

European Towerrunning Championships 2012



Towerrunning as a competitive sport

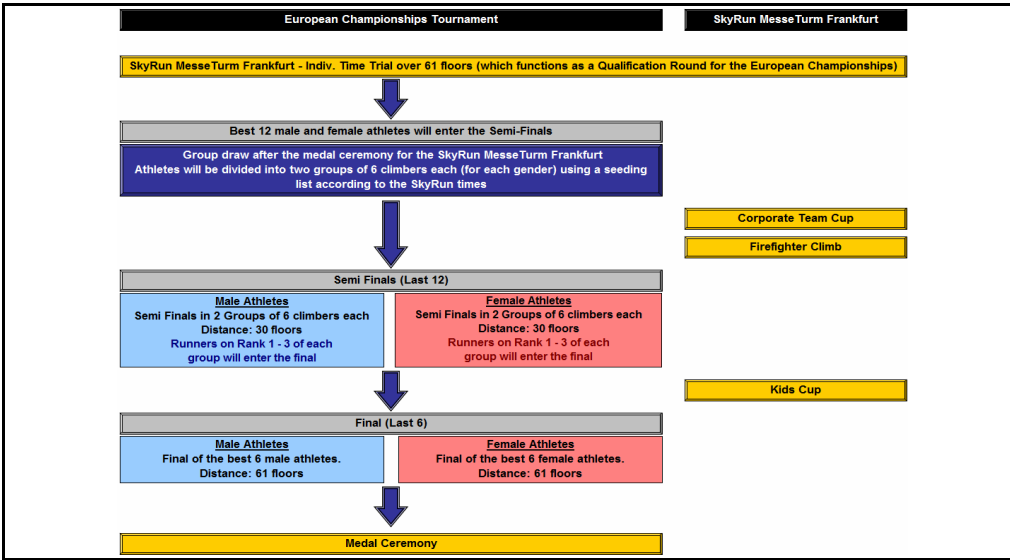
Take the stairs and not the elevator - that's not only a wisdom for health promotion in everyday life, but also the slogan for a new sport, which has set itself the goal to use the stairs as sports equipment. In the so-called Towerrunning sport athletes ascent skyscrapers, towers and outdoor stairways in the fight against the clock and opponents. Altogether there are about 200 international regularly organized stair climbing events and tens of thousands of participants each season accept this unique sporting challenge. While most of the participants are amateur runners, who climb for the fitness reason - very often combined with a charity aspect, there is a growing group of elite runners. For them the race itself is becoming increasingly important. The idea of championships and titles lies in the very nature of sport. Until three years ago there was no official ranking system for the Towerrunning discipline. This situation has substantially changed in 2009 with the introduction of the Towerrunning World Cup as a ranking system to compare the international elite stair climbers over the whole season. In 2012 additionally to the World Cup rankings for the first time since the unofficial 2002 world championship race in Kuala Lumpur, there is at least for the European stair-athletes the possibility to win a prestigious Towerrunning title in a one-day championship in direct competition on the stairs. With the Towerrunning European Championship 2012 in the MesseTurm Frankfurt (Germany) an important milestone on the path of increasing professionalisation of the stair run-Sports will be set. Also a model for other continental Towerrunning championships or the official re-introduction of a Towerrunning World Championship will be created. The Towerrunning European Championships 2012 will be organized as a joint project of the MesseTurm Frankfurt, the Sports Directorate of Towerrunning Office Vienna and ARQUE (a German charity organization for children congenital disorders of the spinal cord) and will be officially legitimized by the Towerrunning Office.

European Towerrunning Championships 2012 - The main principle



The aim of the European Championships in Towerrunning is to crown the best allrounder on the stairs. Therefore the runners have to compete on the one hand over two different distances and on the other hand in different race formats in a one day tournament. As a preliminary round of this act (in the morning of the race day) the SkyRun MesseTurm Frankfurt as an individual time trial of elite runners and amateurs over 1202 stairs, 61 floors and 222 meters elevation will function. Based on this, the 12 best male and female runners will qualify for the European Championships semi-final round. There they will compete in two groups with six climbers each in a direct competition (Mass Start) over 30 floors (582 stairs) to qualify for the final. In the final race in the evening the best 6 climbers of each gender will climb again in direct competition over the full distance to the 61st floor of the MesseTurm. This tournament modus provides the possibility to obtain the SkyRun MesseTurm in its current form as an integral part of the European Championship. Also participation in the European Championship final rounds in theory could be possible for a large field of amateur runners, since the participants have not to fulfil any pre-qualification conditions, but everyone could directly qualify for the European Championship through a top 12 position in the SkyRun individual time trial.

