



## Race Day Etiquette

- All participants will be released in 9-second intervals.
- Slower racers should stay to the right side of the stairwells.
- All passing should be on the left & please announce, "Passing!"
- If you wear ear-buds or head phones, please only wear one.

## Race Day Schedule

- Arrive 30 min. before your assigned start time.
- Extra donations can be turned-in in the lobby.
- Post a photo or quote on our "I Climb Because Wall" in the lobby.
  - Stretch and get ready to climb!
- Line up numerically, according to your race number.
  - Begin race when instructed.
  - If needed, take a break on Floors 9, 21, or 29.
    - Cross the finish line on Floor 42!
- Walk down to Floor 40 in opposite stairwell and receive your t-shirt.
  - Take elevators from Floor 40 back to the lobby.
  - Celebrate with others at our After Party on 6<sup>th</sup> Street!

## Other Important Information

1. **AWARDS** - Awards for the fastest climbers are awarded by gender and age. The plaques will be presented at the After Party at 1:00, after the event.
2. **DONATIONS** - Checks, cash & credit cards pledges will be accepted near the check-in area in the lobby.
3. **WHAT IS ALLOWED IN THE STAIRWELL** - You may only bring iPods (or MP3 players) and an inhaler. **DO NOT bring water bottles, purses, backpacks, cell phones, etc. with you.**
4. **KEY CHECK STATION** - You can check your keys and they will be held for you until you return to claim them in the lobby before you go home. No other items will be held or stored for you by event staff.
5. **GUESTS** - Guests can accompany you in the lobby and check-in area. Guests will have to wait in the lobby or on 6<sup>th</sup> Street at the After Party for you to complete the stairclimb. They will not be allowed in the stairwells, elevators or near the finish line.
6. **PARKING** - Please carpool or use public transportation if possible... space is limited! Parking in the Metropolitan Square Building (on Pine St.) is free for participants on the day of the event. Street parking at meters is also free in downtown St. Louis on Saturdays.
7. **RESULTS** - Results will be posted at the After Party & also are available online at **[www.fleetfeetstl.com](http://www.fleetfeetstl.com)** after the race.
8. **STAIRWELLS** - There are water stations/rest stops on floors 9, 21 & 29. Volunteers will also be posted throughout the race. Look for their red, "EVENT STAFF" t-shirts.

- 9. T-SHIRTS** - After completing the race, walk down to floor 40. Volunteers will give you your t-shirt (sizes S - XXL). Participants who raised \$250+ by 2/12/20 will be on a list to receive an upgraded, long-sleeve technical running shirt. Others who raise \$250+ after the 2/12 will be mailed their upgraded event shirt.
- 10. TIMING CHIPS** - Fleet Feet uses a microchip within your assigned number to capture times for the event. Please affix your number to the front of your shirt with safety pins.

## **Join Us for the After Party on 6<sup>th</sup> Street!**

PARTICIPANTS MUST WEAR THEIR RACE NUMBER TO THE AFTER PARTY.

Celebrate with other participants from 8:30 a.m. – 1:30 p.m on 6th Street... the west side of the Metropolitan Square Building.

Each participant, 21+, will receive one free beer, compliments of Square One Brewery. Guests and participants can purchase additional beers for \$5 each. Pizza, fruit, Power Bars, water & FUZE will be free for participants or for a donation from guests. Also enjoy music and free massages!

Awards celebration will be held at 1:00 p.m. The party continues at Square One Brewery, which will be offering appetizer and drink specials until 6:00 p.m. *Square One Brewery | 1727 Park Ave, St. Louis, MO 63104.*