THE CARTOON BOOK OF

TOWER RUNNING



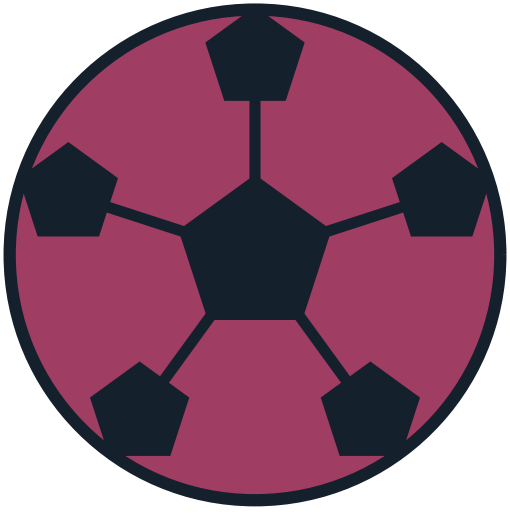
SPORT ON EARTH

Sport on Earth Books · The Athletics & endurance Family

Original illustrations · No characters were copied in the making of this book

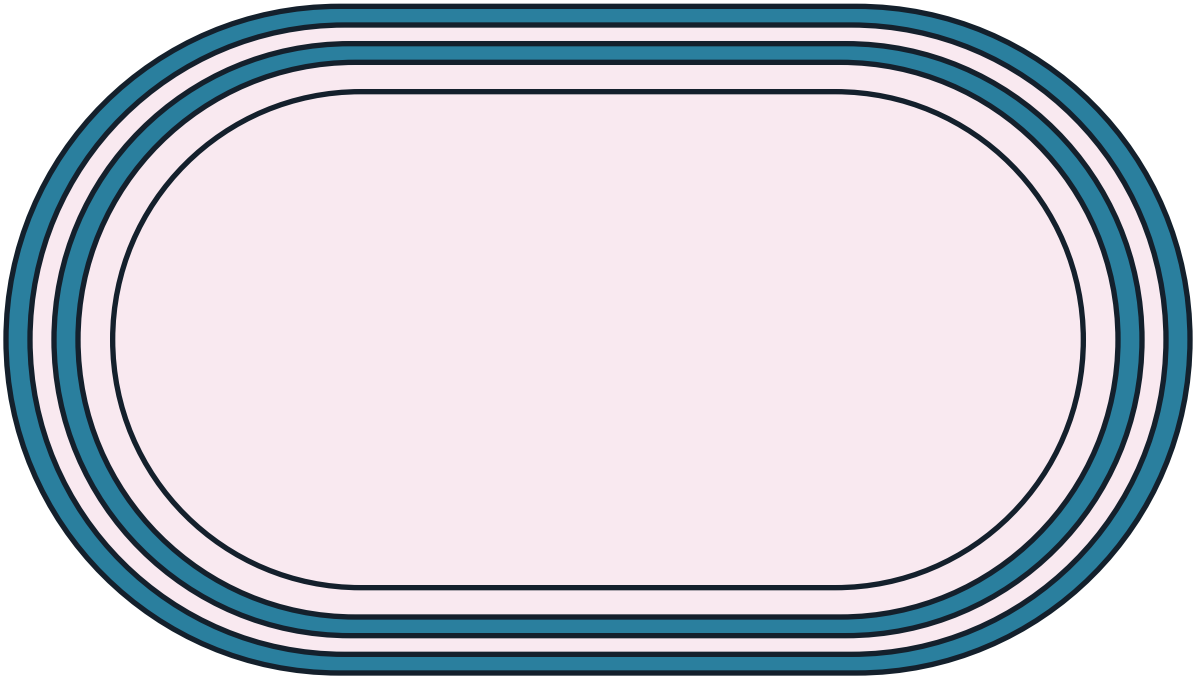
Meet Tower Running!

Race up the stairwells of skyscrapers.



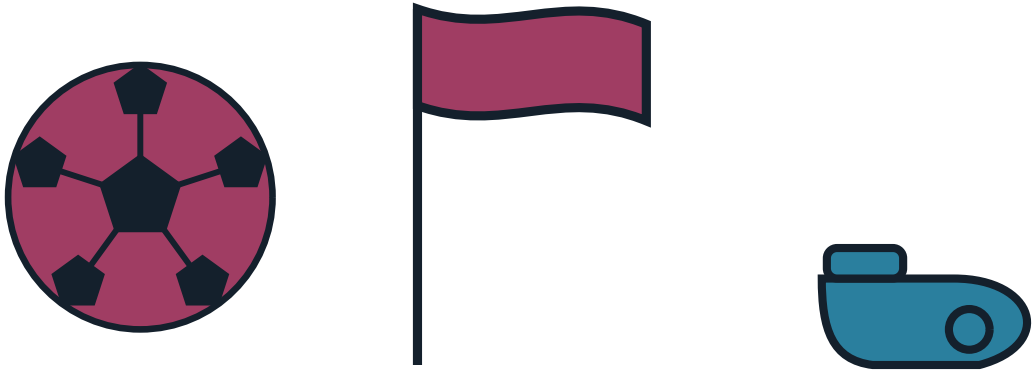
Where It Is Played

A staircase of at least 100 upward steps comprising over half the course by time — from office towers to the Empire State Building's 1,576 steps to the 86th floor.



