



2024CTBC·TAIPEI IOI

**RUN UP**  
中國信託·台北IOI垂直馬拉松

WORLD CHAMPIONSHIPS

**世界冠軍賽**

**2024. MAY. 4**

**RUNNERS' GUIDE**





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The TAIPEI 101 RUN UP consists of 91 floors, 2046 steps, and a vertical ascent of 390 meters. Unlike traditional marathons, the only scenery during the vertical marathon is the endless stairs, handrails, and turns. With each challenging floor conquered, accompanied by the ambition to reach the sky, this is the unique experience brought by the TAIPEI 101 RUN UP.

Since the first run up event in 2005, TAIPEI 101 RUN UP has now in its 17th year, and is considered by elite athletes around the world as one of the most challenging and iconic run up competitions. In 2017, TAIPEI 101 was first appointed by the Towerrunning World Association to host the Asia-Pacific Vertical Marathon Finals, and officially become a certified international competition venue. Following the Asia-Pacific Championships in 2017 and the World Championships in 2018, TAIPEI 101 is honored to once again host the World Championships in 2024.

TAIPEI 101 RUN UP aims to become a signature tourist check-in spot, making this challenge a bucket list item for everyone. TAIPEI 101, the world-class athletic battlefield, awaits your participation and shout out, WE ARE THE CHAMPIONS!

Push your limits, everyone.  
See you at TAIPEI 101 on May 4th.





2024 CTBC · TAIPEI IOI  
**RUN UP**  
中國信託·台北IOI垂直馬拉松

台北101垂直馬拉松參賽者  
限定會員申辦禮遇

## 2024.05.04(六)持台北101垂直馬拉松號碼布 至B1F客服中心申辦台北101禮讚卡會員 並獲得**400**點購物金點數(價值100元)

### 注意事項

1. 本活動僅限2024.05.04新加入之會員本人持參賽者馬拉松號碼布兌換贈品。
2. 於活動當日加入會員者，當日可享免費升等台北101禮讚會員，不限當日單筆消費滿NTD 10,000(含)以上加入會員之規定。
3. 以上詳細活動辦法請參考現場公告。台北101購物中心保留變更、終止本活動之權利，恕不另行通知。

限時獨享



2024.5.12前全館滿NT\$8,000贈NT\$800  
新申辦台北101聯名卡並持101PAY單筆消費滿一萬元  
再享**\$200**電子抵用券 + **鼎泰豐**小籠包(5入)

謹慎理財 信用至上

各銀行信用卡循環利息及費用請見各銀行官方網站





## Milestones

- 2005** The first year of the TAIPEI 101 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.
- 2018** Host Towerrunning World Championships.
- 2019** TOWERRUNNING 200 - W.F.G.T TOWERRUNNING CHALLENGE

### Record Holder

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

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

# 我的時尚旅程

LIFE AT ITS BEST

# 不平凡的精緻體驗

WHERE BEST JOURNEY STARTS



2024/4/1-2024/6/30



## 台北101全館最高享**3%**回饋無上限 線上/線下無界線

台北101全館包含觀景台、高空餐廳、鼎泰豐、LOUIS VUITTON、CHANEL、APPLE STORE、COS、ZARA等國際精品品牌、全館餐飲以及 STAGE@TAIPEI 101線上全品項



## 申辦首刷滿額禮遇

核卡後30天內不限地點刷卡，消費滿額達指定門檻享以下好禮

### 鼎極卡

累積刷卡滿NT3,030元(含)享



新戶  
禮遇

好禮2選1

① 101 Point **3,200**點  
(等同現金NT800元)

② **25吋輕旅行箱**

新卡  
禮遇

好禮2選1

① 101 Point **1,000**點  
(等同現金NT250元)

② 刷卡金NT**100**元



新戶  
專享

### 御璽卡

累積刷卡滿NT6,000元(含)享



新戶  
禮遇

好禮2選1

① 101 Point **2,000**點  
(等同現金NT500元)

② **25吋輕旅行箱**

新卡  
禮遇

好禮2選1

① 101 Point **1,000**點  
(等同現金NT250元)

② 刷卡金NT**100**元



新戶  
專享

※滿額達門檻前未登錄新戶贈品選項者，本行將視同選擇「101 Point」贈送。※滿額達門檻前未登錄新卡贈品選項者，本行將視同選擇「刷卡金」贈送。

詳情請洽館內B1中信服務櫃台



立即申辦



活動詳情

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



## **i** Introduction

### Operation Supervisors

Ministry of Finance, R.O.C. · Taipei City Government

### Organizer

Taipei Financial Center Corporation

### Global Alliance

Towerrunning World Association

### Title Sponsor

CTBC Bank

### Main Sponsors

Nan Ya Plastics Corporation · Pami

### Official Hotel

Humble House Taipei

### Sponsors

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### Executed by

Bruce Style Co., Ltd.

