

The idea of the Wife Carrying Competition is Sonkajärvi's very own and, in spite of its humorous aspects, it has deep roots in the local history. In the late 1800's there was in the area a brigand called Rosvo-Ronkainen, who is said to have accepted in his troops only those men who proved their worth on a challenging track. In those days, it was also a common practice to steal women from the neighbouring villages.

In addition to the product prize the world champions will receive the equivalent of the wife's weight in beer, a bag full of wife carrying products and a statue with wife carrying motif.

The second and the third couple as well as the most entertaining couple, the best costume and the strongest carrier will be awarded with wife carrying products and statues.

In 1996 and 1997 the Finnish couple, Jouni and Tiina Jussila, ran the Championships to Finland. They still hold the Finnish record of 56,7seconds. In 1998 -2008 the World Championships has gone to Estonia. Margo Uusorg and Birgit Ulrich hold the Wife Carrying World Record of 55,5 seconds. In 2009 the Championships was run by the Finnish couple Taisto Miettinen and Kristiina Haapanen.

## Accommodation:

- **Runni's Spa**  
Runnintie 407, 74595 Runni, Iisalmi  
Tel. +358 (0)17 768 751, [www.runni.fi](http://www.runni.fi)
- **Sokos Hotels Koljonvirta**  
Savonkatu 18, 74100 Iisalmi  
Tel. +358 (0)17 192 6000 ,  
[sales.iisalmi@sokoshotels.fi](mailto:sales.iisalmi@sokoshotels.fi)
- **Hotelli Iisalmen Seurahuone**  
Savonkatu 24, 74100 Iisalmi,  
Tel. +358 (0)17 83 831  
[info@iisalmenseurahuone.fi](mailto:info@iisalmenseurahuone.fi),  
[www.iisalmenseurahuone.fi](http://www.iisalmenseurahuone.fi)
- **Hotel Artos**  
Kyllikinkatu 8, 74100 Iisalmi,  
Tel. +358 (0)17 812 244  
[hotelliartos@hotelliartos.fi](mailto:hotelliartos@hotelliartos.fi),  
[www.hotelliartos.fi](http://www.hotelliartos.fi)
- **Hotel Sininen Helmi**  
Hankaniementie 110, 74700 Kiuruvesi  
Tel. +358 (0)40 705 0428  
[www.sininen-helmi.fi](http://www.sininen-helmi.fi)
- **Gasthaus Neuvola**  
Taivallahdentie 2, FI-74300 Sonkajärvi  
Tel. +358(0)44 2886614,  
[gasthausneuvola@gmail.com](mailto:gasthausneuvola@gmail.com)
- **Oy Club Herrala LTD**  
Kartanontie, FI-74380 Jyrkkä,  
Tel +358 (0)50 557 4636  
[seija.botty@clubherrala.fi](mailto:seija.botty@clubherrala.fi),  
[www.clubherrala.fi](http://www.clubherrala.fi)
- **Savon Veräjä Motel**  
Sukevantie 2, 74340 Sukeva  
Tel. +358 (0)17 711 357, (0)44 524 8496  
[postmaster@savonveraja.fi](mailto:postmaster@savonveraja.fi),  
[www.savonveraja.fi](http://www.savonveraja.fi)
- **Lohirannan Lomakylä (camping)**  
Kajaanintie 1619, 74340 Sukeva  
Tel. +358 (0)17 712 125, (0)400 898 486,  
[lohiranta@saunalahti.fi](mailto:lohiranta@saunalahti.fi),  
[www.lohiranta.com](http://www.lohiranta.com)
- **Koljonvirta Camping**  
Ylemmäisentie 6, 74120 Iisalmi,  
Tel. +358 (0)17 825 252  
[www.campingkoljonvirta.fi](http://www.campingkoljonvirta.fi)
- **Iisalmi Tourist Information, Market Hall**  
Kauppakatu 14, FI-74100 IISALMI  
Tel. +358 (0)17 272 3223,  
Fax +358 (0)17 826 760  
[tourism@iisalmi.fi](mailto:tourism@iisalmi.fi), [www.yla-savo.fi](http://www.yla-savo.fi)



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# The 15 th Wife Carrying World Championships



2nd -3rd of July 2010 Sonkajärvi Finland



[www.wifecarrying.fi](http://www.wifecarrying.fi)

IISALMEN SANOMAT  
Päivän puheenaite.



# The 15th Wife Carrying World Championships at Sonkajärvi 2nd -3rd of July 2010

The Wife Carrying Championships Event has been organized at Sonkajärvi since 1992. The running number of the 2010 Championships is the 19th and the 15th on the World Championships level.

