

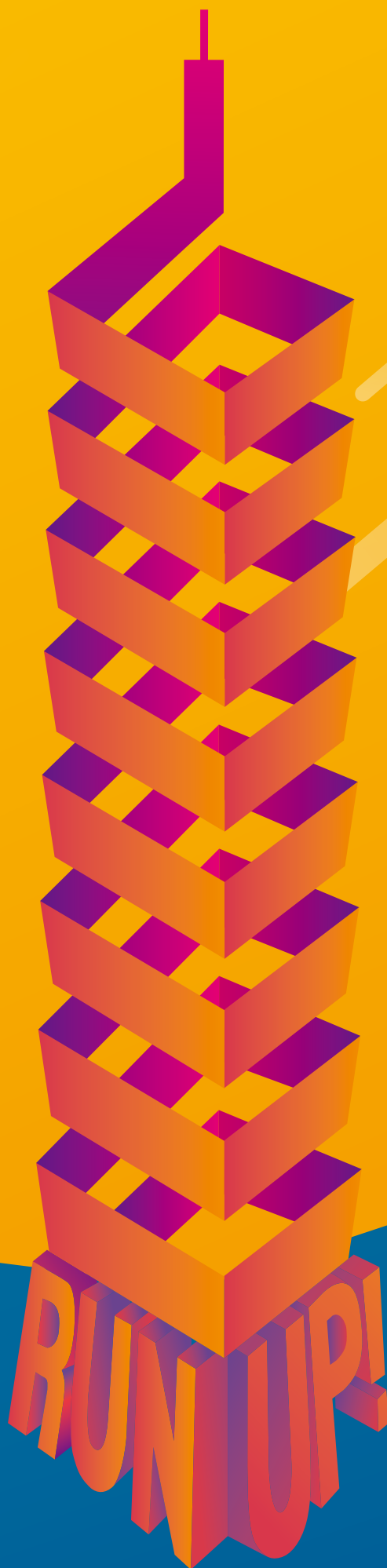
2019 CTBC · TAIPEI IOI

RUN UP

中國信託·台北IOI垂直馬拉松

5 月 **4** 日 SAT

RUNNERS' GUIDE



正品**9**折 • 折扣特價品**95**折

- 興葉蚵仔煎
- 林銀杏
- 海壽司
- 快樂檸檬
- 快樂地
- 手信坊
- 新勝發
- 陳允寶泉
- 胡董牛麵所
- 胡椒廚房

正品**9**折

- 安可盧萬巒豬腳
- 聖加海南雞飯
- 太老爺泰式料理
- 旭成
- 琥珀
- Nana's Green Tea
- 德克士炸雞
- Eve & T 義芙糖
- 倆倆號
- 思慕昔
- TEA STRUCK
- 馥御牛肉干
- 味一
- 第8口鳳梨酥
- 奇美食品
- COVA

正品**95**折

- 聖巴黎焦糖滷味
- Jasons Market place
- 印度皇宮
- 小南門
- 甘牌燒味
- 天仁茗茶
- 嶢陽茶行
- 餞面禮



胡椒雞肉飯**免費**加肉



飲料**免費**升級大杯

CONTENTS

Preface	03
Milestones	05
W.F.G.T (The World Federation of Great Towers)	07
Introduction	09
Rules & Regulation	11
Check in Flow & Baggage Deposit	13
Race Bibs & Timing Chip	15
Race Day Schedule	17
Health Check Procedure	19
Water Station	21
Service Stations	23
Prizes & Awards	25
Observatory Ticketing Information	27
Tips & Tricks	28
Important Information	29
1F Floor plan	30
Transportation & Parking	31



 Preface

Greetings! The 2019 TAIPEI 101 RUN UP is glad to have you!

Your challenge is a climbing competition consisting of 91 floors, 2046 steps, and a vertical height of 390 meters. When TAIPEI 101 RUN UP was first held in 2005, it broke the record of being the most difficult tower running challenge. It is still a climbing milestone for many professional runners around the world today, and also an once-in-a-lifetime goal for many others.

The meaning behind the Run Up is to bestow courage upon yourselves and challenge the unknown. Whether you are fulfilling a dream or simply love to exercise, we believe the TAIPEI 101 RUN UP will be an unforgettable experience in your life.

In order to carry out TAIPEI 101's concept of a sustainable environment, this year, we replaced the print TAIPEI 101 RUN UP event booklet with a digital version; the disposable cups at the water stations are replaced with reusable cups; and the race vests are made of recycled coffee grounds and plastic bottles. Thank you for participating in this event and doing your part for the sustainability of the Earth with TAIPEI 101.

Believe in yourself and become your own hero. Complete this once-in-a-lifetime honor and proudly say, "TAIPEI 101 RUN UP, achievement obtained!"



TAIPEI IOI 聯名卡就是會員卡



鼎極尊寵 精彩無限



全台唯一 全館消費 2% 回饋

2019/4/1~2019/6/30於台北101購物中心

刷101聯名卡消費，可享2%回饋

※回饋內容為101 Points會員購物金點數，含原會員0.25或0.5%購物金，並加贈本活動之1.75%~2%購物金點數。※全購物中心店家，含ZARA、LV、Massimo Dutti、鼎泰豐、APPLE直營店...等皆可回饋。



活動詳情



立即辦卡

新戶新卡好禮二選一(需登錄)

2019/4/1~2019/6/30申辦TAIPEI 101聯名卡，自核卡日起30天內，於台北101購物中心館內累積刷卡消費滿NT888元(含)以上

好禮1

TAIPEI 101 15週年慶
限定版行李箱三件組

*內含輕旅24吋行李箱、101經典行李束帶、行李箱貼紙。*贈品以實物為準，圖片僅供參考。



或

好禮2

刷卡金NT600元

舊戶新卡自核卡日起30天內，於台北101購物中心館內累積刷卡消費滿NT888元(含)以上享刷卡金NT200元

※台北101購物中心館內消費認定：發票上方印有TAIPEI 101MAL或標示台北101購物中心者方可認列。

謹慎理財 信用至上

信用卡循環年利率：本行ARMS指數+加碼利率(5.97%~13.47%)；上限為15%，預借現金手續費為每筆預借金額X3.5%+150元，循環利率基準日為104年9月1日，其他費用請上www.ctbcbank.com查詢



中國信託銀行
CTBC BANK



Milestones

- 2005** The first year of the TAIPEI 101 International Run Up
- 2014** Joined the W.F.G.T (World Federation of Great Towers)
- 2015** TAIPEI 101 became official member of the Towerrunning World Association
- 2017** * Host Asian and Oceanian Towerrunning Championships
* Won the Golden Service Award for Road Running category of "Common Wealth" Magazine
- 2018** Host Towerrunning World Championships
- 2019** TOWERRUNNING 200 - W.F.G.T TOWERRUNNING CHALLENGE

Record Holder

Male Record : Paul Crake 10'29"32 (2005)

Female Record : Andrea Mayr 12'38"85 (2005)





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www.homehotel.com.tw

 homehoteltaipei

 homehotel



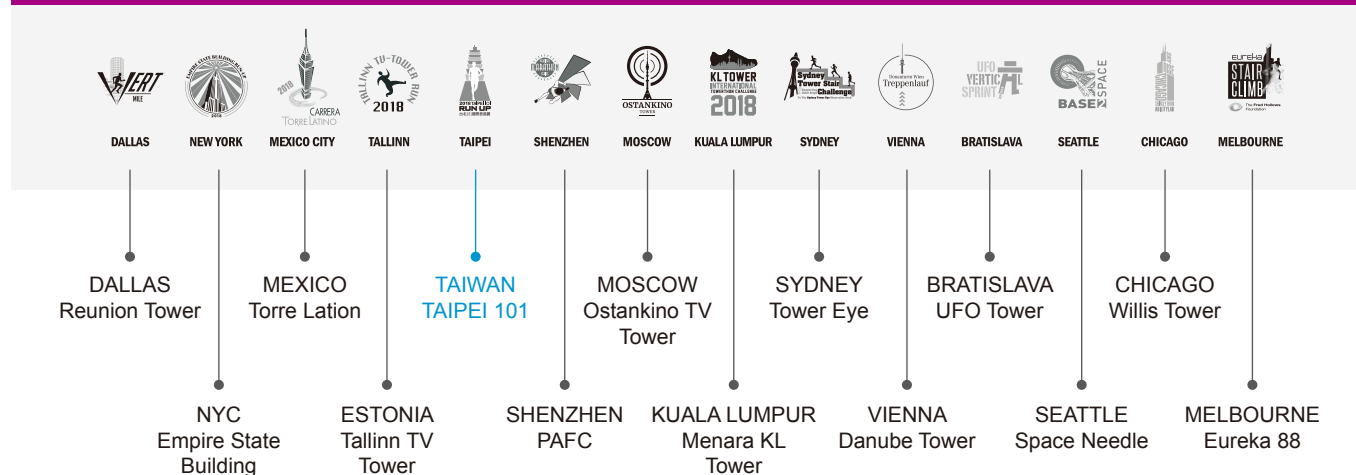
W.F.G.T (The World Federation of Great Towers)

The World Federation of Great Towers was established in 1989, headquartered in the United States. Currently has more than 50 international members, such as the Empire State Building in New York, the Eiffel Tower in Paris, and the Dubai Khalifa Tower in the United Arab Emirates, are world-famous landmarks. Being the tower's member must be popular, indicator of the location.

TAIPEI 101 became a member of W.F.G.T in 2014. This has further increased the international visibility of Taiwan and promote international tourism exchange via this platform as well as establish friendly relationships with other great towers.



與世界同步 完成人生成就



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- ✓ 思緒敏捷
- ✓ 發泡錠溶解快 吸收佳



澳洲銷售No.1品牌



Introduction

Organizers: Taipei City Government, Taipei Financial Center Corporation

Title Sponsor: CTBC Bank

Official Hotel: Home Hotel

Sponsors: Bayer Taiwan Company、Chunghwa Telecom、Hunya Foods、Kuai Kuai
 LEE WAY Company、Mayumi、SIX STAR Massage、Scafe、
 Standard Foods Corporation、Taisun Enterprise (from A-Z)

Executed by: Peace Marketing Taiwan, Inc.

Coordinated by: Chinese Taipei Road Running Association (CTRRA)

Date: May 4, 2019 (Saturday)

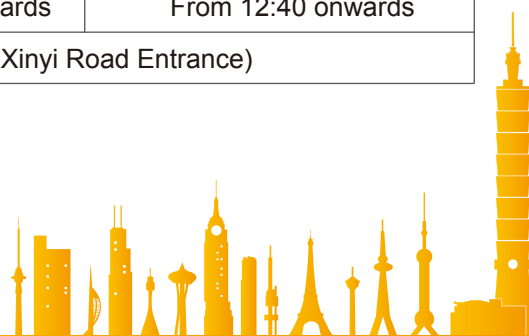
Location: TAIPEI 101, 1-91 Floors (Total of 2,046 steps)

Website: www.taipei101-runup.com.tw



Race Information

Category	Elite	Self-challenge	Corporate Team
Entry Limit	101persons	3,800 persons	30 Teams (20 persons per Team)
Race Pack Collection	May 2, 2019 to May 3, 2019 (Thursday & Friday) 13:00 to 20:00 (No extended hours)		
Race Date	May 4, 2019 (Saturday)		
Gathering Time	07:30	08:30	12:00
Start Time	From 08:30 onwards	From 09:00 onwards	From 12:40 onwards
Gathering Location	The first floor of the TAIPEI 101 (Xinyi Road Entrance)		



世界級精彩 4K隨按即現

方案名稱	產品組合	優惠費率(元/月)		
Netflix隨享方案A (註1)	HiNet光世代60M(含)以上速率 +MOD平台 +Netflix(標準/高級)	速率別	Netflix標準	Netflix高級
		60M/20M	1,170	1,230
		100M/40M	1,249	1,309
	適用對象	100M/100M	1,576	1,636
	● 新租寬頻 ● ADSL升級光世代 ● 既有寬頻無MOD ● 既有寬頻+既有MOD無約	300M/100M	1,605	1,665
		500M/250M	2,005	2,065
		1G/600M	2,565	2,625
Netflix隨享方案B (註2)	產品組合	優惠費率(元/月)		
	Netflix(標準/高級)+音樂頻道組合 (註3)	產品別	Netflix標準	Netflix高級
	適用對象			
	● 既有寬頻+既有MOD綁約中客戶	音樂頻道組合	330	390

加碼送

6/30前申請

加贈MOD看片金600元

(每期100元,連送6期)

好萊塢強檔電影推薦

4/01 水行俠 4/17 異裂
4/03 寡婦 4/24 速成家庭
4/17 大黃蜂 4/30 愛·滿人間

日本動畫-細田守最新力作

4/1 未來的未來

申辦請洽中華電信門市及特約服務中心或洽客服專線0800-080-123及CHT官網線上申請(限B方案)

