

Rules for Racers and Application Form

For the Great Stair Challenge

- 1. You must follow the route. The route starts at New Horizons Tower (1140 Bloor Street West). Teams go up the East Stairwell to the roof, across the roof, down the West Stairwell to the basement and across the basement to the East Stairwell and, after 8 complete laps exit the building and run north on Dufferin Street to Oasis at 1219 Dufferin. Rest stops in the elevator are not permitted.**
- 2. The route will involve 8 complete cycles,**
- 3. Marshals will be present at the basement, 9th floor and roof. The basement marshals will call out to you how many additional cycles you have left each time you pass. For example, the first time you pass the basement marshal will call out “7 more to go”. The marshal’s count is final.**
- 4. If you observe any hazards (e.g., sweat drops on the floor) please note the location (each floor is clearly marked) and advise the next race marshal you see. There should be a minimum of two race marshals at each location with cell phones so someone can be dispatched to address the hazard.**
- 5. Residents will be advised not to use the stairs except in case of fire or other emergency. If the Fire Alarm is to sound during the race the race will be terminated by the Marshals at that point and reconvened as soon as the incident is cleared. If you meet a resident in the stairway or corridor you must stop and let the resident pass. Do not endanger the resident by running past him or her.**
- 6. No liquids can be consumed on the stairs as this will cause a hazard. There will be cups of water at the marshal table in the basement and roof, but cups must be discarded in the garbage container that will be available at the door leading to the Stairwell. Runners may bring a towel to wipe off perspiration.**
- 7. You are allowed to use the handrails throughout and to take more than one step at a time going up. For safety reasons you are required to land on each step on the way down.**
- 8. You are not allowed to interfere with, touch or impede other runners. This is an endurance race, not a sprint, so frequent passing or jockeying for position should not be required. Where a racer wishes to pass, he or she**

should say: “passing” (no trash talking please) and the lead racer must provide the outside lane for the passer. If the passer succeeds in passing the lead runner, the former lead runner cannot then pass for at least one flight of stairs.

9. Racing up 136 flights of stairs is a significant strain on your body. Racers are urged to see their physician in advance and to train appropriately. No medical personnel have been assigned to the race. If you experience shortness of breath, chest pain or any other unusual symptom stop racing and inform a race marshal immediately.
10. By participating in the race you are waiving responsibility to New Horizons Tower and Oasis Dufferin Community Centre for any health effects or accident that may occur.

I agree to observe the above rules and to the waiver:

Date:

Signature:

Age Group (indicate if teenager, 20-29, 30-39, 40+)

The other racers on my team are as follows (team must consist of 4 racers with at least one woman per team):

Church or other affiliation for group: