

Climb to the Top NYC Final Event Instructions

For the most up to date information, please visit www.climbMSnyc.org.

ALERT! Climbers listed here had their climber packet mailed to them on Wednesday, February 15. If your name is not on this list you must plan to arrive at least 60 minutes prior to your assigned start time to pick up your packet.

Please check www.climbMSnyc.org for the latest start time assignments.

Packets contain your critical event day materials and will only be distributed to participants who have reached the \$250 fundraising minimum. Participants will NOT be allowed to participate without these materials. You may turn in checks or make a credit card donation at the event to reach the \$250 minimum and/or the \$1,000 Top Fundraiser minimum. **Please do not bring cash.** Matching gift forms that have been submitted, but not paid by the company do not count towards the \$250 minimum.

**Mailed packets should arrive no later than Friday, March 3. If you do not receive it by that date, you will need to visit the Packet Pick-Up area to receive a bib.*

First things first – how do I get to Climb to the Top?

Climb to the Top is held on the concourse level of 30 Rockefeller Plaza. When arriving at the site, enter 30 Rockefeller Plaza on the street level (near the ice skating rink), and use the staircase on the right hand side to get to the concourse level, which is one flight down. Additionally there is an elevator that can take you down one level.

There is no onsite parking available at 30 Rockefeller Plaza so we recommend that participants take public transportation to Climb to the Top. If you're going to drive, [click here to view driving directions](#) and [parking areas near Rockefeller Center](#).

Do I have to check in once I get there?

You only need to visit check in if:

- You need to pick up your participant packet because you didn't get it in the mail
- You're turning in donations
- You need a replacement bib for whatever reason (hey, things get lost sometimes)

One last reminder Only participants who have \$250 in confirmed donations will be allowed to participate. No if, ands, or buts about it!

I've got my materials – what do I do now?

Here's the most important step – pull out your bib (which has your timing chip attached to it) and pin it to the **front** of your body. Please do not remove the timing chip from the bib – it's attached for a reason!

Bib is attached. Now where do I go?

This is **super important**! You must be in your start line corral 15 minutes ahead of starting. We'll have volunteers walking around to help announce which wave is being called. Remember – the event is at capacity so it is critical that everyone arrives at least 30 minutes prior to their start time. There will not be space to accommodate anyone in later waves.

Remind me again what I signed up for?

You courageously decided to climb 66 flights of stairs (the finish line will be on the 69th floor). That

equals about 1,215 steps! Each stair width is 66 inches and the length is 10 inches. Each story has two flights of stairs, separated by a landing (the majority of them are nine steps each).

What does your schedule of events look like?

Boy, do we have a jam packed morning for you! Here's a quick overview of how the morning will run:

- 6 a.m. Event site opens
- 6 a..m. Top of the Rock Box Office opens for friends and family to purchase tickets
- 6:20 a.m. Opening ceremony
- 6:35 a.m. Fire, Military and Police Division
- 6:45 – 8:55 a.m. General participant waves
- 9:05 a.m. Family Division
- 9:45 a.m. Results ceremony on the concourse.

Awards will be presented to the top three male and female climbers, and top male and female youth climbers (ages 7-11).

What should I do with my stuff?

Never fear, bag check is here! We'll have a free bag check area on the concourse for all participants. Top Fundraisers and Elite 66 Club members will have a separate bag check located in the Top Fundraiser Lounge. Bag check will close promptly at 10 a.m.

Now, this note from our lawyers: please do not bring valuables with you to the event. The New York City --Southern New York Chapter of the National MS Society is not responsible for any lost or damaged items. All bags are subject for inspection.

Climb to the Top will Feature LIVE Athlete Updates!

What are LIVE athlete updates?

You, your friends and/or family can have your results, once you reach the Top of the Rock®, sent to Facebook, Twitter and your mobile phones.

How does it work?

- Go to: <https://register.chronotrack.com/event/tracking/eventID/28284>
- Set up or sign on to your ChronoTrack Live account.
- Search for the athletes that you would like to receive updates on.
- Select how you would like to receive these updates.

Where can I have my portrait taken to commemorate my accomplishment?

We appreciate everyone's need to get a snapshot of their good side, so we have a few options for you:

- **Official Kodak Photo:** Participants will have the opportunity to purchase a finish line photo from the Top of the Rock™ Observation Deck. Photos will be taken by the Top of the Rock's official photographer, Kodak, and will be available on the day of the event at the gift shop. After your photo is taken, the Kodak photographer will hand you a card. This card is required for you to be able to redeem your photo for purchase.
- **Team Memento:** We will have photographers at the Top of the Rock™ Observation Deck to snap a team picture. Because we have a lot of pictures to take, photographers will not be able to wait until all team members are present.

