



**Thank you for your participation in
Skyline Plunge Champaign-Urbana!
*17 Stories...One great story to tell!***

EVENT DAY: Sunday, April 11, 2010

LOCATION: Illini Tower
409 E. Chalmers Street
Champaign, Illinois

EVENT WEBSITE: www.lungchicago.org, click on the Skyline Plunge logo

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ABOUT RHAMC: The mission of Respiratory Health Association of Metropolitan Chicago (RHAMC) is to promote healthy lungs and fight lung disease through research, advocacy and education. RHAMC, a voluntary health organization for over 100 years, seeks to improve the lives of more than one million metropolitan Chicago residents affected by asthma, lung cancer, chronic obstructive pulmonary disease (COPD), and other lung diseases.

ABOUT OVER THE EDGE: Over the Edge is a special events company that provides signature events for non-profit organizations anywhere in North America. Participants are invited to raise pledges in exchange for the once-in-a-lifetime experience of going over the edge of a local building. Over the Edge takes care of all technical aspects for the event including the insurance, professional staff, state-of-the art equipment and provides a comprehensive Best Practices Manual. We ensure all federal and state safety laws are strictly followed.

ABOUT S.T.A.R: The purpose of S.T.A.R. (Sport, Tourism and Recreation Association) is to educate members of and connect with professionals in the sport, tourism, recreation, entertainment, and events industry. Students of all majors are invited to join the group and bring their diverse backgrounds to enhance learning among all. S.T.A.R. also strives to assist members with gaining experience in the field through professional projects with organizations in the local community, state, and nation. The group also provides service and social opportunities to members.

ABOUT ILLINI TOWER: Illini Tower (409 E. Chalmers Street) is a privately owned and Certified Housing Facility that has provided housing on the University of Illinois campus for over 40 years. IT's blend of residence hall community life with apartment style floor plans make it the best place to live as a student at the University of Illinois. IT is located just two blocks from the U of I Quad and just minutes from shopping, entertainment, and Illinois athletic events. Our residents get the best of both worlds, a great education, and lasting friendships while enjoying a comfortable and supportive environment! The dining service at Illini Tower is also very well-known for having the best food on campus!

PARKING AND DIRECTIONS:

Note: *Chalmers Street between 4th & 5th Street will be closed throughout the duration of the event. When parking read all signs.*

Parking: Parking is the responsibility of the participant. Metered Parking is available on 4th and 5th street. There is a parking lot located on the southeast corner of 5th and Chalmers which has free weekend parking.

Directions

<http://illinois.edu/ricker/CampusMap>

Driving from Chicago's O'Hare Airport (ORD)

To drive to the campus from Chicago's O'Hare Airport, take Interstate 190 a couple miles to Interstate 294, the Tri-state Tollway (exit 1D). Head south (toward Indiana) for 35 miles to Interstate 80, paying your tolls along the way.

Take I-80 West (toward Iowa) three miles then exit from the left lane onto Interstate 57 heading south. Drive south for a couple hours or less to I-74 in Champaign. Take I-74 east three miles and exit at Lincoln Avenue. Turn right and head south a mile to the campus, which is on your right.

Amtrak

Illinois Terminal 45 E. University Avenue, Champaign
(217) 352-5905, alternate: (800) USA-RAIL

www.amtrak.com

Champaign-Urbana MTD

1101 E. University, Urbana
Customer Service: Illinois Terminal 45 E. University, Champaign
(217) 384-8188

<http://www.cumtd.com>

ATTIRE: What you wear during your rappel is very important. See the guidelines below. Remember that you will be provided a helmet, gloves and a harness. The harness goes around your legs, waist, and shoulders, so it is best to avoid anything too bulky.

Do's	Don'ts
<ul style="list-style-type: none"> ▪ Do wear long sleeve shirts and pants ▪ Do layer up! Dress appropriate for the weather ▪ Do think about comfort – many wear workout type clothing ▪ Do wear gym shoes ▪ Do tie long hair back ▪ Do consider wearing bright colored clothing so you can be identified from a distance ▪ Simple costumes are permitted (avoid capes and billowing fabrics). 	<ul style="list-style-type: none"> ▪ Don't wear loose clothing or anything with long ties or toggles. ▪ Don't wear anything that can come off during your rappel – empty those pockets! ▪ Don't wear jewelry, IPods, sunglasses or hats ▪ Don't wear sandals, slip-on shoes, flip flops ▪ Don't bring any personal belongings with you

WEATHER: Event happens rain or shine (except in cases of lightning and high winds.) Over the Edge will be monitoring the weather days before the event and throughout the actual event day. Dress appropriate for the weather! Current forecast shows a high of 71 degrees and partly cloudy.