Event Overview

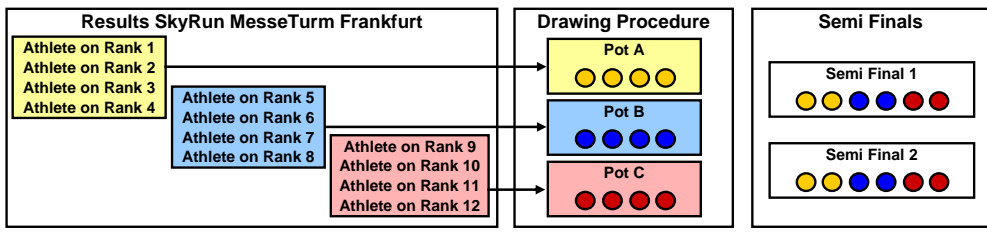


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How does the qualification and the group draw work?

Qualifying for the Top 12 European Championship semi-finals is directly based on the result lists of the SkyRun MesseTurm Frankfurt individual time trial race. If any qualified runner will retire from the tournament before the semi-finals the next best climber of the SkyRun will move up. After the medal ceremony from the SkyRun the draw for the semi-final groups will take place on the main stage. The 12 qualified athletes of each gender will be distributed to 3 different pots according to the SkyRun results. In pot A the athletes ranked 1 to 4 in the SkyRun list will be seeded. The athletes in positions 5-8 go into pot B, and the athletes in positions 9-12 go into pot C. Then (for both genders separately) from each of the three pots two athletes will be drawn to semifinal race 1 and semifinal race 2 so that at the end for each gender there will be two fairly equally occupied semifinal races with six athletes each. To optimize the clarity of the drawing process the procedure will be displayed with the help of computer graphics on the stage and will be moderated in German and English.

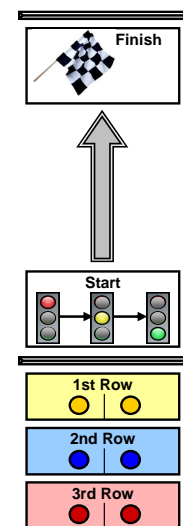


A spectacular start modus

For the semi-final and final races of the Championship a spectacular and TV-friendly start mode will be used, which is adapted to the typical start procedure in automobile racing. For this the climbers will be lined up in a starting grid with two climbers in each row. The distance between the rows of the grid is 1.5 meters, the climbers within each row are on the same level. The start will be performed by using a starting light, which switches from red to yellow after oral notice ("Ready"). After 3 to 5 seconds then the light switches to green and the start for every six athletes simultaneously will be released. The timing is triggered for all athletes as soon as the starting light jumps to green. Along the run-in sequence in the finish will be crucial (the net time will not be relevant). The start from the first row is thus associated with an advantage.

In the semi-final races, the four top athletes of the SkyRun (seeded in pot A) will be distributed to the front row in each of the two semi-final races, the athletes from pot B may go to the second row and the athletes from pot C must line up in the third row. The first athlete picked in the draw will stand on the left side of the grid, the other one on the right side.

In the final race the semi-final winners will line up in row 1, the runners-up of the semi-final race in row 2 and the third placed athletes from the semi-finals in the 3rd row. The athletes from the first Semi-final race get the position on the left side, the athletes from the second Semi-final race will stand on the right side.



How fair play will be ensured

As at the 2012 European Towerrunning the athletes will compete not only for the coveted first official continental championship title, but also for a huge prize money fund, possible violations of the rules at the European Championships will be sanctioned consistently. For this purpose referees in the stairwell (briefed beforehand by Towerrunning Office) will monitor unfair actions of any kind (i.e. use of elbows, holding other runners shirt / jersey etc.). A violation will be illustrated to the runner by showing a yellow card. All irregularities, which were punished with a yellow card and recorded in the referee protocol, can lead to time penalties for the respective race or to disqualification. The decision on any penalties will be made by the Race Director (Michael Lederer) and the Sports Director of Towerrunning Office Vienna (Sebastian Wurster), which are jointly responsible for the sports management of the European Championships tournament. Given the availability of TV or video recordings the video evidence will be used too.