- **Photo Booth Fun:** We're hosting a photo booth located on the concourse level next to Starbucks. Strike a pose and have the picture emailed to you on the spot!

How do I get my celebration on after my triumphant trek to the Top?

First, you will exit the stairwell on the 69th floor and cross diagonally through the door to the outdoor terrace. **Please, please, please do not stop once you exit the door way;** keep going until you reach the cool down area.

Oh, and don't worry, you will be taking the elevator down to the concourse level after you're done!

- **Get your Climb to the Top swag:** all climbers will receive a finisher medal and an official Climb to the Top t-shirt! Top Fundraisers can grab their gear in the Top Fundraiser Lounge.
- **Refuel:** All of that climbing can take a toll on your body, so we want to make sure you're watered and fed. Pure Protein bars, Noosa yoghurt, Herr's chips, Bai drinks, water and other goodies will be available at the concourse for you to grab.
- **Meet the mission:** Learn more about multiple sclerosis and our chapter by connecting with our **Climb to the Top Champions**, who are living with MS, and are the reason we're all working so hard. The Champions will alternate between the Information table and the finish line at the Top of the Rock™ Observation Deck from 6-10 a.m., to meet and thank you for climbing on their behalf. Better yet, stop by the table to have them sign an orange Champions bandana for you to wear while climbing. While you're there, check out our **Symptoms Museum** to learn more about the effects of MS.
- **Are you a Fundraising All-Star? Stop by your exclusive area!** The Top Fundraiser Lounge is a special area for those who have gone above and beyond. This year we're pumped to offer awesome perks in the lounge like massages, Bareburger sandwiches, This Pie is Nuts mini pies, Essa bagels, and more!

How does my cheer squad get to the top?

Because Rockefeller Center® is open to the public during the event, friends and family are welcome to visit the Top of the Rock™ Observation Deck beginning at 6 a.m. for a discounted admission. Please have your guests go to the Top of the Rock™ Observation Deck box office and mention Climb to the Top at the time of their ticket purchase.

Insider Tip We recommend that friends and family arrive at least 30 minutes prior to your start time to give themselves enough time to purchase their tickets and get to the top before you do. There will be a special waiting area for friends and family to cheer for participants.

Talk to me about your emergency support system.

We would be happy to! First aid will be available as needed throughout the stairwell. If you, or someone else needs first aid, please call the emergency phone number on your bib or inform a course marshal. It is strongly recommended that you climb with your cell phone for use in emergencies only.

What are the rules of the road... or should I say stairwell?

Thanks for asking! Here's a quick rundown of some important rules to keep in mind:

- Keep right while climbing
- Participants must pass on the left
- We know you love your buddies, but you can't climb more than two abreast
- Please do your best not to stop in the stairwell. If you need to catch your breath, make sure you only do this on a landing, not on the actual flight of stairs.
- Do not wear headphones while climbing. You need to be able to hear your fellow climbers!

All participants who have not reached the 50th floor by 9:45 a.m. will not be able to complete the climb and will be escorted down to the concourse level via the elevator

Um, what if I need a water or bathroom break?

We've got you covered! Rest stops are located on floors 43 and 54 where restrooms and water will be available. There are also restrooms available on the concourse level and at the Top of the Rock™ Observation Deck.

What if I'm just too tired to finish?

No worries! If you wish to stop climbing altogether, climb to the next rest stop and inform the rest stop captain that you can no longer continue. If you are unable to climb to the next rest stop or are experiencing a medical emergency, **do not head back downstairs!** Call the emergency number on your bib or tell a rest stop captain that you need assistance and a medical team will be alerted.

How do I brag about my awesome accomplishment with everyone?

Feel free to toot your own horn because you earned it! Be sure to share your pictures and experience on social media and use the hashtag #ClimbMS to join in on the conversation.

Thank you for joining the movement toward a world free of MS. We look forward to seeing you on Sunday, March 5!

Questions? Need more information? Want to share your costume idea?
Email climbMS@msnyc.org or call 212-463-9791.



Kaitlyn, Michele, and Abby are ready for you! If you spot us, make sure you say hi!

Climb to the Top NYC is presented by:



Climb to the Top NYC is hosted by:

