



Winter 2013


PARMENTER REALTY PARTNERS

THE VIEW

Elite Stair Climbers Set New 24 Hour World Relay Record



*"We set a record for most elevation climbed
in 24 hours in a team of four...
We ended up climbing over 123,000 steps
and went up almost 6000 floors!"*

- Kacie Fischer Cleveland, *GirlsGoneSporty.com* interview



SEE
INSIDE
FOR MORE!

Taking on an Epic Climb

Check out this Amazing Interview
with Kacie Fischer Cleveland
that was featured on
[GirlsGoneSporty.com!](http://GirlsGoneSporty.com)

GGS: Landing in Florida unexpectedly kind of led to your next big event. You're actually a professional stair climber, and you recently set a world record for the Greatest Vertical Height Ascended by Climbing Stairs by a team of four. Can you tell me more about the Epic Climb event and what inspired the record?

KFC: I'm a competitive stair climber, ranked in the Top 10 in the world for the last three years. When I was living in California, there were races all over L.A., but now that I'm living in Jacksonville, there are fewer local races to enter into. I ended up finding a Fight for Air Climb being hosted in February, so I called the race coordinator to see if there was anything I could do to help promote the race. She said she needed to get the word out, that she needed people to know about it. So, I volunteered to coach practice every Tuesday for anyone who wanted to practice stair climbing in the building.

But then I said, "Let's put on something big to get the word out." That's how we came up with the Epic Climb - a 24 hour, four-person stair climbing event. It's fortunate that I'm on a stair team with athletes around the world. I called three of them up, asked if they wanted to do this Epic Climb with only a month and a half to train. These three athletes, one from Chicago, one from Seattle and one from L.A., all flew in to participate. The event started on Friday, January 4th at 6:00 pm and continued until Saturday, January 5th at 6:00 pm. I worked harder during this 24 hour event than I've ever worked in my entire life.

No one's ever done this before, so we set a record for most elevation climbed in 24 hours in a team of four. For the first eight hours, each of us would run up 32 flights of stairs three times before tagging out. The second eight hours we'd run up the 32 flights two times each, and the last eight hours we planned to tag out after each 32-flight ascent. We had to take the elevator down between each ascent, and unfortunately, I got stuck in the elevator for about three hours. Firemen actually had to come remove the top of the elevator and lift me out before I could rejoin my team. I had never heard of this happening to someone in real life, and for it to happen to me in the middle of this event? I honestly couldn't do anything but laugh.

But, the race went on and my teammates kept climbing. For the record to stick, we each had to climb the same number of flights, so when I finally got out of the elevator, I had to spend the next seven hours trying to catch up to my teammates. We ended up climbing over 123,000 steps and went up almost 6000 floors!

GGS: That's truly incredible! Has stair climbing as a sport been around for very long?

KFC: Climbing as a sport has been around since the '70s, when the first Empire State Building Run Up was hosted. Tower running is now the fastest growing sport in the U.S., but most people have never heard of it. Most people who participate are doing it for charity or fun. There is a group of elite athletes that focus on stair climbing though, and in every other country they're considered professional athletes, competing for prize money.
An insider's look at tower running

GGS: I don't know much about the sport. Do you have any tips for climbing? Do you run the whole thing, or run/walk?

KFC: I use the handrails to help during the climb. If the stairwell is narrow enough, I'll place my left hand on the left handrail, right hand on the right. If the stairwell is wide, I just pull on the inside stair rail the whole way, kind of like pulling on a rope. I never take any single steps, either. It's actually faster to power walk double steps than to run single steps. Plus, it uses less energy because you're doing less work.

GGS: Do you use any special gear?

No special gear. A lot of climbers use football receiver gloves because they're sticky and help with gripping the rails, but I don't use anything. All you need is a pair of good, lightweight shoes. I don't listen to music, either. Especially once I get going, I really have to listen to the rhythm of my breath.

GGS: How do you stay fueled a standard climb? What about your Epic Climb?

KFC: During our Epic Climb we were expending so much energy, fluids and electrolytes that we had to be conscious of replenishment. We had pickle juice, water, coconut water and Crunch Promax Bars, which are gluten free and very plain. I have to eat very plain foods when pushing myself that hard. After about hour 13, I could barely eat anything, so I would just have a quarter of a Promax Bar during every transition and maybe a few dates as well.

That said, during a traditional climb, I don't eat anything while climbing. Before a race I'll eat really clean and really plain - maybe half a banana and a Promax Bar. I need really simple things in my stomach, otherwise I get really sick. During the Epic Climb I got really sick about 16 hours in, so I started taking salt tablets. I also alternated a bottle of water and a bottle of coconut water.

We had to stay on top of our vitals during the Epic Climb. We would take our blood pressure and heart rate. I used my PEAR device to monitor how fast my heart rate was. We would also weigh ourselves to make sure we weren't losing too many fluids. We had a fireman there most of the time, just in case, but TJ, one of the climbers, was the one who led all the tests.

GGS: What was the post-race recovery like?

KFC: We went out for a steak dinner after the climb and I had a steak and steamed broccoli, It was the best meal I've had in a long time! I then slept for 12 hours. I took Sunday off, then Monday I rode a bike for about 30 minutes to spin my legs out. Tuesday I went on a five mile run. I'm just trying to keep my legs moving. I'll be back to regular training within a week of the climb.

We only had a month and a half to prepare for this, and I just want to be prepared for anything at any time. So if someone calls me up and asks me to do something wild in a few weeks or a month, I want to be ready for it. I like to train in everything, it keeps things fresh.

GGS: So how can someone get started in the sport? Are there websites or training groups you would suggest?

KFC: Yes. Check out StairSport.com for information on race rankings and locations. Also, the American Lung Association sponsors a vast number of the Fight for Air races.

If you're training for a race, check out the parameters for training in the building. In most cases the building where the race is being hosted will open up for people to practice and train in; but, that's up to the building. Some only open up once, some a month before, some six months before. Every building is different.

When it comes to learning to pace yourself for an event, it's a paced all-out sprint, almost like running an 800 meter dash in track. It's kind of paced, but at the same time, it's all about how hard you can push yourself. If anyone wants to test mental strength, try stair climbing! Seriously, it's made me a stronger person. There's never been a race I haven't wanted to quit, but I never have!

GGS: What's the best way to train for your first race? Not everyone has access to buildings with lots of flights of stairs – can a person train just by running up and down a single flight of stairs at home or work?

KFC: You need leg strength to get through a climb. You can develop leg strength with lunges, squats and so forth, but the main things you'll need to strengthen are your lungs and mind. The thing is, you'll feel like you've maxed out after a quarter of the race. If you don't have access to a building with lots of flights of stairs, I'd seek out a mile-long hill that just goes straight up, as steep as possible, as steep as you can find. The total climb should take you about 10 to 15 minutes to complete at full speed. Then to train, just run it as hard as you can. In a building there's no recovery, because you're constantly climbing, so running up and down a single flight of stairs won't do you much good. Any hill or long interval will help.

GGS: Are there any races that you would suggest?

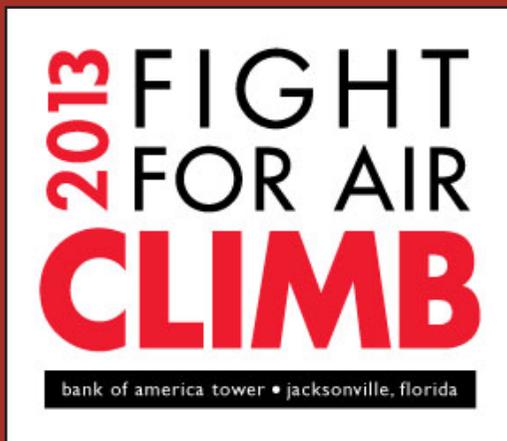
KFC: One of my favorites in San Diego is only 30 stories. Look for shorter races. I prefer the shorter races. The Empire State Building Run Up was definitely special to me because it's the most exclusive race and you have to be invited.

GGS: What's on the horizon for you? How can our readers keep up with your adventures?

KFC: I really want to get into endurance racing. I'm a sprinter, so endurance is harder for me. I want to run a 100-mile race at some point. I want to know what it feels like to really train for a marathon. I've run two, but I've never actually taken the time to train for one.

As far as keeping up with me, the Speedy Banana site should be launching soon. We'll be uploading a lot of fitness videos there. I also make videos for Inline Warehouse and there's a lot of information on LiveGiveSKATE. I'd also love to connect with people on Facebook.

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Don't Run, Don' Walk, CLIMB!

The American Lung Association of Florida will hold the 5th Annual Fight for Air Climb Jacksonville, *Saturday, February 2, 2013 in the Bank of America Tower (50 N Laura Street, Jacksonville, FL 32202) starting at 8:00 a.m.* The registration fee is \$30 and Climbers must raise a minimum of \$100 for the American Lung Association in addition to the registration fee to Climb.

Register today at www.climbjax.org.

Did you know that registered Climbers are also invited to practice in the Bank of America Tower? Practices will be held on Tuesdays and Thursdays from 5:00 p.m.-6:30 p.m. and Saturdays from 9:00 a.m-10:30 a.m.

To learn more or to register for the Fight For Air Climb, visit www.climbjax.org or email nbarnack@lungfla.org.

CALENDAR OF EVENTS

JUST JENNY

Tower Garage - New Parking Decals

The application of the new parking decals for the monthly parkers has been a resounding success. We appreciate everyone's patience throughout the process. Once the installation process is complete, an email will be sent advising when we will begin collecting the black parking boxes.

Thank you for your continued patience & cooperation during this transition.

the **Y**

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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1 square mile	5 days	65+ venues
500+ creators	100,000+ visitors	\$250,000 crowdfund distributed by public vote

ONE SPARK 2013

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The fastest way to launch ideas is to have resources in one place, at one time. One Spark 2013 is a festival that brings Creators together for 5 days to share their prototypes, experiments and projects in a really cool way by using downtown Jacksonville as a platform.

- Any place can be a venue - businesses, restaurants, retail shops, coworking spaces, museums, parks.
- Anyone can enter as a Creator - artists, musicians, scientists, technologists, innovators, entrepreneurs.
- **Anyone can contribute, in any amount, to projects that inspire them, on the spot, in real time - a truly unique funding platform for Creators.**
- The public will vote on who will receive a percentage of the \$250,000 One Spark crowdfund.

Want to volunteer?
Email us at volunteer@beonespark.com

Questions?
Email us at info@beonespark.com or call 904-250-0070

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Join Us...

Thursday, February 14
from 2-3:30pm in the Lobby

PARMENTER REALTY PARTNERS