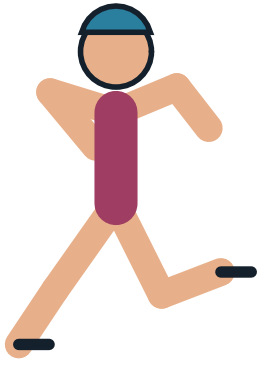
The Gear

Running shoes and light athletic clothing only; the building's stairwell, handrails and timing system are provided by the organiser.



How It Starts

Enter a local charity stair climb, train by climbing stairs two at a time with handrail pulls, and pace the early floors rather than sprinting them.



How to Play

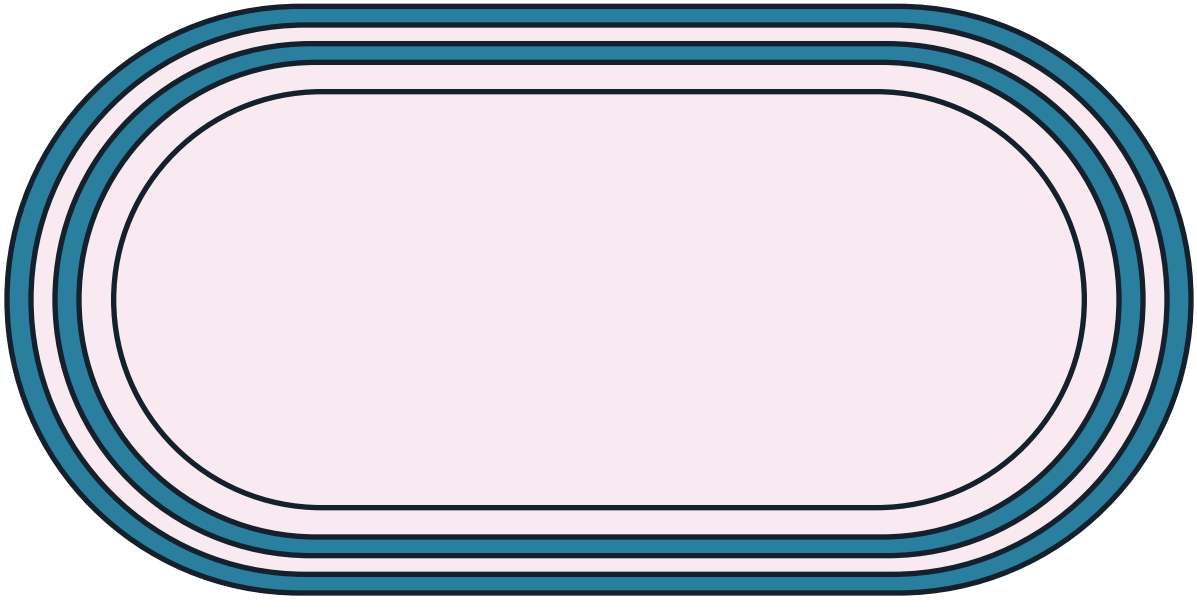
- Definition: towerrunning is a running discipline where a track including a staircase — in a tower, skyscraper, office building or on outdoor stairs — is covered.
- To count as a Towerrunning event, stairs must be more than 50% of the whole distance, measured by the winner's time proportion.
- The minimum number of stairs to be climbed in the upward direction is 100.
- If downstairs sections are included, the number of stairs passed upward must equal or exceed the number taken downward.

More of the Game

- Race modes may include individual time trial, mass start, multi climb and tournament systems.
- The fastest valid ascent wins an individual race; elite athletes also score Towerrunning Tour ranking points managed by the TWA.
- The TWA organises international championships including the Towerrunning World Championships and European Championships.

The Shape of a Match

Race up the stairwell of a tall building or outdoor stairway against the clock, usually starting individually at intervals.

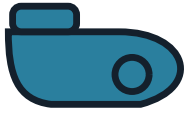


More of the Athletics & endurance Family

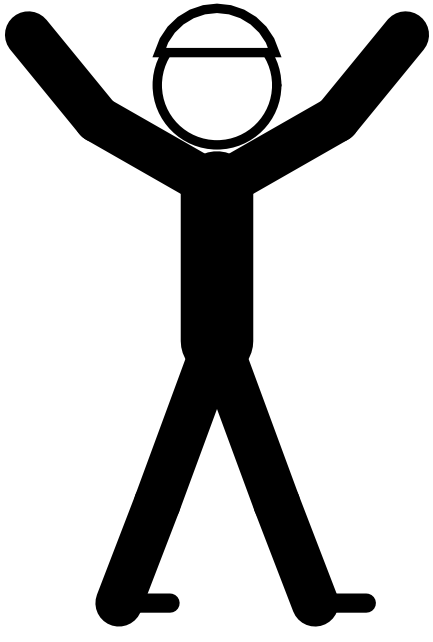
- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.
- Ultrarunning and Trail Racing — Races longer than a marathon on trails; UTMB is the best known.

