



**TOWERRUNNING**  
WORLD ASSOCIATION

## Information for event organizers

### What are the objectives of the Towerrunning World Association?

The Towerrunning World Association (TWA) with its Towerrunning World Council is the responsible governing body for all facets of the international Towerrunning (stair climbing and competitive stair racing) sport and also a global marketing network for this new trend sport. Our main activities include the publication of the international event calendar, the management of the Towerrunning Tour ranking and the organization of international championships such as the Towerrunning World Championships, Towerrunning European Championships, etc.. Together with national associations, whose representatives are united in the Towerrunning World Council, we conduct national championships and stair climbing series.

### Which types of events can be considered as Towerrunning?

According to the statutes of the Towerrunning World Association the Towerrunning sport is defined as a running discipline where a track including a staircase (in a tower, skyscraper, office building or on outdoor stairs) is covered. To fulfill the definition of a Towerrunning event the percentage of stairs (measured in time proportion of the winner's time) has to be more than 50% of the whole distance. This means that short flat sections are possible, while i. e. an event combining a 10 k street race with just one building cannot be considered as a Towerrunning event. The minimum number of stairs that have to be climbed in upward direction has to be 100. If downstairs sections are included in the track then the number of stairs to be passed in an upward direction must equal or exceed the number to be taken downward. For the race mode itself there are many possible options (individual time trial, mass start, multi climb, tournament systems ...).

### What is the Towerrunning Tour Ranking?

The Towerrunning Tour Ranking is an international ranking system for elite stair runners, which is conducted under the auspice of the Towerrunning World Association. Basically all stair races worldwide fulfilling the definition of the Towerrunning sport are taken into consideration and may be evaluated for the ranking. A mathematically balanced scoring method and the recognition of many different race modes (multi climbs, mass start etc.) enhance the system to provide adequate and fair consideration of as many facets of this sport as possible. A revolving scoring system allows us to provide monthly updates on the basis of the scores being achieved throughout the past 12 month. The ranking serves as a qualification basis for invitational races and international championships.

### How can we register our event for the TWA calendar and Towerrunning Tour ranking?

For becoming a Towerrunning Tour event you are requested to inform the TWA as early as possible about the official event name, venue (city, building, number of stairs, number of floors), date, race mode and registration. In addition we will need a link to the event website. If a website is not



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available we ask you to summarize the most important information (venue, race mode, registration, prizes, travel reimbursement for elite athletes, contact data) in a PDF file so we can publish it at our website. Once we received these information, the event will be included in our global database of stair races and thereby the race becomes eligible for the Towerrunning Tour ranking.

### How can our race qualify for the Towerrunning Tour categories?

Towerrunning 200, 160 and 120 races are selected by the TWA in the beginning of each season. Criteria for the selection process are the participation of elite runners in previous years, media representance, quality of event organization (especially race mode, timing, results sheets), prize money, benefits for top-ranked international athletes ( travel packages ) and cooperation with the TWA / Towerrunning Tour Organization Board. Event organizers being interested in staging one of these exclusive events should enter a dialogue with the Towerrunning Tour Organization Board to learn more about the opportunities and requirements. A new event may become a Towerrunning Trial 60 Race (even for its first edition, if a promising event concept can be commonly established), while for staging a Towerrunning 200, 160, 120 race at least one previous edition is required.

### What about the point values / factors?

A certain point value (factor), which ranges from 40 points to 280 points, is assigned to every race. For determination of the point value serves the TWA race category proposal, explaining the race standarts. The point value is determined always before the race take place.

### How to get in contact with leading international stair runners?

The Towerrunning World Association is in constant communication with TWA registered top-ranked stair runners through presence at various Towerrunning events, our national associations, social media and personal communication. If you want to provide invitations, special conditions or benefits for international elite athletes, it will be a pleasure for us to get you in contact with them. In addition we recommend to explore if a national stair association exists for your country ([www.towerrunning.com/members.html](http://www.towerrunning.com/members.html)). These initiatives are highly enthusiastic in cooperating with new events and many national associations carry out a local stair racing series, which could be of interest for you as well.

### Which requirements exist for the results sheets?

For awarding Towerrunning Tour points for your event it is indispensable that a complete result list is accessible to the Towerrunning Tour Organization Board within 7 days after the event (ideally within 48 hours). Results sheets are considered as complete if they contain the full name, gender, nationality and the time of the top 30 male and female participants. For supply of results sheets in a standardized manner the TWA has developed an official results form, which shall be preferred for submitting the race results.



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### How can we promote our race in cooperation with the TWA?

Any race being announced to the TWA and fulfilling the Towerrunning definition will be included in our calendar and will be presented in the "Races" section of our website about 4 - 6 weeks before the event date. For Towerrunning 200, 160 and 120 Races additional announcements (preview articles) in the "News" section of our website, via social media and our newsletter will be performed. For enabling us to do so we appreciate receiving an official press release (or any kind of press information), accompanied by 2 - 4 pictures of the building, skyline or race impressions from previous editions. The better this material, the more purposeful and appealing will be our articles and announcements. Moreover, the TWA offers different low-cost opportunities for event advertising at the official website [towerrunning.com](http://towerrunning.com) (banners, flash files, sponsored articles), via social media and our newsletter.