

***What to expect when
going ...***

OVER
EDGE



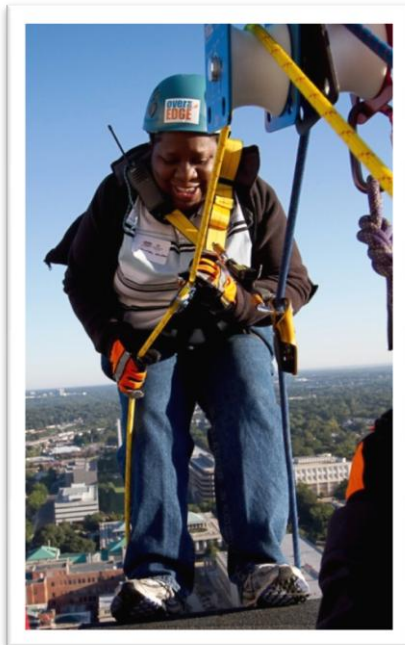
For



Special Olympics
North Carolina

FAST FACTS

- *Who:* YOU!
- *What:* Rappelling a building
- *When:* October 1, 2011 or October 29, 2011
- *Where:* Wachovia Capitol Center, 150 Fayetteville Street, Raleigh or The Vue Charlotte, 404 West 5th Street, Charlotte
- *Why:* To support SONC athletes
- *How:* Raise \$1,000 for SONC
- *Restrictions:*
 - Age: Must be 16 years old or older. All individuals under the age of 18 must have a waiver signed by a legal guardian.
 - Weight: Must weigh between 110 and 300 lbs. in order to fit in the harnesses.



securely tied to the harness.

EQUIPMENT

You will be wearing a full-body industrial harness and using an industrial descender to go down. To go down you will be squeezing a handle, and to stop you will need to let go of the handle (or pull back). You can go as fast or as slowly as you like. You will be anchored to a back-up line, which is controlled from the top. Should you go too fast, or should the equipment fail, the back-up line will engage.

WHAT TO WEAR

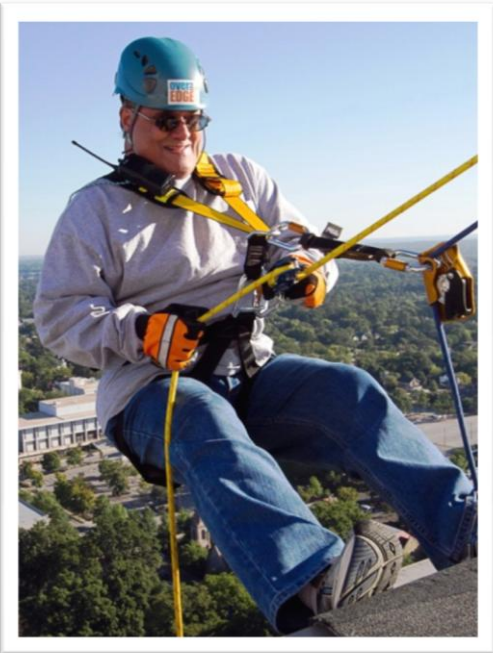
Rappellers will be most comfortable wearing jeans or other pants. It is recommended that athletic shoes be worn as they will be the best and most suitable option to walk down the building. Any shoes that easily slip-off are not allowed for the safety of people watching from the ground as well as your own. All safety equipment including a helmet and gloves will be provided. Cellular phones are not permitted during the descent and all cameras must have a lanyard that can be

TRAINING

There is no need to train prior to your rappel as the event is available and safe for participants of all experience levels. However, if you are anxious about the descent, you may calm your nerves by rock climbing with a local club or gym. It will give you a chance to get used to the feel of the harness and equipment as well as to the feel of dangling above the ground. It is common for some rappellers to experience soreness in their forearms from tightly holding on to the ropes. In order to reduce the risk of aches following the descent, you may want to frequently lift light weights or squeeze a stress ball leading up to the big day.

PRACTICE

When you arrive, you will have the opportunity to practice scaling the building from a lower level prior to your scheduled descent. This will allow you to get a feel for the equipment before going Over the Edge at the top of the building.



GOING OVER THE EDGE

Getting your weight off the roof and into the harness is the difficult part for most people. Once you're over the edge, you are on your own for the descent. You can stop and take in the view, you can look into peoples' windows, and you can even flip upside down if you want.

It will take approximately 15 minutes to reach the ground. The harness will squeeze your hips, and scrunch-up your shoulders. Some people feel as though rappelling is a good abdominal workout because of the semi-sitting position it requires. The squeezing motion to activate the descender requires quite a bit of force and using the same hand the entire way down can be tiring. You can stop to rest, or switch hands when you need a break. In general, inexperienced rappellers tend to find themselves with tired hands at the bottom. If

you keep your feet on the concrete/glass it is easy to maintain the correct position. You won't spin around, or fall into the building. If you push off with your feet you can bounce outwards. The further out you bounce, the more difficult it is to control your spin. Large bounces outward can result in crashes back into the windows, so bounces should be kept small.

SPECTATORS

Going Over the Edge is an exciting experience that should be shared. Friends and family are welcome and encouraged to attend this event to take pictures of your descent and cheer you on. Only rappellers will be allowed on the rooftop, so if you want some extra support on the roof, recruit your friends to participate.