### Coordinated by

Chinese Taipei Road Running Association (CTRRA)

### Date

May 4, 2024 (Saturday)

### Location

TAIPEI 101, 1 - 91 Floors (Total of 2046 steps)

### Website

[www.taipei101-runup.com.tw](http://www.taipei101-runup.com.tw)

| Category       | TWA Elite  | General Elite        | Self-Challenge       | Team                                    |
|----------------|--|----------------------|----------------------|---|
| Entry Limit    | 100 runners  | 160 runners          | 3940 runners         | 40 teams<br>(15 to 20 runners per team) |
| Date           | May 4, 2024 (Sat.)   |                      |                      |   |
| Gathering Time | 07:30  | 09:55                | 10:20                | 14:10                                   |
| Start Time     | Heat 1<br>08:00 and onwards<br>Heat 2<br>09:10 and onwards | 10:25<br>and onwards | 10:45<br>and onwards | 14:40<br>and onwards                    |
| Location       | 1st Floor of TAIPEI 101 Office Tower (Xinyi Rd. Entrance)  |                      |                      |   |

# Innovating Renewal Technologies



## Rscuw Project

Recycling Scraps and Cutting Waste to Fibers

從餘到有 —— 織物回收再生計劃



SAYA





## **i** Regulation

1. It is the sole responsibility of the participant to ensure that he/she is physically fit to participate in and complete the race without any medical assistance. Participants should also understand the risks involved in taking part in the race. Person who is suffering from chronic conditions such as high blood pressure, cardiovascular disease, diabetes, and asthma...etc., should not join the race. Every runner will undergo a health check on the race day before starting. Once passed, you will then receive your “Qualifier” pass. All runners must run in sequence according to the bib number. Only the runners with the “Qualifier” pass may enter the racecourse.



**WE ARE THE CHAMPIONS**

### Qualifier Pass Sample

2. Participants who fail the physical examination will proceed for a re-check after a few moments. Those who fail for the second time will be disqualified from the race without a refund. Please assess your health condition carefully before registering.
3. Please wear appropriate shoes and outfits for the race and refer to the race bulletin on the website for your allotted time slot for the race.
4. Start times may be adjusted accordingly depending on the situation. Please follow the instructions given by the on-site staff for the race starting order.
5. **Timing Chip:**  
2024 TAIPEI 101 RUN UP adopts a chip timing system to record the finish time. The timing chip is for one-time use only. Should you need assistance on how to fasten your chip, staff and volunteers at the venue will be available to assist. All chip times and results of the event will be published on the official website.
6. Violators of any of the following regulations will be disqualified from the race without a refund:
  - \*For safety reasons, inappropriate outfits including slippers and flip-flops as well as removing of any clothing or causing scenes of nudity during the race are strictly prohibited.
  - \*Not having your bib properly pinned in the front area of your race vest.
  - \*Not following the judgment of the referee or the guidance of the staff, violating sportsmanship, making loud noises at the venue, or engaging in live broadcasting, video calls, selfies, and behaviors involving taking pictures or videos of themselves or other contestants during the competition, and influencing the contestants in any other way or means.
  - \*Illegally receiving drink or food from another party (you may only receive drink or food provided by the organizers).
  - \*Carrying prohibited items. For safety reasons, personal belongings such as backpacks, water bottles, hats, towels, and cameras anything that could easily fall off or drop on the floor and could possibly cost the safety of other runners are prohibited from the racecourse.
  - \*Those who refuse to pass through the metal detector will need to submit to search by the staff.
  - \*Using prohibited substances, cheating, having a substitute or a non-registered runner to run the race for you, or being involved in fraudulent activities.
7. Violators of any of the following regulations will have their recorded times cancelled without a refund:
  - \*Receiving assistance or support from another person in between the race or riding an elevator and/or an escalator.
  - \*Please notify the staff stationed on each floor if you need a quick rest. Resting and blocking the stairway or interfering with the race are strictly prohibited.
  - \*Wearing a bib not matching to the registered category.
  - \*Using a substitute or non-registered runner to run for you during the race com. Once verified, both parties shall be disqualified from the race and banned from participating in the race for a period of one year.
8. For runners who wish to take pictures or videos throughout the race, though the following items are allowed in the race, rules apply. Violators will have their results cancelled and no refund will be granted.
  - \*GoPro: For safety reasons, GoPro must be securely mounted to your chest to avoid dropping during the race.(Figure 1)
  - \*Cellphone: For safety reasons, your phone must be securely mounted to your chest or to your arm using an armband or tightly held in your hand.(Figure 2/Figure 3)
  - \*Backpack: Due to limited space in the stairways, no backpacks or crossbody bags will be allowed. Belt bags must be securely worn.(Figure 4)

Figure 1



Figure 2



Figure 3



Figure 4



Image source : Internet

9. **Disputes:**

- \*Competition disputes: during the race, runners may not dispute the referees and officials.
- \*Dispute procedure: any dispute concerning the race shall be raised within ten minutes after finishing the race and a security deposit of NT\$3,000 must be submitted. If the judges of the review committee concludes that the dispute is not justified, then the NT\$3,000 deposit shall not be returned.

Golden Horse Film Festival  
Golden Horse Film Festival 2013

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製稿解析度請設在300dpi以上

Please provide the file for print with

The resolution must be as above.

書籍尺寸 Book Size  
160mm(w)X240mm(h)

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印刷含出血尺寸  
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# TAIWAN'S SUN-DRIED NOODLES

## 台灣日曬製成麵

灰色區域製作尺寸 canvas area

建議將露出資訊內容放置此範圍內  
以免重要訊息被裁切

Please make sure the information  
are placed within the canvas area



PaMi會拌麵官方網站



## Important Notes

(PLEASE READ CAREFULLY)

