



Poker Walk – ½ Mile

Join us for some “lunch time” fun

**A half mile course has been laid out for you to walk, jog, skip or jump during the lunch break
12 noon – 12:30**

**We have four courses laid out for you to walk.
(Please see map – each route takes about 15 minutes to walk)**

**Each day that you participate you will collect a playing card.
(If you miss a day please see the rules sheet)**

The value of the playing card will be recorded for you.

**The individual with the best poker hand at the end of the week will win the “Poker Pot”
which will be \$1.00 collected from each participant in the
Poker Walk for that week.**

**Each location will collect the money from their participants, distribute and record the poker hand.
(Receptionist, Plt 1 and Jane Dolphin, Plt 2)**

**Please see these people to sign up each week.
There will be one poker winner each week from each course.
(2 winners each week, one at Plt 1 and one at Plt 2)**

Our goal is to play for (4) weeks and if there is continued interest we could play longer...it’s pretty much up to you.

**We will start on Monday, Sept. 20th!
Don’t forget your walking shoes!**

Rules for Poker Walk

1. Pay your \$1.00 participant fee to _____
2. Review the course you will be walking.
3. Walk the course during your noon break
 - a. The only time limit is the length of your lunch break.
4. When you return from your “Poker Walk”, pick up your playing card.
5. _____ will record the playing card you received.
6. Give the playing card back to _____
 - a. The card will be placed to the side and not used again until we have gone through the whole deck.
 - b. If there are 52 or more participants, we will shuffle the deck and distribute from the deck again as many times as needed.
 - c. The deck **will not be** reshuffled each day. We will only reshuffle when all the cards have been distributed.
7. Repeat until you have (5) playing cards or it is Friday.
8. Start over on Monday each week.
9. What if you miss a day –
 - a. Go with the cards you’ve earned or
 - b. Walk the course once for each day you missed.
You can walk the course as many times as possible during your lunch break.
10. Winners will be announced each Friday before
3 p.m.
11. All decisions by the Wellness Committee are final.

Standard Poker Hand Ranking

1. There are 52 cards in the pack and the ranking of the individual cards from high to low is ace, king, queen, jack, 10, 9, 8, 7, 6, 5, 4, 3, 2. There will be **no ranking between the suits** – so for example, the king of hearts and the king of spades are equal.
2. The poker hand consists of five cards. The categories of hand from highest to lowest are listed below. Any hand in a higher category beats any hand in a lower category (so for example, any three of a kind beats any two pairs). Between hands in the same category, the rank of the individual cards decides which is better as described in more detail below.

Royal Flush

This is the highest poker hand. It consists of ace, king, queen, jack, ten, all in the same suit. All suits are equal; therefore, all royal flushes are equal.

Straight Flush

Five cards of the same suit in sequence – such as ♣J-♣10-♣9-♣8-♣7. Between two straight flushes, the one containing the higher top card is the higher.

An ace can be counted as low, so ♥5-♥4-♥3-♥2♥A is a straight flush, but the top card is the five, not the ace, so it is the lowest type of straight flush.

The cards cannot “turn the corner”: ♥4-♥3-♥2♥A-♥K is not valid.

Four of a Kind

Four cards of the same rank – such as four queens. The fifth card can be anything. This combination is sometimes known as “quads”. Between two four of a kind, the one with the higher set of four cards is higher so 3-3-3-3-A is beaten by 4-4-4-4-A. It shouldn’t happen in standard poker, but just in case; two four of a kind where the sets of four cards are the same rank, the better hand is the one with the higher fifth card.

Full House

This consists of three cards of one rank and two cards of another rank – for example three sevens and two tens (known as “sevens full” or “sevens on tens”). When comparing full houses, the rank of three cards determines which is higher. For example 9-9-9-4-4 beats 8-8-8-A-A. If the three of a kind are equal, the rank of the pairs would decide.

Flush

Five cards of the same suite. When comparing two flushes, the highest card determines which is higher. If the highest cards are equal then the second highest card is compared; if those are equal too, then the third highest card, and so on. For example ♣K-♣J-♣9-♣3-♣2 beats ♦K-♦J-♦7-♦6♦5 because the 9 beats the 7.

Straight

Five cards of mixed suites in sequence – for example ♠Q-♦J-♥10-♠9-♣8. When comparing two sequences, the one with the higher ranking top card is better. An Ace can count high or low in a straight, but not both at once, so A-K-Q-J-10 and 5-4-3-2-A are valid straights, but 2-A-K-Q-J is not. The lowest kind of straight is 5-4-3-2-A with the top card being the five.

Three of a Kind

Three cards of the same rank plus two other cards. This combination is also known as “Triplets” or “Trips”. When comparing two three of a kind, the hand in which the three equal cards are of higher rank is better. For example, 5-5-5-3-2 beats 4-4-4-K-Q. If you have to compare two three of a kind where the sets of three are of equal rank, then the higher of the two remaining cards in each hand are compared, and if those are equal, the lower odd card is compared.

Two Pairs

A pair is two cards of equal rank. In a hand with two pairs, the two pairs are of different rank (otherwise you would have four of a kind), and there is an odd card to make the hand up to five cards. When comparing two pairs, the hand with the highest pair wins, irrespective of the rank of the other cards – so J-J-2-2-4 beats 10-10-9-9-8 because jacks beat tens. If the higher pairs are equal, the lower pairs are compared, for example 8-8-6-6-3 beats 8-8-5-5-K. However, if both pairs are the same, the odd cards are compared, so Q-Q-5-5-8 beats Q-Q-5-5-4.

Pair

One pair with three distinct cards. Highest ranking pair wins. High card breaks a tie, so Q-Q-5-6-7 beats J-J-5-6-7.

High Card

Five cards which do not form any of the combinations listed above. When comparing two such hands, the one with the better highest card wins. If the highest cards are equal the second highest cards are compared; if they are equal too then the third cards are compared, and so on. Example – A-J-9-5-3 beats A-10-9-6-4 because the jack beats the ten.