



Towerrunning is one of the fastest growing sports and a striking new trend in the global running scene. Each year more than 140,000 athletes and running enthusiasts climb towers,skyscrapers and outdoorstairs to experience this unique challenge. The number of races worldwide has almost doubled over thepast 5 years and the 2015 season saw more than 250 races held in 55 countries. The Towerrunning World Association (TWA) is the international governing body and global marketing network for the sport of stair running. The organisation is responsible for regulating and promoting stairraces worldwide, identifying and publishing the annual event calendar, and for organising internationalChampionships such as the Towerrunning World Championships and the bi-annual European, PanAmerican and Asian & Oceanian Championships.In cooperation with national associations, whose representatives are members of the Towerrunning World Council, national championships are conducted and rankings determined. An increasing number of elite Towerrunning athletes travel all over the world to climb iconic buildings, towers and outdoor mountain staircases, and to collect points for the Towerrunning Tour ranking, a global ranking system for competitive stair runners. Core to this ranking system is a selection of some of the most challenging and star-studded Towerrunning events, which are united in the Towerrunning Tour.

In 2014, TWA developed another global stair racing series in cooperation with the World Federation of Great Towers (WFGT), a worldwide network of architectural landmarks. Thirteen great towers from four continents will host events as part of the 2016 WFGT Towerrunning Challenge. The recently released January – June 2016 calendar sees 15 confirmed Towerrunning Tour events to be staged across 3 continents. While the highly anticipated Towerrunning European Championships in Warsaw at Rondo1 is a key feature of this calendar, many of the biggest and best stair races in the world return to the series including New York’s Empire State Building Run Up, Taiwan’s Taipei 101, Mexico City’s Torre Latino, Frankfurt’s SkyRun Messe Turm and the Europe’s 3-day-3-country event (Austria / Czech Republic / Slovakia). Additionally, some exciting new races join for the first time as La Verticale Tour Eiffel in Paris, Valtellina Tube race in Sondrio and Broadgate Tower Stair Climb in London.

In a further step towards the global professionalization of the sport and the TWA, an athlete registration system was introduced for the 2015 season. The registration is connected to a data management system and in addition to online services and support for athletes, the registration is a requirement to receive elite athlete support, invitations and travel reimbursement granted by TWA or affiliated events. This year’s Towerrunning Tour and WFGT Challenge events were selected after a bidding process and almost all events offer invitations, travel packages, prize money and further incentives for top-ranked TWA licensed athletes.

Apart from sanctioning and regulating the sport of Towerrunning, TWA, together with its members and partners, promote a healthy lifestyle and the use of stairs in everyday life. The objective of this sport is not just in racing, but also in overcoming challenges, and improving general well-being and fitness by taking the stairs wherever they are. By organising health campaigns, workshops and youth projects the TWA contributes to spreading this message.