



Sunday, March 5, 2023

Oakbrook Terrace Tower

One Tower Lane Oakbrook Terrace, IL



Event Day Participant Guide

This year's American Lung Association's **Oakbrook Fight For Air Climb will be celebrating its 30th Anniversary year at the Oakbrook Terrace Tower.** We're looking forward to climbing **30 Floors** with you!

Please read this guide to know what to expect on event day.

WHAT TO EXPECT ON EVENT DAY

ALL CLIMBERS MUST MEET THEIR INDIVIDUAL FUNDRAISING MINIMUM OF \$100 TO PICK-UP THEIR PACKET ON EVENT DAY.

- **What's Included In Your Packet**

- Climb Bib | Safety Pins | Lung Association luggage tag (*with \$35+ self donation*)
- *Coupons provided by local partners for our participants*

- **Event Day T-Shirt** can be picked up after receiving your packet.

- **Timing results** will be emailed to climbers after the event or Preliminary times can be viewed by scanning QR code located in lobby

- **Celebrate your climb** with team members, other climbers, family and friends in the lobby: Enjoy music, a free taco from Tijuana Flats, Stretches before or after your climb by Stretch Lab, Chair Massages provided by Terrace Tower Fitness and more.

- Capture a photo at our **Step and Repeat**

- Digital copies of photos will be emailed to participants after the event.

- Spectators are allowed in the lobby but will not have access to the starting line, or stairwell they may visit our **DIY Poster Station** to make a customized sign to cheer on climbers

- **Continue to Celebrate** with your team and other climbers post Climb at Alter Brewing in Oakbrook at 11:00am and receive 10% Off your bill.

- **Event Day Registration** is available between 7:00-9 a.m.

- \$45 registration fee + \$100 minimum fundraising = \$145 for regular climbers.
- \$55 registration fee + \$100 minimum fundraising = \$155 for Power Hour climbers.

WHAT CAN YOU BRING?

- You may only bring inhalers, cell phones, Camelbacks, and headphones for music with you while climbing the stairs.

- We will have a **Gear Check** area where climbers may leave their belongings while participating. Climbers are assigned a number that they can provide to retrieve their items before they leave. Gear Check will always be attended by a volunteer. We encourage you to consolidate items and leave large coats or bags behind.

- Additional donations can be brought to the registration/check in area

PARKING

Free Parking in Parking Lot

ENTRY + CLIMB START TIME

Your start time has been communicated to you via e-mail and is listed on the [Oakbrook Fight for Air Climb website](#). No climbers will be admitted in the Climb after 9:20 a.m. Please plan for additional time to pick up your packet or have additional donations to turn in. We recommend arriving at least 30 minutes before your designated start time.

CLIMBER ETIQUETTE

To ensure the safety of all climbers, please be courteous while climbing. If you need to pass, please make sure to voice so ahead of time.

COURSE DETAILS & FINISH LINE

WATER STATIONS

There will be water stations available on **floors 8 and 21** for climbers to get water. Volunteers will be available at all rest stops should you have questions or need medical support.

RESTROOMS

Restrooms will be accessible before and after your Climb down stairs near gear check.

EXIT

All climbers will use the elevators on the 30th floor to exit the Climb or to come down and resume their climb if climbing multiple times. Your climber medal, and water will be provided on the top floor.

MEDICAL ASSISTANCE

Medical support will be available onsite located in the lobby and top floor. Locate a staff to contact the medical team, should you need assistance. If you require medical assistance while on the route, please notify the nearest volunteer or water stations. Our emergency preparedness team will get you the assistance you need.

TOBACCO/NICOTINE-FREE EVENT POLICY

Smoking and tobacco product use is prohibited on the grounds that the Fight For Air Climb occurs. This tobacco/nicotine policy applies to all employees, independent contractors, board members, participants in events, and the general public while in attendance. During this event, the use of tobacco products is prohibited in the parking lot, grounds, and facility.

MATCHING GIFTS

Ask your donors to request a matching gift application from their personnel or human resources departments. Visit our website to see if your company will match your donation.

DONATE NOW

There's still time to donate and reach your fundraising goals. Scan the QR code, search for your name, and donate to your Climb fundraising. Climbers are encouraged to continue fundraising to earn incentives until 30 days post-event.



AWARDS & INCENTIVES

FUNDRAISING AWARDS

We appreciate the support, hard work, dedication and impact of every climber raising funds to fight lung disease. Awards will be announced post event and winners will be contacted via email.

FUNDRAISING INCENTIVES

SELF-DONATE: All participants that donate \$35+ will receive an American Lung Association luggage tag when they pick up their packet.

EARN NEW SWAG: Climbers raising \$175 or more will be rewarded with an additional incentive post event. You will be contacted by email 30 days after the event once the fundraising window closes if you are eligible.



\$35

Self-Pledge Luggage Tag



\$100

Event Day T-Shirt



\$175

Travel Bag



\$250

Baseball Cap or
Stocking Hat

WHERE THE MONEY GOES

The American Lung Association is the leading organization dedicated to saving lives by improving lung health and preventing lung disease, through education, advocacy and research.

With your support you make our mission, possible. Your participation and fundraising helps move the work of the American Lung Association and gets us much closer to achieving our goal: a world free of lung disease.

Learn more about [our work!](#)

98
FUNDED

98 research grants funded through our research program

[LEARN MORE](#) +

115
YEARS

For more than 115 years the American Lung Association has been the champion of lung health

[LEARN MORE](#) +

25
MILLION

\$25 million commitment to end COVID-19 and defend against future respiratory viruses

[LEARN MORE](#) +