWC 2022

NORDIC WALKING
WORLD
CHAMPIONSHIP

17-19 June

CHOCZEWO - POLAND

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Nordic Walking is one of the fastest growing activities in the world. Pandemic times have further accelerated this growth. Closed fitness clubs have mobilized younger people to reach for the poles and try this general outdoor activity. For the first time in 2021, pole manufacturers could not keep up with the poles production, and the number of people participating in NW workouts held across the country achieved a 150% increase. Numbers of 300 people competing in events have become the norm. According to a survey conducted in 2019 by Santanderbank, 85% of Poles are familiar with the discipline of Nordic Walking, 15% of the population has already walked with poles several times, and 5% practice the discipline regularly. This gives a total of about 2 million people who regularly practice Nordic Walking. Hence, many companies promoting health and physical activity use the graphic image of a "nordic-walker", which is now a powerful brand image.

Nordic Walking is an activity practically for everybody - from the disabled, during convalescence after cardiac operations, to athletes at the competitive level. There is no other activity in the world which is so easily accessible, technically assimilable and at the same time providing measurable health benefits.

As the last years have shown, the future of Nordic Walking is development in the direction of competitive sport. Mass popularity, accessibility of routes and extremely wide offer of affordable, easy to use equipment give huge possibilities of competition to people with health problems who want to realise their sport ambitions and achieve above-average results, despite their limitations.

According to the WHO research, today already approx. 15% of the society are people with disabilities. Sedentary lifestyle, civilization diseases and aging population will cause this percentage to increase. This will be followed by the search for physical activity with amazing training and health possibilities. No burdens and no overloading of the musculoskeletal system will make Nordic Walking the leading physical activity in the world within 5-10 years, regardless of the cultural region.

LOCALIZATION

Choczewo - a commune located in the northern part of the Pomeranian Voivodeship in the area of the Słowiński Coast covers an area of approximately 19,000 km^2. In the coat of arms of Choczewo, we can see, among others, a lighthouse, giving light in two directions. The Choczewo Commune borders with four communes- Krokowa, Gniewino, Łęczyce and Wicko. 31 villages belong to the commune. The small summer villages of Kopalino and Lubiatowo, belonging to the Choczewo commune, are the starting point for Nordic Walking competitors during the World Championship in June 2022. From the north side on the length of 17 km Choczewo commune offers, among many other things, access to the Baltic Sea. Clean beaches, clean forests and fresh air with a lot of iodine, palace and manor buildings, nature reserves are the elements that confirm the uniqueness of the entire commune.

The first document about Choczewo comes from 1384. At the beginning of the 14th century (1308/1309) the area was occupied by the Teutonic Knights. Over the centuries, activities in the area mainly concerned agriculture. A characteristic element of the Choczewo commune and its surroundings are manors and palaces, which changed their owners over the centuries. Nineteen manor residences and palaces bring us closer to the history of the area. Most of them were established at the turn of the 19th and 20th centuries as part of large farms managed by German owners. It is worth mentioning here about the 17th and 18th centuries, where such families as the Krokowski, Wejher, Jackowski, or Przebendowski families had an impact on the policy pursued in these areas. Until 1945, most of the German population lived in the area of the present-day commune of Choczewo and its surroundings. Kashubians were also a minority. After the end of World War II, the areas were annexed to Poland. The area of today's Choczewo commune was started to be inhabited by settlers who came from various parts of the country. The first settler came to Choczewo in May 1945. After the Second World War, it took the "new hosts" 5 years to develop the coastal areas.