1. Please note that this is a high-intensity sporting competition, participants should evaluate their physical condition and ability before joining. Once registered, please prepare yourself with sufficient training leading up to the race day.
2. Get enough rest the day before the race to ensure optimal physical condition. In order to avoid risk of experiencing symptoms caused by low blood sugar, make sure you do not race with an empty stomach and have light meal about two hours before the race.
3. In addition to 1F and 91F, there will be water stations on several floors in between.
4. Participants must consider their physical condition and put safety first; do not force yourself if you feel unwell. Please stop immediately and seek assistance from the nearest staff. The referees and the doctors reserve the right to stop the runners from participating in the race based on their physical condition. The registration fee will not be refunded and the participant shall not object.
5. If there are any accidents during the competition, the participants and their relatives are willing to bear the responsibility for the accident risks of the competition. They are willing to be responsible for accidents caused by personal illness or intentional behavior; they also agree to be responsible for any accidents not directly caused by the organizer or partners. In case of injury, death or any other loss of any kind, we waive any request for compensation or consolation money.
6. Timing chips are used to record the race times. Please refer to the instructions or ask for assistance from staff on site if needed. The organizer will not be held responsible in case when the times are not recorded due to personal negligence.
7. Please keep the bib, race vest, and timing chip in the race packet intact and safe. There will be no replacement for damaged or lost items. Runners without a bib will not be allowed to participate.
8. The organizer reserves the copyright to publish or broadcast videos, photographs, names, bib number, and results, or other types of materials recorded at this event for the purpose of reporting and promoting its activities.
9. In order to avoid affecting the progress of the event, without the prior written consent of the organizer, the participants are not allowed to conduct live broadcasts at the event location during the event, to make video call, to take selfies, or other acts of photographing or recording oneself or other contestants. In case of violation, on-site staff reserves the right to disqualify participants from the competition.
10. In case where the event is cancelled or postponed due to force majeure clauses or any unforeseen circumstances, registrants should not object to the decision. Please refer to "Announcement of Refund or Postponement" for details of the rules.
11. The organizer reserves the right to amend any rules and regulations without prior notice.

### General Liability Insurance:

Only necessary emergency medical aid will be provided at the event site. Illnesses caused by the participants' own diseases are not covered. General liability insurance only covers claims for injuries caused by accidents on site. It is recommended that participants to purchase additional insurance based on their personal needs. Details on all the regulatory provisions of insurance matters can be obtained by contacting CTRRA.

#### 1. Coverage:

The policy is extended to cover the Insured's legal liability for death and bodily injury to third party persons and damage to third party property arising out of the following conditions:

- \*Accidents occurred to the Insured or an employee of the Insured along the race course.
- \*Accidents occurred to the Insured inside the building, on the pathways, or from machineries or equipment nearby the race course.

#### 2. Insurance Exclusions:

- \*Injuries due to personal illness.
- \*Symptoms caused by personal illness or cardiovascular diseases such as shock, heart disease, heat exhaustion, diabetes, heatstroke, altitude illness, epilepsy, dehydration...etc.
- \*If the participant encounters the medical history of the disease mentioned in the second point, it is recommended to carefully consider his own safety and purchase additional personal accident insurance by himself. If the participant has or has had symptoms associated with high risk of sudden death, please consult a doctor for professional judgment before registering.



# HUMBLE HOUSE TAIPEI JOINS FORCES WITH HILTON HOTELS GROUP

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Celebrate the alliance between Humble House Taipei and the Hilton Hotel Group! Join Hilton Honors now to enjoy great accommodation and dining offers. Until May 31, 2024, book directly on the official website and stay for three nights or more to receive an extra 5000 bonus points. Until December 31, 2024, members also enjoy a minimum 25% discount on dining, with accumulate points for every NTS1,000 spent after discount. Redeem your points for food and drinks, and receive up to 500 additional points for every NTS730 spent (excluding service charge). 歡慶台北艾麗結盟希爾頓酒店集團，即日起，加入希爾頓榮譽會員即享多項住宿及餐飲優惠！包含2024年5月31日前，於官網直接預訂，並連續入住三晚以上，可額外獲得5000點額外積分禮遇。至2024年12月31日止，餐飲更享會員最低75折優惠，消費折扣後滿NT\$1,000可累積點數，集滿可兌換美食美酒以及折扣後滿NT\$730(不含服務費)再贈會員點數至多500點(不累計)等多重優惠。



HumbleHouse  
TAIPEI

台北艾麗酒店

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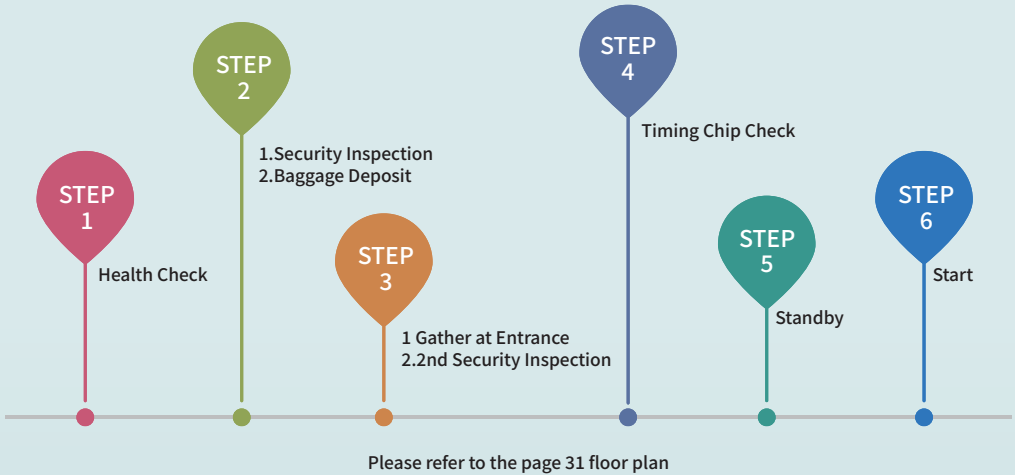
希爾頓格芮精選酒店





