

## See you on Sunday!

We are hoping for nice LA weather but in case we do experience rain on climb day, participants should come prepared with appropriate rain gear. We climb rain or shine! Ponchos or raincoats can be worn. Please wear rubber soled shoes, to prevent slipping and climb and/or walk carefully! For safety reasons, no umbrellas are allowed inside the bowl.

If the weather is severe enough (heavy rain or thunderstorm) to necessitate a delay in the start of the event, instructions will be announced via our social media [@californialung](#) and emailed to participants.

## Wave Times

All participants will be released to climb or walk in waves starting at 8:00am. [CLICK HERE TO FIND YOUR WAVE TIME](#). Please be sure to arrive at least 30 minutes before you wave time to ensure you have time to check-in and warm up.

## Packet Pick-Up

Skip the check-in line on event day and pick up your packet early:

**Friday, 2/23 from 10:00am – 6:00pm 5757 Wilshire Blvd. Los Angeles, CA 90036**

Due to SAG building direction, we will be located in the lobby of the SAG building. Look for our branded table. There is street parking available on S. Masselin Ave or a parking lot located on S. Curson Ave (between 6th and Wilshire). For the parking lot, the first 10 minutes are free. Starbucks validates for up to 45 minutes with purchase if additional time is needed.

Participants will also be able to pick up their packet on event day. Please be sure to arrive 30 minutes prior to your wave time to ensure you have enough time to do so.

## Routes and Registration Options

**Climber:** Approx. 1400 stadium steps = one-fourth of the coliseum

**Elite Climber:** Approx. 2500 stadium steps = one-half of the coliseum

**Ultimate Climber:** Approx. 5000 stadium steps = entire coliseum

**Stadium Walker:** A non-competitive, untimed walking course. 1 lap =  $\frac{1}{4}$  of a mile. Walk as many laps as you like!

**Climb Your Way:** Our virtual participation type. Climb or walk from where you are and create your own challenge!

### **Does the step count include up and down?**

Both the Climber, Elite Climb and Ultimate includes steps up and down.  
[VIEW COURSE MAP HERE!](#)

### **What is the fundraising minimum?**

The fundraising minimum that is required to climb or walk for this event is \$100 per participant. This amount is due on or before event day in order to have access to the courses, receive your bib and event day t-shirt.

### **Can someone still join my team?**

Yes! Individuals can register up until and on the day of the event (2/25) at the Check-In tent. Please note they will be asked to pay the \$50 registration fee + \$100 fundraising minimum.

### **Where can I park? Where do I enter?**

Parking and entrance details are the same as last year!

Navigate to **798 W. Martin Luther King Jr. Blvd. Los Angeles, CA 90037** and turn onto Hoover to access the **PINK LOT**. Parking is \$15 for the day. Once parked, make your way to **GATE 7**.

Look out for the blue, green, and white balloons.

To avoid traffic and parking fees, we encourage you to go Metro or carpool! Take the Expo Park/USC station or the Expo/Vermont station of Metro's

Expo Line and proceed to the entrance at Gate 7 on the south side of the Coliseum.

### **Will this event take place rain or shine?**

Your safety and well-being are our top priority. Staff are working with the LA Coliseum to ensure the best experience possible. Although we climb rain or shine, please note courses and other elements may change due to weather.

### **What should I wear?**

You should wear sneakers and comfortable clothes. Make sure to take a look at the weather beforehand and dress accordingly.

### **Will there be somewhere to put my gear while I climb?**

There will be no gear check this year. Please leave all personal belongings you do not want to carry in your vehicle or at home.

### **Are spectators welcome?**

We welcome friends and family to support and cheer you on from the spectator section. The music, activities, and snacks at the festival area are available to all

### **Will there be water?**

Water will be available in the festival area in the refreshments tent. Water will also be given out at the finish line.