**Program**

## Friday 2nd July

- 12.00-20.00 Traders in the market place, free entrance
- 18.00-21.00 Semifinals in Wife Carrying Karaoke Contest
- 19.00 The Wife Carrying Sprint Competition
- 20.00 English Evening Service in Sonkajärvi Church
- 21.00-01.00 Market Dance in the hall, music by Mira & Mika Show

## Saturday 3rd July

- 9.00-18.00 Traders in the market place, free entrance
- 13.00 Team Competition in Wife Carrying
- 14.55 Opening Ceremony
- 15.00 Wife Carrying World Championships
- 16.15 Wife Carrying Dance in the hall, music by Lipsaset
- 17.00 Wife Carrying Prize Awarding Ceremony
- 17.30 Wife Carrying Dance in the hall, music by Lipsaset
- 19-21 Finals in Wife Carrying Karaoke Contest
- 21.00-01.30 Wife Carrying Dance in the hall, music by Neljänsuora

The preliminary local competitions of the Wife Carrying Championships are being organized in the United States, Australia, Germany, Great Britain, Ireland and Estonia. The winners of the local competitions will travel to Sonkajärvi, Finland for the Wife Carrying World Championships. 35 couples from 10 countries competed the final Wife Carrying World Championships last year.

## Cheerleaders' competition

For the public there will be a cheerleaders' competition. Four to six persons form a group that takes part in the competition but they may have backers of their own with similar humour in the audience. The registration for the competition is done by filling in the participation form in the wife carrying web site [www.wifecarrying.fi](http://www.wifecarrying.fi).

## Sonkajärven Eukonkanto Oy - Wife Carrying Ltd

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Tel. +358 (0)17-2727 104  
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[www.eukonkanto.fi](http://www.eukonkanto.fi) • [www.wifecarrying.fi](http://www.wifecarrying.fi)

**Tickets:** Friday 2nd July  
at 17.00-01.00 12 €  
Saturday 3rd July 20 €,  
children under 12 years 5 €



## International Wife Carrying Competition Rules Committee:

*The original track winding in the rough terrain with fences, rocks and brooks has been altered to suit modern conditions and the following rules set by the International Wife Carrying Competition Rules Committee will apply:*

## The Rules of Wife Carrying

- The length of the official track is 253.5 meters, and the surface of the track is partially sand, partially grass and partially gravel.
- The track has two dry obstacles and a water obstacle, about one meter deep.
- The wife to be carried may be your own, the neighbour's or you may have found her farther afield; she must, however, be over 17 years of age.
- The minimum weight of the wife to be carried is 49 kilos. If it is less than 49 kilos, the wife will be burdened with such a heavy rucksack that the total weight to be carried is 49 kilos.
- All the participants must have fun.  
If a contestant drops the wife, he has to relift her on to his back or in his arms and continue carrying.
- The contestants run the race two at a time, so each heat is a contest in itself. Each contestant takes care of his/her safety and, if deemed necessary, insurance.
- The contestants have to pay attention to the instructions given by the organisers of the competition.
- There is only one category in the World Championships and the winner is the couple who completes the course in the shortest time.
- Written protests must be made within 15 minutes after the last couple has crossed the line. The protest charge is 50.
- Also the most entertaining couple, the best costume and the strongest carrier will be awarded a special prize.
- Participation fee is 50 €

## The Rules of Wife Carrying Sprint

- The length of the track is 100 meters, and the surface of the track is partially sand and partially gravel
- The track has a water obstacle, about one meter deep
- The wife to be carried may be your own, the neighbour's or a single will do; she must, however, be over 17 years of age
- The minimum weight of the wife to be carried is 49 kilos.  
If it is less than 49 kilos, the wife will be burdened with such a heavy rucksack that the total weight to be carried is 49 kilos.
- Everyone taking part in the Wife Carrying Sprint must have fun!
- The only equipment allowed is a belt worn by the carrier
- Each contestant takes care of his/her safety and, if deemed necessary, insurance
- The contestants have to pay attention to the written and oral instructions given by the organizers of the competition
- The contestants run the qualification round 5 to 10 couples at a time and the first three of each heat will continue in the next round until there are just three couples left to compete in the final
- The jury of the Wife Carrying Sprint Competition consists of a chairman, a secretary, two members representing the organizers and one outside member
- Written protests must be made within 15 minutes after the last couple has crossed the line. The protest charge is 50 €
- Participation fee is 20 €

## Wife Carrying Team Competition

- Along with the wife carrying world championships there is also a team competition. The track and rules are the same as Wife Carrying World Championships but three men in the team carry the wife in turns. At the exchange point the carrier has to drink the official "wife carrying drink" before continuing the race.
- The team with best costumes will be awarded with wife carrying products and statues.
- Participation fee is 111 €