A Note on the Rules

Tower running (stair racing) is governed by the Towerrunning World Association under a points and race framework (vertical races in landmark towers, interval or mass starts by building). A niche federation code without landmark dated changes. No major documented rule change is carried for tower running.

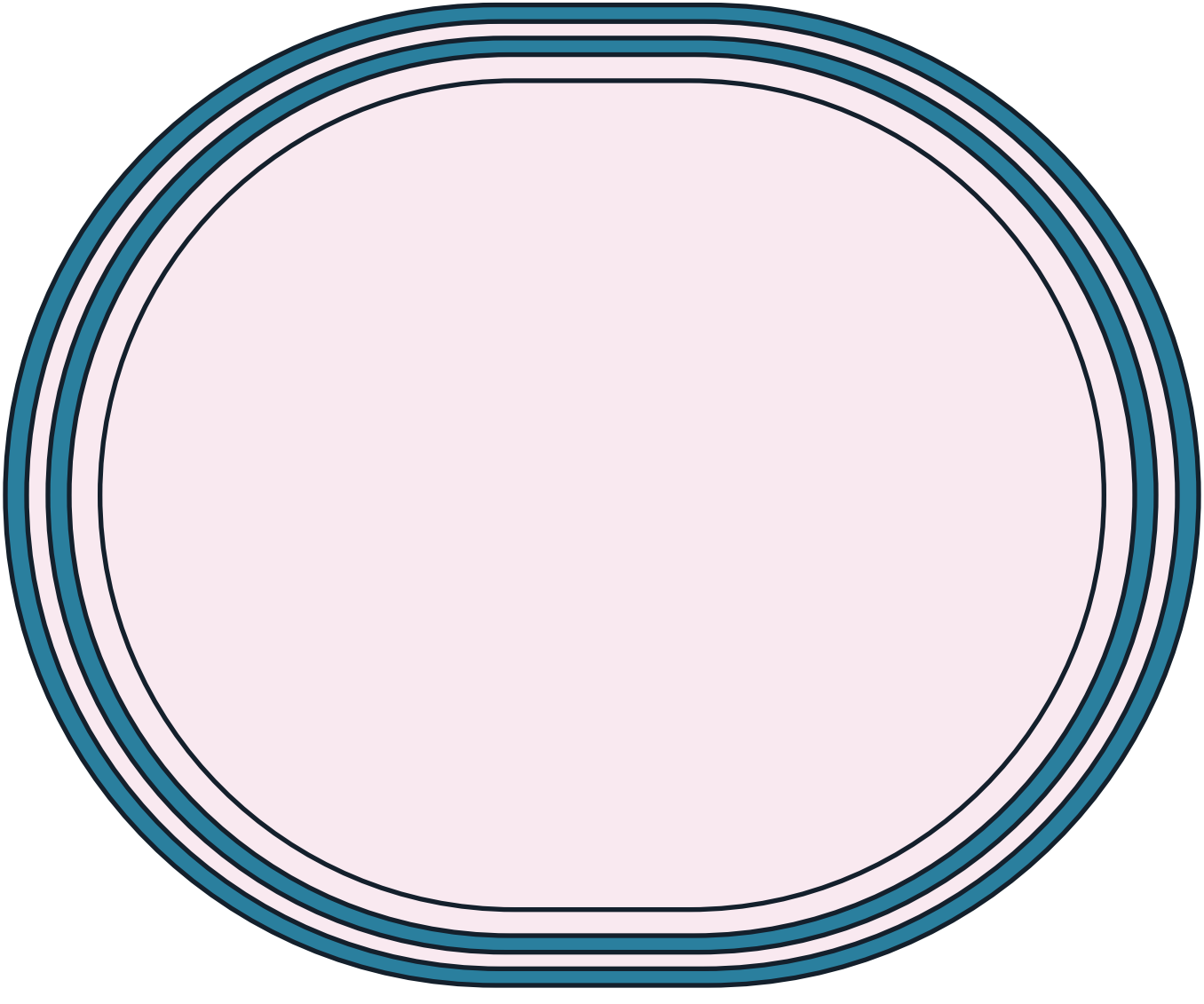


Colour the Action

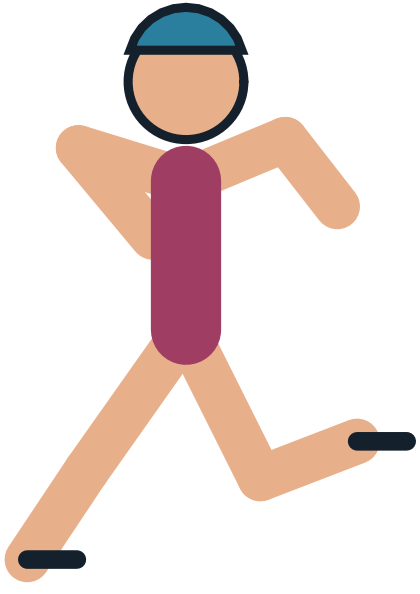


Psst — this page is a colouring page!

