



## Event Day Information

**EVENT DAY:** Saturday, March 9, 2024

**CLIMB LOCATION:** One Boston Place  
201 Washington St, Boston, MA 02111

**PARKING:** [Pi Alley Parking Garage](#)  
275 Washington St, Boston, MA 02108 – next to One Boston Place  
[Daily Booking – Pi Alley Garage](#) - \$15 to park for the day

**Please note: The height maximum is 6' 8" and length maximum is 18'.**  
If you plan on coming in a Fire/EMS vehicle, please let us know in advance to arrange parking accommodations.

**EVENT SCHEDULE:**

7:30am	Registration opens
8:30am	Elite Civilian Climbers start
To Follow	Civilian Climbers, First Responders, Law Enforcement
9:00am	<a href="#">Scholar's American Bistro</a> opens A spot for participants' family and friends to gather
11:30am	Civilian Awards*
12:00pm	No Gear Firefighters start *
To Follow	Elite Firefighters, Firefighters
2:30pm	Firefighter Awards at Scholar's*

\*Time is estimated and may change based on the flow of the day

**AWARDS:** Scholar's American Bistro  
25 School St, Boston, MA 02108 - two-minute walk from One Boston Place

### **Civilian, First Responder, and Law Enforcement Check-In/Packet Pick-up**

- Check-in will be located in the lobby of One Boston Place
- Please arrive to check in **30 to 45 minutes** prior to your assigned start time
- Times and bib numbers will be emailed out and posted online by **Thursday March 7<sup>th</sup>**
- Check-in will be handled **alphabetically by last name** and will take place in the lobby
- At check-in you will receive your climb packet that includes your bib number and bag tag
- Timing chips are included in your bib number

### **Firefighter Check-In/Packet Pick-up**

- Firefighter Check-In will be located in the Vault
- **The entrance for fire fighters will be the loading dock and we have volunteers and signage to help get you there**
- Arrive to check in **30 to 45 minutes** prior to your assigned start time
- Firefighters will have access to the “Firefighter Chill Zone” right off the vault area, a space designated specifically for our firefighters with refreshments and space to spread out
- Times and bib numbers will be emailed out and posted online on **Thursday March 7<sup>th</sup>**
- Check-in will be handled **alphabetically by last name** and will take place in the vault
- At check-in you will receive your climb packet that includes your bib number and bag tag
- Timing chips are included in your bib number

### **Bag Drop-Off/Pick Up**

- We will have a free bag check available for all climbers
- Bag tag numbers are in your packet that match your bib number
- Drop-off is in the basement at the bottom of the stairs
- Pick-up is on the 31<sup>st</sup> floor

### **Appropriate Civilian and No-gear Firefighter Attire**

- Comfortable sneakers, non-restricting tops and bottoms appropriate for a cardio workout
- We suggest participants come dressed as bathrooms are limited

### **Firefighter Full Gear Attire**

- Boots
- Bunker Pants
- Coat with liner intact
- Gloves
- Helmet
- Air Tank
- **NO** tools allowed including: tool belt, axe, pike pole, etc.

### **Safety**

- *We strongly urge all participants to leave valuables at home or safely locked in their vehicles*
- *One Boston Place and American Lung Association are not responsible for lost or stolen items*
- *As the event is rain or shine, please wear an alternative pair of shoes during messy weather and bring another pair of sneakers with you - this will help us keep the stairwell dry and safe for all participants*

## Bib Numbers

- **REQUIRED:** bib number attached to the **FRONT** of your shirt with the safety pins you will find at registration
- You must display your bib number during the event in order to receive an accurate time
- Firefighters will need to secure bib numbers somewhere visible on the front of gear
- *Tips to have your time accurately recorded:*
  - Race bib is clearly visible on the front of the torso
  - Race bib is unaltered and unmodified (Do not fold or wrinkle)
  - Race bib is pinned in all four corners
  - Race bib is not covered

## Timing Chip

- A timing chip is included on the back of your bib number that will record your time
- You will receive any necessary instructions by the timing company and volunteers stationed at the start line

## Start Times

- Start times and bib numbers will be emailed out on **Thursday, March 7<sup>th</sup>**
- Start times and bib numbers will be posted on the Fight For Air Climb site on March 7<sup>th</sup>
- The first civilian climber will start at 8:30 a.m. and others will follow
- Firefighters will start roughly at 12:00 p.m.
- Start times *will not* be available before Thursday, March 7<sup>th</sup>

## Intervals\*

- 30 seconds - Elite Climbers
- 20 seconds - Civilian Climbers
- 20 seconds - First Responders and Law Enforcement
- 20 seconds - No Gear Firefighters
- 30 seconds - Elite Firefighters
- 20 seconds - Firefighters

*\*Intervals subject to change*

## No-Shows

- **Please do not allow someone else to run with your bib number**
- You will cause errors in our finisher calculations, and therefore, make all climb times inaccurate

## The Course

- 41 floors and 789 steps
- The stairwell has signs noting each floor
- Additional signs placed by ALA will note how many floors you have left to go
- There will be volunteers cheering you on!
- The stairway follows a clockwise pattern (right turns) to the 28<sup>th</sup> floor after which we go counterclockwise (left turns) to the top.
- There are landings on each floor and half-landings between flights (8 steps in each flight, 16 steps in each floor)
- The handrails are 36 inches high (measured vertically up from the center of the stair tread)

