



Race Day Etiquette

All participants will be released in 12-second intervals.

- Slower racers should stay to the right side of the stairwells.
- More competitive participants race on the “inside” track, on the left.
- All passing should be on the left & please announce, “Passing!”

Race Day Schedule

- Arrive 30 min. before your assigned start time.
- Extra donations can be turned in in the lobby.
- Submit a photo or quote for our “Memorial 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!
- Water and “down elevators” are available on Floor 40.
- Step off the elevator; get your free t-shirt & Power Bar.
 - Celebrate with others in Java Plus.

Other Important Information

- 1. AWARDS** - Awards for the fastest climbers are awarded by gender and age. The plaques will be mailed or delivered 4-6 weeks after the event. Winners can see their results after the event at www.fleetfeetstl.com.
- 2. DONATIONS** - All donations can be turned in at the registration table in the lobby.
- 3. WHAT YOU CAN & CANNOT BRING** - You may only bring your keys, iPods (or MP3 players), inhalers, and donations into the lobby with you. **DO NOT bring water bottles, purses, backpacks, cell phones, etc. with you.** You can check your keys and they will be kept safely for you until you return to claim them in the lobby before you go home.
- 4. GUESTS** - Guests can accompany you in the lobby and registration area. Guests will have to wait in the lobby for you to complete the stairclimb and take the elevators back down.
- 5. PARKING** - Parking in the Metropolitan Square Building is free for participants on the day of the event. The parking garage entrance is on the south side of the building along Pine St.
- 6. RESULTS** - Official results will be available online at www.fleetfeetstl.com almost immediately after the race.
- 7. STAIRWELLS** - There are water stations/rest stops at floors 9, 21, & 29. Volunteers will also be visible throughout the race on every-other floor. Look for their red, "EVENT STAFF" t-shirts.
- 8. START LINE** - The starting line is in the lobby of the Metropolitan Square Building- it will be clearly marked. Please line up according to your bib number and start time.
- 9. T-SHIRTS** - After completing the race, take the elevator down to the lobby. When you step-off the elevator volunteers will give you your t-shirt (sizes S – XXL) and a free Power Bar.
- 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.
- 11. FOOD & WATER** - Bottled water is available in the lobby and on floors 9, 21, 29, and 40. Participants and volunteers can help themselves to fruit, bagels, and wraps in "Java Plus," the café in the building's lobby.