

Everything You Need to Know

Rain or shine we will climb

It is almost that time... In just a few short days we will take to the stairs in order to raise money so that the American Lung Association is able to pursue its mission of preventing lung disease and promoting lung health through research, advocacy and education.

Top 9 things to remember, if you read nothing else:

1. Each climber is responsible for registration fees as well as a **\$100 fundraising minimum PER PERSON, due by Friday, March 3rd at 12:00pm PT**. Participants can also register the day of the event and will be required to pay a \$65 registration fee along with the \$100 fundraising minimum. Any climber that does not comply will not be permitted to participate in the event. **REGISTRATION FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.**
2. Download the Strava App now for [Apple](#) or [Android](#) and join the [Fight For Air Climb San Francisco club](#). In the coming days, we will be sharing event specific information through the app. **DO NOT WAIT TO DOWNLOAD.** This is how we will communicate leading up to and during the event. Urban Climbers will also be tracked through the app. Please see below for the app instructions.
3. Registration opens at 8am on Saturday, March 4, 2023, and opening ceremonies begin at 9am. The first wave of building climbers will start at 9:30am. Please arrive approximately 45 minutes before your wave start time and check-in. You will receive your bib with attached timing chip, climber t-shirt, climber wrist band and 21 and over band for post climb beverages. This is also when you will receive your VIP wristband if you have achieved the fundraising requirement. Warm-ups will be led by the Bay Club every 45 minutes.
4. The Building Climb is timed through a chip in your bib. You will be able to find your official time at the results booth once complete. Please note if you climb the building twice take off your bib. If the chip is run twice, it can erase your first time and will not track the second time. Only one bib per climber will be issued.
5. Wave times for Building Climbers will be posted on the Strava app as well as the website the Wednesday before the event.
6. Urban climbers can start climbing any time after the opening ceremonies. You can start at any of the named [22 staircases](#). There is no set route, you can climb as many as you want in whatever

- order you want. On arrival at your first staircase, before you start climbing, you will check-in on Strava, climb and finish. You will check in and finish for each staircase completed until 8pm.
7. If you want to climb both the Building Stairs and the Urban Stairs, please email Destiny.Wright@lung.org by Monday February 27, 2023. You will climb the building first in an early wave, then continue to the Urban Stairs.
 8. Skip the check-in line on Climb Day and pick up your packet early on Wednesday March 1st, from 4-7pm at 555 California St, inside the concourse. Please read the full details in the 2023 [Packet Pick-up Guide](#).
 9. Any other questions, please contact FightForAirClimbSF@lung.org.

How the Building Climb works

The Wednesday before the Climb, each climber will be assigned a wave time. Waves begin every 20 minutes and include about 60 participants. Climbers are asked to arrive and check in on the plaza of 555 California 45 minutes before their assigned wave time to pick up their event t-shirt, timing chip and bib and to warm up. The first wave time will be 9:30am. Once a wave is called, climbers will be escorted to the stairwell where climbers are released into the stairwell in 20 second intervals. There are 8 rehydration stations throughout the 52 floors to the top. At the finish line participants will be greeted by cheering volunteers. Climbers are then brought by elevator to a viewing point at the McKinsey Group suite. You will have 5 minutes to take in the spectacular view and take pictures, before taking the elevator back down to the Plaza.

The Post-Climb Party will take place on the Plaza floor level and will include light food and beverages and live music. Believe it or not, the average climb time is 20-25 minutes!

Only the following items will be allowed on your person:

- **Cash or credit card**
- **Car keys**
- **Jacket for cold weather**

These items will NOT be allowed and should be left in your car or at the coat check area

- **Any water carrying container like a bottle or Camelback.** There are plenty of rehydration stations. We don't want anyone slipping on a water spill.
- **Cameras.** No photography is allowed in the stairwell except by our professional photographers
- **Fanny packs, back packs, purses, etc.** Please plan to leave personal belongings at home, in your car, or at the gear check station on the plaza. Items left at gear check will remain on the plaza until you retrieve them upon your departure after the climb and celebration at the Post-Climb Party. Please note that gear check will close at 12pm.

How the Urban Climb works

The list of named stairs will be posted in the Strava Club and on the website prior to the event. You can start at any staircase you choose at whatever time you choose. You will have from 9am until 8pm on March 4th to climb as many [named staircases](#) as possible as an individual or as a team. For team awards at least 4 team members must stay together and climb together to qualify. You cannot split up to cover more stairs.

