

MFAQ about the American Lung Association Stair Climb at the Hilton Hotel in Springfield



How Do I register?

Go to www.fightforairclimb.org Click on Illinois. Click on Hilton Springfield Climb. Follow instructions from there. (I would love to have you Join Team Geninatti Gym, just search Geninatti Gym under teams)

Is this a fundraiser?

Yes, for the American Lung Association.

Do I need to be a fast climber? Heck NO again! Anyone can do this. Call me with any questions 217-825-7957 or email kgeninatti@hotmail.com

Won't it be hard on my knees? NO! Stair climbing is very low impact. Going down stairs is much harder on your knees. People who can not run can do stair climbs.

How is this stair climb thing done anyway?

One at a time they let you go into the stair well. You are timed at the bottom as you go across the timing pad and timed out at the top as you cross the timing pad. It is most efficient if you step on every other step and use the handrails to pull you up. You should not plan on "running" up the stairs. The American Lung Association, along with Fit Club, will be holding boot camps, with a couple of them being held at the Hilton where you will have a chance to climb the stair well.

How many flights of stairs?

You start in the lowest level, the concourse level, and go to the 30th floor, there is no 13th floor, which makes it 32 floors that you climb.

How many steps are there?

535 (or close to that, I get a different # everytime I count! Not all floors have same # of steps) Depends if you count the step you take on the landing 1/2 way up each flight. At the Hilton it is one long flight to a floor. Most buildings have a flight, turn and another flight to = a floor. Residential building have shorter flights than commercial buildings, because the cellings are lower.

What side is the handrail on?

Left

Will all team members climb together?

Yes we will climb in a group, but will go into the stair well one person every 8-10 seconds.

Do you have to be on a team?

No, you can sign up as an individual, but Team Geninatti Gym is a very fun, encouraging and motivating group.

What is the Ultimate Climb?

Seeing how many times you can climb the Hilton in one hour.

If I do the Ultimate climb, how am I ranked for my fastest time?

Your first time up will be the time they use to place you.

Can I be a member of Team Geninatti Gym or another team and do either the Ultimate Climb or the 1 X climb?

YES!

Can I go to the Hilton to practice?

The Hilton does not allow this. ;)

When is the Stair climb at the Hilton?

The American Lung Association stair climb is Feb 22nd, 2014 at the Hilton Hotel in Springfield. It is going to be bigger and better than ever. It is a great planning committee and American Lung Association staff members and volunteers are working hard to make this even super fun and successful.

What are the benefits from joining Team Geninatti Gym?

You mean besides getting a really cool T-shirt? And besides hopefully being on THE largest team? The support and encouragement from Karen and all of the other team members is amazing! You are supporting a GREAT cause! Use your lungs for those who can not. The camaraderie before, during and after the climb is such a great High! In previous years people have met great friends and training partners by being on the team. Having other team members to train with. STRENGTH IN NUMBERS Baby!! :) Karen is a world ranked stair climber and will make sure you are prepared to do this. It is a huge sense of accomplishment.

What are some things I can do to prepare for this if I do not have access to a tall building to climb?

Everyone's goals are different. Some just want to be able to reach the top, and not concerned with time. If this is the case, just up your cardio intensity and prepare yourself mentally. Your goal should be to keep moving during the climb and not stop. Once you stop it is hard mentally and physically to get going again.

If you want to climb the Hilton as fast as you can, here are some training tips.

Tabata training: Work very hard for 20 seconds, recover for 10 seconds. Repeat for 8 rounds=4 min (although at Geninatti Gym we do this for 10 rounds=5 min. Do this with exercises like Burpees, Jump Squats, box jumps, very fast jump rope, mountain climbers, squat thrust, forward jumps.

Jacobs Ladder training. work as hard as you can for 5 mins, rest repeat

Step mill, work very hard, try to work up to fastest level you can do and still stay on it.

Climb any flight of stairs, even if it is not a tall building.

Treadmill, highest incline and fastest speed. Tabata intervals.

*Redline training-*Work as hard as you can for 5 mins with no breaks.

Plyometrics, explosive movements.

Climbing stairs requires 1) Mental toughness..being able to keep pushing when the pain gets unbearable 2) quad strength and endurance 3) good lung capacity/ cardio condition

Do I have to pay for the team T-shirt if I join team Geninatti Gym?

Of course not! Karen will contact you to find out what size you would like.

Will I get a t-shirt for doing the climb even if I do not join a team?

Sure will!

Do I have to pay to be on a team?

You only have to pay to register and to fulfill your fundraising commitment to the American Lung Association.

What are you waiting for? www.fightforairclimb.org