

## **Treadmill Rules**

Participants will be given 1-minute to prepare or make adjustments for this event.

1. Event official will set the following parameters for the participant
  - a. Program: Manual Mode
  - b. Time: 10 minutes
  - c. Incline: 0
  - d. Speed: 3.5
2. A participant may adjust the speed after the event official has finished entering data.
3. The event official will record and initial distance traveled upon completion of the ten minute walk/run on the provided results sheet.