



**Thank you for your participation in Illinois' first urban rappel
Skyline Plunge Chicago!
27 Stories...One great story to tell!**

EVENT DAY: Sunday, October 25, 2009

LOCATION: theWit Hotel
201 N. State Street (State and Lake Street)
Chicago, 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 theWit: TheWit Hotel is a flagship property operated by the Doubletree brand and of Hilton Hotels, part of Hilton Hotels Corporation, a leading global hospitality company, with more than 3,000 hotels and 500,000 rooms in 77 countries and territories, including 135,000 team members worldwide. Located at the intersection of State and Lake Streets in the heart of the Chicago Loop and theatre districts, theWit is situated two blocks north of what (in the early 20th century) was the busiest intersection in the world next to it neighbor, the iconic Chicago Theatre. The hotel's structure was designed by Chicago architect Jackie Koo, with interiors by Cheryl Rowley. A bold, neon yellow glass lightning bolt stretches down 27 floors on the building's exterior façade marking the birthplace of the city and signaling the property's dynamic entrance into the State Street cityscape. TheWit hotel is proud to be the host building for this new fundraising event.

PARKING AND DIRECTIONS:

Parking

Valet Parking is available at theWit Hotel on Lake Street. Valet fee is \$25. Overnight fee is \$45.

Additional parking garages are located throughout the area. There is an Impark located at One East Wacker and and Interpark located on the corner of Wabash & Randolph. Both lots are approximately 1 block from theWit Hotel. Fees vary.

Street parking is also available. Most readily available street parking is located on Wabash just east of the hotel. Parking is also allowed on Wacker Avenue during the weekend. Please make sure to read all signs and pay parking meters as necessary.

Parking fees are the responsibility of the participant.

theWit Hotel is located at 201 North State Street on the northeast corner of State Street and Lake Avenue. Please follow below directions to the hotel or visit www.mapquest.com.

Directions

From the Northwest Suburbs or Southern Suburbs taking 90/94

Take 90/94 east to Chicago. Exit Washington East. Take Washington east to State Street, turn left. Go two blocks north to theWit Hotel.

From the North/South on Lake Shore Drive

Take Lake Shore Drive south to Randolph Street. Go west to State Street, make a right to Lake Avenue. theWit Hotel is located on your right.

Public Transportation:

theWit Hotel is located on State and Lake. Several buses stop along State Street. Many El trains also stop at State & Lake. Please visit <http://www.transitchicago.com/> for more information on public transportation.

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 sunny day in the 50's.

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 theWit Hotel, enter through the State Street main entrance under the iconic lightning bolt and yellow overhang. Note: the sidewalk will be closed off to the general public but will be accessible to hotel guests, event participants and event guests. You will be greeted by event staff or volunteers and escorted to the 4th Floor to begin the check-in process. (Restrooms are available on the 2nd floor, 4th floor and 27th floor. Access to the 27th floor is limited to participants and staff only).

On the 4th 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 27th floor via elevator for training.

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 October 31, 2009. If the \$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 4th floor!

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 4th floor, you will be escorted to the 27th floor for training. 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 28th 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: Four 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 4th floor –only 1 or 2 guests can accompany you to check-in. For spectator viewing - we highly recommend the pedestrian median located on State Street directly across from theWit Hotel. This will give you an excellent view of the building and the rappellers! An alternate area is the Hospitality Area inside theWit Hotel on the 4th Floor in the Dickinson II Conference Room. (Viewing is limited in this area.)

Guests are encouraged to bring cameras to capture the action. 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 4th Floor to check-out. At this time you will:

- Remove rappelling gear
- Retrieve any items from Gear Check
- Visit Hospitality Area
- Receive event shirt and goody bag.

MISCELLANEOUS:

- State and Lake Restaurant (located inside theWit Hotel) will be selling “to-go” food items on event day. Stop in for more information! There is also a Potbelly’s Sandwich Works and the Halsted Street Deli located near theWit Hotel.
- Several media outlets are participating in a Media rappel on Saturday, October 24th. Look out for your favorite media personalities take the Skyline Plunge! Chicago challenge in upcoming event coverage.

Thank you for all your support and we look forward to seeing you on October 25th!

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

