

WHAT TO EXPECT

www.OverTheEdgeNC.com



★ LET ME BE BRAVE ★



- **WHO:** You!
- **WHAT:** Rappelling a 30-story building!
- **WHEN:** Saturday, Sept. 28, 2019
- **WHERE:** Wells Fargo Capitol Center, 150 Fayetteville Street, Raleigh
- **WHY:** Support SONC athletes!
- **HOW:** Raise a minimum of \$1,000 for SONC

TRAINING:

- There is no need to train prior to your rappel as the event is safe for participants of all experience levels.
- When you arrive, you will have the opportunity to practice prior to your scheduled descent.
- If you'd like more experience, rock climbing at your local Triangle Rock Club may be helpful.
<https://www.trianglerockclub.com/>

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, stop and take in the view!
- It will take approximately 15 minutes to reach the ground.
- You'll be in a semi-seated position which can often leave you feeling like you had a great ab workout. The harness will squeeze your hips, and scrunch-up your shoulders.
- The squeezing motion you use to lower yourself requires some force and can tire your hand out. You can stop to rest any time you'd like.
- If you keep your feet on the concrete/glass it is easy to maintain the correct position and balance.

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WHAT TO WEAR:

- Rappellers will be most comfortable wearing jeans or athletic pants and athletic shoes.
- Sandals and 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.
- GoPro cameras are permitted. You must bring all necessary attachments for the OTE team to attach your GoPro to the helmet.
- Cellular phones are not permitted during the descent and all cameras must have a lanyard that can be securely tied to the harness.

RESTRICTIONS:

Age: Must be 14 years old or older. All individuals under the age of 18 must have a waiver signed by a legal guardian, who must be present at the event.

Weight: Must weigh between 100 and 300 lbs. in order to fit in the harnesses.

EQUIPMENT:

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

SPECTATORS:

- Friends and family are welcome to attend this event. However, only rappellers will be allowed at registration or on the rooftop, so if you want some extra support on the roof, recruit your friends and family to participate.
- We will have photographers capturing the rooftop rappel and medal zone moments.