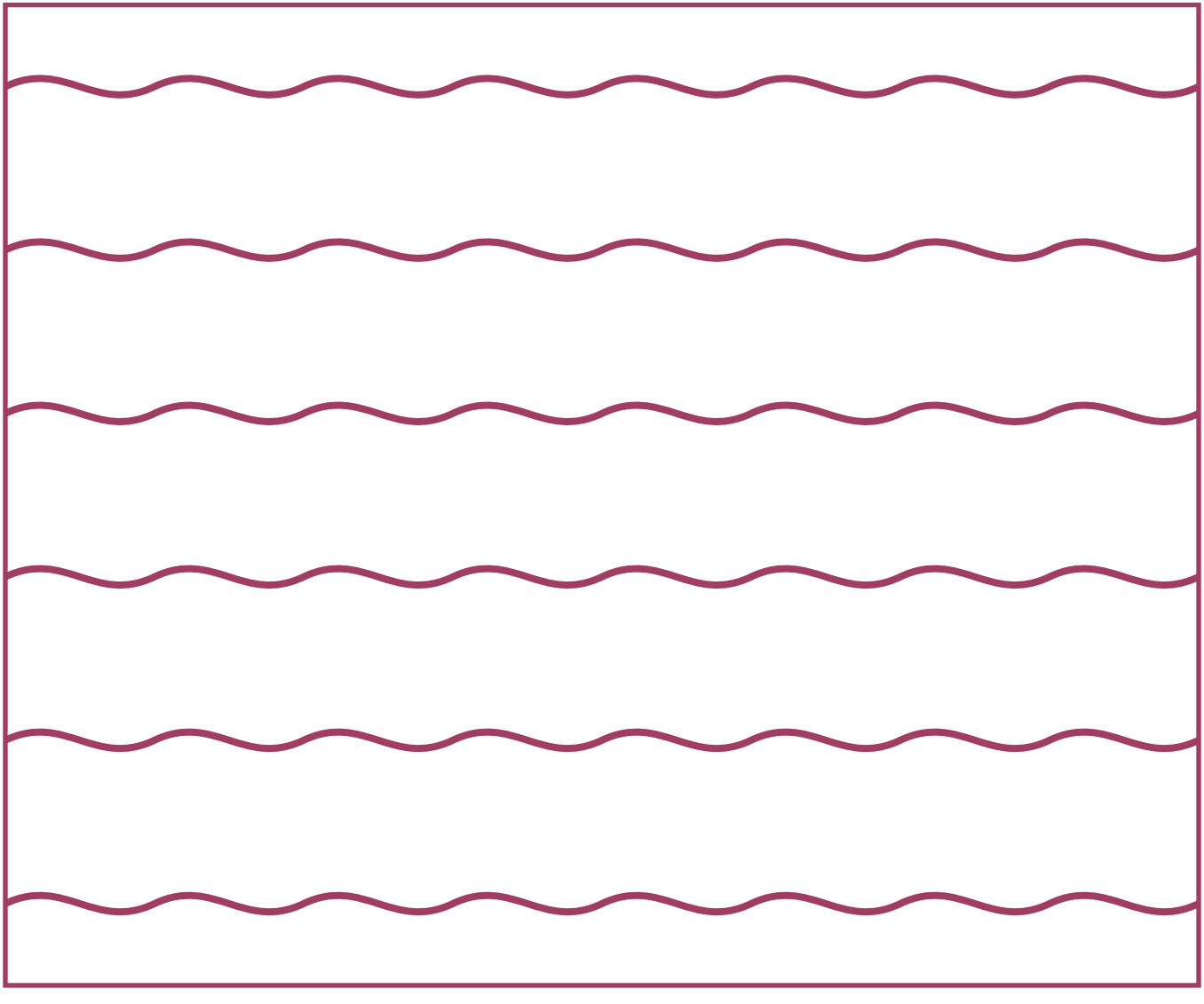
The Sport Today



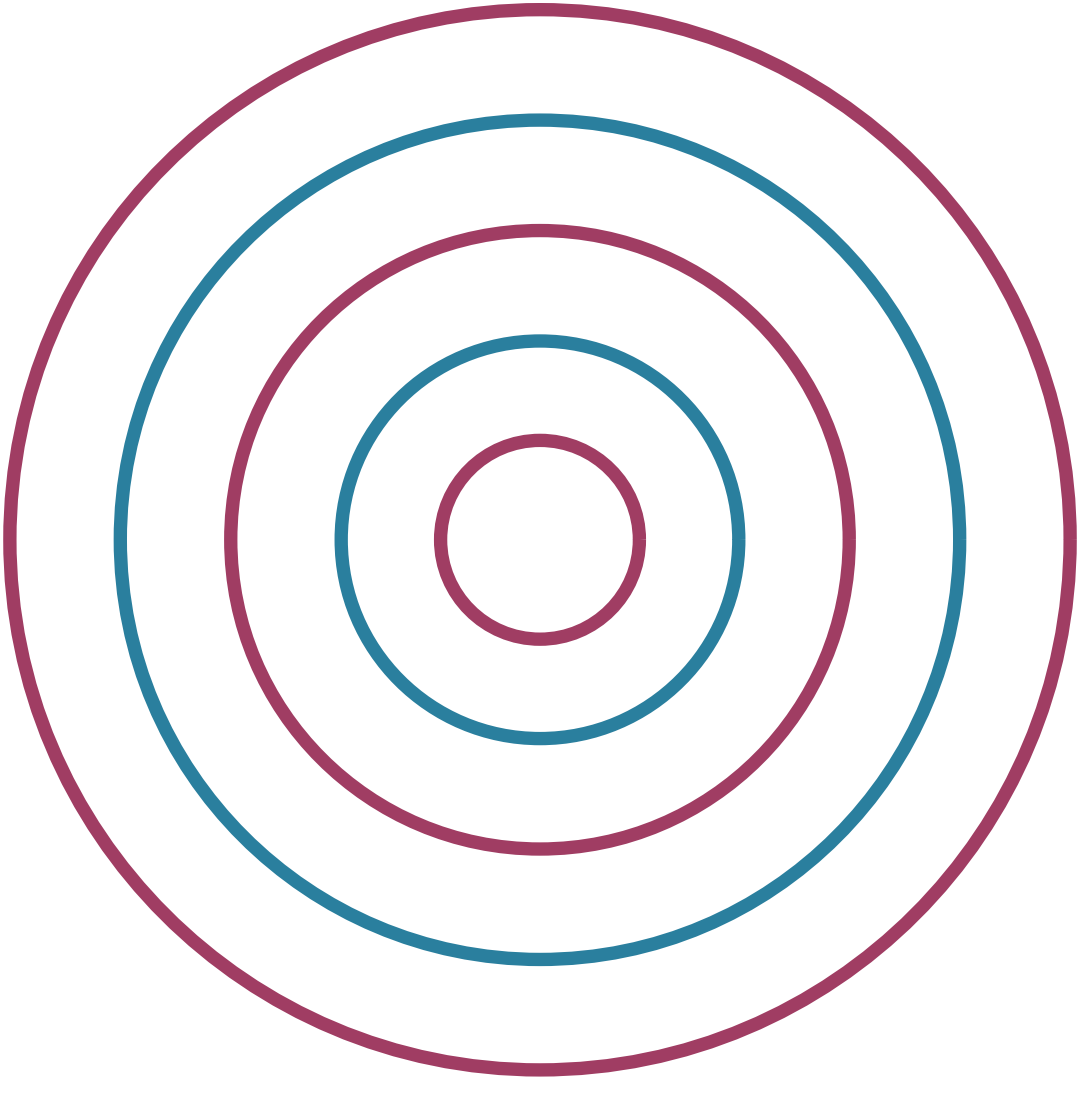
At School and College



Play It Near You



Through the Year