One of the elements of the infrastructure of the Choczewo commune are forests with an abundance of undergrowth and inhabitants (roe deers, wild boars, deers). The Choczewo Forest Inspectorate manages forests with an area of 17.6 thousand hectares with a predominance of pine trees. It also takes care of non-state forests (448.41 hectares) or forests belonging to the Maritime Office in Gdynia (134 hectares). The forest management carried out over the years allowed the preservation of protected tree species. In the "Choczewskie Cisy" reserve near Sasino, established in 1962, we can see, among others, 145-year-old yew trees up to 13 meters high. In the Choczewo commune, we can walk one of the four routes (yellow, blue, orange, green), 9 to 22.5 km long. One of the 10 km long routes was marked around the Choczewskie Lake (area 177 ha). An interesting fact worth visiting is the "Glass Huta" Nature and Forest Trail, which was created near the Szklana Huta forester's lodge. There, we can find out, among other things, how much oxygen is produced by 1 ha of forest (700 kg of oxygen per day). 700 kg of oxygen makes it possible to meet the needs of 2,500 people daily.

Kopalino - one of the Kashubian villages located 2 km from the Baltic Sea. Kopalino belongs to the Choczewo commune. Over the years, archaeological research has shown that in the area of today's Kopalino, there was already a stronghold in the 7th century. In Kopalino, one kilometer from the sea, there is Kopalińskie Lake with an area of 8.37 ha. The lake has the shape of a L-letter. There we can meet such species of fish as: tench, bream, carp or pike.

Lubiatowo, located 41.6 m above sea level, also belongs to Kopalino. Lubiatowo used to be a typical agricultural settlement, and today it is a summer resort. The first mention of Lubiatowo appeared in 1437 (15th century), when it was written about a fishing settlement under Polish law. Archaeological works indicate that there was an open settlement in Lubiatowo from the 5th to the 9th century. Currently, many summer houses and agritourist farms have been built in Lubiatowo for relaxation, especially in the summer. The Lubiatówka stream (3.65 km) flows through Lubiatowo into the Baltic Sea at the entrance no.39.

Just behind Lubiatowo towards the east, one of the elements of this beautiful part of Poland is Wydma Lubiatowska. The dune, which covers an

area of approximately 300 hectares, has been shaped over the years by the movement of sand. During the year, small grains of sand (up to 2 mm) can move up to 4 meters. Such action of the forces of nature means that each time we visit this place, we can see a different shape of the dunes. The dune area is mostly covered with mountain pines. Walking along the path from Lubiatowo designated by the Forest Inspectorate in Choczewo, we can reach the highest viewpoint (height 35 m above sea level). From the viewpoint, we can see beautiful views towards Łeba (west direction) or Białogóra and Jastrzębia Góra (east direction). The fire lookout is a characteristic contemporary construction in the dunes. The large tower is used to assess the condition of forests, especially in summer.

Going towards the Lubiatowskie dunes, we can find the remains of a military unit that operated from 1970 to 2001. The military unit functioned as the Missile Squadron, which was part of the Coastal Defense Forces. The basic task of all units located in the Baltic Sea itself was the defense of Polish borders. On the route, we can encounter, among others, a bunker that was used to store anti-aircraft missiles. As part of land development, the shelter has been adapted for bats and swallows.

Between Lubiatowo and exit No. 36 to the east, the Bezimienna (No-Name) River flows out. In a section of about 5 km, the streams flowing from the forests join the river, giving it a course. An interesting fact located not far from the entrance No. 36 is the "Spring of Love". It is worth taking a look there to see a small spring that breaks out. One of the characteristic elements of this place is a drinking cup. You can always check if it has been properly hung on the board. It happens many times that it is not located right next to the spring. You never know if the culprit is the wind or the last visitor? The board located there refers to two teenagers who fell in love with the place.

During the competition, we will also meet the markings of the red trail, which runs along the Baltic Sea. The red trail in our country starts in Świnoujście and ends in Żarnowiec. The trail is the part of the international route marked as "E-9", which starts in Spain (Strait of Gibraltar) and ends in Estonia (the total length of the trail is 4500 km.)

In our country from the border with Germany to the border with the Kaliningrad Oblast (after connecting different routes) 706 km was marked as the international route "E-9".