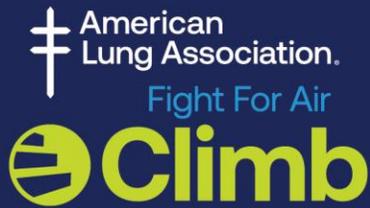
Please note that there is no course you have to follow (check the Strava club for recommended routes). You will create your own course by checking in (starting and finishing activity at each staircase). The only GPS Data being recorded and processed for event purposes is the completion of each Staircase, which in turn renders the exact course irrelevant.

Urban Climbers are invited to join in the festivities on the plaza of 555 California at any point during or after completing their staircases route, but keep in mind that the party ends at noon.

What is the fundraising minimum?

The fundraising minimum is an amount that each participant is required to raise or pay themselves in order to participate in the event. The fundraising minimum that is required for this event is **\$100.00 PER PERSON. This amount is due Saturday, March 4th before climbing.** Participants who have not met the minimum will not have access to the Strava app the day of the event, and will not be permitted to climb the building.

How to use the Strava app



The Climb will be experienced in real time through the Strava app for [Apple](#) or [Android](#). Download the Strava app and join the [Fight For Air Climb San Francisco club](#). In the app you can keep in touch with the Fight For Air Climb community and see how others are doing. Start sharing goals, team pictures, and practice exercises to familiarize yourself with how the app works. View our [Strava Information Pack](#) for all of the important details you need to know.

What is the minimum age to climb?

Building Climbers must be 8 years old to climb, children 17 and younger must be accompanied by a guardian. No child of any age will be permitted to be carried by a parent while climbing. If a child is unable to complete the climb, volunteers will be stationed throughout the stairwells to assist and escort them from the stairwell to the nearest elevator.

The Urban Climb is open to all ages and even your dog!

How many floors/stairs are there?

555 California is one of the tallest buildings in San Francisco, standing at 779 feet. Building Climbers will scale 52 stories or 1,197 steps.

Urban Climbers are challenged to complete as many of the [22 named Urban staircases](#), ranging anywhere from 50 steps to 383 steps per staircase. If you complete them all it totals 4,176 steps.

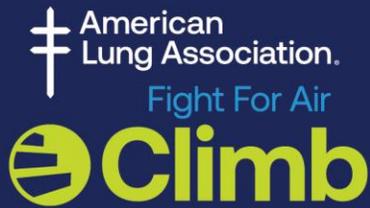
Where can I park?

Travel arrangements and parking is up to the individual climber. There is accessible parking at 555 California St Garage for a \$12 daily fee.

What time does the event start?

Registration opens at 8am, Opening Ceremonies start at 9am, and the first climber/wave takes off at 9:30am.

Wave times and starting points



Wave times for Building Climbers will be posted on the Strava app as well as the website the Wednesday before the event.

Urban climbers can start climbing any time after the opening ceremonies. You can start at any of the named [22 staircases](#). There is no route, you can climb as many as you want in whatever order you want. On arrival at your first staircase, before you start climbing, you will check-in on Strava. You will check in for each staircase completed until 8pm.

What time should I arrive?

Please arrive approximately 45 minutes before your start time and check-in. You will receive your bib with attached timing chip, climber t-shirt, climber wrist band and 21 and over band for post climb beverages. This is also when you will receive your VIP wristband if you have achieved the fundraising requirement. Warm-ups will be led by the Bay Club every 45 minutes.

What should I wear?

You should wear sneakers and comfortable clothes. Layers are a good idea as the event takes place in San Francisco and the weather is unpredictable.

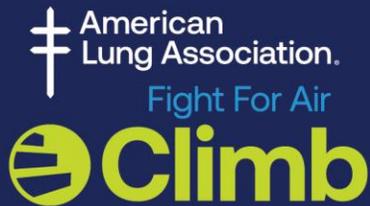
Does everyone go up the building stairs at once?

No, each team and individual climber is given a staggered wave time. Wave times are posted on the website the Wednesday before the event.

Urban Staircase order/route and starting point staircase is up to the individual/team.

Will there be water?

Building Climb - Yes, water stations are available about every 10 floors as well as at the top and bottom of the tower. Due to safety concerns, water bottles are not allowed in the building while you climb.



