

Final Event Instructions



Thank you for participating in the 2013 Climb MS: Power up the Tower, a fundraiser for the Central North Carolina Chapter of the National MS Society. Multiple sclerosis interrupts the flow of information between brain and body and stops people from moving. We believe that moving is not just something you can or can't do, but that moving forward is who we are. By participating in Climb MS, you are connected to the potential, the hope and the momentum of it all. Thank you for JOINING THE MOVEMENT towards a world free of MS.

>climbMSncc.org

<p>CHEWING GUM is one of the best known ways to help prevent or lessen the effects of dry lung in climbing participants. This tip was shared with us by former Biggest Loser contestant Tara Costa.</p>	<p>Schedule of Events 7:15 Registration & Bib Pick Up Open 7:30 Fire Wave 7:45 Wave 1 7:52 Wave 2 7:59 Wave 3 8:06 Wave 4 8:13 Wave 5 8:20 Wave 6 8:27 Wave 7 8:34 Wave 8 8:41 Wave 9 8:48 Wave 10 8:55 Wave 11 9:02 Wave 12 9:09 Wave 13 9:16 Wave 14 9:25 Wave 15 Awards Ceremony Following</p>	<p>Start Times:</p> <p>Your individual start time will be emailed to you and be posted on the Climb MS Website by January 30th.</p> <p>Please be a the climb 15-20 minutes early to get your bib and get in line.</p>
<p>The Winston Tower is located at: 301 N. Main St Winston Salem, NC 27101</p>	<p>Still Time!</p> <p>There is still time for your friends and family to register. Online registration closes at 12PM on 1/30 but there WILL BE on site registration the morning of the climb.</p>	

Parking

Parking for most Climb MS Participants will be available in underground Parking Deck of the Winston Tower. When that deck fills there is ample parking downtown during the weekends.

Getting to the Start Area

Climb MS starts on level E of the Winston Tower parking Garage. If you are parked in the garage, make your way to the bottom floor. If you enter the Tower through the Lobby please follow the orange arrows to get to the registration and check in area.

Warm Up

Due to the limited space and safety of all participants there is no running permitted in the building prior to your climb. All warm ups must be conducted outside of the Winston Tower.

Rest Stops

Rest stops will be available on climbed floors 12 & 22. Restrooms and water will be available at each stop. Other than emergencies there will not be other opportunities to exit the stairwell.

Pre-registered Bib Pick Up

Pre-registered runners will go the Bib pick up station where they will receive their climber number bib. All pre-registered runners will have an assigned Wave they will start in. This information is provided with these instructions and will be on the website by Thursday January 31st.

If you were one of the first 250 to register you will pick up your t-shirt at the top.

You should prepare to line up 5-10 minutes before your wave to be ready to climb.

Timing Chips

Your timing chip is on your climber number. On The Mark has a great timing system that is disposable so there is nothing to return. Your timing chip will record your official course time, which is captured at the entrance and exit of the stairwells. Times will be posted on the results board and online.

You MUST wear your bib on the front of your shirt at all times during the climb.

Rest Rooms

Rest Rooms will be available. You will follow BLUE arrows to the restroom. Follow ORANGE arrows back down to start line.

Course Description

There are 618 steps. Each floor has two flights of stairs separated by a landing. There is one landing that is like a short hallway. Two rest stops are available on the route.

What to Expect

Dry Lung: Be prepared to experience "dry lung". It happens when exercising in an environment with very low humidity such as a stair well. You may have a consistent cough for a short while after you climb. This is normal. As seen below, chewing gum has helped alleviate dry lung with some climbers.

Start Line: The start line will be an energetic area with fellow climbers who are excited about the event. Early arrival is suggested so you will have time to turn additional donations, stretch and line up. All participants will be given a starting number. If you miss your wave you may have to wait until the last wave to start.

Finish: Though you'll climb 30 floors, the race will end on the 26th floor. From there, you will get a bottle of water and your shirt, then have a nice elevator ride to the bottom by taking the elevator to the ground floor and then walking down four flights of stairs to the bottom of the tower.

Race Day Tips

Here are some other useful tips that will help you on race day:

- Before arriving on race day be sure to eat a nutritious, but light breakfast. Water will be provided at the start line and all rest tops. Prior to starting the Climb, be sure to stretch and warm up.
- Don't rush out of the gates too fast! Take your time for the first 5-10 flights, then begin increasing the intensity of your climbing.
- While the stairwell is well ventilated, consider consulting your physician if you have any breathing disorders, which may be triggered by the dry air

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