SCHEDULED RAPPEL TIME: Please adhere to your pre-assigned check-in time and rappel times. This time is provided to each rappeller via email or phone by his/her fundraising coach the week of the event. **Note: rappel times can not be changed.**

CHECK-IN PROCESS: When you arrive at Illini Tower, enter through the front doors of I.T. Note: the sidewalk will be closed off to the general public but will be accessible to IT residents, event participants and event guests. You will be greeted by event staff or volunteers and escorted to the Mezzanine Floor to begin the check-in process. (Restrooms are available on the main floor. Access to the 17th floor is limited to participants and staff only).

On the Mezzanine Floor you will:

- Provide a valid photo ID
- Review and sign a hard copy of the event waiver
- Gear Check (see below)
- Pledge – turn in (if applicable - see below)
- Get fitted for rappelling gear

Once you are done with check-in you will be escorted to the training area. **Note: Only participants will be escorted to the roof by official staff and volunteers for training and the actual rappel.** View the Guests/Spectators section of this document for guest information.

GEAR CHECK: There will be a mini-gear check available for participants if needed to store coats and small items such as keys, phones and wallets. You can also ask your guests to hold your personal items. Please leave valuables at home! **Note: You will not be able to rappel with anything on you that could be hazardous if it were to fall out during your rappel – empty those pockets!**

PLEDGE – TURN IN: If you have any offline donations to turn in – bring them on event day! Pledge forms can be printed off www.lungchicago.org. Checks should be made payable to Respiratory Health Association of Metropolitan Chicago (RHAMC). All donations are tax deductible and all donors will receive a thank you letter or e-receipt to be used for tax purposes. All pledges are required by April 24, 2010. If the \$500/\$1000 commitment is not met by then, a credit card on file will be required as back-up and will be charged.

HOSPITALITY AREA: Light snacks and beverages will be available for the participants on the Mezzanine Level.

RAPPEL: TRAINING AND THE REAL DEAL!

Note: Only participants will be escorted to the roof by official staff and volunteers for training and the actual rappel.

After checking in on the Mezzanine floor, you will be escorted to the training area. During training you will receive further instructions and be required to participate in a one-story training rappel. You will have the opportunity to hang in the harness, find a comfortable position, and practice using the descender. The same safety procedures are used in the training as in the long rappel so you will be familiar. When you have completed training, you will be escorted to the 17th floor/Roof.

You will be wearing a full-body industrial harness and using an industrial descender to go down. To go down you will be squeezing a handle, and to stop you will need to let go of the handle (or pull back). You will be anchored to a back-up line, which is controlled from the top. Be sure to stop and take in the view! The time it takes to rappel will vary from person to person (average time 20-25 minutes to get to the bottom.)

PHOTOGRAPHY: Photographers will be onsite to capture each participant's full experience. Post-event day, one photo will be selected by event staff and printed (4x6) and sent to the participant.

GUESTS/SPECTATORS: Friends and family are welcome to watch you rappel! Please note: there is limited access to check-in on the Mezzanine floor –only 1 or 2 guests can accompany you to check-in. For spectator viewing - we highly recommend viewing from Chalmers Street. The street will be closed between 4th & 5th Street throughout the duration of the event. Chalmers Street and near Sherman Hall will give your spectators an excellent view of the building and the rappellers!

Guests are encouraged to bring cameras to capture the action and chairs/blankets to enjoy the day. Guests should dress appropriate for the weather! Event organizers will do their best to notify guests/spectators outside as to who is next in line to rappel. Guests are strongly discouraged from asking ropes staff as to when his/her event participant is next to rappel.

CHECK-OUT PROCESS: You did it! After your rappel you will be escorted to the Mezzanine Floor to check-out. At this time you will:

- Remove rappelling gear
- Retrieve any items from Gear Check
- Visit Hospitality (snacks) Area
- Receive event shirt and goody bag and souvenir photo frame

Thank you for all your support and we look forward to seeing you on April 11th.

Respiratory Health Association of Metropolitan Chicago
Dedicated to community lung health since 1906.

