

TRIPLE DOG DARE Race Rules



Course

The course will be marked with colored markers/arrows. Climbers will follow the colored markers/arrows along the course. Stay within the stanchion ropes where laid out.

The start begins at Leadership Square (North Tower), crosses to Oklahoma Tower, and then back to Leadership Square (South Tower) with the finish line in the lobby of Leadership Square.

Starting Order

Individual climbers and the 1st leg of relay teams will line up in approximate finish time at the Leadership Square atrium. 2nd and 3rd legs of relay teams will meet at the 2nd floor skywalk up the escalators. Climbers will start approximately every 5 seconds in order to avoid congestion.

Safety

- There are various other Steps/Hazards along the course so be aware at all times.
- After going down the escalator to the bottom of Leadership Square, North Tower (“LSQ North”) you will run through the underground parking garage a short distance to get to the stairwell of LSQ North. There are some steps in the garage so BE CAREFUL. These will be marked.
- There is a NO PASSING ZONE on the course:
After you run from LSQ over the sky bridge to Oklahoma Tower, you will come upon a carpeted staircase going down - THIS STAIRCASE IS A NO PASSING ZONE. The NO PASSING ZONE holds true after you complete Oklahoma Tower and run back up the staircase and back over the sky bridge.
- Climb on the INSIDE of the stairs and pass on the OUTSIDE.
On the way down do the same staying on the inside and pass on the outside. Call out “Passing” to pass someone. Be courteous and careful to avoid slipping. Use good sportsmanship. If you are going to be passed, pause at a landing and allow the individual to go by. Please do not impede the progress of others. You can always re-pass them later.
- You will find that by walking fast you may go quicker than running.
- It is suggested that you USE THE HANDRAILS for two reasons:
 1. Safety & Balance
 2. To pull yourself up. There are rails on both sides of the stairwell and you should always have at least one hand on a rail.
- Absolutely NO WATER ALLOWED IN THE STAIRWELL.
- Water is only allowed at water/aid stations. There will be water fountains on the top of each building. You can drink out of the water fountains crossing over at the top of each building. Volunteers will not let you in the stairwells with fluids. This is for everyone’s safety. Aid stations are in the lobby of LSQ.
- Volunteers will be positioned in each building midway up each stairwell and at the top of the stairs if anyone needs assistance. If you see someone in need let the volunteer know what floor that person is on so they can call for assistance.

Please – BE CAREFUL AND HAVE FUN.

This is not a Hawaii Ironman qualifier -- so be courteous and be safe!!

TRIPLE DOG DARE Parking

City Center East Garage Parking

PLEASE ALLOW EXTRA TIME TO PARK DUE TO CONSTRUCTION IN DOWNTOWN OKLAHOMA CITY.



From the intersection of Park Avenue and Harvey (see red star) travel south to the City Center East Garage entrance (follow the dashed red line).

If the gate is closed, press the intercom button and give the security office your name and let them know you are participating in the Triple Dog Dare.

Please Note: All parking spaces state "Reserved", but this only applies during the work week. Feel free to park anywhere in the garage.

After parking, enter Leadership Square (north side of Park Avenue across from Oklahoma Tower) on the south side of the building (see green star). The doors to enter Leadership Square face Park Avenue.

