



2018 FIGHT FOR AIR
CLIMB



Welcome to the 12th Annual Detroit Fight for Air Climb!

We can't wait to see you on climb day! This info pack contains all the details you will need to make sure you experience the climb of your life. Please read this packet in its entirety. It will help ensure your Climb day goes as smoothly as possible. This packet will answer your questions and give you important info that you may not have read in your Climb E-Newsletters or at ClimbDetroit.org.

Before you immerse yourself in Climb details, be sure to like us on Facebook and follow us on Twitter. We will be posting and tweeting Climb updates throughout climb day. If you want to join in on the fun tag us @Fight4AirClimbs or use the hashtag #ClimbDetroit.

<http://www.facebook.com/Fight4AirClimbs>
<https://twitter.com/Fight4AirClimbs>



This Packet Includes:

1. Packet Pick-Up and BIB Look Up Info
2. Climb Day Schedule and Where to Go
3. Parking
4. Expo
5. All About Your Climb
6. Climb FAQs
7. Packet Pick-Up Release Waiver



1. PACKET PICK-UP

Before you climb, you need all your gear! Your packet contains your bib, timing chip and climb tee. To release your packet you must have met the \$100 fundraising minimum (registration fees do not count) and have your signed copy of your waiver (which is at the end of this document). Read below for Packet Pick-Up locations and details.

All participants are encouraged to attend packet pick-up during the Friday, February 23 or Saturday, February 24 offerings.

Participants may also pick-up their race packet during any packet pick-up offering including event day from 8:00am – 12:00pm. If you choose this option, expect to be waiting in line for approximately 30 minutes.

You can look up your BIB # and start time here by [Last Name](#)

Packet Pick-Up Locations and Times:

Friday, February 23rd Packet Pick-Up will be held from 4pm-7pm at the ALA offices in Madison Heights at 1475 E. 12 Mile, Building H.

Saturday, February 24th Packet Pick-Up will be held from 11am-1pm at the ALA offices in Madison Heights at 1475 E. 12 Mile, Building H.

Climb Day Packet Pick-Up from 8:00am – 12:00pm in the lobby of Ally Detroit Center.

What if I don't have the \$100 minimum in yet? If that is the case, we highly advise you attend the Friday or Saturday Packet Pick-Up offerings. **You can still turn your \$100 fundraising min. on Climb day, but plan to wait longer in a line.** Your donation(s) must be received by the ALA by the time you check-in at Packet Pick-Up in order for your packet to be released and for you to climb.

You may pick up packets on behalf of your family and friends!

This is a great way to avoid Climb day lines if some of your team are unable to make it to packet pick-up before the event.

To pick up for others they must have met their \$100 fundraising minimum. You may drop off donations on their behalf when you come, just make sure you have their signed waiver, which is at the end of this packet!



2. Climb Day Schedule and Where to Go

Location –Ally Detroit Center, 500 Woodward Ave. Detroit, MI 48226

Check-in and Starting Point for all climbers – Main Lobby, the one closest to the parking garage.

Climb Celebration and Expo – Woodward Lobby

CHECK-IN & CLIMB TIME SCHEDULE*

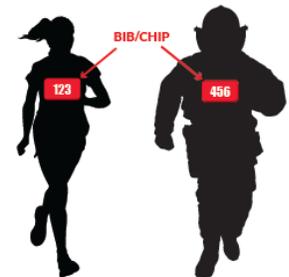
BIB NUMBERS	ARRIVAL TIME	Approx. CLIMB TIME
Elite Climbers 0-34	8:00 - 8:45 am	9:00 am
Elite Climbers 35-67	8:15 - 9:00 am	9:15 am
Climbers 101 - 144	8:30 - 9:15 am	9:30 am
Climbers 145 - 190	8:45 - 9:35 am	9:50 am
Climbers 191 - 231	9:00 - 9:55 am	10:10 am
Climbers 232 - 284	9:30 - 10:15 am	10:30 am
Climbers 285 - 319	9:45 - 10:35 am	10:50 am
Other Responders 376 - 380	10:15 - 10:55 am	11:10 am
Firefighters 1551 - 1588	10:30 - 11:15 am	11:30 am
Firefighters 1589 - 1627	10:45 - 11:30 am	11:45 am
Firefighters 1628 - 1666	11:00 - 11:45 am	12:00 pm
Firefighters 1667 - 1696	11:15 am - 12:00pm	12:15 pm



SCHEDULE OF EVENTS*

8:00 am	First Wave of Registration Opens Expo Opens
8:30 am	Welcome Announcements
8:45 am	Lung Champion Climbers Begin
9:00 am	Climb Begins
11:30 am	Firefighter Full Gear Challenge Begins
1:00 pm	Event and Expo Celebration Closes

PROPER BIB/CHIP PLACEMENT



To Ensure Your Timing Chip Registers
and You Receive Official Timing Results

**ALL CLIMBERS MUST WEAR
RACE BIB ON CHEST**

**Do Not Bend Your Timing Chip*

* Schedule subject to change

3. Event Parking

Event Parking will be available for climbers in the One Detroit Parking structure which is located right next to Ally Detroit Center. Extra parking will be available at Two Detroit Parking if necessary. Both have a weekend rate of \$2 every 209 minutes with the maximum being \$10.