### **For safety reasons, water bottles of any kind are not allowed inside the stadium including the climbing / walking routes.**

There will be emergency stations with limited supplies located at the halfway point of the Elite & Ultimate Climb.

We encourage all Climbers to bring a wearable water pack should you think you will need water during your Climb/Walk.

## **What should I expect to see on event day?**

Come hang out with us before and after you Climb! Some highlights include...

### **Day of Event Schedule**

7:00am: Check-in and Festival Open

7:30am: Opening Ceremony and Warm Up

8:00am: Climber and Walker Waves Start

Festival Opens

9:00am: Beer Garden Open

11:30am: Event Close

### **Highlights**

Opening ceremony with Chief Crowley of the Los Angeles Fire Department and actor Miguel Mora, emceed by ABC7's David Ono.

The opening ceremony also features the passing of the Hope Baton between lung health heroes and survivors.

Warm-ups on event day will be led by, Dion Jackson and All Season Fitness Media & Barry's

The festival area will feature great music by Amplified Entertainment, a beer garden brought to you by Santa Monica Brew Works, a photobooth by Velvet Turtle Events, snacks, corn hole, picnic areas for your team, and more.

Survivors and Lung Health Champions are welcome to visit and enjoy the Lung Heroes and Champions tent.

Be sure to say hello and thank our sponsors in the festival area.

## **Will there be food and drink? Or can I bring my own?**

Light snacks will be available for all our participants to enjoy. Participants are also welcome to bring a picnic to enjoy with their team. There is plenty of grassy area to enjoy!

## **Will there be a beer garden?**

A beer garden featuring Santa Monica Brew Works will be open to participants over the age of 21. We will be accepting donations. Please bring your ID and form of payment (cash or credit card).

## **What if I need medical assistance?**

Medical staff will be on-site for those who may need assistance throughout the event. EMTs will be stationed on each route and at the finish line. A first aid tent will also be in the festival area. If you do need assistance, please look for a volunteer in an orange shirt.

## **Will pictures be available after the event?**

Finisher photos will be available after the event. There will also be a photobooth brought to you by Velvet Turtle Events. You are also encouraged to create your own photos and post on social media. Please use hashtag #SoCalClimb and tag us [@CaliforniaLung](https://www.instagram.com/CaliforniaLung)

## **Where can I hand in donations?**

Donations can be made online to your personal fundraising page. Hand-written donations can be sent to our office:

ATTN: Fight For Air Climb – SoCal  
5757 Wilshire Blvd. Ste. 505  
Los Angeles, CA 90036

Any day-of donations on event day can be turned in at the Check-in tent.

## **Can I continue to fundraise after the event?**

You can continue to fundraise 60 days after the event to qualify for our fun [incentive items](#).

Many companies match their employees' donations to non-profit organizations like the American Lung Association. Some companies will even double or triple your personal donation. [Check to see if your company matches today](#).

Look out for additional incentive announcements post the event.

## **What is the minimum age to climb?**

Climbers must be at least 8 years old to participate. Any climber under the age of 18 must climb with an adult (age 18 years or older) and must be accompanied at all times under any circumstances.

## **Can I bring my pet?**

Pets are not allowed at the LA Memorial Coliseum.

## **Awards**

Awards will be given to the top fundraisers and fastest individuals during our virtual award ceremony. More details to follow. If you are interested in qualifying for the age division awards, make sure we have your birthdate on file. **If you do not see your birth date and want to qualify for awards, please reach out and provide your birthdate.**

**Top Fundraisers:** Top 3 individuals, top overall team, top friends & family team, top corporate team, top firefighter team, and top collegiate council team

**Fastest Climbers:** 1<sup>st</sup> Place Male, Female, and Overall, 2<sup>nd</sup> Place Male, Female, and Overall, and 3<sup>rd</sup> Place Male, Female, and Overall

**Fastest Male, Female, and Overall Participant will also be given in each of the following age groups:** 18 and under, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+