註1 隨享方案A: 約期1年, 約期內客戶升降速, 須重新綁約1年, 惟升速可免收光世代及HiNet設定費。約期內客戶可升級或降級Netflix服務, 不重新綁約, 但不得退訂Netflix。

註2 隨享方案B: 約期1年, 約期內退租任一服務, 另一服務恢復廣告優惠價收費。約期內客戶可升級或降級Netflix服務, 不重新綁約, 寬頻均須為HiNet光世代60M(含)以上。

註3 音樂頻道組合(Mezzo Live HD and TRACE Urban), 僅限搭配本方案不可單獨申請。

註4 每月贈送之看片金現當月使用完畢, 不可展延至次月。

註5 約期內客戶申請電路、HiNet或MOD停話時, Netflix無法於MOD收視, 故不出帳。如於合約期間復話, 可享原方案優惠至合約期滿。

註6 「標準」可同時於2個裝置收視; 「高級」可同時於4個裝置收視。

i Rules & Regulation

1. It is the sole responsibility of a participant to ensure that he/she is healthy and physically fit to participate in and complete the race. Participants should understand the risks involved in taking part in the race and acknowledge the fact without any medical assistance. Any person who is suffering from high blood pressure, chronic diseases, cardiovascular disease, diabetes, inconvenient and asthma ... etc., should not participate in the race. On the race day, each runner will undergo a health check before taking part in the race. Once passed, you will then receive your qualification voucher. All runners must run in sequence according to the bib number. Only the runners with the qualification voucher may enter the race course.



101垂直馬 成就 GET!

Qualification Voucher Sample

2. If a runner still fails to pass the health check after taking some rest, the runner will be disqualified without any refund.
3. Please wear appropriate shoes and clothing for the race and refer to the race bulletin .
4. Race start times may be adjusted depending on the actual conditions. Please follow the on-site staff's instructions for the race starting order.
5. Race Timing Chip
「2019 CTBC · TAIPEI 101 Run-up」 will provide runners the race timing chip to record the race times. All runners will receive the chip along with the bib number in the race pack. Please refer to the provided instructions or ask one of the staffs at the race site for any inquiries on how to wear the race timing chip. Final race results will be based on the times recorded by the chip and will be displayed or announced by the organizers.

6. Violations

Runners who committed the following violations will be disqualified from the race with no refund.

- * Not being fully clothed or wearing proper clothing (for example - no slippers).
- * Removal of any clothing items during the race.
- * Making loud noises during the race.
- * Runners must pass the metal detector inspection before the race, anyone who doesn't cooperate will be disqualified.
- * Use of prohibited substances, non-compliance with the rules or fraudulent activities.
- * Carrying prohibited items.

For safety concern, all belongings such as backpacks, water bottles and any other items which could endanger the safety of participants are prohibited from the race course. Please follow the staff's instructions. However, concerning participants' needs, the following items are allowed, please follow the relevant rules.

- (1) GoPro : For safety concern, please use GoPro chest mount to avoid dropping during the race. Wearing GoPro on other places, such as head, is prohibited.(Figure 1)
- (2) Cell phone: For safety concern, please use chest mount, phone sport armband, or hold tightly in your hand. (Figure 2 / Figure 3)
- (3) Sports bag : Due to limited race course space, in order to avoid collisions between the runners, it is not allowed to carry any back equipment, backpacks, and cross-body bags. Only the running belt as shown in the picture is allowed.(Figure 4 / Figure 5)



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

7. Disputes

Photo source: internet

- * Contestant Disputes: Runners cannot dispute with the referees or officials during the race.
- * Dispute Procedure: Should there be any dispute, please inform the organizers within ten minutes after finishing the race. A deposit of NT\$3,000 shall be submitted at the same time. If the review committee concludes that the dispute is not justified, then the NT\$3,000 deposit will not be returned.

6星集·按摩 *massage*

默默盡責的雙腳，陪你跨越不少人生的挑戰
看遍世界美景，挑戰101登高賽後，該好好呵護你辛苦的雙足

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國內外巨星、政商名流及五星級飯店指定服務
提供您頂級腳底按摩、全身按摩、全身油推按摩服務

體貼選手

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地點:101大樓【噴水池廣場】

時間:10:30~15:00



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台北市民權東路二段28號(中原街口)

八德會館

早上10點至凌晨3點 8772-2286

台北市八德路二段298號(遼寧街口)