There are other parking lots and structures available. **The cost to park varies by lot and structure.**

4. All about your Climb

Here's how the Climb works: You can check coats and small bags at coat check in the main lobby. Large bags and backpacks are not allowed. The main lobby is where you need to meet prior to you climb. Announcements and opening ceremonies will start at 8:30ish followed by our Lung Champion Climb at 8:45am. We send the first flight of Climbers off at approx. 9:00am. Climbers are brought to the starting lines by our "Flight Guides" and are taken up by bib number so watch the signs and listen for your bib range to be called. Make sure you are ready to climb about 30 minutes before your approximated climb time.



VIP Climbers (Super Steppers and Summit Club Teams) who earned early climbing rights based on their fundraising efforts from last year will be given "golden tickets" to advance to the front of their respective climb lines. These climbers will get their golden tickets (aka gold bonus bibs) at packet pick-up.

Once all of us regular folks have climbed, the First Responders and Fire Fighters will climb.

All throughout the climb, there will be volunteers cheering you on and ready to help you if you need it. Water stations can be found on floors 21 (in both stairwells) and 31. **Remember NO WATER/DRINKS or FOOD IN THE STAIRWELLS.** You also cannot bring in purses, backpacks, camelbacks, weighted vests, etc.



Some climbers are in it to win it, but if you would rather walk or jog slowly, no problem -- just like on the freeway, slower traffic KEEP RIGHT.

Bringing friends and family down to the Climb with you? Great, the more the merrier; that's why we have a post climb celebration area. Family and friends can hang out in the Expo in the Woodward lobby. Have your non-climbing companions hang out there while you climb; only climbers and event staff are allowed in the stairwells & bistro.

After your climb you will be awarded your CLIMB MEDAL by our famous Cheer Tunnel. We'll have a DJ mixing it up and taking requests, so you can dance, party, and play. If you're thirsty from your race head over to the **Climber Refreshment** area and grab a banana or snacks and water.

The Expo will also have vendors, massage tables, photo ops for team and individuals and more.

5. Expo

The Expo will have vendors stocked with freebies and goods to purchase - so bring some mad money. You can also stop by the official Climb Detroit Merch Table to purchase climb gear to show your Climb and Detroit pride all year long.

6. Climb FAQs

Q: Where do I go?

A: Meet in the Lobby. The lobby connected to the parking garage is where climbers will check-in and hear opening announcements. After your climb, head to the Woodward Lobby for the Expo and post climb celebrations.

Q: If I did Friday or Saturday Packet Pick-Up, do I need to check-in on Sunday?

A: No. No more packet pick-up lines for you! Those lines on Climb day are for the folks who haven't picked up their packet yet. You just need to head to the main lobby to wait for your bib range to be called to the starting lines.

Q: What should I wear?

A: Appropriate attire: We suggest you wear comfortable clothing, appropriate for an intense cardio workout, and proper shoes. You are also welcome to wear your official Fight For Air Climb t-shirt or your own team t-shirt.

Q: Where do I put my bib?

A: Race bibs must be securely attached to the front of your t-shirt with safety pins. All climbers must display their bib # during the event. Firefighters please place your bib as front and center on your torso as possible, way from metal.

Q: Where do my friends and family hang out?

A: Guests can wait for you in the Woodward lobby. Guests are not allowed in stairwells or at the top. Guests can take advantage of food samples and goodies available for purchase in the Expo.

Q: What about pictures?

A: Photos are taken throughout the race. You can also have your team/individual picture taken at our photo station in Expo.

Q: Is there a place for my coat?

A: Yes. There is a minimal coat check available in the main lobby. Do not bring valuables to the Climb. We are not responsible for items left, lost or stolen. Try and keep as many of your items at home or in your car as possible. Bring no more than you would to any other race.

Q: How do I climb? What about water stations and passing?

A: During the Climb, please be courteous and conscious of others. Pass on your left and climb single file. Water and medical assistance are available throughout the climb. Remember no fluids are allowed in the stairwells. Water stations are available on floors 21(both stairwells) and floor 31.

Q: Bathrooms?

