

The Gunnedah Show Society will be holding its Wife Carrying competition at our annual show on May 1<sup>st</sup> 2010. The competition involves the participant carrying his wife, work colleague, friend or neighbour through an obstacle course. A time penalty is deducted for 'dropping' your wife.

Some tips to become a master in wife carrying:

- The wife carrying is composed of humour and hard sport on a 50:50 basis. Everybody may choose what attitude to take towards the competition.
- There are four customary styles to carry the wife: the traditional piggyback, the wife dangling upside down on the carriers back, thrown over on the shoulder and crosswise on the carrier's shoulders. The style is free. You may create a new personal style of your own.
- It is preferable to wear clothes which won't be stripped off in full speed running and which are easy to hold. The carrier's belt is the only equipment allowed to help in keepings one's grasp.
- The wives and wife carriers are not afraid of challenges or burdens. They push their way persistently forward, holding tightly and generally with a twinkle in their eyes.
- Generally the best wife is harmonious, gentle and able to keep her balance while riding on the shoulders of her man.
- It is of great importance to find a mutual rhythm. When the rhythm is good, the wife and the carrier become one accompanying the motions of each other. It is advisable to practise in order to find mutual rhythm before the competition.
- Training is important.

Please note the wife must sport a helmet of some sort at all time. We suggest a cycling helmet.

Keen to enter a team?? Simply enter on the day, sign a participants waiver and pay your \$10 entry fee.