Urban Climbers – No water stations will be available other than on the 555 California St Plaza. Make sure to bring your own water bottle.

What if I need to stop?

For the Urban Climb, the number of stairs/staircases that you complete is fully up to you and your team. If you cannot complete the Building Climb, security will be stationed throughout the stairwells to assist you and escort you to the nearest elevator. Rest stops will be located on several floors if you need a break during the run.

What if I need medical assistance?

EMT's will be stationed throughout the stair wells and at water stations inside the building. If you need assistance, contact the nearest stairwell monitor. There are no medical personnel on the plaza. If you have a medical emergency on the plaza, before or after climbing please call 911.

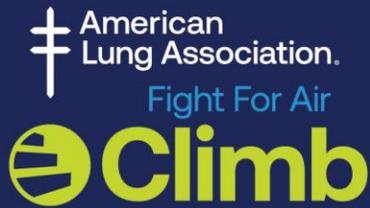
If you have an emergency on the Urban route, DO NOT RETURN TO THE BUILDING, please dial 911 for the fastest assistance. There are no medical personnel located on the 555 California plaza.

We are competing in the First Responder/Firefighter Challenge, is there anything different for our team?

Yes, Awards and bragging rights will also be given out in the following categories for both Firefighter and First Responders: Fastest Male, Fastest Female, Firefighter/Law Enforcement Challenge Winners, and Top Fundraising Fire/First Responder Team. *(To compete for Fastest Team, teams must have a minimum of four members. For teams larger than four members, the top four climbers' times will be averaged. Only building climb times will qualify)*

Firefighter Challenge Gear Requirements

In order to participate in the Firefighter Challenge, you must adhere to the following requirements:



PPE – Must be structural firefighting gear adhering to NFPA 1971. Both coat and bunker pants must have the liner in place. Failure to have a liner in place will result in your time not being counted towards Firefighter Division awards. Bunker pants must be worn, $\frac{3}{4}$ coats are permissible.

Boots- All boots must be structural firefighting boots, rubber, leather, and lace up boots will be permitted, provided they are fire rated. No station boots.

Gloves, Underlayers, Oxygen/Hose – Optional

Helmet and Hood – Firefighter helmets are mandatory, hoods are optional.

Tools will not be allowed.

Law Enforcement Officer/First Responder Challenge Gear Requirements

In order to participate in the Law Enforcement/First Responder Challenge, you must adhere to the following requirements:

SWAT Category: Uniform – Battle Dress Uniform (BDU), Tactical ballistic outer carrier that weighs a minimum of 25 pounds, Ballistic helmet, Plastic “Red Gun” AR-15 Firearms and ammunition are not allowed.

Uniformed Category: Short or long-sleeved Uniform shirt (polo uniform shirt is also allowed) and pants or utility shirt and pants, Ballistic vest or tactical ballistic outer carrier, Duty belt Duty Belt and/or outer carrier must weigh 10 pounds combined. Firearms and ammunition are not allowed.

What is an Elite Climber?

This is the most competitive category of Climber. Elite Climbers are the first to climb the building, and they primarily are looking to get the fastest time up the stairwell, utilizing speed-racing techniques not used by the recreational stair climber. Please only sign up for this category if you are aiming to climb 555 California in under 10 minutes. Only indoor Building Climbers qualify for this category; there is no equivalent for the Urban Climb.

Can my family/friends come an attend the after party?

Guests can purchase a pass for the after party that includes food and beverages for \$25 at the registration booth. Anyone without a wristband will not be permitted in the after-party area.

How do I become a VIP member?

Participants who fundraise over \$500 are VIP members at this year's Climb. Each VIP may bring one guest to enjoy the day-of-event after party. Please go to the VIP tent to receive your goody bag. The top 10 fundraisers along with one guest each, will attend a champagne toast on the roof of 555 California. This unique experience is not to be missed. All champagne toast VIP's will be notified prior to the event and given their special rooftop wristband at check-in. You and your guest must be on the 555 California plaza at 11:30am to depart for the rooftop. Climbers of any category – Building, Urban, or Virtual – qualify for VIP status as well as the rooftop toast.

How do teams qualify for a Team Tent?

The first eight teams to reach \$5,000 in fundraising before Friday February 24th will be provided a private team tent on the plaza of 555 California on March 4th. This will be an exclusive area for you and your teammates to congregate on the day of the event. Teams are welcome to decorate their tents.