There are 17 lighthouses by the Polish sea, and one of them can be seen in Stilo. The lighthouse was built in the years 1904 - 1906. It is one of the three lighthouses in the world, which was built of cast iron elements connected with rivets. The steel lighthouse, 35 meters high, shines with its light at an altitude of 75 meters above sea level. The range of the light of this lighthouse is 23.5 nautical miles (about 43.5 km). In the surroundings of the lighthouse and at the very seaside, we will meet the remains of nautophones. Devices built in the early 1900s have been used for years to make sound signals in fog. This method of warning ships was used until the end of the 1950s.

Prepared by:

Radosław Olejko – Polipack GWE

ROUTE

CHAMPIONSHIP VILLAGE

CLASSIFICATION RULES

The following qualify for the individual finals of the World Championships at the distance of 5 km (at least one of the two conditions has to be fulfilled)

- 5 best times from qualifications in each age category of women and men
- 60 best times in women's general classification and 60 best times in men's general classification.

The following qualify for the individual finals of the World Championships at the distance of 10 km (at least one of the two conditions has to be met):

- 5 best times from qualifications in each age category of women and men
- 60 best times in women's general classification and 60 best times in men's general classification.

World Championship team classification:

- The team consists of the athletes who have qualified for the championship final (second day of the competition), with a maximum of 3 women and 3 men competing in the 5km distance; 2 women and 2 men in the 10km distance and 1 person each of women and men competing in the 21km
- The entry of the team members will be automatically taken from the result list, according to the best times in age categories on the second day of the competition
- Points for the team classification will be assigned according to the place in the age categories on the second day of the competition

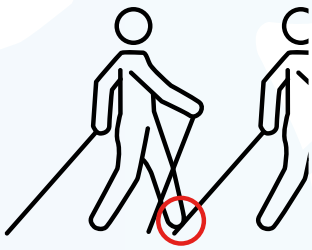
Place - number of points

1- 100 points
2- 80 points
3- 70 points
4- 60 points
5- 50 points
6- 45 points
7- 40 points
8- 35 points
9- 30 points
10- 25 points
11- 24 points
12- 23 points
13- 22 points
14- 21 points
15- 20 points
...
34 and more 1 point each.

Family classification

The family classification includes three results based on the place in the open classification for individual distances - a child under 18 and two carers in any age category.
By the word guardian is meant persons in the 0 or first group spouse, descendants (e.g. son, daughter, grandchildren, great-grandchildren), ascendants (e.g. mother, father, grandparents), siblings, stepchildren, stepfather, stepmother, parents-in-law, son-in-law, daughter-in-law.
More than three family members may be entered. Best places will be counted for the final score.
- Family members can start on different distances

REFEREEING RULES



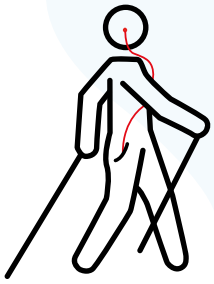
STEPPING ON POLES MISTAKE

NOT FAIR PLAY

RUNNING MISTAKE

HIPS ROTATION MISTAKE

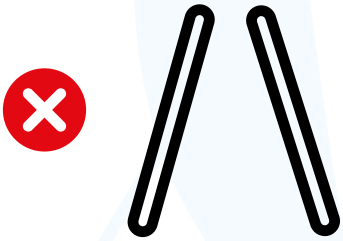
ELBOW MISTAKE



WEARING EARPHONES

MOTION RANGE MISTAKE

PUSH-OFF MISTAKE



PARALLEL MOTION MISTAKE

LOW POSTURE MISTAKE

PROGRAMME

Accompanying event
MOTOROCK

VII FESTIWAL MOTO ROCK
KOPALINO 2022

TRAKTOREM NAD BAŁTYK
16-19.06.2022
Festiwal Moto Rock

17.06

12:00 Opening ceremony of Motorock Festival
15:00 - 22:00 Competitors' accreditation office opening hours
18:00 Opening ceremony of World ONWF & ENWO Championship, welcoming competitors from different countries, flag parade, swearing-in of Nordic Walking World Championship referees
20:00 Concert - FARBA
21:30 Concert - Filip Różański (RÓŻA)
22:30 Concert - White Room and Friends

