Hello Climber!
We cannot wait to climb with you this Saturday, March 23rd at Seneca One Tower for our 14th annual Fight For Air Climb Buffalo. Please see below for important event information.

Pre-Event Reminders:

- **Fundraising:** A friendly reminder that EACH climber has their own personal fundraising minimum based on their participation type. Regular Climbers, Firefighters, and First Responders have a $100 fundraising minimum while Ultimate Climbers and Firefighters have a $250 fundraising minimum due. This fundraising minimum must be met on or by event day to participate and is PER CLIMBER.
  - We ask that you bring any cash or check donations you have collected as part of your fundraising efforts to turn in when you check in at registration at Seneca One on event day. Checks may be made out to the American Lung Association and should include your name / participant’s name in the memo line.
  - Any additional funds that you need to hit your minimum will be collected from you via cash, check or credit card at registration on event day to Climb. Check out our Welcome Packet for additional tips!
- **VIP Climbers & Flight Club Members:** Go above and beyond with your fundraising! Participants raising $500+ (VIP) earn additional perks including an exclusive registration area to expedite check-in, fast pass for stretches from StretchLab & massages from NY Institute of Massage, and event-day recognition. Flight Club members are those raising $716 or more and will also receive an exclusive Buffalo Flight Club New Era Hat on event day! Don’t forget, if you reached this level to check in at VIP Check-In on event day!
- **Day-Of Registration:** Online registration is closed for this event. We will offer day-of registration for our regular climbers and firefighters. There is a day-of registration fee of $50 and the $100 fundraising minimum will be due for a total of $150 due at registration to participate on Climb Day!
- **Spectators:** Unfortunately, we will not be able to accommodate spectators anywhere other than the lobby of the building. No spectators or guests will be permitted past the lobby bank entrances, including the Finish Line area. We ask that you and your guests please respect that Seneca One Tower is a fully functional venue with private businesses that have been gracious enough to allow us access to host this event. We must follow their rules which includes limiting public access to their private areas.
- **After Party:** Each climber is invited to join us after they Climb for our After Party at Southern Tier Brewery at 7 Scott Street. Southern Tier is the old 716 restaurant and is located at 7 Scott Street, just one block directly south of the building. Join us on the 1st Floor from 9 a.m. - 1 p.m. for a complimentary meal (starting at 9:30 a.m.), our basket raffle and cash bar. Awards will be at approximately 12:45 p.m. Guests / those who did not climb will be able to attend by purchasing a $10 guest pass from our staff at the door of the After Party.
- **Basket Raffle & 50/50:** We will have our annual basket raffle held at our After Party at Southern Tier! Stop by to enter to win incredible prizes and help us hit our fundraising goal of $270,000! You will not need to be present to win. We will also be doing a 50/50 at the After Party. Please bring cash for the 50/50, but you can pay cash, check and card for the basket raffle!
- **Alumni Tanks & Shirts:** If you pre-ordered an Alumni Tank or Shirt, they will be available for you to pick up at the t-shirt table.
- **Restrooms:** Please note that there are no restrooms to use on Floor 32. Please consider using the lobby restroom before your climb or use the restrooms located on Floor 24 or 28 after you Climb by taking the elevator down.

Questions? Read on to learn everything you need to do on event day or contact our staff, Kaelyn Gates or Mary Russo. They are here to help you with your fundraising and event logistics questions! Email BuffaloClimb@Lung.org or call 716-271-6386 (Kaelyn) or 716-214-1339 (Mary).
When to Arrive:
- Check-in begins at 8:00 a.m. and we encourage you to arrive 30 minutes prior to your assigned start time to enjoy all the pre-Climb festivities. Locate your Climb time below:
  - **Ultimate Climbers & Firefighters - Alpha by Last Name**
  - **Regular Climbers, Firefighters & First Responders - Alpha by Last Name**
  - **Southwest / Regular Civilian Stairwell List BY START TIMES**
  - **Northeast / Ultimate Civilian & FF, Regular FF and First Responder Stairwell List BY START TIMES**

What to Bring:
- Make sure you have your essentials: Phone, Headphones, and a Water Bottle.
- Don’t forget any cash or checks you’ve collected, and bring both cash and card for the basket raffle at the After Party at Southern Tier Brewery.
- Worried about carrying everything? No problem! We offer a convenient bag check located in the lobby.

Parking:
- $5 Parking is available at the Exchange Street Parking Garage at 50 Exchange Street. You can access Seneca One Tower through the connecting bridge on Floor 2 of the garage. Please note, there is an event at Key Bank Center that day, so most other places will be event parking.
- For fire trucks or large vehicles, please park at the Skyway Loop Surface lot located at 58 Pearl Street.

Entering the Building:
- If you're coming from the parking garage, follow the bridge. If you're arriving from the street or Skyway Loop parking, enter through the East Entrances closest to the Bison’s stadium. Look out for signs directing you near Other Half, the golf simulator, or Hounds and Hops. Then, take the elevator up to the LOBBY.

Where to Go Upon Arrival:
- As you enter, please head to your designated registration area:
  - Civilian Registration
  - Firefighter Registration
  - VIP Registration for those who've raised $500 or more.
  - Day of Registration (for those not yet registered for the event)

- **Done Checking In but not quite your Climb time?**
  - Capture the moment and don’t miss out on team photos in the lobby and top floor
  - Visit with our exhibitors and sponsors at their tables in the registration area (they also have some fun prizes to win!)

- **Ready to Climb?**
  - Ultimate participants and firefighters head to the designated staging area in the NORTHEAST stairwell located in the ballroom side of the lobby.
  - Civilians will climb the SOUTHWEST stairwell located on the bar / reception side of the lobby.
  - Arrive at your staging area at least 10 minutes before your assigned climb time and line up in numerical order as best as possible.

