

Comenat, Wilma (WA-AK)

From: TEST MESSAGE FROM: Big Climb [wilma.comenat@lls.org]
Sent: Tuesday, March 17, 2009 9:10 AM
To: Comenat, Wilma (WA-AK)
Subject: Big Climb logistics



Who-hoo! Are you ready? You have one week left to train for the Big Climb. Umm, for the procrastinators, this is your only week to train. This event is sold out so consider yourselves "lucky" to be able to climb 69 flights of stairs. Before getting to the nitty gritty, here are some interesting facts:

- * Youngest competitor doesn't even have a name yet (1st trimester). The oldest competitor is 98 years old. Yup, you HAVE to finish now or that could be embarrassing.
- * The fastest time last year was 7:39 and the slowest was 1hr 58 mins. Hmm, might have chatted too long with the water stop volunteers.
- * The four largest teams combined total over 700 participants! They are checking in on the 2nd floor. Some advice - stay away from the 2nd floor.
- * Think going up once is tough? One elite competitor will be going up the stairwell a record (7) times! Yikes.
- * We are close to the \$1 million mark so keep up the great work!

And now, for your reading pleasure (actually, it's important stuff so read it or be clueless on race day):

What to expect on race day

Free parking at the Columbia Center - 701 5th Ave. in downtown Seattle. Enter on Columbia St. between 4th & 5th Avenues. You may be directed to another nearby parking lot for overflow.

Everyone must check in on the 1st floor. Check-in is allowed only 30mins prior to your start time. After checking in listen for announcements for your actual start. Racers (timed) will line up by Specialty's Cafe and climbers (untimed) will line up by Cafe Columbia 5mins before the actual start time. You will enter the stairwell in 5 second intervals.

Vendor booth highlights

Free bone marrow typing drive - A simple swab of your cheek, some paperwork, and you could potentially save someone's life! Normal cost is \$50-\$100 to join the national registry but this will be **FREE** thanks to a generous donation by The Wayne R. Mangan Family Foundation. Must be 18 or older with photo ID.

Liberty Mutual - For every auto or home insurance quote, Liberty Mutual Insurance will donate \$5 back to LLS. To receive a free, no-obligation quote click on and fill out one or both of the following links: [Auto Quote](#) and/or [Home Quote](#). Interested in receiving a quote over the phone? Contact Kevin O'Brien at (206) 799-3997. Don't forget to mention you are part of the Big Climb!

If you are on a team of 10 or more the team captain will check in for everyone. If your team is less than 10 people everyone needs to check in individually. **Frankie Fans, Project Trevor, Climbing for Caleb, and Illahee** team members must check-in on the 2nd floor.

For those over 21, your \$50 fundraising minimum must be turned in no later than April 10th. You may turn in pledges on race day at the Info tent. Participation in future events will not be allowed if this requirement is not met.

T-shirts and goodie bags can only be picked up after you check in.

There will be water in the stairwells on floors 21, 32, 40, 49, 56 & 65. Free water will be available at the finish as well. There will be NO water at the start.

Spectators are allowed on the 1st floor lobby level only!

If you need to pass someone in the stairwell, pass on the left. You should go up the stairwell single file on the right. Everyone will take the elevators down.

Racers MUST turn in their timing chip at the finish line or info booth. There is a \$30 fee for lost chips. Chips should be worn on your **right** wrist.

After you soak in the view at the finish, you will be directed to the 40th floor Rehab where free post-race snacks are available.

RESPECT THE BUILDING - No pets, clean up after yourselves, adhere to all posted signs, and so forth. Any participant not adhering to rules may be asked to leave - no refunds.

Panera Bread - Stop by for a tasty, fresh bagel treat. Participants will also get free samples on the 40th floor Rehab.

Oakley - Check out and try the new Demo Thump MP3 Sunglasses for free. You can also sign up to win one of 2 free pairs that will be given away on race day.

Lake Union Wellness - Stop by for a free 5-minute massage and/or to discuss your chiropractic needs from Seattle's Premiere Posture Specialists using modern, evidence-based chiropractic care.

LLS - Staff members will be on hand to answer your questions about other Leukemia & Lymphoma Society events. Our Patient Services staff will also be on hand.

What to expect after the race

McCormick's Fish House & Bar located in the Columbia Center is offering participants 25% off their food bill. Show your event shirt. If you have a large party please call for reservations. 206.682.3900.

The Pike Brewing Company is offering participants select Happy Hour food and drink specials all day. Show your event shirt. A free shuttle will run between the Columbia Center and Pike's from 11am-5:45pm. The shuttle will be at the Columbia Center on the hour and half hour. It will be at Pike's on the :15 and :45 of every hour.

Thanks to our sponsors

The following companies have donated generously to help make this year's event successful: CAC Real Estate Management Co., Inc., Rainier Investment Management Inc., ING Direct, PYP Attorneys at Law, Pyramid Breweries, McCormick's Fish House & Bar, Panera Bread, Talking Rain, OutdoorsNW, ABM Janitorial, 95.7 KJR FM, Columbia Tower Club, Lake Union Wellness, YELP, Oakley, Service Master, Yami Yogurt, and Zipcar.

Big Climb Seattle - The Leukemia & Lymphoma Society

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