18.06

7:00 - 11:30 Competitors' accreditation office opening hours
09:15 Warm-up – 10 km competitors
10:00 Qualifications – 10 km distance
11:15 Warm-up – 5 km competitors
12:00 Qualifications – 5 km distance
14:00 Announcement of the results of qualifications
15:00 - 17:00 Distribution of final starter packages
17:00 DORA DANCE – Na końcu świata" (At the end of the world)
19:00 MIDNIGHT LIVE band
21:30 Concert – NEW BLUES BATHALION
23:00 Laser show

19.06

7:00 - 10:30 Distribution of final starter packages
07:30 Warm-up – 21 km competitors
08:00 Start – distance of 21 km
08:30 Warm-up – 10 km competitors
09:00 Start – distance of 10 km
10:20 Warm-up – 5 km competitors
11:00 Start – distance of 5 km
13:00 PINEZKA theatre
14:00 Decoration of Motorock participants
15:00 Decorations – 21 km, 10 km, 5 km
16:00 Closing ceremony of Nordic Walking World Championship

STARTER PACKAGES

Strter packages to be picked up in person in the Championship Village

JAK DO NAS DOJECHAĆ?

1. Gdańsk Port Lotniczy - SKM Wejherowo - PKS Kopalino
2. Gdańsk Port Lotniczy - SKM Wejherowo - NWWC additional transportation
3. Rent a Car at Gdańsk Port Lotniczy
4. Poland - PKP Gdynia Główna – SKM Wejherowo – PKS Kopalino
5. Poland - S6 Expressway direction Kopalino - Road signs NWWC

NWWC additional transportation:

	WEJHEROWO - KOPALINO	KOPALINO - WEJHEROWO
FRIDAY	**16:00**	**22:00**
SATURDAY	**06:00**	**22:00**
SUNDAY	**07:00**	**17:00**

Free campground and parking for campers.
If you need a place for your camper or tent please contact us at:
championship@nordicwalkingpoland.pl

Information about free accommodation in cabins is available on the event website.

REGULATIONS

TERMS & CONDITIONS OF ENTRY TO THE WORLD NORDIC WALKING CHAMPIONSHIP VILLAGE 2022 IN KOPALINO, WHICH IS NOT A MASS EVENT.

KOPALINO 17-19 June 2022

§ 1
General information

1. The organizer of the event is Choczewo Commune.
2. Event's coordinators are: Marcin Szulc NWPL, Olgierd Bojke PFNW, Krzysztof Walczak website www.chodzezkijami.pl.
3. Technical support are people helping to make the event happen.
4. Technical manager of the Championship Village: Dariusz Kosicki.

§ 2
Opening hours

1. You can visit the Championship Village according to the below schedule:

- 17.06.2022 - 15:00 – 24:00
- 18.06.2022 - 07:00 – 24:00
- 19.06.2022 - 07:00 – 17:00

§ 3
Payments

1. Visiting the Championship Village is free of charge, however the use of stands with souvenirs, buffets and catering is additionally charged according to the displayed pricelists.
2. Vehicle parking is free of charge, but only in places designated by the organizer.

§ 4
Rules in the Championship Village

1. You can visit the Championship Village individually or in organized groups.
2. Children under the age of 18 may only be present in the Championship Village when accom panied by adults who assume full responsibility for them.
3. When using the Championship Village, please follow the remarks and instructions of the organizer/event manager.
4. The organizer is not responsible for any incidents resulting from failure to comply with the provisions of these Regulations and/or the recommendations of the event's technical support staff.
5. Any malfunction, damage or destruction of exhibits or event equipment must be reported immediately to the meeting coordinator or technical staff.
6. Photography and filming are free of charge.
7. The visitors are responsible, including financial responsibility, for any damage to machines and equipment in the Championship Village.
8. All visitors visiting the Championship Village are obliged to behave in a way that does not endanger the safety of others and to comply with all provisions of the terms & conditions of entry to the World Nordic Walking Championship Village in Kopalino.

