

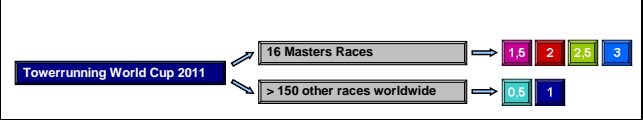
What is the Towerrunning World Cup ?

The Tower Running World Cup is an **international ranking system for the world elite in stairing**, which has as its goal to determine the best athletes of the season. The guiding principle here is the greatest possible objectivity and thereby the athletic legitimacy of the rankings winners. Despite the increasing globalization of the Tower Running sport with more international activity of some elite runners at least in the medium range there is the problem that the best athletes compete directly against each other only rarely. They have already on every continent separate race series and top events waiting for them. Basically **all the world's stair events are evaluated** and can be taken into consideration for the ranking, but to propagate more direct confrontation between the athletes the central pillar is a frame of 16 spectacular races with a high-class international field of competitors. These so-called "Masters Races" get a higher weight factor. A **mathematically balanced scoring** as well as numerous **bonus systems** enhancing international series and the great variety and combination of different race modes (Multi Climbs, etc.) shall provide adequate and fair consideration of the many facets of this sport.

The following brief explanation will give participants of the Tower Running World Cup 2011 and especially the newcomers to stairing an overview of the ranking and the most important rules. The Tower Running World Cup organization wishes you success and many points for your staircase season 2011.

What are weighting factors and Masters Races New Adaptions!

To take into consideration the different significance, quality and internationality of participants in an individual World Cup race a **weighting factor between 0.5 and 3.0** is assigned which decides how many points are awarded for each placement. Before a season due to some criteria like the participants in the past two years, the importance of the event for the media, the organizational quality (including the timing and result lists), membership in international racing series outside the Tower Running World Cup as well as cooperation with the World Cup Management a selection of **16 races** is made. These have a status as so-called "**Masters Races**" for the current season. To these events a **weighting factor of 1.5 or higher** will be assigned and all scores achieved there will be multiplied with the respective factor. A graphic showing these 16 races and also some potential replacement races is published at towerrunning.com at the start of the season. For the majority of **all other races** (standard races) not belonging to this exclusive club a **weighting factor of 0.5 or 1** will be assigned after the race depending on field quality and internationality. These assigned weighting factors can be seen on towerrunning.com (results page).



How many points do I get ?

Every male or female stair runner finishing in any of the more than 100 races **within the Top30 of the respective gender** will automatically receive World Cup points according to a predetermined point system. The exact number of points is a result of the **multiplication of a fixed value** (see below) dedicated to each of the Top30 ranks with the **weighting factor** of the event. In a race with weighting factor 1 a maximum of 80 points (a victory) can be achieved. At a factor 3 race (Empire State Building Run Up) the first place score is 240 points. If **fewer than 30 participants** of a gender finish in a race there is a **depreciation** for them calculated using the following formula: $2 \times (30 - \text{number of finishers}) \times \text{weighting factor of the race}$

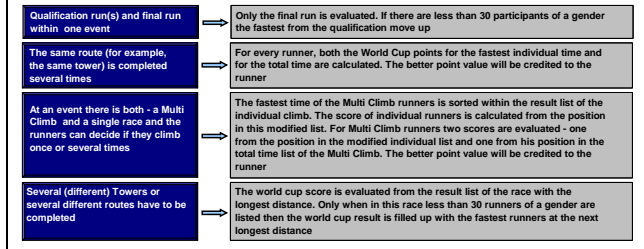
Score for each race \Rightarrow **weighting factor x basis value for the top 30 position**

Basis value for each top 30 position

Rank 1 = 80 Points	Rank 6 = 44 Points	Rank 11 = 27 Points	Rank 16 = 16 Points
Rank 2 = 68 Points	Rank 7 = 40 Points	Rank 12 = 24 Points	Rank 17 = 14 Points
Rank 3 = 60 Points	Rank 8 = 36 Points	Rank 13 = 22 Points	From rank 18 to 30 per rank one point less
Rank 4 = 54 Points	Rank 9 = 33 Points	Rank 14 = 20 Points	
Rank 5 = 48 Points	Rank 10 = 30 Points	Rank 15 = 18 Points	

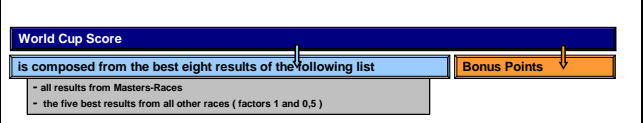
What about Triple Climbs and Ultimate Climbs ?

Running on stairs as so many things in life is subject to certain trends and there is clearly an increase of events at which either a distance has to be climbed **several times** or **more towers** are to be conquered. The following graphic shows in simplified form how in such cases depending on the **format of the event** the World Cup points will be evaluated.