天母會館：

早上10點至凌晨2點 2872-1618

台北市天母東路25號

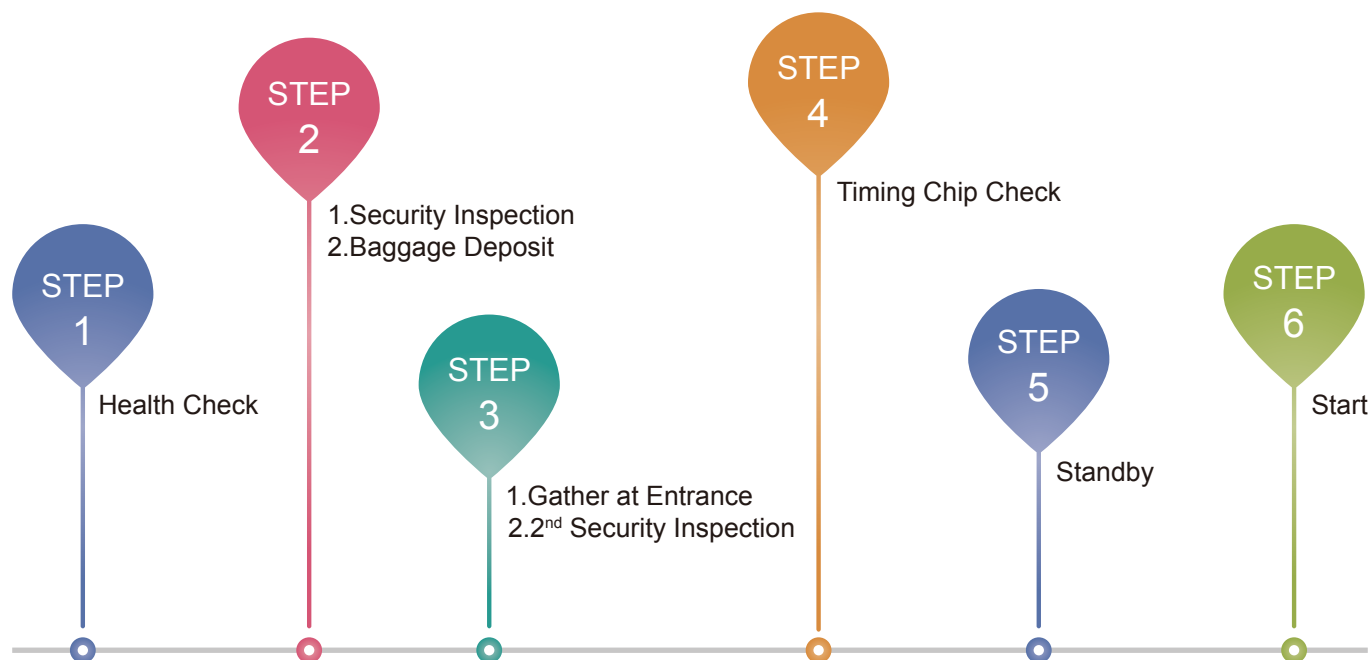
安和會館

早上10點至凌晨2點 2732-0033

台北市安和路二段225號(遠企購物中心斜對面)



Check in Flow & Baggage Deposit



Please refer to the page 30 floor plan.

Baggage Deposit Service

1. Baggage deposit service is available on site, please use your racing bib to check in and retrieve your bag.
2. Please follow the instructions in the bulletin and deposit your bag 30 minutes before entering the race course.
3. Storage service is for personal clothing storage only, not for valuables such as IPAD, mobile phone, camera, jewelry, etc. The event organizers shall not be responsible for the loss of any personal items.
4. Baggage Deposit Time & Location:

Category	Location	Baggage Deposit Time	Pick Up Time
Elite Self-challenge	TAIPEI 101 Fountain Plaza	07:30~13:00	09:00~15:30
Corporate Team		11:00~13:30	13:00~15:30





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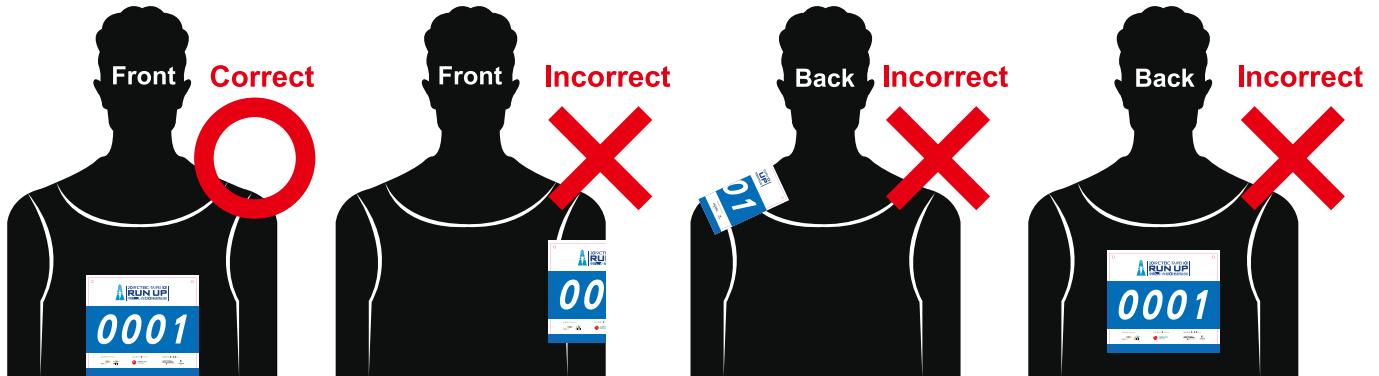
減少 317G碳排放



節省 13KG水資源

i Race Bibs & Timing Chip

Bib Number Placement ※ Please place the bib number on your chest.



Instruction for Wearing the Chip

1. Fold the creases on both sides of the wafer downwards (Figure 1).
2. Tear off the removable sticker on the left side of the wafer.
3. Fold the wafer into a D shape and stick it aligned with the holes.
4. Release one shoelace hole on both the left and right sides (Figure 2).
5. Face the D-shaped wafer with the numbered side up.
6. Cross the shoelace through the holes under the D-shaped wafer, and tie the wafer close to the tip of the shoe. (Figure 3).
7. Tie the shoelaces into a knot outside the D-shaped wafer.

※ Note

1. Please wear the D-shaped wafer properly on the shoes; do not place it in your pocket or hold it in your hand.
2. Make sure to pass the sensing mat on the racetrack properly at the start of the race.
3. Holding the wafer in place with metal objects is strictly prohibited.
4. Runners who are wearing shoes with no shoelaces please acquire a fixing string from the service center.
5. Each runner must not wear more than one wafer.
6. Please report to the organizer at the race venue if your wafer number does not match the number on your cloth to have it corrected.



Figure 1



Figure 2



Figure 3



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#BUFF 無所不能



充沛動能 × 犀利明亮

BUFF 雙效能量飲料

戰鬥力 +
含花青素

泰山

🕒 Race Day Schedule

※ The below time for health check and running is estimation only. The actual starting time may depend on conditions on site, please be patient.

Category & Bib Number	Suggested time for health check	Starting time for running	Note
Elite (1~101)	07:30~08:00	08:30	Starting interval is 30 seconds for elite runners and 10 seconds for celebrity runners.
Individual (1001-1500)	08:00~08:40	08:55~09:20	1. After finishing health check, individual runners must follow the directions of the staffs and run in sequence according to the bib number. 2. Each runner is released in every 2 seconds. The race will pause for 5 minutes in every 1000 runners for site preparation. For runners who missed the starting time, please follow the direction of the staff for restart arrangement. 3. The deadline for health check is 11:50, those who cannot finish the check before the deadline will be disqualified.
Individual (1501-2000)	08:25~09:05	09:20~09:45	
Individual (2001-2500)	08:55~09:35	09:50~10:15	
Individual (2501-3000)	09:20~10:00	10:15~10:40	
Individual (3001-3500)	09:50~10:30	10:45~11:10	
Individual (3501-4000)	10:15~10:55	11:10~11:35	
Individual (4001-4500)	10:45~11:25	11:40~12:05	
Individual (4501-5000)	11:10~11:50	12:05~12:30	
Corporate Teams (5001-5400)	11:30~12:00	12:30~12:55	1. After finishing health check, corporate team runners must follow the directions of the staff and run in sequence according to the bib number. 2. Each runner is released in every 2 seconds, at an interval of 1 minute between corporate teams. The race will pause for 5 minutes in every 20 corporate teams for site preparation. For runners who missed the starting time, please follow the direction of the staff for restart arrangement. 3. The deadline for health check is 13:00, those who cannot finish the check before the deadline will be disqualified. 4. We will lockdown 30 minutes after the last corporate team starts running. Those who cannot finish the race before lockdown will be regarded as giving up the race and cannot get the certificate.
Corporate Teams (5401-5800)	12:00~12:30	13:00~13:25	
Corporate Teams (5801-6200)	12:30~13:00	13:30~13:55	

Award Ceremony ※ Award Ceremony schedule may adjust depend on conditions on site.

