



2024 Fight For Air Climb Firefighter Challenges

DON'T FORGET! FOR OUR UPDATED FIRST RESPONDER CHALLENGES:

- **Opening Ceremony and Procession** for all Firefighter and Law Enforcement Climbers to the start line featuring the Mackenzie Highlanders Pipes and Drums of Iowa
- **Live Awards Presentation** for top Firefighter teams at the Embassy Club after completion of the Firefighter Challenge.
- **Return of the Greater Des Moines Metro Firefighter Challenge**, the Traveling Ceremonial Axe Award, and House Fund Fareway Gift Cards for the top three finishing teams.

RACE ROUTE

The 2024 Fight For Air Climb - Des Moines, presented by EMC Insurance Companies will once again be a four building climb in the following Downtown Des Moines buildings:

1. EMC Insurance Companies | 15 Floors | 371 Steps
 2. The Financial Center | 22 Floors | 464 Steps
 3. Hub Tower: 16 Floors | 324 Steps
 4. Ruan Center | 32 Floors | 637 Steps
- TOTAL** of 85 Floors and 1,796 Steps

FIREFIGHTER CHALLENGE AWARDS

- **Fastest Greater Des Moines Metro Firefighter Team** – Travelling Ceremonial Axe, \$500 House Fund Gift Card from Fareway
- **2nd Place Greater Des Moines Metro Firefighter Team** – \$250 House Fund Gift Card from Fareway
- **3rd Place Greater Des Moines Metro Firefighter Team** – \$100 House Fund Gift Card from Fareway
- **Highest Fundraising Firefighter Team** – Team Travelling Trophy
- **Fastest Firefighter Relay Team** – Relay Team Travelling Trophy
- **Fastest Overall Firefighter Team** – Overall Team Travelling Trophy (All Four buildings)
- **NEW! Fastest Overall Firefighter Team No Gear** – Overall Team Award (All Four buildings)
- **Fastest Overall Individual Firefighter Award** (All Four Buildings)
- **NEW! Fastest Overall Individual Firefighter Award No Gear** (All Four Buildings)





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FIREFIGHTER CHALLENGE GUIDELINES

The following guidelines have been established *to preserve the integrity of the firefighter challenge competition*. These are the mandatory requirements to qualify for awards and will be monitored on an honor system. Any equipment you may bring into the stairwell must make the journey up with you.

COMPETING AS A TEAM

Firefighter teams can compete in the following ways:

1. **Greater Des Moines Metro Firefighter Challenge:** Are you on a fire department from within Polk County or one of the surrounding eight counties (Boone, Story, Marshall, Jasper, Marion, Warren, Madison, or Dallas)? Compete as a four-building firefighter team to be eligible for the Greater Des Moines Metro Firefighter Challenge. Winner gets next possession of the ceremonial travelling axe and the top three teams get **Fareway Grocery Gift Cards for their team's house fund (\$500, \$250, \$100)**.
2. **Firefighter Relay Team:** four-person team, each person climbs one building
3. **Firefighter Four Building Team (Gear and No Gear):** team of at least four members where each participant climbs all four buildings. The fastest climb time from the top four climbers will be averaged to create the team time.
4. **Fundraise together** to become the highest fundraising Firefighter team overall.

INDIVIDUAL PARTICIPANTS

Firefighter participants may climb as an individual climber (in gear or no gear). Individuals must climb all four buildings in order to qualify for the individual timed award.

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Climb Firefighter

REQUIRED ATTIRE (excluding the no gear challenge participants)

In order to qualify for awards, all Firefighter participants must wear your uniform and full gear as **authorized by your department.**

- **PPE**—Must be structural firefighting gear adhering to NFPA 1971. Both coat and pants **MUST** have the liner in place. Failure to have a liner will result in disqualifying your time. Pants must also be worn. $\frac{3}{4}$ coats will be permissible.
- **Boots**—All boots must be structural firefighting boots. Rubber, leather, & lace up boots will be permitted, provided they are fire rated. NO station boots will be permitted when qualifying for the trophy. Again, boots must be structural firefighting boots.
- **Gloves**—Gloves will be optional. They do not directly affect the outcome of the race.
- **Helmet & Hood**—Helmets are mandatory, hoods will be optional.
- **Air Tank**—An air tank must be worn the entire climb in order to qualify your time for awards. It is recommended that they be full, though this will not be policed. Bear in mind the spirit of the event is that no firefighter would make the climb with an empty bottle if a fire were at the top. There will be no official size or weight set for the air tank. The only requirement is that one be worn for the entire climb.
- **Mask**—Masks are optional. Time will be counted whether you are on air or not.
- **EMS**—Any EMS team is more than welcome in the firefighting competition provided they meet the above requirements.

TIMING

If you are climbing as a part of a **relay team**, the timing chip may be attached to a relay baton that you will pass off between buildings. If you are participating as an **individual or on four building team**, the timing chip will be attached to your race bib. Your race bib must be affixed to your gear or person with tape or safety pins regardless of challenge selection.

*All participants will be required to pay a registration fee at time of registration and complete the minimum fundraising requirement of \$100 per person on or by event day, April 7, 2024. If fundraising as a team, the team's fundraising average must equal at least \$100 per team member.