## Check in Flow & Baggage Deposit

### Check in Flow



### Bag Storage (TAIPEI 101 Mall Fountain Plaza)

1. Runners who wish to check their personal belongings must have their own storage bags and will have to show the bib when dropping off and picking up their bag. Please follow the instructions in the bulletin and arrive at the bag storage area at least 30 minutes beforehand. To avoid delays in starting time from going back and forth to the bag storage area, please make sure all non-essential items are secured in the storage bag before bag check.
2. Please do not store any electronic devices, valuable goods, fresh goods, or dangerous goods. The event organizer shall not be liable for the damage or loss of any personal items.
3. Location and time for dropping off and picking up your checked bag:

| Category       | Location   | Drop-off Time | Pick-up Time |
|----------------|--|---------------|--------------|
| TWA Elite      | Taipei 101 Office Tower<br>Designated Bag Storage Area | 06:30         | before 11:00 |
| General Elite  | TAIPEI 101 Mall<br>Fountain Plaza                      | 09:40         | before 12:30 |
| Self-Challenge |  | 10:00         | before 16:30 |
| Team           |  | 14:00         | before 17:30 |

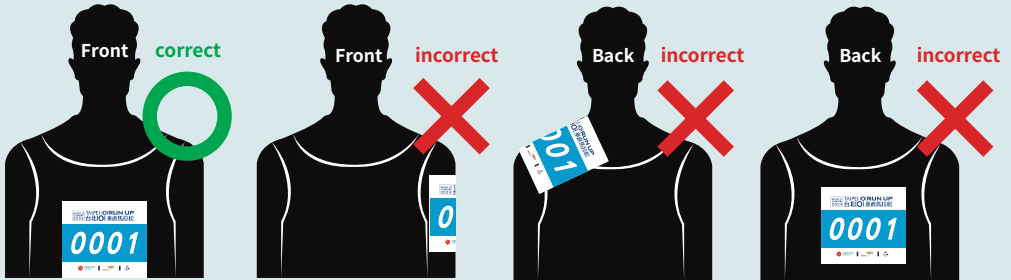




## **i** Race Bibs & Timing Chip

### 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







## Race Day Schedule

**\*The below starting time is estimation only. The actual time may vary depending on conditions on site. We appreciate your patience.**

| Category & Bib Number      | Suggested time for health check | Starting time for running | Notes   |   |
|----------------------------|---------------------------------|---------------------------|---|---|
| TWA Elite (1~100)          | 07:00-07:30                     | 08:00                     | First heat : From 1st floor to 91th floor. Runners are released in every 30 seconds   |   |
|                            |                                 | 09:10                     | Second heat : From 1st floor to 59th floor. Runners are released in every 30 seconds  |   |
| General Elite (501~700)    | 09:00-09:50                     | 10:25-10:40               | Starting interval is 30 seconds for Elite runners and 3 seconds for General Elite.  |   |
| Self-Challenge (1001~1500) | 09:40-10:20                     | 10:45-11:10               | <p>1. Once Self-Challenge runners have finished physical examinations, please abide by the instructions and start in numerical order of the bib.</p> <p>2. Runners are released in every 3 seconds. The race will pause for 5 minutes for every 1000 runners to reorganize the site. For runners who missed the starting time, please follow the direction of the on-site staff for re-arrangement.</p> <p>3. The cut-off time for physical examination is 13:30PM. Participants who are unable to get checked within the timeframe will not be eligible to start the race.</p> |   |
| Self-Challenge (1501~2000) | 10:05-10:45                     | 11:10-11:35               |   |   |
| Self-Challenge (2001~2500) | 10:35-11:15                     | 11:40-12:05               |   |   |
| Self-Challenge (2501~3000) | 11:00-11:40                     | 12:05-12:30               |   |   |
| Self-Challenge (3001~3500) | 11:30-12:10                     | 12:35-13:00               |   |   |
| Self-Challenge (3501~4000) | 12:15-12:55                     | 13:00-13:25               |   |   |
| Self-Challenge (4001~4500) | 12:25-13:05                     | 13:30-13:55               |   |   |
| Self-Challenge (4501~4837) | 12:50-13:30                     | 13:55-14:20               |   |   |
| Team (5001~5500)           | 13:30-14:10                     | 14:40-15:30               |   | 1. Once runners who signed up as a Team have finished physical examinations, please abide by the instructions and start in numerical order of the bib.  |
|                            |                                 |                           |   | 2. Runners are released in every 3 seconds. The race will pause for 5 minutes for every 25 teams to reorganize the site. For teams who missed the starting time, please follow the direction of the on-site staff for re-arrangement. |
| Team (5501~5860)           | 14:25-15:05                     | 15:35-16:10               | 3. The cut-off time for physical examination is 15:05PM. Participants who are unable to get checked within the timeframe will not be eligible to start the race.  |   |
|                            |                                 |                           | 4. Each floor will begin to be cleared 30 minutes after the last team started. Those who are unable to finish the race before the clearance will not have their finish time recorded nor will they receive their completion certificate.  |   |



## FAST能量果膠

- FAST果膠 x 櫻桃王聯名！
- 2:1複合碳水配方，超快吸收！
- 添加牛磺酸，維持運動狀態！
- 無香料、色素、防腐劑！
- 蒙特羅西酸櫻桃口味！

## FOCHEWS能量軟糖

- 添加GABA，保持賽前狀態！
- 400mg牛磺酸，增強運動體力！
- 少量碳水，能量充足！
- 每包僅20克，攜帶方便！



首次加入會員  
贈送**50元**官網購物金



## Health Check Procedure

### 1st Level : Balance Test - 3 Chances

|        |  |
|--------|--|
| First  | Pass: Proceed to check body temperature.<br>Fail: 2nd try  |
| Second | Pass: Proceed to check body temperature.<br>Fail: Final try  |
| Third  | Pass: Proceed to check body temperature.<br>Fail: Disqualified from the race for your own safety.<br>Proceed to pick up the goody bag. |