Post-Climb Activities:
- After completing the climb, it's time to refuel and relax at the Highmark Blue Cross Blue Shield Refuel Zone. Here, you can:
  - Enjoy refreshments and snacks.
  - Indulge in a relaxing massage or stretch session.
  - Capture memories with a photo opportunity.
- When you're ready to wind down, take the elevator down, grab your participant bag, and head to the after-party at Southern Tier Brewery between 9 a.m. - 1 p.m. for all registered climbers to grab a meal, cash bar, and participate in our basket and other raffles! Awards will be held there at approximately 12:45 p.m.

With this guide in hand, you're all set for an incredible day at The Fight for Air Climb!
Other Applicable Rules and Notes:

- **Bailing**: Please note that you will not be able to bail from Climb on any Floor between Floor 11 and Floor 23 due to security restrictions. If you cannot continue, please bail at the Rest Stop on Floor 24 or let a safety monitor know you cannot continue to be escorted from the stairwells.
- **Passing**: As you climb, please plan to climb towards the right / inside handrail of the stairwells to allow for folks to pass. If you are passing another Climber, please pass on the LEFT and announce that you are passing.
- **Take the Elevator Down**: Please do NOT climb down for any reason. All Climbers must take the elevator back to the lobby after they have finished Climbing.
- **In Case of Emergency**: In case of emergency, please notify staff, stairwell safety monitors, or volunteers immediately. AMR will be on site to provide medical attention as necessary. Staff will need to escort medical staff to place of incident.
- **Rest Stops**: Rest Stops are located on Floor 10 and Floor 24. Floor 24 will have a restroom for you to use. Floor 10 will not. For safety purposes, we ask that you do NOT take any water into the stairwells with you. You can stop at Floor 10, Floor 24, and recover on Floor 32 with water, refreshments, and more.
- **Refuel Zone on 32**: Please note there are no restrooms on Floor 32. We encourage you to use the restroom prior to Climbing. If restrooms are needed, please take the elevator from Floor 32 to Floor 28 or Floor 24 to utilize the restrooms. You may then take the elevator back up to Floor 32 to continue to enjoy the festivities up there.
- **Awards**: To qualify for any awards, you must meet your fundraising minimum by event day. $100 for regular climbers, $250 for ultimate climbers. You must hit minimum to Climb.

**Ultimate Climbers:**
You will be completing the Climb TWICE. Your start times are located here:
- Alpha by Last Name
- Start Times by Bib / Time Order

Your first Climb time is your official start time. You will climb to the 32nd floor where your first time will stop. You will exit the stairwell, go to the elevators, and take the elevator back down to Lobby. Exit the elevator bank through the glass doors entering the ballroom and re-enter the line for your second start immediately. The time in the elevator / second line up will not count towards your final time. Your two start to finish attempts will be added together for awards.

You should NOT wait for your approximate second start time to re-line up so we can move through the Ultimate Climbers and set up for the Regular FF Climbers following your group. Ultimate Civilians will go first, be cleared, and then we will start the Ultimate FFs.

**Firefighter and First Responder Participants:**
Please take some time to review the [Firefighter Challenge overview document](#) to ensure that you understand the rules, gear requirements, and other information specific to our Buffalo Medical Group Firefighter Challenge.

As a reminder, to qualify for team awards, you need to have a minimum of FOUR participants in the same category. **To qualify for any awards, you must meet your fundraising minimum.**
2024 Fight for Air Climb Information

Event Schedule:

<table>
<thead>
<tr>
<th>Time</th>
<th>Group</th>
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<tbody>
<tr>
<td>8:00 A.M.</td>
<td>Check In Opens in Lobby at Seneca One Tower</td>
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<tr>
<td>8:30 A.M.</td>
<td>Ultimate Civilian Participants Begin (North East stairwell)</td>
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<tr>
<td></td>
<td>Regular Civilian Participants Begin (South West stairwell)</td>
</tr>
<tr>
<td>9:00 A.M. - 1:00 P.M.</td>
<td>After Party at Southern Tier Brewery. Food served starting at 9:30 a.m. Join us for our basket raffle, and our awards starting at approximately 12:45 p.m.</td>
</tr>
<tr>
<td>9:20 - 9:40 A.M.</td>
<td>Ultimate Firefighter Start Line Begins</td>
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<tr>
<td>10:15 - 10:50 A.M.</td>
<td>Firefighter Full Gear Start Times Begin</td>
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8:00 A.M. – 12:00 P.M.
- Team Photos in the Lobby
- Warm-Ups provided by Highmark Blue Cross Blue Sheild on large TV near Tellers Lobby Bar
- Exhibitors and sponsor tables open to visit, learn more, and other fun prizes

9:00 AM - 1:00 P.M.
- After Party held on the first floor of Southern Tier Brewery (old 716 restaurant) at 7 Scott Street.
- Complimentary meal (food starting at 9:30 a.m.), cash bar, and basket raffle (don’t need to be present to win).
- Awards to be held at approximately 12:45 p.m.
- Please consider walking the short block south from the building to the After Party as there is an event at KeyBank Center!

8:30 A.M. - 12:30 P.M.
- StretchLab providing Stretches on 32nd Floor
- New York Institute of Massage providing stretches and massages on 32nd Floor
- Lumos will be providing cold eucalyptus towels on 32nd Floor
- Refreshments and participant goody bags on 32nd Floor
Thank You to Our Sponsors

Flight Sponsors

In-Kind Sponsors