

March 4, 2023  
555 California St

## Event Information

Each year, too many lives are lost due to lung disease, and this is your chance to make an impact in their honor. By joining the Fight for Air Climb, you are making the commitment to fight lung disease, so everyone can breathe easier- including you!

## Overview

On Saturday March 4, 2023, co-workers, civil servants, families, and friends will join to climb 1,197 stairs up the 52 floors of the landmark 555 California building in downtown San Francisco to raise awareness for the 35 million Americans who suffer from asthma, lung cancer, COPD and other lung diseases.

Thank you for joining the thousands of individuals across the nation who believe in the fight for healthy air and healthy lungs.

## EVENT-DAY INFORMATION

**ARRIVAL TIME:** 6:00AM (unless otherwise instructed)

**EVENT DAY:** Saturday, March 4, 2023

**CLIMB LOCATION:** 555 California Street, San Francisco (between Montgomery and Kearny Streets)

**CHECK-IN:** PLAZA @ 555 California St, Volunteer Booth

**PARKING:** The parking garage at 555 California is \$12 for the day and the most convenient

**PUBLIC TRANSPORTATION:** From Montgomery BART station, walk north on Montgomery four blocks, then turn left on California to arrive at the plaza of 555 California. Also located near Kearny & Bush and Sansome & California bus stops.

**EVENT WEBSITE:** [FightForAirClimb.org/San Francisco](https://FightForAirClimb.org/SanFrancisco)

**QUESTIONS:** Contact Destiny Wright - Email: [DestinyWright@lung.org](mailto:DestinyWright@lung.org) | Cell: 925.813.1935

**BRING:** ID (for volunteer assignments within 555 California an ID will be needed)

**PROVIDED:** Food & water will be provided after 10am, breakfast is not so please be sure to eat prior to 6AM arrival

**DEPART TIME:** Between 12-1pm after all clean-up is finished

## HOW THE CLIMB WORKS

One week before the Climb, each climb participant 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. Opening ceremonies and warm-ups will start at 8:00am. The first wave time will be 8:30am and waves will continue through 11:30am start time. The outdoor Urban Climb will run simultaneously during this time, but most of those Climbers will leave the venue after opening ceremonies and warm-ups.

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. The Post-Climb Party will take place on the Plaza floor level and will include light food and beverages, massage therapists, and live music.

Believe it or not, the average climb time is 20-25 minutes!

## APPROPRIATE ATTIRE

It is suggested that you wear comfortable clothing. You will be provided a volunteer shirt at the event. Volunteer shirts must be worn during the entire event. Appropriate for a cardio workout. Proper shoes are essential. Running, walking or cross training shoes are important. Layers are highly suggested due to the climate changes throughout the day in SF. In addition, hats/sunglasses for later in the day and gloves for morning set-up are also highly suggested.

## VOLUNTEER TRAINING

There will be a virtual training session for volunteers assigned to work the registration booth. Check email correspondence for date and time of training.

## DAY OF CHECK-IN PROCESS

Once you arrive at the plaza for the event, follow these simple steps.

- 1) Check-in & pick up volunteer t-shirt at volunteer booth/table on the plaza
- 2) Go to designated area for your volunteer position & set-up of event
- 3) Captains will provide overview/training for each area
- 4) All volunteers will assist with clean-up of event after assignment

## CHECK-OUT PROCESS

- 1) Check-out at the volunteer booth/table on the plaza
- 2) Sign off volunteer hours can be done at check-out, if needed

## T-SHIRTS

Every volunteer will receive a Fight for Air Climb t-shirt the day of the event at Check-In, which we hope you will wear with pride throughout the coming year.

## RULES

Climbers will only be allowed to have the following items on their person while in the stairwell.

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

These items will **NOT** be allowed

- **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.** We ask that Climbers plan to leave personal belongings at home, in their car, or at the gear check station on the plaza. Items left at gear check will remain on the plaza until retrieved upon their departure after the climb and celebration at the Post-Climb Party. Gear check will close at 12pm.

**Due to the nature of this event, participants arrive 45 minutes before their designated start time to check-in, receive their bib and timing chip and warm –up.**

## WATER STATIONS

Water stations are located at the Plaza, as well as throughout the building stairwell. No water is provided for the Urban Climb other than the Plaza water station.

**For the safety of all climbers and volunteers, no one is allowed to bring their own water bottle or camel pack into the stairwells.**

## GEAR CHECK

To facilitate participation in the climb and to ensure everyone's safety, participants will check all personal belongings at the secure gear check booth on the Plaza. Items need to be picked up no later than 12:00pm. All items left past 12pm will be brought back to the Lung Association's San Ramon office and will be the responsibility of the participant to pick up.

Please limit your gear checked items to outerwear, street shoes, etc. **Do not bring valuables to the stair climb. The American Lung Association and SO Hudson 555 Management Inc. are not responsible for lost belongings.** Lost & Found location at the event: One will be located at Gear Check on the plaza.

## SECURITY & SAFETY

Please remember 555 California is a private business office facility. Please be courteous as we are guests of Vornado Realty Trust, property manager for 555 California building. All security procedures must be followed. To ensure everyone's safety, volunteers are not permitted to leave their designated areas or roam the building unless escorted by American Lung Association staff. No volunteers will be permitted inside the stairwells.

## MEDICAL ASSISTANCE

Medical staff will be on-site for those who may need assistance throughout the event. Medical professionals will be at the finish line and at water stations. An ambulance and Emergency Medical Technician staff will also be on site. All volunteers must be prepared to put Climbers in contact with medical personnel. If a Climber must exit in case of an emergency or if they are unable to complete the climb, we ask that they seek security, volunteer or medical staff for assistance. They will then be properly escorted to their desired location. Call boxes are also available in the stairwells. Volunteers are not responsible for medically treating Climbers. **Climbers cannot exit on any floor without security personnel!**

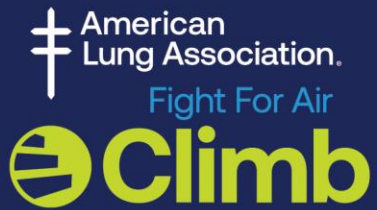
## RESTROOMS

Restrooms are located on the Concourse level of 555 California Street inside the Bay Club. No restroom facilities are accessible from the stairwells.

## POST CLIMB CELEBRATION

Plaza area of 555 California - When on break volunteers are welcome to participate.

- Enjoy live fun & festive music
- Refuel with yummy food
- Visit our generous sponsor booths
- Massage therapist are for climbers only
- Get your volunteer team photo taken by professional photographers



## PHOTOS

Photography will be on-site photographing each participant as she/he nears the finish line. Team photographs will be taken down on the Plaza immediately before their wave time. These photographs can be viewed and purchased after the event through the event website.