Category	Time
Individual Awards	12:50~13:10
Corporate Team Awards	14:15~14:30



《純天然酵母發酵》
美味的溫度



《健司金黃起司餅乾》



《健司奶油胚芽餅乾》

**「說不出口的愛
都在健司餅乾裡..」**

- ◆ 美味的溫度是源自「一份對孩子的愛」，除了美味更希望他們吃的更簡單。
- ◆ 100%純天然酵母發酵，天然小麥無添加，散發天然香氣的餅乾，一口咬下就能感受濃郁起司，化在嘴裡樸實的心意。

+ Health Check Procedure

1 st Level: Balance Test - 3 Chances	
First	Pass: Proceed to check body temperature. Fail: 2 nd try.
Second	Pass: Proceed to check body temperature. Fail: Final try.
Third	Pass: Proceed to check body temperature. Fail: Disqualified from the race for your own safety. Proceed to pick up the goody bag.

2 nd Level: Temperature Measurement - 1 Chance	
Body Temperature $\leq 38^{\circ}$	Proceed to check blood pressure.
Body Temperature $\geq 38^{\circ}$	Disqualified from the race for your own safety. Proceed to pick up the goody bag.

3 rd Level: Blood Pressure Reading - 2 Chances	
Systolic blood pressure, SBP > 180 mmHg Diastolic blood pressure, DBP > 110 mmHg SpO2 < 94%	1. Pass: Proceed to the race. 2. If fail again in 2nd measurement, disqualified from the race for your own safety. Proceed to pick up the goody bag.



泰山

輕甜0脂肪

確保你的運動成果!



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輕盈補給

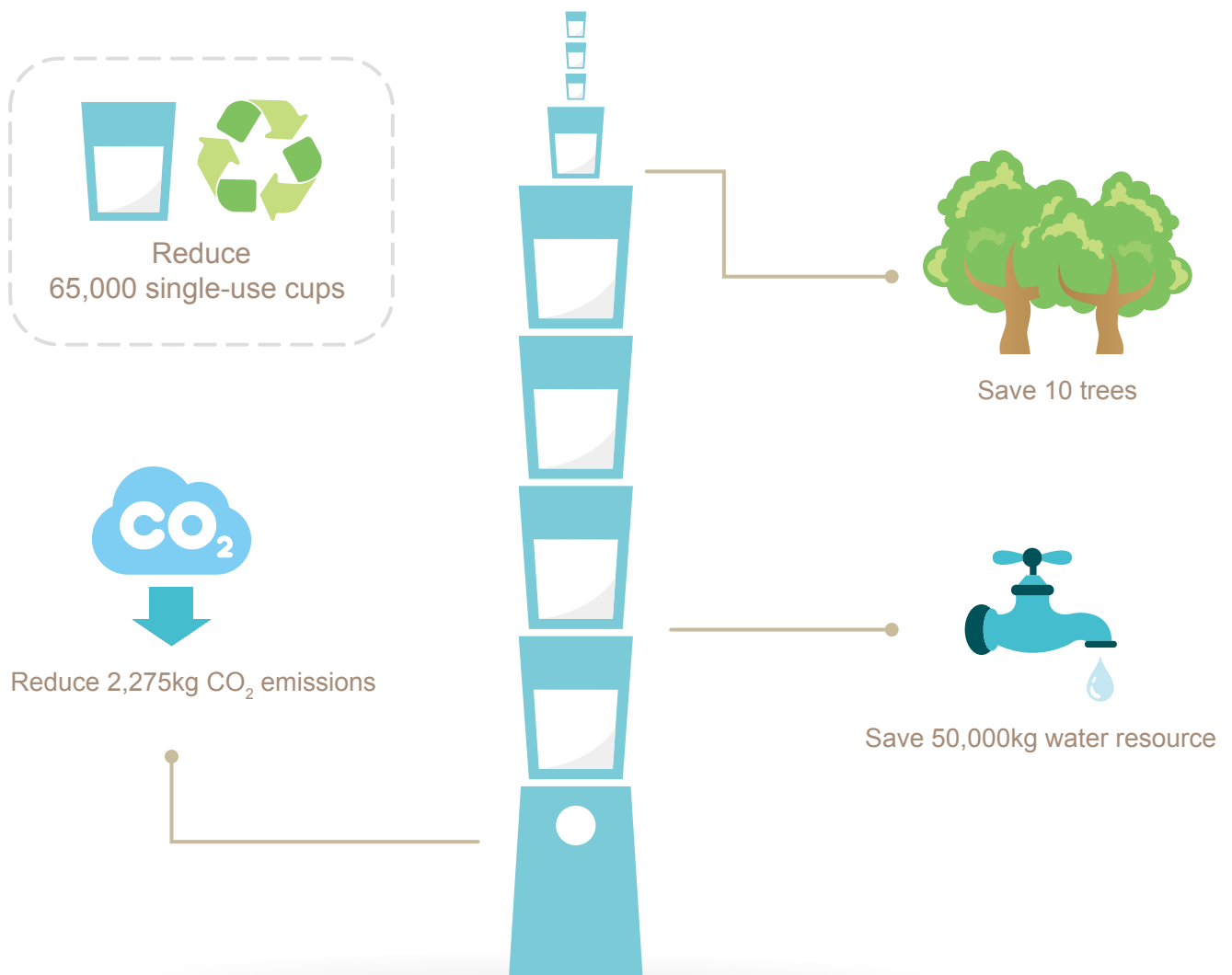


Water Station

※Water Station Reminder

In response to environmental protection this year, we have replaced the 65,000 disposable cups at the water stations to reusable cups. In addition to the efficient use of resources, we also hope to provide the participants with a healthier and environmental friendly race.

Please use the same water cup at the same water station and return them to our staff when you leave. Let us reduce garbage and save the planet together.