### 2nd 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.<br>Proceed to pick up the goody bag. |

### 3rd Level : Blood Pressure Reading - 2 Chances

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

# Sports

抗菌除臭洗衣液體皂

SGS認證

抑菌率 > 99%  
有效去除汗臭



## 連GoreTex都能洗 機能服OK!

✓Gore-Tex ✓排汗衫 ✓瑜珈服 ✓涼感衣





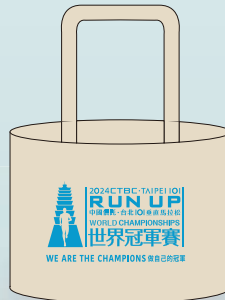


## Finisher Souvenirs & Completion Certificate

### Finisher Certification



### Finisher Towel



### Finisher Medal



### Finisher Gift Bag

### Finisher Souvenirs

1. All finishers will be able to receive souvenirs. Those who failed to receive “Qualifier” pass after health check or could not finish the race are still able to receive the souvenirs. Those who did not enter the race from the start will not be given finisher’s souvenirs.
2. All finishers will be able to receive souvenirs by presenting their bib at the finishing area.
3. Please ensure you arrive at the Finisher’s Souvenir Area before 5:00PM (depending on the actual situation) on the event day in order to get your souvenirs.

### Completion Certificate

All finishers will be able to obtain a certificate and a medal on the race day before 5:00PM at the designated area. Records will be published on the event website on 13 May, 2024.





## Prizes & Awards

### Bonus Taxation:

According to the Income Tax Law and various income with holding rate standards, if the participant is an individual residing in R.O.C.(Taiwan) whose total annual prize winnings reach NT\$1,000 or more are to be declared as income. If the amount of cash awarded is more than NT\$20,010, then 10% tax will be deducted for winners who are citizens of R.O.C.(Taiwan) and 20% tax will be deducted for non-citizen winners (please bring a photocopy of your passport or ID).

### Breaking Record

A bonus cash prize will be awarded to the Top 1 runner in both male and female groups that sets a new TAIPEI 101 RUN UP record.

| Category   | Male Record 10'29"32 | Female Record 12'28"85 |
|------------|----------------------|------------------------|
| Cash Prize | NT\$200,000          | NT\$200,000            |

### TWA Elite

Top 6 in overall rankings of male and female groups will be awarded cash prizes based on the accumulated points of both heats. In case of event points, runner with a higher score in the second heat will determine the final standing.

| Place | Male                  | Female                |
|-------|-----------------------|-----------------------|
| 1st   | NT\$ 108,000 (€3,000) | NT\$ 108,000 (€3,000) |
| 2nd   | NT\$ 72,000 (€2,000)  | NT\$ 72,000 (€2,000)  |
| 3rd   | NT\$ 54,000 (€1,500)  | NT\$ 54,000 (€1,500)  |
| 4th   | NT\$ 27,000 (€750)    | NT\$ 27,000 (€750)    |
| 5th   | NT\$ 13,000 (€500)    | NT\$ 13,000 (€500)    |
| 6th   | NT\$ 9,000 (€250)     | NT\$ 9,000 (€250)     |

\*RATE: 1€: 36TWD

### TWA Elite/General Elite/Self-Challenge

To encourage the Taiwanese runners, Taiwanese male and female first place winners (either from TWA Elite, General Elite, or Self-challenge groups) will receive cash prize.

\*Note: If the Taiwan's male and female first place winners are also the top 6 TWA Elite winners, they will be eligible for prizes for both Taiwanese champion and Top 6 winners.

|                 | Male        | Female      |
|-----------------|-------------|-------------|
| Taiwan Champion | NT\$ 51,000 | NT\$ 51,000 |

### Team

Result is calculated based on the team's best top 15 results. Teams with fewer than 15 finishers will not be included in the ranking. According to the total score, the top 3 winning teams will be awarded cash prizes and trophies.

| Place | Team        |
|-------|-------------|
| 1st   | NT\$100,000 |
| 2nd   | NT\$80,000  |
| 3rd   | NT\$50,000  |



