

Welcome to the Towerrunning Association of Singapore's (TAS) first quarterly newsletter! Here, you will find the latest news from the Towerrunning World as well as updates from our Singapore Association.

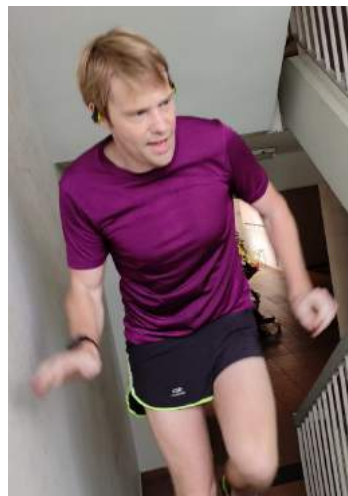


Time trial sees PBs smashed!

The TAS ran another successful time trial event on April 17, in which a few of us self-timed a 40-floor climb at Toa Payoh Central. Several of us smashed our PBs (personal bests) which surprised many. These time trials have been a great way to keep us motivated while we continue to train under the shadow of COVID-19 where we continue to be mindful of group exercise restrictions, safe distancing, and mask usage. It is also a good way to stay prepared for the day when these restrictions are lifted. Here are some pictures of the event:



Serene is all smiles after setting a new PB



Rich in good form after coming back from an injury



SC catching her breath after reaching the top - another PB



Eddie speechless after finishing and setting new PB

Congratulations to all who took part including the volunteers. Going forward we plan to hold these time trials every three months, changing locations each time. Any current member of the Towerrunning Association of Singapore can take part, it's just another benefit of being a member!

Results: Charles 3:24, Rich 3:45, Eddie 4:11, Serene 4:16, SC 4:25, Mark 4:35.



Pre-climb boot camp? Sure why not!

During our Saturday training sessions, we like to mix things up to keep things interesting. Aside from changing locations each month, we also train differently from week to week. Some weeks, we may focus on endurance, while on other weeks, we may focus on speedwork and intervals.

In March, a group of us decided to do a full on boot camp session prior to the stair climb training. With the help of coach Wendy, we arranged a bootcamp class which focused on our core and upper body, while sparing our legs. So one Saturday morning, we arrived all bright and cheery ready for the challenge. Little did we know that 75 minutes later, we would be begging for mercy, our muscles aching, out of breath and feeling shaky. Then it dawned on us that we still had to do our stair climb workout. Ouch! It was a tough day but we enjoyed the challenge. In fact, our boot camp experiment led to a new change in the way we do our Saturday workouts. We now incorporate a 10-15 minute warmup, usually led by SC, prior to our stairclimb session. The warmup incorporates some of the moves that we learned during bootcamp. Members are welcome to join our Saturday training sessions anytime.



Welcome new members

Thanks for joining the Association in Q1 2021!

- Calvin
- Halima
- Karen
- Patricia Anne
- Guan Ling
- Moroto
- Jiaqian

Let's continue to grow!

Do you know anyone who is interested in stair climbing? Ok, maybe that's not the right question. Do you know anyone who is interested in getting fit, staying healthy, losing some weight, and joining a fun yet challenging activity? Invite them to join our Association! Membership is only \$20/year; benefits include weekly training and much more.



In other news....

Feb 12 Solo Dawson Skyville Everesting Challenge Attempt

Most Towerrunners train by going up the stairs perhaps 3-4 times and taking the lift down. What if one were to climb a 47F building going up AND down 68 times (the equivalent height of Mount Everest) in a row without stop? For a normal Towerrunner, this would sound crazy but this is exactly what ultra endurance athlete Jean-Henri Haniquaut set out to do on Feb 12. Jean-Henri is no ordinary person. A mountain runner in his native France, he has been an extreme rock climber, trail runner, marathoner, and for

this one day event, a Towerrunner. However, would he be able to do this? 68 climbs up and down would take anywhere between 18 and 24 hours straight averaging 3-4 up and down climbs per hour. Last year, Jean-Henri ran over 4,000km including 42 marathons, almost one per week, and over 6,000km of cycling. He recently completed a 200km run around Singapore on March 11 with fellow countryman Philippe Daniel. So if anyone could complete this Everesting challenge, he would have the best chance.



Rich and I met up with Jean-Henri at Dawson for his first few climbs on the night of Feb 12. Going up and down with him for one round was interesting to say the least. What surprised me was his effortless technique going down the stairs. He was able to go down at high speed hardly expending any energy. This was most likely due to his mountain climbing experience. On the next day I went to see him again before our usual Saturday training. After 12 hours of climbing he was still there. However, he had a slight pain in his calf. He was over 2/3 of the way done, and had another 20 or so climbs to go. Would he be able to finish? Alas, it was not meant to be. On Saturday afternoon he had to withdraw due to a torn calf.... Our hats off to his valiant effort. Perhaps one day he will return to conquer this challenge!

Apr 9 - Soh Wai Ching - World Record Stair Climb Machine climb



Congratulations to Soh Wai Ching of our neighboring Malaysia Towerrunning Association, as he added another world record to his list of accomplishments. In this effort, he broke 3 world records by being fastest to climb the equivalent of Petronas Towers (16m 16s), fastest Vertical Kilometre Climb (35m 37s), and Longest Vertical Climb Distance in one hour (1.69km). Wai Ching is indeed a stair climbing machine- congratulations! The question we may have for him is: what's next?

