

BEFORE CLIMB DAY

FUNDRAISING – In addition to the registration fee, each climber must have a minimum of **\$100** in donations turned in **on or before** event day in order to climb. All donations can be turned in online, at Packet Pick-Up, at Check-In, or to the ALA office. Fundraise online with your personal fundraising page on ClimbDetroit.org.

PACKET PICK-UP – Packet's include check-in/start time, bibs, and t-shirts. Packet Pick-Up times and locations are announced via email and website. Only climbers who have met or exceeded their \$100 fundraising minimum can use packet pick-up. Climbers who are unable to attend packet pick-up must arrive at check-in the day of the climb during their assigned time frame. No packets will be mailed. Packet Pick-up is not mandatory.

TRAINING / PREPARATION – Training can help you have a safe and more enjoyable climb. It is ideal to begin training several weeks prior to your climb in a safe, well lit and ventilated area. Real stairs provide the best and most realistic training. **Training is NOT allowed at the Ren Cen.** Practice climbs may be provided by the ALA. Check your email and website for announcements of practice climbs. A full training guide is available at ClimbDetroit.org.

CLIMB DAY

*******CHECK-IN TIMES AND START TIMES*********MUST READ*******

Check-in Times and Starting Times are **not** one in the same. Check-in is the window of time each climber has to “check-into” the event if they have not taken advantage of packet pick-up. Start times are when climbers are called by bib number group and are taken to the starting lines. Please refer to ClimbDetroit.org and climber emails for your assigned Check-in and Start Time.

CHECK-IN / ARRIVAL – Climbers must check-in upon arrival if they have not taken advantage of Packet Pick-up. Check-in and start times will be emailed to climbers and posted on ClimbDetroit.org. Check-in is located in the Wintergarden area of the Renaissance Center. Check-in tables are broken up by bib number. *Due to the nature of this event, all participants should arrive within their assigned Check-in time.

START TIME – Your official start time and corresponding race bib/timing device are assigned. Times are established by the specific climb you choose and at the discretion of the race director. Within a team, all members are assigned the same Check-in and same Start Time. *Note you must be ready to climb by your start time in order to participate. Climbers will be taken to the starting line in groups based on their start time/bib number. Starting times and check-in times are announced to participants the week of the climb and posted online at ClimbDetroit.org.

MISSING BIB – Please go to your assigned Check-in Table and you will be assigned a new bib.

TIMING DEVICE – Timing is provided by Classic Race and this year's event will feature ChronoTrack B-Tags. A single use bib tag. In order to receive an accurate time you must make sure your bib is: unaltered and unmodified (no folds or wrinkles), pinned in all four corners and fully visible.

DIRECTIONS & PARKING – Parking costs and transportation are the responsibility of each climber. Prices may vary. Directions, a building map and parking instructions are available at ClimbDetroit.org.

ATTIRE – Wear comfortable clothing, appropriate for an intense cardio workout. Climbers who have met their \$100 fundraising minimum will receive an event t-shirt. Proper shoes are essential. Dangerous items, heavy gear and walking sticks are prohibited from the stairwell. Expect the stairwells to be warm and possibly stuffy. Bags, vest and hydration packs are not permitted. A waist pack is permitted for those with a medical condition and must be prior approved by ALA staff.

DONATIONS – Remaining donations can be turned in at the check-in tables. In order to climb each participant must have met or exceeded the \$100 fundraising minimum.

GEAR CHECK – Self service coat racks will be available in the Wintergarden and are not supervised. Do not bring valuables. The American Lung Association is not responsible for any lost or stolen items.

BATHROOMS – Located in the food court near the Wintergarden. No restrooms are accessible from the stairwells.

PHOTOS – Opportunities for team and individual photos will be available at the Wintergarden in front of the ALA backdrop and past year's Why We Climb banners. "Action" photos will also be taken in the stairwells and at the starting lines. Photos will be posted on the event website following the event. Be patient, this can take several weeks.

GUESTS – May take advantage of the celebration reception. Guests are not permitted in stairwells or at the finish lines. Guests are welcome to all celebration goodies except for food samples and pasta. That is reserved for climbers.

DURING YOUR CLIMB

STARTING LINE – Climbers are **NOT** permitted to go to the starting lines before their group is called. Please see the Starting Times section for details. Both stairwells will service the full and half climb. Starting lines are located on the Bar One Level of the Ren Cen. Teams may climb together. Climbers are released individually in 10-15 second intervals into the stairwells.

CLIMBING INSTRUCTIONS – Climbing a stairwell multiple times, or going "down the stairs" is prohibited and may lead to removal from this and future climbs. You may run or walk up the stairs. Each floor consists of one flight of fifteen stairs each with a landing. Expect the stairwells to be warm and possibly stuffy. **DO NOT CLIMB SIDE BY SIDE – ALLOW PASSING ROOM.**

SECURITY – All security procedures must be followed. Do not exit on any non water station floor without EMS/Security personnel. Guests are also prohibited from going into the stairwells during the climb or waiting at finish lines. Security will be stationed throughout the building.

MEDICAL / VOLUNTEER STAFF – Medical and ambulance services will be on site. Any volunteer can assist and put you in contact with medical personnel. In case of an emergency or you are unable to complete the climb, please seek security, volunteers or medical staff for assistance. EMS and volunteers are stationed throughout the stairwells and event. Designated EMS Stations are located just outside the stairwells and are marked one floor prior with signs.

PASSING – Climbers are asked to pass on the left and to notify other climbers by saying "PASS" or "PASSING".

EXITS – **Only select doors are open for exit.** Exits are located every 10th floor and marked one floor prior with signs. If you must exit in case of an emergency or you are unable to complete the climb, please seek security, volunteer or medical staff for assistance to be properly escorted. **Do not exit on any floor without security personnel!**

HEADPHONES – You may wear headphones, but be conscious of other climbers and volunteers in the stairwells. Please make sure that your radio, MP3 or CD player is worn with a proper exercise carrier.

WATER/HYDRATION PACKS – Water stations are located every 10 floors, at finish lines and in the Wintergarden. **NO water is allowed in the stairwells.** EMS/Water stations are marked one floor prior with signs within the stairwells. A waist pack is permitted for those with a medical condition and must be prior approved by ALA staff.

AFTER THE CLIMB

AWARDS – Select awards will be announced and presented at the reception once all climbers have finished their climb. A full awards ceremony and 2013 website launch will be held in late summer or early fall at a TBD location.

CELEBRATION RECEPTION – Complimentary entrance is available for all Climbers and Guests to the reception located at the Wintergarden. The fun will include: Food, Music, Awards, Sponsor and Exhibitor Booths. **The pasta buffet is for climbers only.** Guests may purchase food at the Andiamo Tent.

RESULTS – Official results are available via ClimbDetroit.org. Please be patient, this can take several days.

INCENTIVES – All donations received will count towards your individual incentive prize. Incentive certificates and procedures will be issued after the climb.