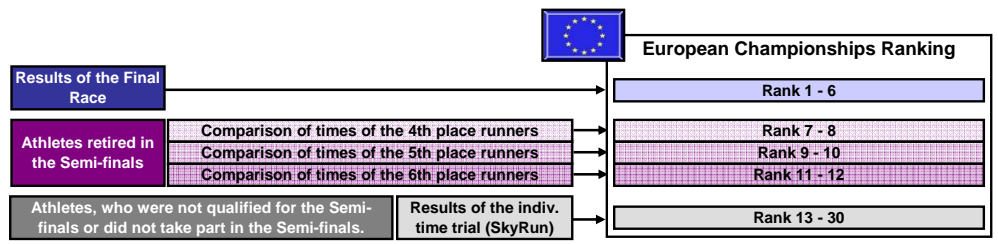
In the starting area in addition a start referee will be placed, which interrupts the starting procedure immediately (indicated by a red flag), if a runner leaves the start box with any part of the body before the green light goes on. The athlete causing the jump start is allowed to participate at the second attempt to start the race again, but will be punished with a yellow card and a penalty of 10 seconds (in the semi-finals) or 15 seconds (in the final), which will be added to the climb time of the corresponding round. If a runner during the entire Championship Tournament will be penalized for the second time with a time penalty he will be disqualified and demoted to the last place (12th place after a disqualification in the semi-finals, 6th place after a disqualification in the final race).

Fair play is a central pillar of any championship, and is therefore expected of all participants, so we are hopeful that no penalties will be necessary at the European championships tournament.

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How will the European Championships ranking be compiled?

Overall at the European Championships the best 30 athletes will be honored with a certificate (in addition to the certificate for the SkyRun MesseTurm Frankfurt) and officially released on the Towerrunning website. The places 1 to 6 arise directly out of the results of the final race. The times of the SkyRun individual time trial and the semi-final results will be not longer relevant for the placement of European Championship Final participants. This results in a simple and spectator-friendly competition mode: Whoever finishes first will win the race (assuming no time penalties were issued). The runners retired in the semi-finals will be distributed to the places 7 to 12. In this procedure first the semi-final placing in each race (4th, 5th or 6th place) and under the equal placed runners from the two semi finals the better time will decide. The runners who are not qualified for the semi-finals will be ranked 13th to 30th by the time achieved in the SkyRun MesseTurm Frankfurt. Beyond rank 30 the SkyRun in recent years only was occupied by German athletes. Therefore no official European Championships rankings will be awarded behind rank 30.



Medal ceremony and prize money

After the participants of the final race have overcome the last one of the 2986 stairs (all three rounds together) and thus one of the indoor-stair-races with the most stairs ever held and the first drops of sweat are dried, medals will be awarded to the three best Towerrunning male and female stair climbers of Europe in a presentation ceremony. The winner will also receive the first Towerrunning European Championship Cup in the history of the Towerrunning-sport. For the 12 best athletes of each sex also valuable cash prizes and non-cash-prizes will be awarded. With a prize money fund of 9,000 € The European Championship tournament is the most lucrative Towerrunning event in Europe. After the sounds of the national anthems for the winners and the European anthem, and a champagne shower, the newly crowned European Champion may then be celebrated by cheering crowds and enjoy the moment of triumph.

Rank 1	750 €
Rank 2	500 €
Rank 3	250 €

Overall prize money (separately for men and women)
4.500 €

Rank 1	1.250 €
Rank 2	750 €
Rank 3	500 €
Rank 4	250 €
Rank 5	150 €
Rank 6	100 €
Rank 7 - 12	non-cash prizes

How will the event be considered for the Towerrunning World Cup?

In addition to the money and non-cash prizes valuable World Cup points will be awarded to the best athletes of the event. The SkyRun MesseTurm Frankfurt, together with the European Championship tournament in the 2012 season again will belong to the exclusive selection of the World Cup Masters Races. With a weighting factor of 2.5 the event will be one of the world's top five Towerrunning races. Since the weighting factor of 2.5 includes both the SkyRun as well as the European Championships-tournament, the points are distributed on these two sub-events. The SkyRun will be considered with factor 1 (80 points, 40%) and the European Championship tournament's top 30 ranking will be considered with factor 1.5 (120 points, 60%). The points are added for every runner to one overall result. This result represents the score for the event in Frankfurt, so that by this result only one of the eight best results, which can account for the Towerrunning World Cup 2012 score, is occupied.

In case, that athletes from other continents participate in the SkyRun MesseTurm Frankfurt, they may in the event of a Top 12 placement in the SkyRun not get the allowance to participate in the European Championships final rounds. As a compensation for the World Cup, the weighting factor of 2 will be applied on their SkyRun result.

If it should emerge before the event that an exceptionally strong non-European participants field will take part in the SkyRun MesseTurm Frankfurt, the event could be officially declared as a World Championships tournament by a unanimous decision of the organizers and the Towerrunning Office Vienna. In this case there will be no changes concerning the tournament mode and the amount of prize money. Of course, then non-European participants will be allowed to participate in the finals. Furthermore, an increase of the World Cup factor up to a factor of 4.0 could be decided by the World Cup organization.