April Update from Towerrunning World Association



According to Michael Reichetzeder, sports director of the Towerrunning World Association, events in 2021 are still on hold worldwide pending the COVID-19 situation. He did speculate that there may be some international races in Europe during the 2nd half of the year. However, the large international races that we have seen pre-covid will most likely not happen until the situation improves. As Singapore has been deemed one of the safest places in the world to be, could we perhaps see an opening up of local races later in the year? Stay tuned.....!



Running High

by Rich Sirrs

featured article

When it comes to stair running, the sky's the limit. The Towerrunning Association of Singapore's Richard Sirrs provides the lowdown on how to do it right:

In high-rise building and skyscraper-abundant Singapore, there is no shortage of training opportunities for the budding stair climber. Similarly, (pre-covid) there is no lack of racing opportunities as well, with locally held vertical marathons fast becoming a common sight in running calendars. Interest in such races remains high; the last Swissotel Vertical Marathon, held in November 2019, attracted more than 2,000 participants.

Stair running is no walk in the park, going by how exhausting it is for many to even conquer a few flights of stairs. However, it is a sport that has many benefits, and best of all, it is free. We show how you can easily incorporate a concrete behemoth into your weekly fitness regime and prepare to pit yourself against the world's best at a local vertical marathon.

Stair Climbing Benefits

Health promotion boards around the world are finally getting wind of the potential health benefits of stair climbing. Numerous studies carried out in the last decade to assess the benefits of stair climbing have concluded that regular stair running can significantly improve cardio respiratory fitness and lower blood pressure.

Stair Climbing Basics

A fight against gravity is not to be taken lightly. In fact, some say climbing a skyscraper at speed requires more grit and self-determination than completing a full traditional marathon. However, as with all athletic pursuits, progression is paramount and paying attention to increasing intensity and volume before eyeing the 65-storey building across from your office is the key to staying safe and enjoying stair climbing.

7 minutes

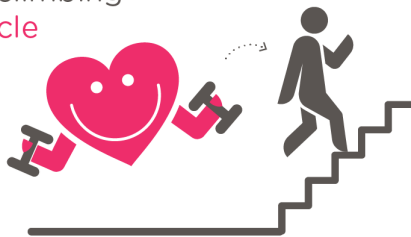
stair climbing a day
more than halves
your risk of a
heart attack
over 10 years



StepJockey
Transforming workplace health

In

Fact: Stair climbing
builds muscle
tone fast



StepJockey
A little healthier everyday

Check out our beginner's training program below to prepare your foray into stair training.

Love the rail

Proper rail technique is a key element of stair running and is what separates the beginners from the professionals. Pulling on the rail takes a lot of stress off the legs and will help you whip around the stairwell and push you up the next flight.

Save your single stepping for the dancefloor

Stair running is all about doing doubles. Two steps will always be quicker than one, and the lunge position you find yourself

in when double-stepping automatically engages the whole posterior chain; glutes, hamstrings and quadriceps much more effectively.

Descend in a Lift

The eccentric muscle contractions associated with descending stairs are a common cause of muscle soreness, and may cause injuries. Therefore, we recommend taking the lift down after you reached the top.

Always Warm Up

As with any strenuous activity, it's important to properly prepare the body for the demands of the activity. For stair climbing, we recommend walking several flights to get the blood pumping and then undertaking a dynamic stretching program which focuses on the hips, legs and arms.



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featured article



The Regime

Aim for two training sessions weekly, at 10 ascents each for 240 floors in total.

- Ascend to floor 12 at a brisk walk and practice the two fundamental techniques which separate a pro stair climber from a beginner; 2 steps at a time using your arms to whip you around the railing x 5
- Sprint six floors and recover on the landing for 45 seconds to a minute and sprint the final 6 floors x 5. Gradually reduce recovery time aiming for 10 seconds as your fitness increases to maintain fitness gains

As you gain confidence and fitness in the stairs, experiment by increasing your weekly floors climbed and sprint intervals from 5 floors to 10.

Where to stair run in Singapore

HDB flats are the ideal grounds to take the first steps towards to becoming a stair running aficionado. With a HDB block literally around every corner, there's no shortage of training opportunities to be found in Singapore.

For reference and something to aim for, an internationally ranked stair runner is able to ascend a typical HDB 12-storey block in 45 seconds. Once you've mastered the 12-storey, consider moving on to the mother of all HDBs –the Pinnacle@Duxton in Tanjong Pagar and test your mettle against its especially steep lung-busting 50 floors.

Stair Races in Singapore

The 226-metre, 73-storey Swissotel has hosted the Swissotel Vertical Marathon, regarded as one of the world's most competitive stair races, as far back as 1987. This annual event is a mainstay of the Tower Running Tour, a grand prix points-based competition that takes place in some of the world's tallest and most iconic structures including the Eiffel Tower, Taipei 101 and the massive Guangzhou Tower.

The 2017 Swissotel Vertical Marathon winner, Piotr Lobodzinski, scaled the 73 floors in a record breaking 6 minutes 33 seconds. With a Heli-pad finish and unrivalled views over Singapore, trust us it's worth the climb.