天地合補

葡萄糖胺飲



添加龜鹿雙寶



由內而外
打造行動力根基

真心推薦

謝霆鋒

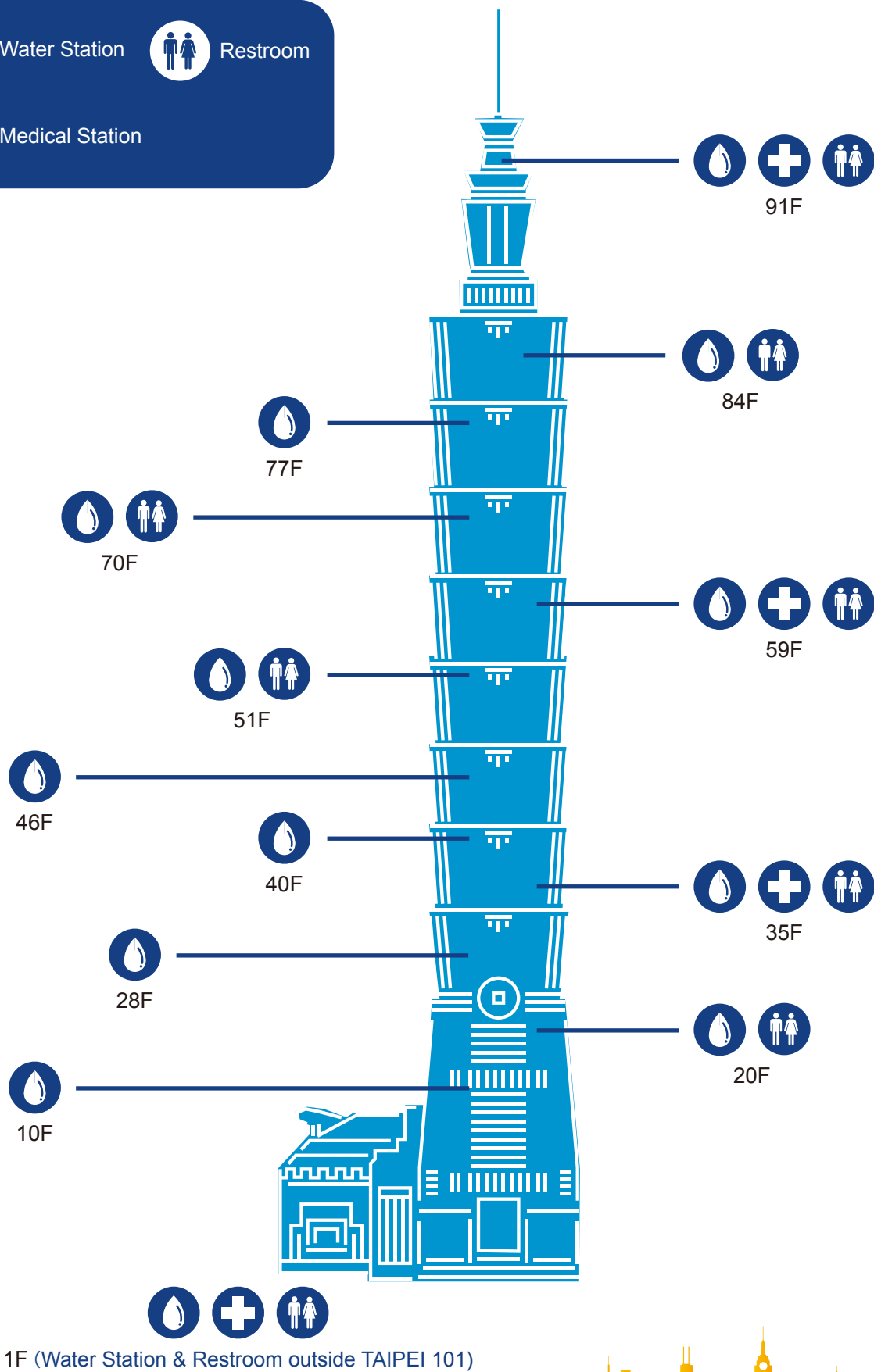


Service Stations


 Water Station


 Restroom


 Medical Station





SINCE 1968

新品上市

Mini 孔雀餅乾



芝麻

原味

f 乖乖

Instagram kuaikuaitw



孔雀美味家族粉絲團

我的乖乖 無可取代

Prizes & Awards

For R.O.C.(Taiwan) citizen, any prize amounting to NT\$1,000 or more must be declared for income taxes. If the amount of cash awarded to an individual exceeds NTD\$20,001, 10% tax will be deducted from winners. For winners who are non-citizens of R.O.C. (Taiwan), 20% withholding tax will be deducted. (with proof of passport or ID photocopy)

Record Breaking Bonus

A bonus cash prize will be awarded to the fastest runners who are able to set a new TAIPEI 101 Run Up record. Male and Female each.

Male Record 10'29"32	Female Record 12'38"85
NT\$200,000	NT\$200,000

Individual Award

1. The top 4 overall male and female runners will be awarded cash prizes
2. To encourage Taiwanese runners, the first male and female finishers from Taiwan will receive Taiwan Champion Award; however, if the male and female Taiwan Champions are also one of the top overall finishers, they will not receive any cash rewards and trophies which are allocated to the top four overall finishers.

	Male	Female
First	NT\$43,200 (1,200 Euros)	NT\$43,200 (1,200 Euros)
Second	NT\$25,200 (700 Euros)	NT\$25,200 (700 Euros)
Third	NT\$18,000 (500 Euros)	NT\$18,000 (500 Euros)
Fourth	NT\$10,800 (300 Euros)	NT\$10,800 (300 Euros)
Taiwan Champion	NT\$43,200	NT\$43,200

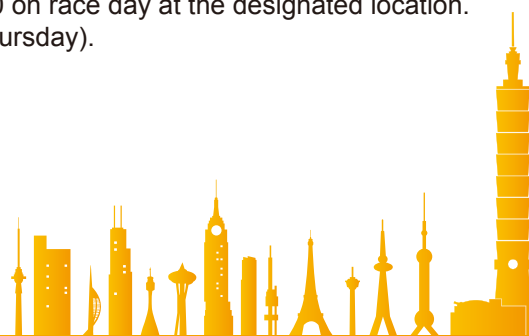
Corporate Team Award

The top 3 winning teams will be awarded cash prizes, trophies and medals.

Corporate Team	
First	NT\$ 100,000
Second	NT\$ 80,000
Third	NT\$ 50,000

Notes

1. All completed runners can obtain their completion certificate before 15:30 on race day at the designated location.
2. The records will be announced on the race website after May 9, 2019(Thursday).