The Athletics & endurance Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
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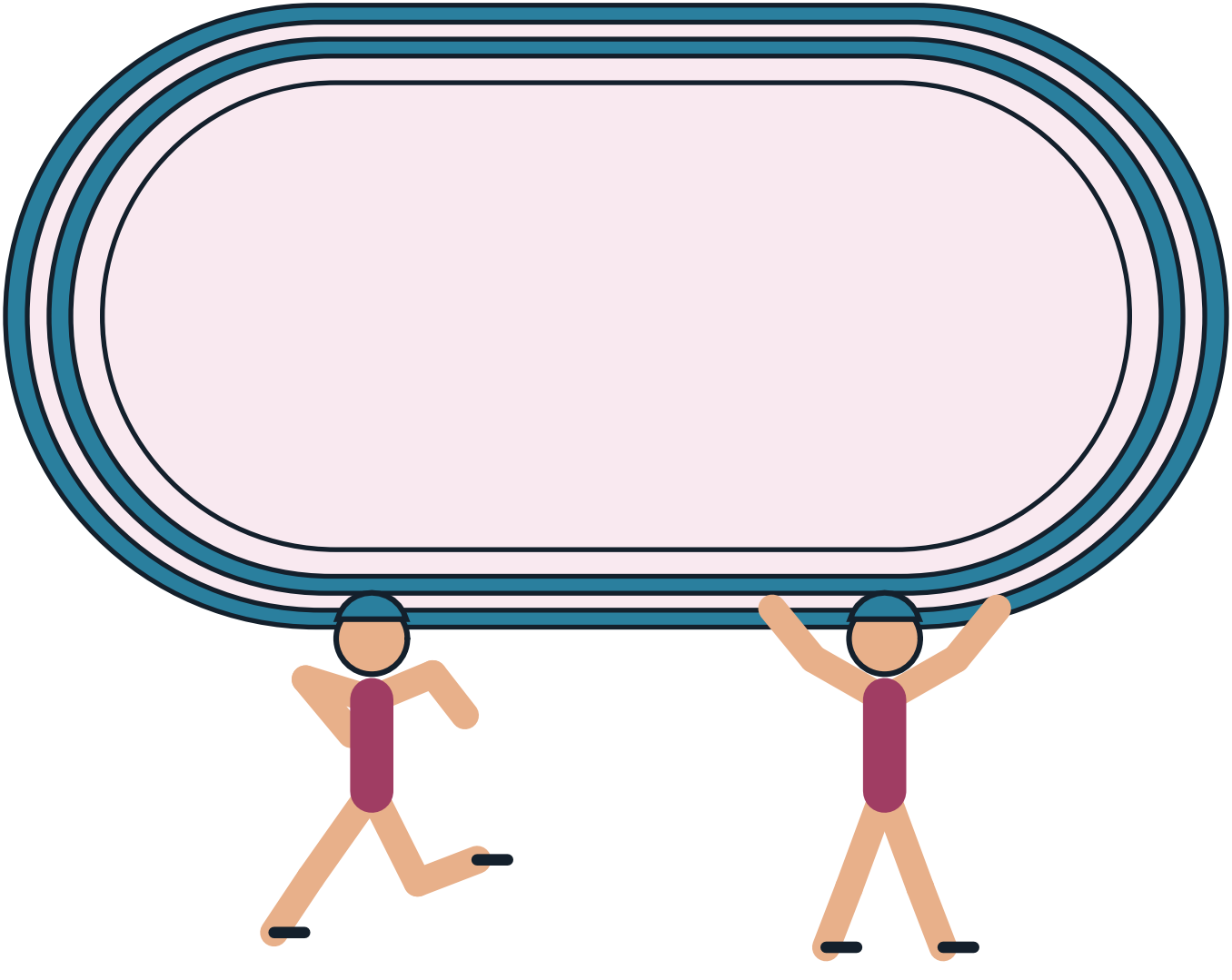