食物轉型

從 *i* 開始

我就是影響力！

補 充 蛋 白 質  
能 量 滿 滿

非  
籠  
飼  
雞  
蛋  
快樂的雞才有勇健的蛋

媽媽去草地遊蕩了……

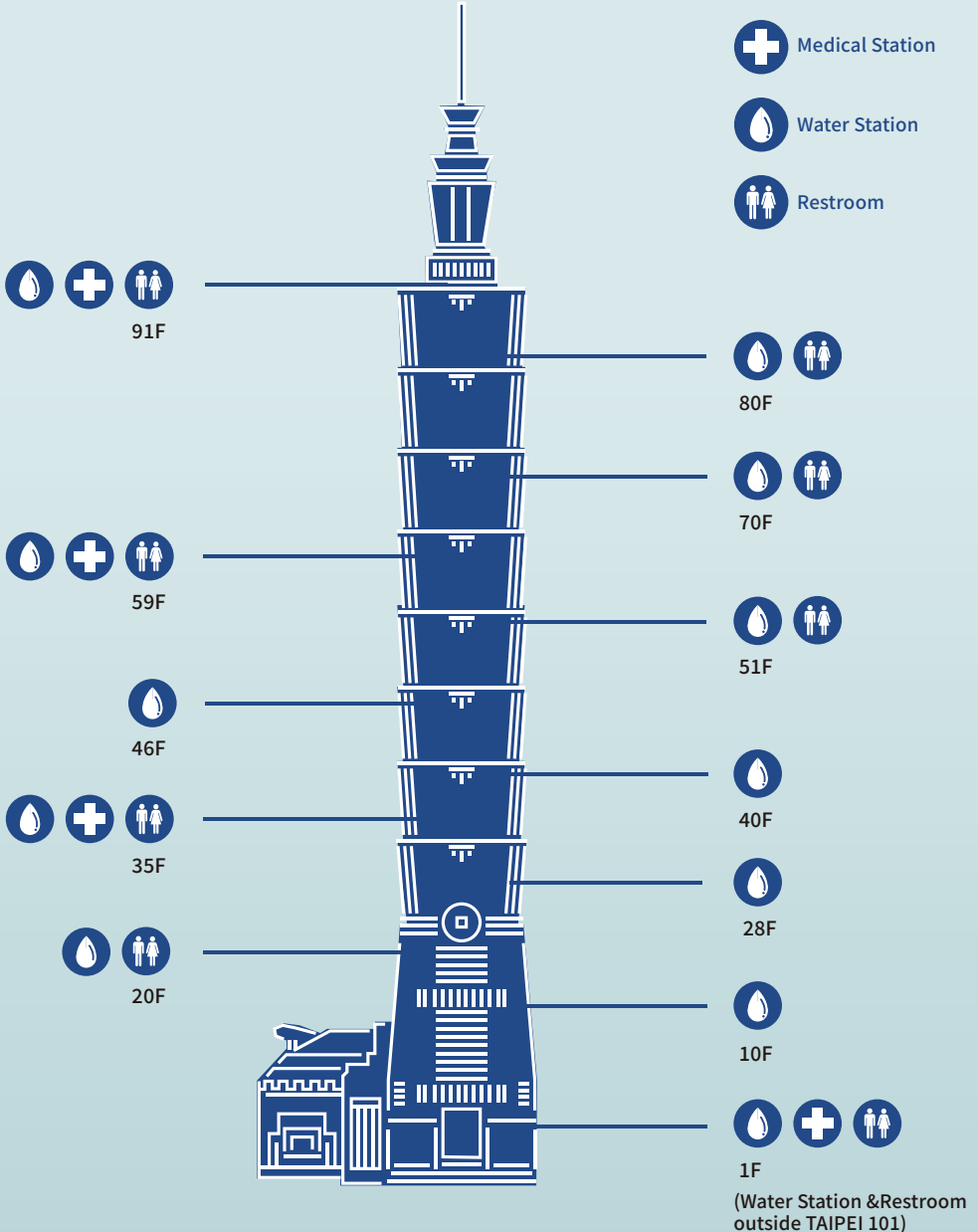


Carrefour  
家乐福





## Water Station & Service Stations







對卡比索止癮  
完全合理

**ХЛЕБ СОЛЬ**  
卡比索 皇家俄羅斯冰淇淋

*Kabisuo premium ice cream  
Soft, Smooth, Rich  
Mango flavor*



多層次的芒果香氣  
鑲嵌金黃色芒果肉



卡比索  
官方網站



卡比索Facebook  
官方粉絲團

濃郁不甜膩·頂級冰淇淋的極致呈現

*Rich but smoothily sweet to its ultimate luxury.*



## 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.



益富



# 好體力 好給力

1天1罐 6天有感

國民歌王  
周華健

周華健

無糖  
新上市

## 益富 益力壯 給力

2顆蛋\*  
優蛋白  
13.8g好吸收

BCAA  
2856mg  
小分子胺基酸

日本專利  
乳酸菌  
KT-11

高鈣  
+  
維生素D



[1] 2020年12月-2021年1月益富益力壯給力多元營養配方與蝦製e起玩合作6天連續試喝體驗活動，根據340份有效回收問卷統計，92%體驗者覺得喝了給力後體力較好。 [2] 根據2023年8月益富益力壯給力優蛋白高鈣配方與第三方稱量合作試飲活動，147份試飲心得評鑑結果。\*依FDA食品營養成分資料庫，給力每罐提供13.8g蛋白質，約等於兩顆雞蛋所提供蛋白質。

用 營 養 改 變 生 活



## Observatory Ticketing Information

1. The race kit includes a set of TAIPEI 101 observatory ticket discount code exclusive for TAIPEI 101 RUN UP runners.
2. Please purchase tickets on the TAIPEI 101 Observatory official website and enter the discount code onto enjoy a 20% off discount on regular admission tickets (limited to foreign full-price tickets and Taiwanese full-price tickets).
3. This discount code is valid until 6/30/2024. The discount code can only be used once, with a maximum of 4 tickets per use.

### Notes:

1. This discount is only applicable to foreign full-price tickets priced at NTD 600 or Taiwanese full-price tickets priced at NTD 420. Other ticket types are not applicable.
2. This discount is only applicable for online ticket purchases and can not be used for on-site ticket purchases.
3. If the athlete uses this discount code to purchase tickets, they still need to enter from the 5th floor observatory entrance and can not directly enter the observatory from the athlete's exit route.
4. For ticket purchase and venue-related regulations, please refer to the observatory official website and on-site announcements.