盛夏戲水 潛藏心臟危機！ 打造安心場所 您——豈能少了AED？

美國心臟協會：如遇熱浪來襲，高溫持續超過兩天，將大幅提高心臟不適、心律不整、甚至死亡的風險。



PHILIPS 飛利浦 HS1



PHILIPS 飛利浦 FRx

常見的心臟病發，可能發生在任何時間、任何地點（包含家中）及任何人身上。每個生命危急時刻，都需要CPR+AED！即時掌握搶救黃金五分鐘，將遺憾降至最低。

選擇PHILIPS AED關鍵1--可於濕的地面使用

適當預防措施下 在濕的或金屬表面上進行病患除顫是安全的。

選擇PHILIPS AED關鍵2--無需擔心電波干擾

本產品靠近緊急對講機或手機等設備時，仍可正常運作。（除非必要，仍請盡量讓這些設備遠離病患和PHILIPS AED）



24H 服務專線：

0800-885-095

www.aedworld.com.tw

衛署醫器輸字第009048號·北市衛器廣字第107120306號

“飛利浦”自動體外心臟去纖維顫動器 使用前請閱讀說明書警語及注意事項





Observatory Ticketing Information

※Special offer of Observatory Tickets for family & friends ※04 MAY 2019 ONLY

1. Present the original coupon enclosed in the race kit to buy observatory ticket and enjoy 50% discount. Terms and conditions please refer to the coupon.
2. Runner can enter 89F observatory if family or friends buy ticket. Please put on the recognition sticker provided by the ticket office and follow the directions given on site.
3. In order to arriving the observatory before the runner, we strongly recommend family & friends to buy ticket and queue up for entering the observatory before runner starts the race. Please refer to the race time schedule for your reference.
4. **Completion certificate and goody bag pick up service close at 15:30**, please pay attention to time spent in observatory.
5. Ticketing counter is located on the 5th floor in TAIPEI 101 Mall. Operating hour 09:00-22:00. Service hotline: 02-8101-8880.

Front



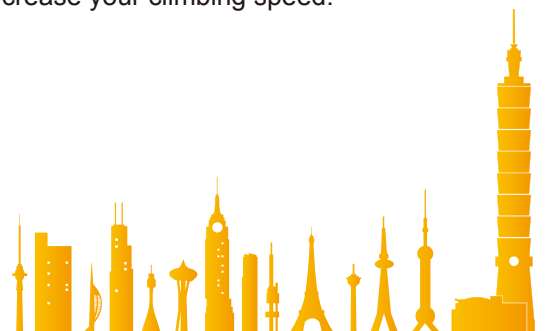
Back





Tips & Tricks

1. After you have made up your mind and begin making plans, you should also prepare some training tools such as a stopwatch, training log or exercise diary, running shoes, outfits, etc.
2. Assure your shoes fit correctly and are worn in a little (never race in brand new shoes). Make sure your shoes have good grip you don't want any slipping.
3. If necessary, you can focus weight training on your calf muscles, increasing your climbing strength.
4. Record your training time and heart rate to help track your body's condition and training effects.
5. If possible, try to train at the fire escape of an isolated building every week. The oxygen content of the air, temperature, and airflow of the staircase at the competition is different from normal outdoor areas.
6. Drink lots of water during training. Try to train with a couple of like-minded friends to keep each other motivated.
7. Wear appropriate clothing (such as an absorbent shirt, a vest etc) to assure you don't get too hot as it may be a cold day however once you begin to climb stairs you will soon heat up.
8. Vaseline is always a good item to pack for areas which may rub.
9. Assure you have a comfortable pair of socks which have been washed at least once so they absorb sweat.
10. Bring your own non-slip gloves to reduce the burden on your feet and increase your climbing speed.





Important information

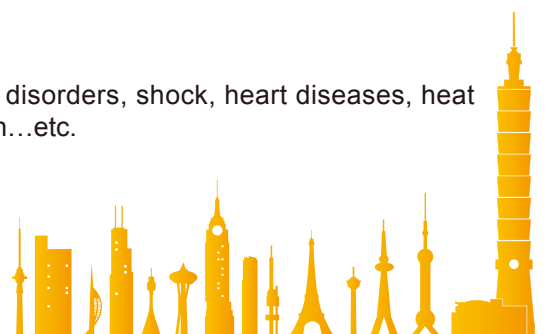
※ Please read carefully

1. Do not register if there are any health concerns such as high blood pressure, heart diseases, diabetes, inconvenient and asthma ... etc. The organizers will not be held responsible for persons withholding such information.
2. Water station service will be set up on several floors between 1F and 91F. For safety precaution, runners are not allowed to take water away from these stations.
3. Safety first. Please ensure your physical condition before participate in race. The referees or doctors reserve the right to stop the runners taking part in the race without any refund.
4. The Race Timing Chip is used to record the race times. Please refer to the instructions or enquire assistance from staff at the site if needed. The organizers will not be held responsible for loss of record on race timing chips due to personal negligence.
5. Please keep safe custody of your race timing chip and race bib. The Organizers will not replace any lost race bib or chip, resulting in automatic forfeiture from the race.
6. All participants shall grant authorization to the organizer for usage of video recording, photos ... etc, of the race event for promotional and publication purposes.
7. Any changes to race information will be announced by the organizer. If the race is cancelled due to force majeure, a refund of 50% will be made if the entry fee has been fully paid. Refund Method: For Self-Challenge participants who paid by credit card, the amount will be automatically refunded into the credit card account; For those who paid by convenience store transactions, money orders will be sent via registered mail to the registered address. For elite group or corporate teams, registered mails with money orders will be sent to runners(elite group) or the team leader (corporate teams).
8. Any future announcements, rule interpretations or revisions concerning the race event and its regulations will be made by the organizer if necessary.
9. In the case of discrepancies between the Chinese and English versions, the Chinese version shall apply and prevail.

General Liabilities Insurance

Doing sport keeps one healthy. Yet, one must ensure his / her adequate sleep the night before the race, and have meal at least 2 hours before the race. The first-aid service will provide first-aid for emergency situation related to the race. Any complications arising out of any personal illness will not be covered by accident insurance. The organizer will provide general liabilities insurance with coverage of NT\$1 million for every runner. (See policy terms for details of the insurance.)

1. The insured shall be liable for the compensation of third party injuries, death or property damage in such occurrence during the policy period. In the case of claims by third parties, we shall be liable to the insured for
 - * Accidents on pathway, the insured or its employees as prescribed in the policy.
 - * Accidents are happening to the insured inside the buildings, passages, machineries or other work equipment.
2. Exclusion by the insurance
 - * Injuries due to personal illness.
 - * Symptoms caused by personal illness, ranging from cardiovascular disorders, shock, heart diseases, heat exhaustion, diabetes, heatstroke, altitude illness, epilepsy, dehydration...etc.

