



MesseTurm Frankfurt is presenting the Towerrunning European Championships: June 3rd, 2012

For some it's pure horror, for others a special challenge: **Tower Running - the vertical trend sport**, where towers, skyscrapers and outdoor stairs are to be climbed. Worldwide, about 200 stair climbing events are held regularly with more than 100,000 participants in its spell. Top international runners meet up at classical landmarks such as the Empire State Building Run Up in New York or the Taipei 101 Run Up. For the elite there is a **World Cup system organized by Towerrunning Office Vienna**, which compares the performance throughout the entire season. Germany is also an important stopover of the stair climbing scene: 20 races from Berlin to Munich are available on the World Cup program. One of the major highlights of the season will be the 6th edition of the **SkyRun MesseTurm Frankfurt** on Sunday, June 3rd, 2012, which will also provide the framework for the premiere of the **Towerrunning European Championships**. In Frankfurt, for the first time there will be the opportunity for Europe's stair climbing athletes to compete at an official championship. The Tower Running Championship 2012 will be organized as a joint project of the MesseTurm Frankfurt, the Association for People with Spina bifida / Rhein-Main-Nahe e.V. (ARQUE) and the Tower Running Office in Vienna as the international governing body of the stair climbing sport.

The main goal of the tournament is to crown the **best all-rounder** in the stairwell. Therefore runners will compete in a one-day tournament over two different distances and in different race formats. The **SkyRun MesseTurm Frankfurt** which is organized since 2007 will serve as the preliminary round, which takes place in the morning of the race-day as an individual time trial of elite runners and amateurs over 1202 steps and 222 meters difference in altitude. Based on this, the twelve best runners of each gender will enter the semi-finals and compete in two groups of six in a direct competition up to the 30th floor (582 steps) for a position in the **final of the six best athletes**. The final race in the afternoon will be climbed again in direct competition over the full distance up to the 61st floor of the MesseTurm. In the final rounds visitors will get a Formula 1 feeling in front of the MesseTurm: The runners will start the race out of a starting grid as used for automobile racing after the starting lights have turned from red to green. The race will be monitored by voluntary referees in the staircase and a group-drawing - similar to the major soccer championships - will ensure fair and equally distributed groups. Regarding regulations, technical equipment and fair play the event will set **new standards in the Towerrunning sport**. Also the number of stairs to be climbed will set a high standard: Throughout all three rounds a total of 2986 stressful stairs have to be overcome in the MesseTurm. Thus, the European Championships will be one of the indoor-stair-races with the most stairs ever held. As a reward not only a wonderful view over Frankfurt's financial district is awaiting the climbers, but also a **cash premium totalling up to 9,000 €**. Furthermore a lot of valuable points can be collected in the fight for the coveted Towerrunning World Cup Trophy. The event in Frankfurt was selected as **World Cup Masters Race** and will therefore get a higher weighting factor for the World Cup Ranking.



The German stair climbing athletes will certainly have the opportunity of winning the first European-Title, the prize money and the big points. In the 2011 season, **Thomas Dold** and **Marie-Fee Breyer** achieved a black-red-golden double victory in the MesseTurm, and Dold consequently won his third consecutive Towerrunning World Cup Title between 2009 and 2011. But there will be strong international competition and because of the new tournament mode besides experience and endurance tactical elements become more important. By all means there will be a lot of thrill and action, when Europe's best stair climbers will meet at the MesseTurm.

Besides the professional sporting performance at the SkyRun MesseTurm Frankfurt, which includes in addition to the European Championships Tournament separate races for children, companies and fire-fighters, there is also a strong charity-aspect. A large proportion of the participant's fees will be donated to **ARQUE**, which offers - among other services - counselling, sports and leisure activities for children with spina bifida and their families. Therefore the event is a **perfect symbiosis between charity and elite stair climbing sport** of the best European Towerrunning Athletes.

Text: Sebastian Wurster (Vice President and Sports Director of Towerrunning Office Vienna)

Towerrunning World Cup

The **Towerrunning World Cup** is an **international ranking system** for the stair climbing sport, organized by Tower Running Office Vienna – the World Association for the stair climbing sport – under the leadership of President Michael Reichetzedler (AUT) and Sports Director Sebastian Wurster (GER). The main goal of the ranking is the objective determination of the best athletes throughout the entire season. A mathematically balanced scoring system, the consideration of many different distances from sprint races over the classics in the international skyscrapers to the Stairs Marathons, and the differentiated evaluation of all event modes (individual time trial, mass start, tournament systems, multi climbs, etc.) provide a fair and reasonable **recognition of many facets of the Towerrunning sport**. The World Cup ranking is currently the only scoring system for stair climbers, which evaluates almost Towerrunning events worldwide. At more than **170 races in 26 countries** in the 2011 season **over 100,000 athletes** accepted the challenge to participate in a stair climbing event. The Towerrunning World Cup was won three times in a row by **Thomas Dold** (GER) since its introduction in 2009. As the defending champion in the women's ranking **Cristina Bonacina** (ITA) will start into the new season. The system also includes a World Cup Nations ranking, which was won by the German team in 2011.



MesseTurm Frankfurt

Popular Landmark and Architectural Highlight:

The MesseTurm Frankfurt has Supported Skyrun from the Very Outset

Like the Empire State Building in New York or the Taipei 101 in Taiwan, the MesseTurm Frankfurt ranges among the 18 skyscrapers that were selected to stage Masters Races of the Towerrunning World Cup. The internationally renowned landmark building has hosted and actively sponsored the SkyRun MesseTurm Frankfurt since 2007, when the charity event was first called into being. Boasting a total height of 257 meters, the MesseTurm clearly dominates the Frankfurt Skyline. The Art-Déco style skyscraper with its prominent pyramid top was designed by German-American architect Helmut Jahn. After its completion in 1991, it rapidly gained recognition as the most distinctive landmark of the Hessian financial centre.

The 61 floors of the MesseTurm offer a total of almost 62,000 sqm of office space, providing room for 3,500 state-of-the-art working units and housing Germany's highest offices. Every floor comprises some 1,200 sqm of space that can be used as single, combined or open-plan offices.

For more information see www.messturm.com

ARQUE

The Association for People with Spina bifida Rhein-Main-Nahe e.V. (**ARQUE**), has represented the interests of people with **congenital disorders of the spinal cord** (Spina bifida) and **disorders of the cerebro-spinal fluid system** (hydrocephalus) since 1979. ARQUE is a **branch** of the German Association for Spina bifida and Hydrocephalus. It is member of local and regional networks in Hessen and Rheinland-Pfalz. ARQUE is a **charitable self-help group**, donations to ARQUE are tax-deductible. ARQUE aims to support people with spina bifida on their way to **independent living**. We offer help in dealing with problems arising from the disability. As an organisation for parents, we support parents-to-be and families with newborn babies by offering guidance and help. ARQUE is a partner for all sufferers, parents, families, professionals and interested parties. The **advice is free of charge** and not dependant on membership of the organization.

Michael Lederer

Vice-Chairman ARQUE

Race-Director SkyRun MesseTurm Frankfurt

www.arque.de

www.arquelauf.de