Where can I see pictures from the event?

Team photo's, plaza, after party and Building Climb photo's will be posted on the website within several weeks following the event and will also be available for purchase.

Due to lack of resources and distance, volunteers will not be taking pictures on the Urban Stairs. Please make sure to get your team photo taken on the plaza between 8am and 11am. We still want to see your incredible climb experience throughout the day! Take photos to document your climb and use hashtags #CLIMBSF and #ClimbCA. Share pictures immediately on Strava so everyone can see during the event. Pictures can be shared through social media as well.

Don't forget to follow us on IG and FB [@californialung](#)

Where can I hand in donations?

Prior to the event, all handwritten donations can be mailed to WeWork c/o The American Lung Association, Fight For Air Climb SF: 3001 Bishop Dr Suite 300 Space #03-109, San Ramon, CA 94583. Please ensure that the climber's name is listed on the check or separate sheet of paper so that the donation can go directly to the

correct account. We will also be accepting in person donations at the event on March 4th at the registration booth. However, climbers are encouraged to continue fundraising 30 days past the event for competitions.

Can I get a receipt for my donors?

All donations are tax deductible, and all donors will receive a thank you acknowledgement via email upon online submission, by mail for mailed donations and in person for day of event donations. These receipts can be printed and used for tax purposes.

What is a Matching Gift?

Many employers will match donations made by members of their staff. Please check with your Human Resources and/or Finance department to see if they have a matching gift program. Please email any match confirmations to Destiny.Wright@lung.org. Matching gifts can be submitted and mailed to:

WeWork c/o The American Lung Association, Fight For Air Climb SF: 3001 Bishop Dr Suite 300 Space #03-109, San Ramon, CA 94583

How many years has this climb been taking place?

This will be our 17th year.

What happens once I have finished my climb?

After Completion of the Building Climb you will be escorted down the elevator to attend the after party on the plaza.

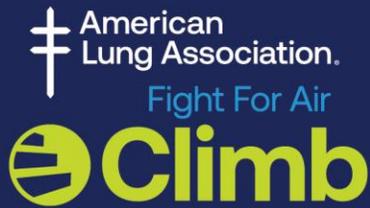
Urban Climbers are encouraged to come back to the 555 California plaza before 12pm to enjoy the after party. The building climb, after party and plaza activities end at 12pm.

Awards

Individual Awards:

Building Climbers

- Top 3 fastest climbers Males & Females (per 10-year Age Group)
- Fastest Firefighter



- Fastest First Responder

Team Awards:

- Firefighter's Challenge Traveling Trophy
- Law Enforcement/First Responder Challenge Traveling Trophy
- Fastest Overall Team

Urban Climbers

- Top 3 Most Staircases Climbed Males & Females (per 10-year Age Group)
- Most Staircases Climbed by a Team

Fundraising Awards All Climbers

- #1 Fundraising Youth (per Age Group 8-12 and 13-18)
- Top 3 Overall Fundraising Individuals
- #1 Firefighter's/First Responders Fundraising Team Traveling Trophy
- #1 Corporate Fundraising Team Traveling Trophy
- #1 555 California Team Traveling Trophy
- #1 Friends and Family Fundraising Team

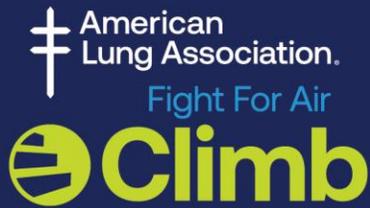
Awards will be announced 30 days after the event.

Attention Virtual Climbers:

The Climb is scheduled on March 4th in San Francisco, but if you are registered as a "Climb Your Way" participant, you can pick when and how you want to "climb" (run, walk, swim, lift weights, bike, etc.) as well as the distance you want to travel.

The only rules you need to follow are:

- Download the Strava App



- Join the “Fight for Air Climb San Francisco” Club – Please note, you must have reached your \$100 minimum by Friday March 3rd at 12pm to have club access on March 4th. There will be community posts and competitions for all climbers to enjoy. This is a private Club and is only available to registered participants.
- On the Strava Club page, post a picture and a short description of what you did for your “climb”. If you do your “Climb” (whatever that looks like for you) on March 4th, then please post and participate in the Strava club community so we can all be climbing on the same day.

THANK YOU FOR YOUR SUPPORT!