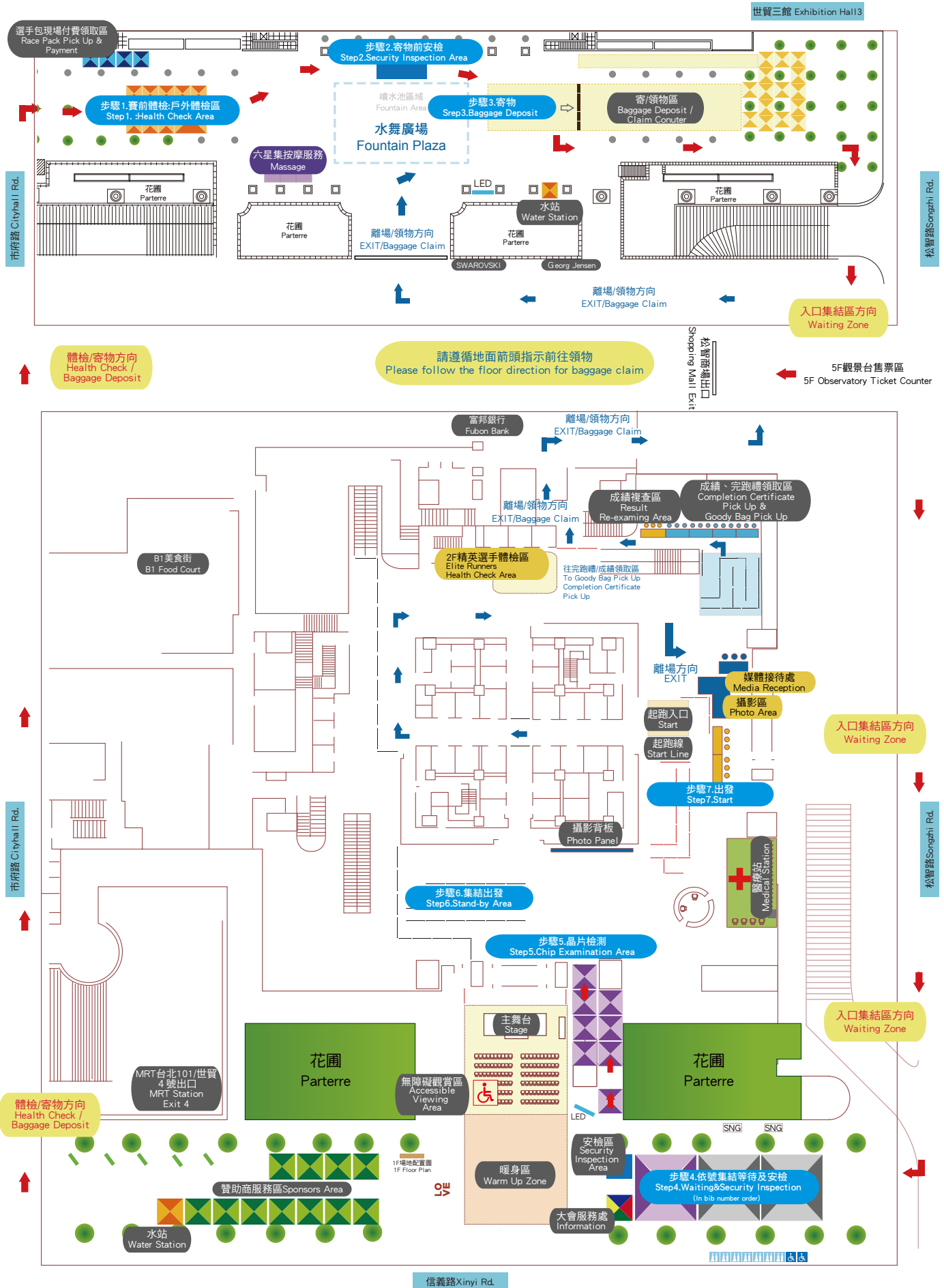




1F 平面圖 1F Floor plan

◎活動現場設有無障礙觀賞區、無障礙流動廁所；大會服務台提供身心障礙及行動不便者說明服務。

The TAIPEI 101 RUN UP is equipped with accessible toilets, an unobstructed viewing area for handicapped persons and other services necessary to meet the needs of people with reduced mobility.



Transportation & Parking

※To be environmentally friendly, please take public transportation more often.



MRT

- * MRT Red Line (Tamsui-XinYi Line) TAIPEI 101 Station, Exit No.4
- * MRT Blue Line(Nangang Line)TAIPEI City Hall Station, Exit No.2 and take about 10 minutes walk.



BUS

Buses to TAIPEI 101 can be boarded at Taipei City Hall, the World Trade Center station, Xin-Yi Administrative Center, and the Grand Hyatt Taipei.



Taxicab Stand

On the side of the 7-ELEVEN on the B1 floor of TAIPEI 101.



TAIPEI 101

- * Two parking entrances/exits are located at Sungchich Rd. and Shifu Rd.
- * TAIPEI 101 Mall B2-B4 features a total of 1,200 parking spaces.



Other Carparks

15 parking lots are located within 500 meters of TAIPEI

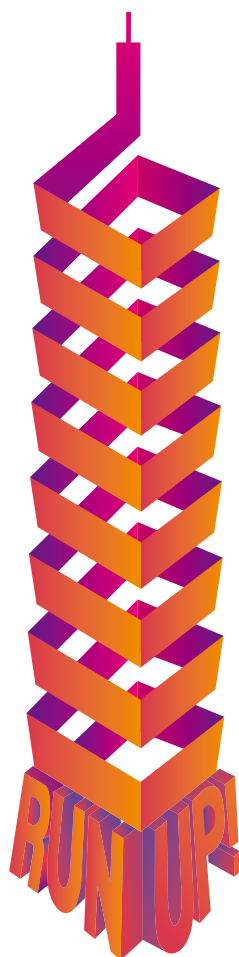


2019 CTBC·TAIPEI IOI RUN UP

中國信託·台北IOI垂直馬拉松

101垂直馬

成就GET!



Advisor

指導單位



Organizer

主辦單位



Global Alliance

國際聯盟



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Official Hotel

指定飯店



Event Execution

承辦單位



Co-Organizer

實務執行



Medical Team

醫療執行



Media Partner

媒體協力



Sponsors

熱情贊助 (依字母開頭A-Z排序)