Game Day!

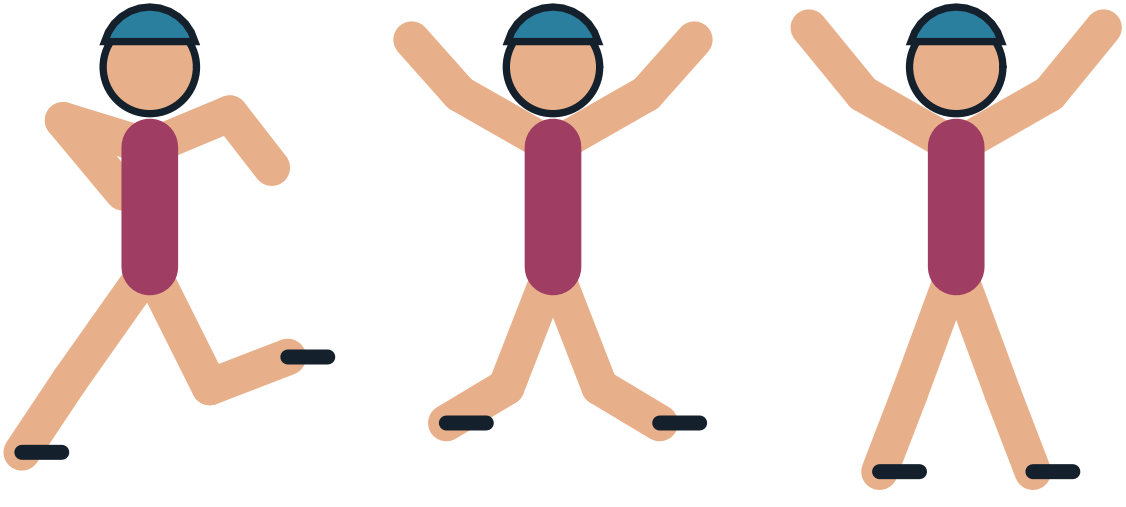


The Sport on Earth Mark

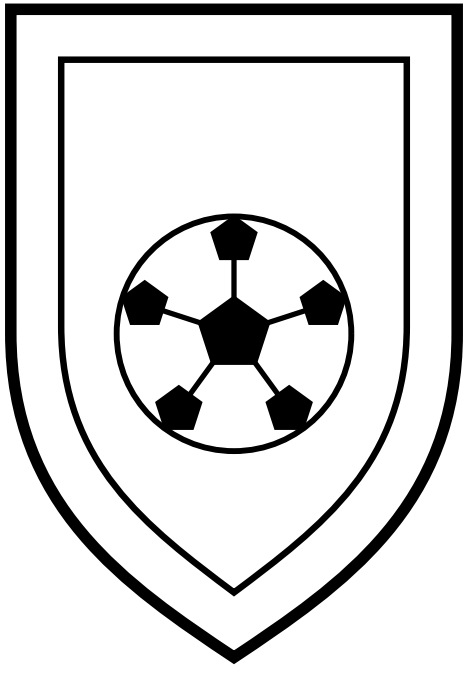
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