- There are 35 and ½ inches between the handrails
- The step rise is 7 inches and the step depth is 12 inches
- There will be two rest stops on 18 and 31, which will have medics, water, and bathrooms
- Volunteers will be monitoring the stairwell in case anyone needs assistance
- There will be fans at the top and bottom of the stairwells to allow for increased air circulation

### **Climb Pace**

- Teams will climb together and members will be assigned consecutive start times
- If there is an Elite Climber on your team, they will climb in the Elite division instead

### **Climbing Instructions**

- Climbers will be instructed to line up by the elevators in the lobby in numerical order by bib number
- **Faster climbers should let slower climbers know when they are passing**
- **Common courtesy would be for the slower climber to move to the outside (left) and let the faster climber pass on the inside, or to the right.**
- Please climb single file to allow others to pass easily
- If you cannot complete the event, volunteers will be stationed throughout the stairwells to assist you – only floors 18, 31, and 41 have access to elevators
- No one should be going downstairs in the active race stairwell

### **Finish Line**

- 41<sup>st</sup> Floor
- Medics, water, and hard candy will be available
- After you reach the finish, you will be instructed to take a different set of stairs down to the 40th floor where you can take the elevator (or continue on the stairs) down to the 31st floor

### **31<sup>st</sup> Floor**

- Recovery floor: medics, water, food, bathrooms, ice packs etc.
- Vendors: First Responder Therapy Dogs, Force of Nature, Mass General Health Plan, Nantucket Chips, POST Physical Therapy, StretchLab, Smartwater, WHOOP
- Bag check pick-up
- Pre-register for our 2025 Climb at a special discounted rate!
- Music, step + repeat, and fun!

### **Medical**

- Medical staff will be on site for those who may need any assistance throughout the event
- In case of an emergency, contact the closest volunteer to reach the emergency medical personnel

### **Water Stations**

- Located on floors 18, 31, and 41 - there will be water and medics available
- Doors will be opened on these floors to give a space out of the way from other climbers
- Water is **NOT** allowed in the stairwell - this rule is for your safety and for the safety of other participants to prevent anyone from slipping on a water spill

## **Restrooms**

- Basement
- Floors 18 and 31

## **Results**

- Official event times for every participant will be available on the timing company website
- A QR code will be posted throughout the venue to access results.

## **Civilian Awards 11:30am**

- Open to climbers and their family and friends
- Location: Scholars
- Doors open at 9:00am
- Food and drinks are available for purchase

## **Firefighter Awards 2:30pm**

- Open to climbers and their family and friends
- Location: Scholars
- Doors open at 9:00am
- Food and drinks are available for purchase

## **Individual Award Categories**

- Overall civilian, top 3
- Overall male and female climbers
- Top three men and women in each age category (13-18, 19-29, 30-39, 40-49, 50-59, 60+)
- Highest individual fundraiser\*

## **Firefighter Award Categories**

- Top three male firefighters in each age category (18-29, 30-39, 40-49, 50-59, 60+)
- Top five female firefighters overall
- Fastest Male Firefighter
- Fastest Female Firefighter
- Highest firefighter fundraiser\*

## **Team Award Categories (minimum of 5 people)**

- Fastest team
- Fastest FD team
- Largest team
- Highest fundraising team\*
- Highest fundraising FD\*

**\*All top individual and team fundraising awards will be presented after the April 9, 2024 fundraising deadline.**

### Fundraising Minimum Commitment

- As a condition of participating in the Fight For Air Climb: Boston, you agreed to meet the required \$100 fundraising minimum per person
- ***The minimum \$100 fundraising commitment must be met by the day of the event, March, 9 2024, in order to participate in the stair climb***
- If you have any questions about the fundraising requirement, contact Liz Savage at [liz.savage@lung.org](mailto:liz.savage@lung.org)

### Donation Options

- We accept cash, checks, and all major credit cards at check-in
- You may continue fundraising through the **fundraising deadline of April 9, 2024**
- We encourage you to let everyone know what a wonderful time you had at the Climb and that you are continuing your fundraising in the weeks following the event!

### Incentive Gifts

- All climbers who have raised \$175 or more are eligible to earn an incentive gift
  - **Please note that the \$35 registration fee does not count toward your fundraising total or incentive gift, and incentive gifts are *not* cumulative**
- The incentive gift level you are eligible for will be determined by your fundraising total as of 5pm on April, 2024
  - **Incentives are based only on money that has been turned in**
- Incentive gift redemption certificates will be emailed to you *after* June 30th from [FightForAirEvents@Lung.org](mailto:FightForAirEvents@Lung.org).
- Your incentive gift redemption certificate is our token of appreciation for your hard work
- You can redeem it for your exclusive Fight For Air Climb-branded gift by following the instructions on the certificate
- Each certificate will allow redemption of one item at or below the level you achieved
- Your gift will be shipped within 15 days after placing your order
- To view the incentive levels and items available, please visit Fundraising Incentives on the event website
- *If you wish that 100% of your fundraising total be applied to the American Lung Association's programs and services, you may choose NOT to redeem your incentive certificate*

### VIP Level

- If you raise \$500 or more, you are considered a **VIP** climber
- Perks include:
  - Name recognition on signage at the event
  - Free registration for the 2025 Fight For Air Climb: Boston

## ***Haven't found what you're looking for?***

Contact Liz Savage

[liz.savage@lung.org](mailto:liz.savage@lung.org)

O: 781-314-9006

C: 781-799-9210