



Health & Fitness Challenge Guidelines

The following guidelines have been established *to preserve the integrity of the health & fitness center challenge competition*. The following guidelines are the mandatory requirements to qualify for awards and will be monitored on an honor system.

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

GUIDELINES:

A gym or fitness center is recognized as a community or public based gym such as:

- Health club or gym (i.e. YMCA, Aspen, etc.)
- Fitness program (i.e. Farrell's, Kosama, etc.)
- Personal trainer and three or more clients

Teams must consist of four or more people, one or more of which being a gym or fitness center employee or personal trainer. The team time will be calculated by taking the fastest climb time from the top four climbers on the team and averaging it.

COMPETING AS A TEAM

Health & Fitness Center teams can compete in the following ways:

1. **Train and compete together** to become the fastest overall gym & fitness center team.
2. **Fundraise together** to become the highest fundraising Health & Fitness team overall.

HEALTH & FITNESS CENTER CHALLENGE AWARDS

- Highest Fundraising Gym & Fitness Center Team – Team Travelling Trophy
- Fastest Overall Gym & Fitness Center Team – Team Travelling Trophy
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.