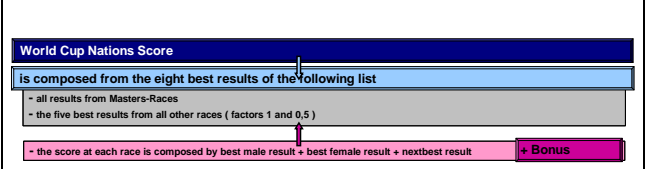
What about my individual World Cup score ?

All results among the Top30 achieved during the season can contribute to the individual World Cup score. But there is a **limit** of billable results to prevent that finally only those participants who have completed at most races take the top positions in the ranking. All other results do not contribute to the score and thus are seen as **void results**. A runner's individual score is calculated by adding the **top eight points results** at races in the current season. To further increase the importance of the Masters Races additionally to their higher weighting factor among an individual runner's eight taken results **only up to five may be from races with factors 1 or 0.5** (standard races). If a runner finishes more than five of these races in the Top30 only his best five point results count - the others are void even if Masters Races included the runner has eight or less results or has lower point values from the Masters Races! But runners who take part in **international racing series** (next to the World Cup) and finish there among the Top15 can get **up to 40 bonus points** additionally to the best eight point results



What is the Nations Cup ? New adaptations!

Besides the individual rankings for male and female athletes the Nations Cup is an evaluation of the **best nations** in the sport. At every race the points of the **best male** and **best female** participant and **one other** participant of any gender are **cumulated** for each nations score. Additionally there may be **bonus points** if one nation has both champions in the men and women in a race or for nations that have runners on the podium (Top 3) in a foreign country. The detailed rules for these bonuses can be seen on towerrunning.com. The overall nation score over the season is composed from the same criteria as in the individual competition: **The top eight scores** from race results (including bonus points) with a **maximum of five results from Non-Masters-Races** will be considered. Bonus points for international racing series are not given.



How to participate and how do I know about my score ?

Participation in the World Cup Tower Running does **not require any special registration**. All runners who place among the Top30 in one of the more than 100 races are automatically eligible for World Cup points. The **Top70** runners will be **published weekly** (or in less intense racing season in more week intervals) in a table on towerrunning.com. At the end of the season and in mid-season all the **runners with at least 30 total points will be published**. The World Cup ranking is designed for the elite athletes and has set itself the goal of creating an as objective as possible optimally differentiating ranking list. The mathematical basics of our ranking are not suitable to differentiate runners with less than 30 points adequately. We ask you to understand that in respect to conceptual as well as organizational reasons no information about the exact placement of runners with less than 30 points can be given. On the other side this fact also is an additional challenge for newcomers and amateurs setting themselves the goal of achieving these 30 points and thus at the end of the season being included in the ranking of the best stair runners worldwide. Runners who are not listed in the Top70 but have scored more than 30 points may ask at any time for their score and its placement under worldcup@towerrunning.com. If **you do not agree with your score** you may **object within one month** after publication of an update via mail at worldcup@towerrunning.com. Of course under the above email address we are available to all your questions about score, rules and World Cup races.

What does it mean for me to place in the Towerrunning World Cup ?

A top ranking in the TowerrunningWorld Cup is **highly prestigious** because of the internationality of the series and the possibility to present yourself in more than 150 races at the most spectacular staircases and at the highest skyscrapers in the world. The spectacular locations are subject to special **media interest** too. At no other ranking system in stairing besides the sport's most important races in the world capitals also local initiatives with amateur fields are included. Therefore the World Cup series is for the defending champion as well as for the novice a great individual challenge and an excellent indicator of the personal level of performance over several seasons.

There are of course **attractive prizes** to win for the best athletes of each season. The best male and female athlete of the season will be awarded a **World Cup** and the Top3 athletes will receive **medals**. To the best of the season 30 runners a **certificate** shall be sent which may serve as documentation for the performance level at sponsorship requests. The best international athletes are also eligible for attractive prizes and maybe prize money too. Details can be found throughout the 2011 season at the Tower Running homepage. Moreover the ranking serves as selection base for invitations to special events such as the World Cup final.



Some final remarks ...

Of course this summary and short explanation does not replace the official and complete Rules and Regulations of the Towerrunning World Cup 2011. For specific questions about the ranking you can find more details on the website. If you have additional questions, please feel free to contact the Sports Directorate (worldcup@towerrunning.com) or the President Michael Reichetzedder (office@towerrunning.com). Finally, a few words about the services provided to you by towerrunning.com: On the "News"-page you will find the highlights of the season, the latest bulletins for the World Cup as well as special activities. The "Preview"-page provides a listing of all upcoming races of the following weeks including links and registration information. So you can plan your next race perfectly. All events of the current and last season are also listed on the "All races"-page. After events all available results will be posted on the "Results"-page including the World Cup factor when it is decided from the result list. The current World Cup ranking and some statistics as well as the Rules and Regulations are on the "World Cup"-page. Do not forget also to look at a variety of graphics, tables and additional information on the "Statistics"-page, the "Runners"-page and the "Media"-page. You will learn a lot about this fascinating sport.