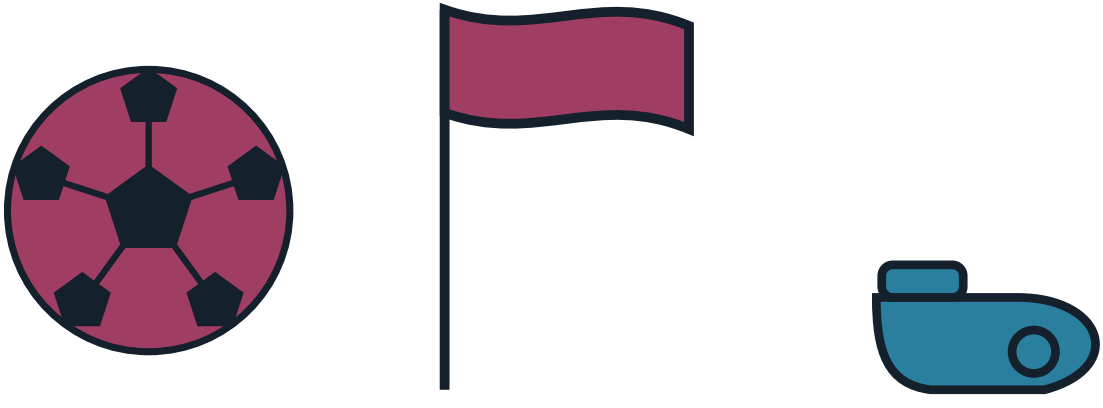


Design a Badge

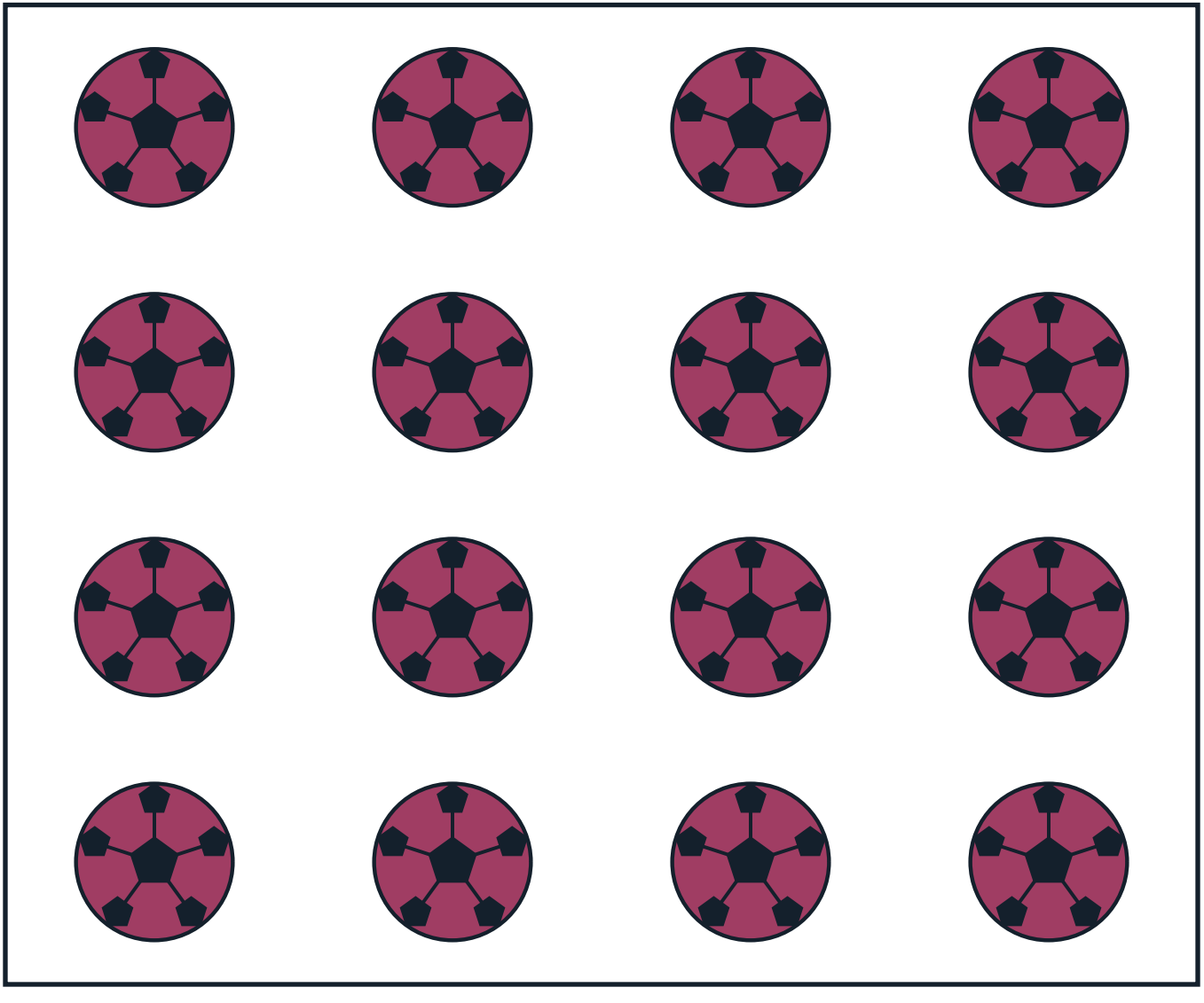


