



**INWA Nordic Walking World Cup**  
**14th July 2018**  
**Carnikava, Latvia**

Latvian Sport for All Association is glad to announce that INWA Nordic Walking World Cup this year will take place in Carnikava, Latvia on 14th July 2018. INWA World Cup events are held multiple times throughout each year in different locations around the World and this time it will be held in Latvia. INWA is the Global Governing Body for Nordic Walking and sets the standards for how Nordic Walking is taught and practiced.

On 14th July, 2018 we expect Nordic Walking enthusiasts from all over the world to enjoy this exciting event. Participation is allowed for all the citizens of the countries where INWA has a member organization. This will be the perfect opportunity to participate in the race, enjoy Latvian culture and perfect nature of the beautiful Baltic Sea coast including the surrounding pine forests and tranquil seaside. The participants will have an opportunity to become part of the famous Fishermen's Festival that takes place in Carnikava every year, and this time it will be 14th July. There will be musicians, artisans, sports competitions and it is also a perfect chance to taste variety of fishing products (especially smoked fish). This mixture of culture and sports will make this INWA Nordic Walking World Cup absolutely unique, so don't miss the opportunity to participate!

Nordic Walking is known as an activity that can be practiced by people of all ages and fitness levels. INWA competitions have therefore been structured to enable as many people as possible to participate. Rules of the events will be conducted in accordance with INWA competition rules, including use of correct Nordic Walking technique during competitions.

**Distances:** 5 km, 10 km, 21 km

**Race Categories**

- Junior under 20 years old
- Adult A. 21 – 39 years old
- Adult B. 40 – 59 years old
- Senior 60+ years old
- Team competitions in each categories (4 members in a teams; at least one team member should be male)
- For 5 km race there will be no division by age categories, only by categories male/female

**More details and information to follow shortly. In case you have questions regarding this event please do not hesitate to contact [itsa@riga.lv](mailto:itsa@riga.lv), +37126895037.**

**See you in Carnikava!**