

## GUINNESS RULES

FROM: Guinness World Records ([www.guinnessworldrecords.com](http://www.guinnessworldrecords.com) )

### Largest Simultaneous Walk and Run

*The following act as a guide to the specific considerations and undertakings, in addition to the general requirements, for any potential attempt on Largest Simultaneous Walk and Run.*

*They should be read and understood by all concerned– organizers, participants and witnesses – prior to the event.*

### Rules

This record is for the greatest number of people participating in a walk/run organized by the same organization, simultaneously, at different venues.

1. A head count of walkers/runners must be taken before the event, either by turnstile or some other form of counting. This is essential and must be done efficiently.
2. All walks/runs should begin at the same time therefore, all those attempting the record must begin walking/running at the same time. This needs to be done so that the record is clearly for the number of people actually walking/running and not just the number of people attending the event as a spectator.
3. Events in different time zones must begin at the same moment: thus if an event begins at 12 noon at New York, it should begin at 9 a.m. in California..
4. Sufficient witnesses should be involved to ratify that all the contestants fully participate in the attempt - witnesses should be placed in such a way that every part of the walk/run area is visible to the officials.
5. The number of venues used is not of importance in the context of the record. However, this information does need to be included with the documentation. There is no upper limit on the number of venues, but there should be a minimum of ten walks/runs organised.
6. It is the total number of walkers/runners attending that constitutes the record, although there should be an average of at least 25 walkers at each venue.
7. The name of the company, organisation or person(s) organising the event should be given, along with the date, venues, and course distance.
8. The walks must be a minimum of 1 kilometre long.

Guinness states re: Verification:

This may include cuttings from local or national newspapers, specialist or general interest magazines and recordings of television or radio news reports.

Video footage of the record Attempt on VHS (PAL or NTSC) DVD or CD-ROM.  
Where possible, the original footage should also be supplied on DV or Mini DV.

High Quality color photographs - may be submitted in digital format on CD-ROM or DVD (taken at 300 dpi in a 15 cm x 15 cm size) or in traditional photographic print or slide format. Color photocopies are not acceptable. Printouts of digital images are only acceptable if the photograph is also provided in digital format.