

Frequently Asked Questions

1. **What is a Stairclimb?** Stairclimbs are a new breed of competitive physical events that are growing in popularity around the world. These "vertical marathons" are a great way to challenge you physically.
2. **When is the Oklahoma City Stairclimb?** The event will take place on Saturday, May 8, 2010. The climb starts at 1:00 pm.
3. **When do I arrive?** It is imperative that you get there at least **ONE HOUR PRIOR TO YOUR START TIME** so you can check-in and get your bib and timing chip in a timely manner before your climb time. (Registration begins at Noon, climb starts at 1 pm).
4. **How do donations work?** All donations not previously turned in can be brought to the event and turned in at the pledge turn-in table in the lobby. *Why doesn't my \$25 registration fee count towards my fundraising goal?* The \$25 registration fee helps cover costs of event, such as event t-shirts, free snacks and refreshments, goody-bags, trophies, etc. Participants are asked to fundraise the minimum of \$100 and are encouraged and challenged to raise above the minimum. All donations go directly to helping in our fight for clean air and healthy lungs. And remember, all donations are tax deductible!
5. **How do I get there? Directions/Parking:** Please see the "Directions" link for directions to the First National Center. Parking for all participants and volunteers is available, subject to standard rates, through various parking operators of neighboring garages unless otherwise noted.
6. **Where are the restrooms?** Restrooms are available in the lobby throughout the event. Once you start the race there will be no restrooms available until you cross the finish line and take the elevator back down to the lobby.
7. **Start Line:** Line monitors will assist you at the Start Line. All participants must be in numerical order and will start every 15-30 seconds.
8. **How many floors do I have to climb?** You will climb 29 floors in the First National Center. There will be water stations, medical volunteers and security on designated stairwells for your safety and convenience throughout the climb, if you need a break or need to exit the stairs.
9. **What happens if I need a break or need to exit the stairs early?** Volunteers, security officers and EMT will be stationed accordingly throughout the building and the stairwells to ensure your safety in the building. If you need to exit, please find the nearest volunteer and he or she will escort you to a safe place or to medical assistance.
10. **How do I pass other climbers in the stairwells?** If you notice that you are "faster" than other participants, please **PASS TO THE LEFT OF THOSE PARTICIPANTS**. And if you are walking please stay to the right, feel free to use the hand rails.
11. **Where is the water?** Water stations will be located at the Start Line, 10th Floor, 20th Floor, and Finish Line. The Finish Line Celebration at street level will also have refreshments available. Remember to keep hydrated before, during and after the event.
12. **Can we carry stuff on us while we climb?** I-pods/music devices/heart monitors may be used, but must be worn properly. Cords must be tucked; no loose cords may dangle from your body as could cause injury. (If this is seen staff, volunteers or security may ask you to remove it for safety reasons.)

13. **What about personal belongings?** The American Lung Association will not be responsible for any items that are lost or stolen. There will be a place to check keys but all other personal items should be left at home or in your car.
14. **Can we carry our things in backpacks during the climb?** There will be no backpacks allowed during the climb. Please leave all unnecessary personal belongings with a non-climber, at home or in your car.
15. **What about safety?** All security procedures must be followed. Security officers and EMT will be stationed accordingly throughout the building and the stairwells to ensure your safety in the building. They will have radio communication in case of any emergency.
16. **How do I view my climbing results?** Official results will be available on our website and as available at the event Finish Line Celebration.
17. **How does timing work?** Every single climber is timed, whether you decide to race or just walk. Even if you are on a team, you can still qualify for individual awards. Team times are calculated by the average of your fastest 3 climbers.
18. **Are there Awards?** Fundraisers qualify for rewards at different levels. Please see the Incentives page for details. There will be prizes awarded for fastest climbers, top fundraisers and largest teams.
19. **How old do I have to be to climb?** All ages are welcome and kids under the age of 10 must climb with a parent or guardian. Participants under age 16 must have a parent or guardian on site the day of the event.

Any other questions/concerns?

Please contact us at 405-748-4674 x203
We will be more than happy to assist you!