A: There are a few. There are limited bathrooms on the main floor of Ally Detroit Center. Porta Johns will be available outside of the main lobby. Handicap bathrooms are in the Bistro area. Bathrooms are also available during your climb on floor 21 up and 31 at the crossover.

For even more FAQs visit the [FAQ](#) page and [Day of Event Details](#) page

AMERICAN LUNG ASSOCIATION OF THE MIDLAND STATES, INC.

PARTICIPANT/VOLUNTEER ASSUMPTION OF RISK, WAIVER OF CLAIMS, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT

Activity: Fight For Air Climb Detroit (the "Activity") Location: Ally Detroit Center, 500 Woodward Ave, Detroit, MI 48243

Date(s) and Time(s): 5:00AM – 6:00PM

I would like to participate in and/or volunteer at the Activity and assist the American Lung Association of the Midland States Inc. (the "ALAMS") in its mission to improve lung health and prevent lung disease.

1. I acknowledge and agree that: my signing this Agreement is a condition to and in consideration of my participation in the Activity; this Agreement is legally binding on me and my heirs, executors, administrators, successors and assigns (collectively the "Releasing Parties"); and this Agreement is for the benefit of the American Lung Association, Inc., the American Lung Association of the Midland States, Inc. and their respective officers, directors, employees, sponsors, agents and representatives (collectively the "Released Parties").

2. I represent to the Released Parties that:

- a. I have voluntarily chosen to participate in and/or volunteer at the Activity;
- b. I am in good health and physical condition and able to participate in and/or volunteer at the Activity;
- c. I will obey all laws, regulations and rules at all times during the Activity; and
- d. I understand that participation in the Activity may be hazardous and involve risks which may cause property damage, physical injury, illness, or death, including but not limited to: physical exertion; equipment failure or malfunction; venue conditions; falling; collision with or being impacted by other participants, volunteers or spectators; or the negligence of the other participants or the Released Parties.

3. I voluntarily assume all risks associated with my participation in the Activity, including the risk of property damage, personal injury, illness, or death.

4. I hereby release and waive for myself and my heirs, executors, administrators, successors and assigns any and all claims (the "Released Claims") which I now have or may in the future have against any and all of the Released Parties arising from or relating to the Activity, including but not limited to the negligence of the Released Parties.

5. I agree that if despite this Agreement, any of the Releasing Parties makes a claim against any of the Released Parties with respect to any Released Claim, I will indemnify and hold harmless each of the Released Parties from any and all costs, expenses and fees, including attorneys' fees, incurred by the Released Parties.

6. I agree that the ALAMS may take photographs or video recordings of me during the Activity (the "Photos and Videos") and that the ALAMS may use such Photos and Videos in perpetuity for purposes of marketing, promotion and publicity in newsletters, newspapers, magazines, brochures, press releases, grant proposals, websites, electronic publications and other written or electronic materials or media without notice or compensation to me. I hereby release and waive for myself and the other Releasing Parties any and all claims which I now have or may in the future have against any and all of the Released Parties arising from or relating to the use of the Photos and Videos.

7. Delivery of a copy of this Agreement bearing an original signature by facsimile transmission, by electronic mail in "portable document format" (".pdf") form, or by any other electronic means intended to preserve the original graphic and pictorial appearance of a document, will have the same effect as physical delivery of the paper document bearing the original signature.

8. I agree that this Agreement shall be governed by the laws of the State where the Activity takes place, and that the exclusive venue for any arbitration or litigation arising from or relating to the Activity or this Agreement shall be in the State where the Activity takes place.

9. If any provision of this Agreement is held to be invalid or overbroad, I agree that the provision shall be severable and such invalidity shall not affect the other provisions of this Agreement and that this Agreement shall be enforceable to the greatest extent possible.

10. This Agreement is the complete agreement of the Releasing Parties and the Released Parties and supersedes any other written or oral agreement with respect to the subject matter of this Agreement. This Agreement may not be modified orally.

11. I have read and understood this Agreement.

 Print Name of Participant/Volunteer Date Signature of Participant/Volunteer (if 18 or older) Date

AGREEMENT OF PARENT OR LEGAL GUARDIAN

If the Participant or volunteer is under the age of eighteen (18) years, the undersigned acknowledges and represents to the Released Parties that the undersigned is the parent or legal guardian of the Participant/Volunteer and has the authority to act on behalf of the Participant/Volunteer. The undersigned acknowledges and agrees that the undersigned has read and understood this Agreement and that this Agreement is legally binding on the Participant/Volunteer and the undersigned.

 Print Name of Parent or Guardian Date Signature of Parent or Guardian Date

Yes! I am turning in money today.

No. I am not turning in money today.



ALAMS USE ONLY