



FAQs

We know how useful it is to get the information you're looking for quickly. We've tried to make sure that answers to the most common questions are here for you to find instantly, but if there's something else you'd like to ask, just get in touch:

info@upslidedown.co.uk

What is UpSlideDown?

UpSlideDown is a new race event by The Race Organiser, designed as a 'vertical running' challenge, ie. running up lots of steps. Distinct from all other vertical running events, the ArcelorMittal Orbit holds the world's longest tunnel slide to give our runners a unique thrilling opportunity to get back to the ground without any more effort from their tired legs.

How long does it take to run to the top and how long will the whole event take?

You will be required to book in a specific wave with a specific start time. You must arrive no less than 45 minutes before your start time. Average run times to climb the 455 steps are expected to be around four and a half minutes, but could be much faster or slower depending on fitness and race strategy. After completing the climb, you will be able to slide down straight away and will reach the ground in less than 45 seconds. Once you've had your result, you can leave straight away or stay to support fellow challengers. The total event time is therefore estimated at up to two hours per challenger but could be much less.

Wave 1: 6:15 - 7:15

Wave 2: 7:15 - 8:15

Wave 3: 8:15 - 9:15

How is the event timed?

Our chip-timing technology works just like a typical road race. You will be given a race number at registration with a chip attached to it. Pin this number to the front of the clothing you'll wear to run. We'll explain exactly where the start and finish lines are in your pre-event briefing, but you will be accurately timed between the bottom and top of the staircase. Your descent via The Slide will not be chip timed.

Will the staircase be chaotic with racing runners?

No, your safety is our top priority. It is unlikely you will be alone on your run up the stairs – you might need to overtake the challenger in front of you, or be overtaken by some faster challengers coming from behind you. However, we allow a generous gap between each challengers' start time to ensure the staircase isn't crowded and include guidance for overtaking and supporting your fellow challengers as part of your pre-event briefing.

Also bear in mind that the staircase has a perforated metal wall on both sides that allows you to see out to the views around you. This helps keep challengers



cool while they climb and feels much less stuffy and claustrophobic compared to some other staircase vertical running events.

Should I undertake a special training programme to complete UpSlideDown?

We recommend adopting some specific training sessions for 6-8 weeks prior to taking part to help with the endurance of climbing for a prolonged period. Look for training plans that prepare you for steep hill running or 'vertical running' on stairs that will help strength your thigh muscles (quadriceps) and bottom muscles (gluteus muscle group) to make climbing easier. High intensity cardiovascular exercise is also important to help simulate the conditions felt through the running climb.

How fit and healthy do I need to be to sign up?

We will ask for some estimated times based on your recent physical activity to help us manage the event, but do not have a pre-requisite level of fitness to allow you to take part. You will be required to complete a health and safety declaration prior to taking part, confirming responsibility for your health and fitness.

If you have any concerns about pre-existing health conditions or your ability to comfortably complete UpSlideDown, please see your doctor before signing up. If your health or fitness condition changes unexpectedly after signing up for UpSlideDown, please contact us.

If you have any specific accessibility requirements that will enable you to complete UpSlideDown, we will do our best to accommodate your needs. Please contact us prior to signing up.

What happens if I can't complete the event after starting?

Unfortunately, there are no lifts or alternative routes from the staircase of the ArcelorMittal Orbit, but lifts are available from the viewing platform at the top to get back to the ground. If you experience problems that prevent you from continuing, you will be helped by the closest marshal to maintain a safe position until we can help you get to the top, or return to the bottom of the staircase.

Are there drinks stations or can I bring my own?

A drinks station is provided at the top of the ArcelorMittal Orbit – we'll make sure you're offered water as soon as you reach the viewing platform.

Unfortunately, drinks are not allowed on the staircase due to risk of spillage – this means we can't allow you to run with your own drinks bottles and can't provide drinks on the route up the stairs.

Is there a bag drop facility and places to change?

Yes, we'll provide a bag drop service so that you enter the ArcelorMittal Orbit ready to run. Toilets are available in advance of the event for changing but are limited, so arrive ready to run wherever possible or leave plenty of time to get organized once you've arrived and registered.



How does a team entry work?

Team entries are permitted for 5 people who have been pre-organised and registered as a team. You need the personal information including estimated running or stair climb times for each team member at the point you enter. All members of your team will run in the same wave and start consecutively so that you run at the same time and can give each other support. Your finish times will be added together to give a team result, as well as individual times so that you can compare your performances. All teams running on the same evening will be listed in a Team Results list so you can see how you performed compared to other teams.

Can I change the wave or date I entered for?

Due to the complexity and popularity of UpSlideDown, it may not be possible to offer alternatives after your booking. However, wherever possible and subject to availability, we'll transfer your entry for a different date or time if you contact us no less than two weeks before your booked date.

Can I find out more about the ArcelorMittal Orbit and The Slide to determine whether UpSlideDown is suitable for me?

Yes, the FAQs page on the ArcelorMittal Orbit website is comprehensive, with lots of useful details about the structure and The Slide. If you can't find the answer to your question here or there, just pop us a quick email: info@upslidedown.co.uk

Are there age or height restrictions for entry?

Yes, unfortunately due to The Slide safety and the intensity of the challenge, participants must be 16 years or older on the day of the event and all participants must be over 1.3m in height.