台北101觀景台官網請掃QR CODE  
[www.taipei-101.com.tw/tw/observatory](http://www.taipei-101.com.tw/tw/observatory)

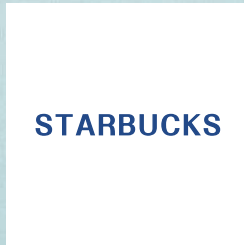


# 5/4 TAIPEI 101 B1 Food Court



Notice of change in opening hours

OPEN TIME  
07:30



OPEN TIME  
08:00





## 金黃起司餅乾

採用荷蘭香濃起司



## 每日元氣 酵母餅乾

使用100%法國酵母



## 每日元氣 黑糖銀絲卷

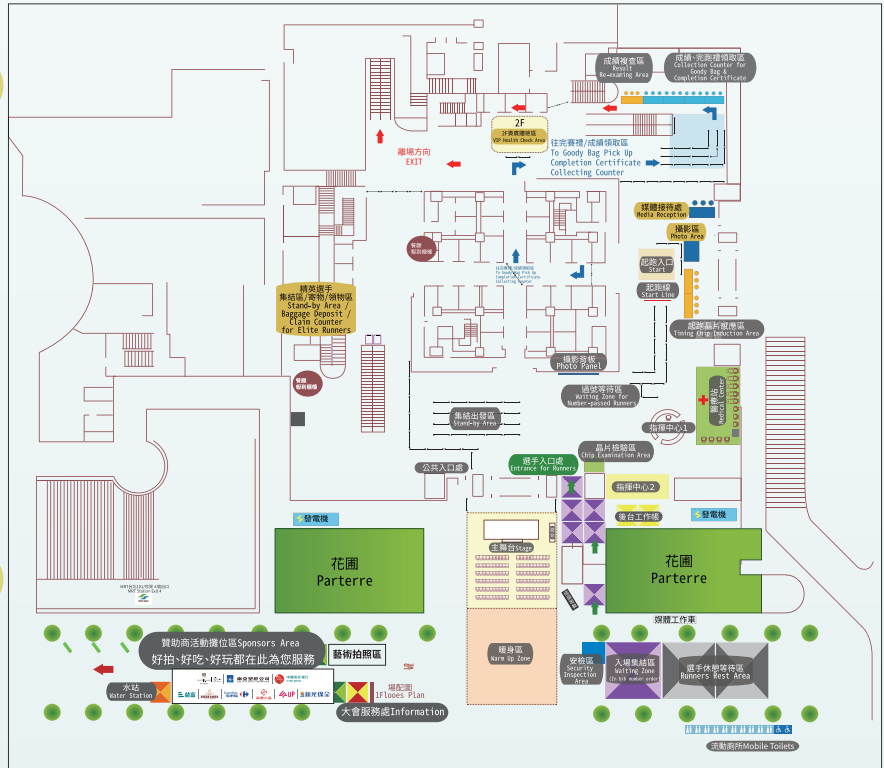
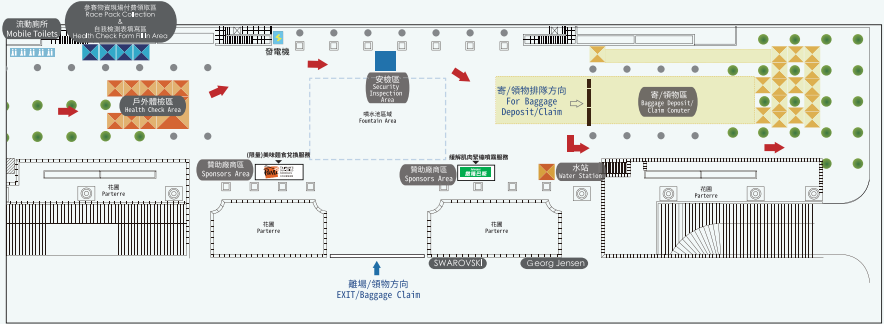
使用古早味手炒黑糖







# i 1F Floor Plan



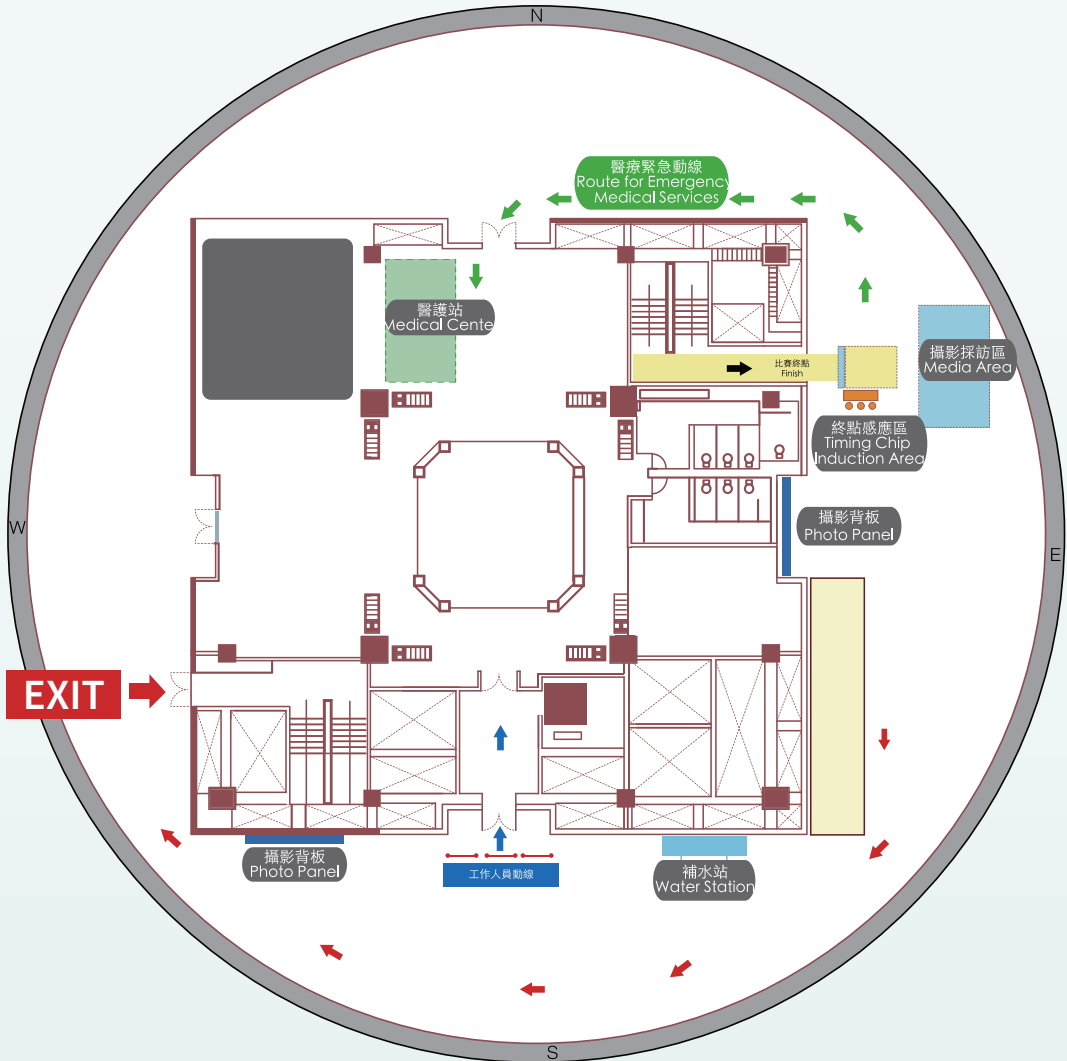
信義路Xinyi Rd.





