



A Race to the Top of Dominion Tower

Sunday, March 25 9 a.m. - 1 p.m.

999 Waterside Dr., Norfolk, VA

Emergency Responder Challenge - 50 Floors



Winner of the Emergency Responder Team Challenge will receive a trophy and a free catered lunch from



FOUNDED BY FIREMEN™

Members of Norfolk Fire & Rescue Station 1

Step Up to the Challenge!

The Step Up stair climbing competition will challenge emergency responders to race up the 25 flights of steps in Norfolk's Dominion Tower twice with your team of four or more. Challenge other squads, stations or cities for ultimate bragging rights while you Step Up for a great cause!

The winning team in this 50 story challenge will be awarded our Emergency Responder Challenge Award. Don't want to do 50 floors? No problem! Register to climb 25 or 100 floors and still be eligible to win medals and trophies.

Why Step Up?

All registration and fundraising proceeds from Step Up benefit The Up Center, a comprehensive nonprofit human services organization that helps over 10,000 people throughout the Hampton Roads region each year. Our mission is to protect children, strengthen families, empower people in crisis, and help those with disabilities to live life as fully and independently as possible.

Visit www.TheUpCenter.org to learn more or register for The Challenge!



Race timing provided by
J&A Racing



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(757) 622-7017 www.TheUpCenter.org