



## **NYRR Empire State Building Run-Up Powered By The MMRF - Race Day!**

You'll be fine: It's one foot after another until you reach the top. Below are a few tips how to do the Run Up if you just want to finish (category 1) or if you want to race (category 2). Pant, pant.

### **What to Wear**

Wear running clothes and shoes. **Note that you are required to wear your MMRF team jersey if you are part of the MMRF Charity Wave!** It will be perfect. It's warm in the staircase. There is a bag check in the lobby. You don't need gloves for the hand rails.

### **Category 1 - I Just Want to Finish**

You will. Warm up for about 20 minutes before the race. You can run in the basement of the Empire State Building, run to the building from your apt (if you live in NYC), run around the block a few times before the race, or climb stairs in your apt building before the run-up. Since it's a morning run, you won't have the benefit of getting loose all day. Stretch your upper and lower body before the race. Drink plenty of fluids. Don't eat or drink anything different than you normally would in the morning.

### **Lining Up**

The race is a mass start in the lobby to a 40' doorway about 30 feet away. If you just want to get to the top and are not racing, then line up in the middle or the back of the pack. There is no reason to get stuck in the doorway crush if you're not racing. Take it easy.

### **Getting to the Top**

Take it easy. Take two steps at a time, use the hand rails, and shake your legs on the landings. Your 'speed' will depend on how hard you push when you can't breathe. It's okay to take it easy. If two steps is too hard then take one step at a time. There are two water stops. You won't be thirsty and it's nearly impossible to swallow water and take deep breathes at the same time. Keep your head up during the Run-Up, look in front of you (not down), and don't walk/run faster than a pace you think you can maintain. Just keep going.

### **Passing Someone**

In order to pass you have to sprint past someone on the outside (left) on the stairs or on a landing. Remember, there are only about 20 stairs per flight and you'll only take 3-4 steps on a landing. Pass fast and cut right back to the inside.

The person in front of you may be going so slow and hugging the handrail that it'll be easy to pass. Or the person may get in your way. If the person won't let you by then pass on the inside and just shove thru. Pretend like it's the subway.

### **Staying Psyched**

Some people feel nervous before the ESBRU. That's natural. You've never done this before, it's short, and you don't know what to expect. Floor numbers are on the doors. Don't get discouraged if you're pooped and you see a '34'. These are floors, not miles. Next time you look up you'll be at '72'.

## **Category 2 – I Want to Race!**

### **Lining Up**

Line up in the first two rows. Stand sideways with one foot forward, shoulders in front of the guys next to you, and try to start as close to the wall as possible since it's a shorter distance to the door. Anticipate the horn (two commands – ready and the horn) and get a fast first step to the doorway. You have to be aggressive all the way to the door. It's only ten steps but you may have to use your elbows so no one can edge you out. Since the start to the doorway is so short, you can end up in the middle of the pack if you aren't fast to the doorway. Be aggressive. Be a New Yorker. Be the stair.

### **Warm-Up**

Warming up is essential if you want to race. You may want to warm up for 40 minutes including stretching, running, and stair climbing. If you are racing you will be in sprint mode for 15 minutes.

### **Racing the ESBRU**

Unless you have quads of steel, run up the stairs and pull on the hand rails. Lean slightly forward and look ahead. You have to keep going hard even if you can't breathe. Do not stop at the water stations. You won't be able to swallow anyways so why stop. Don't slow down on the landings to catch your breath. Go-go-go!

### **Final 30 Flights**

Just keep pushing. You can't breathe, you can't figure out how many flights to the top, your legs won't push and your arms are getting tired. Tough. Push. Push harder. You don't want to be the guy who says 'I had plenty left'. Left for what?

### **What to Expect When You Finish**

Most people are gasping for air for about two minutes. You may also cough (it's not dust) since your lungs have been in overdrive. Finally, you may feel euphoric for the rest of the day – endorphin release. When it's all over you'll tell your buddies how cool it was and no one will understand. Alas, the loneliness of the long distance stair climber.