§ 5
Prohibitions

1. It is forbidden to touch objects and equipment that do not belong to the visitor.
2. It is forbidden to climb on tables, stages and benches in the Championship Village.
3. Entry to the competition area is forbidden to people who are intoxicated, under the influence of drugs or behave in a manner which endangers safety, disturbs the order of visitors of the Championship Village and violates generally accepted standards of behaviour in public places.

§ 6
Safety

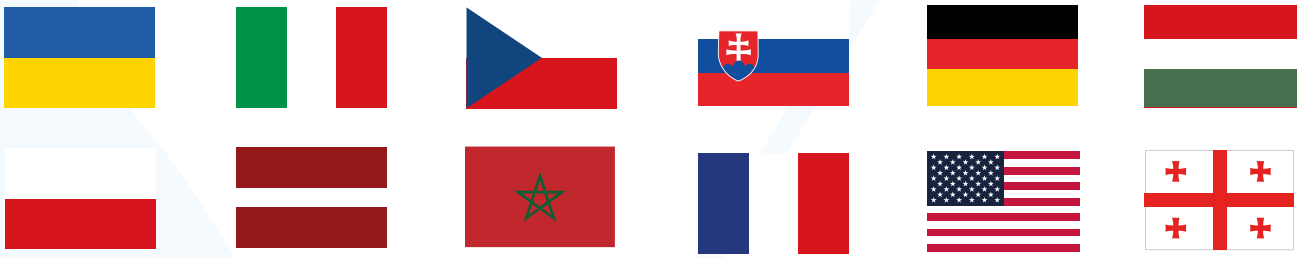
1. In the event of fire or other danger being noticed, people present in the Championship Village shall:

a) immediately inform the organizer,
b) avoid panic,
c) comply with the instructions of the technical staff of the meeting and the announcements;

§ 7
Final provisions

1. These rules are available at the entrance gates to the Championship Village.
2. Entering the Championship Village means that you are familiar with these rules and regulations and are obliged to comply with their provisions.
3. Failure by the visitor to comply with these regulations is the basis of removal of the visitor from the Championship Village.
4. The organizer reserves the right to make changes to these regulations. The amended regulations will be made available to the public at the entrance gates to the Championship Village.
5. These regulations are the only legally binding document regulating the rules and conditions of visiting the Championship Village.
6. The organizer (coordinator) of the event is authorised to record the course of the event, in particular the behaviour of people, using audio and video recording equipment. Visitors acknowledge that by entering the event site they give their consent to being photographed, filmed or otherwise recorded, broadcast, distributed or transmitted their voice or image in connection with the programme of the event, free of charge.
7. Any comments and suggestions from visitors can be sent by e-mail to championship@nordicwalkingpoland.pl
8. The administrator of your personal data is: Choczewo Commune Office, 17 Pierwszych Osadników, 84-210 Choczewo.
9. Contact details of the Data Protection Officer: a.bieleninik@choczewo.com.pl.

Event Team
Kopalino 15.06.2022



Organizers

ONWF SINCE 1997 WORLD ORIGINAL NORDIC WALKING FEDERATION

NORDIC WALKING POLAND.pl

POLSKA FEDERACJA NORDIC WALKING

EUROPEAN NEW WALKING ORGANIZATION ZVEZA ENWO

Partners

Powiat Wejherowski

Gmina Choczewo

WALKING LOVERS

Patronage

Ministerstwo Sportu i Turystyki

Polski Komitet Olimpijski
Polish Olympic Committee

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