## **i** 91F Floor Plan

PS:本樓層設有醫療站  
PS:Medical Center is available  
on this floor.



# 泰山八寶粥



## Transportation & Parking

To be environmentally friendly, please take public transportation to the event venue.

### 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.

### Taixcab Stand

On the side of the Family Mart 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.



夜晚降臨 能量來襲

能量叛客  
婁峻碩

有能量就是帥

# PowerBOMB

爆能能量飲料系列



# Departing from 101 , exploring 2046 steps around

Finishing " TAIPEI IOI RUN UP" marks the milestone of **2046** steps up.

Not just as the finish line of the competition,

TAIPEI 101 is also the starting point of your passionate adventure in Taipei.

Follow the map and explore where **2046** steps will bring you.

Go find your own champion route!







# Taipei Grand Trail - Strolling Around TAIPEI 101



The Taipei Grand Trail consists of hiking routes connecting attractions around Taipei, including a 92-kilometer mountain trail and a 38-kilometer riverside walkway.

With diverse ecological, historical, and cultural heritage, it also offers a variety of angles of viewing TAIPEI 101 along the way. On this trail, not only brings you physical enhancement, but also different perspectives of seeing the beauty of TAIPEI 101.

**Miantianping Pavilion - Xiaoyoukeng Tourist Service Station**  
Embark on a romantic journey to Zhuzihu, capturing the beautiful moment of blossom.

**X31** Distance : 12km Difficulty : ★★★★★

**Xiaoyoukeng Tourist Service Station - Fengguikou**  
Roaming the Seven Star Mountain, conquering the 1st mountaintop of Taipei, challenging boundless scenery, and climbing the mountain of life.

**X33** Distance : 13km Difficulty : ★★★★★

**MRT Guandu Station - Erzhiping Tourist Service Station**  
Stroll along the Guizheng Trail, feel the tranquility of the forest, and take in the panoramic views of the Taipei Basin, awakening a good state of mind for the whole day.

**X33** Distance : 13km Difficulty : ★★

**Fengguikou - China University of Science and Technology**  
Shuangxi Ancient Trail, deep into the hidden realm you'll find tranquility and clear scenery which thoroughly relaxes the mind.

**X46** Distance : 18km Difficulty : ★★★★★

**MRT Taipei Zoo Station - MRT Guandu Station (Riverside Bicycle Path)**  
Relieving stress and healing the soul, cycling is a great choice. Leisurely riding along the riverbank, enjoying the beautiful scenery of the riverbank.

Distance : 38 km Difficulty : ★★★

**MRT Jiantan Station - Bishan Temple**  
The Bi Shan Yan is situated high above, overlooking the Taipei Basin. At night, you can enjoy a panoramic view of the city skyline with TAIPEI 101.

**X31** Distance : 12km Difficulty : ★★

**#Fun Mountain Climbing**  
Do you know how many TAIPEI 101 towers you have climbed if you finish any of the trails in straight-line distance? Come conquer the 8 routes of the Taipei Grand Trail, train yourself while enjoying exercise and beautiful scenery, and the sense of achievement when reaching the summit! Along the way, you can also try tracing where TAIPEI 101 is.

**#Difficulty levels of each route**  
(based on experiences shared by netizens) (Difficult > Easy)



**China University of Science and Technology - MRT Linguang Station**  
Challenge the Four Beasts Mountain, because of its low altitude and gentle slopes, the views are excellent, offering a 360-degree panoramic view of the Taipei Basin with no blind spots.

**X28** Distance : 11km Difficulty : ★★★★★

**Shijie Shanzhuang - Feilong Trail at National ChengChi Universities Rear Mountain**  
Visit the revered "Zhan Temple," known as the number one spiritual mountain in the world, to pay respects to the gods and Buddha. Honor the mountains and waters, and exercise while praying for peace.

**X33** Distance : 13km Difficulty : ★★★★★



# 2024 中國信託·台北 IOI 垂直馬拉松世界冠軍賽

指導單位 Advisor



主辦單位 Organizer



國際聯盟 Global Alliance



冠名贊助 Title Sponsor



主要贊助 Main Sponsor



指定飯店 Official Hotel



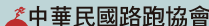
熱情贊助 Sponsors



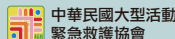
承辦單位 Event Execution



賽務執行 Co-Organizer



醫療執行 Medical Team



媒體協力 Media Partner