Draw and colour a badge for your own team.

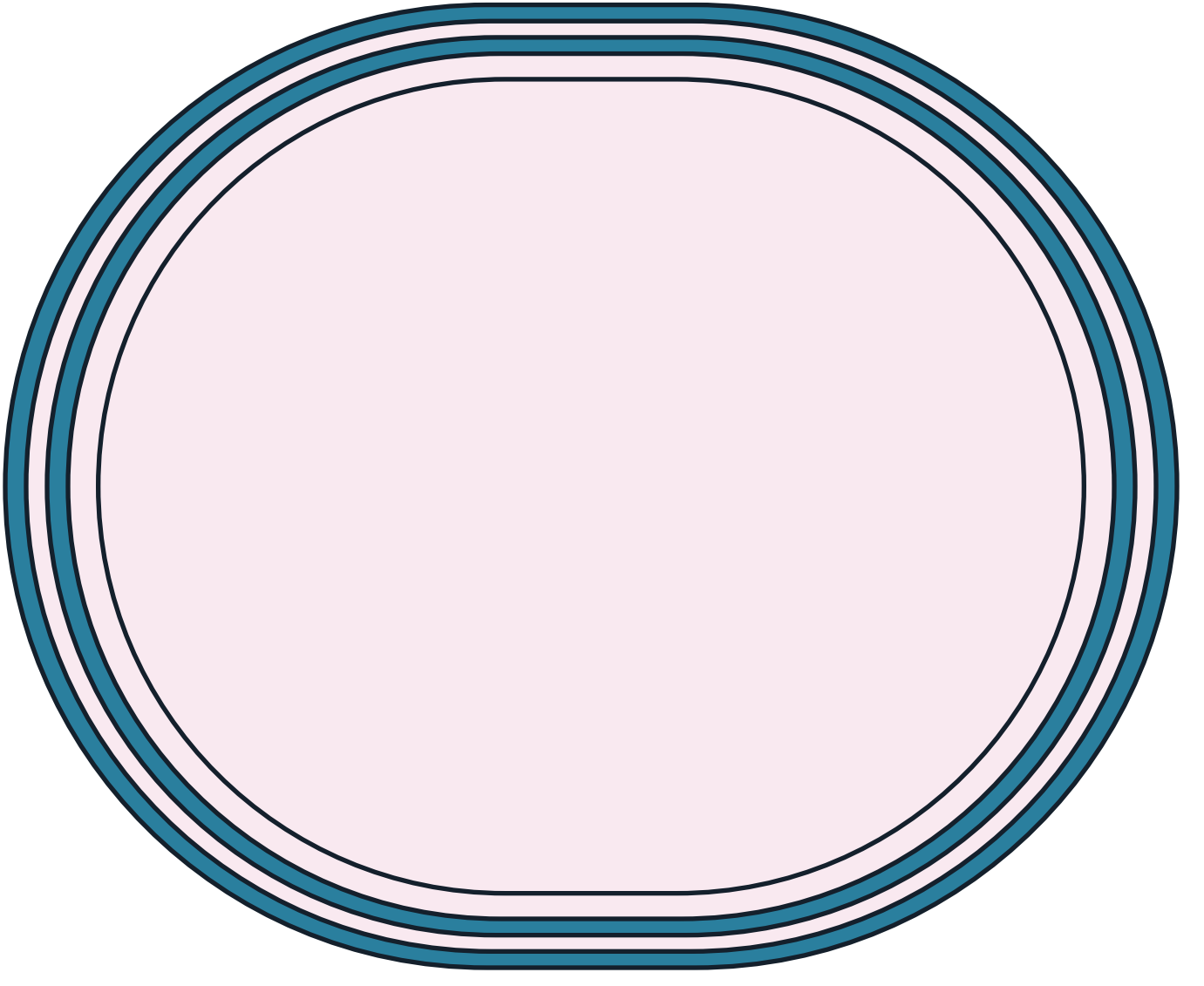
The Gear Parade



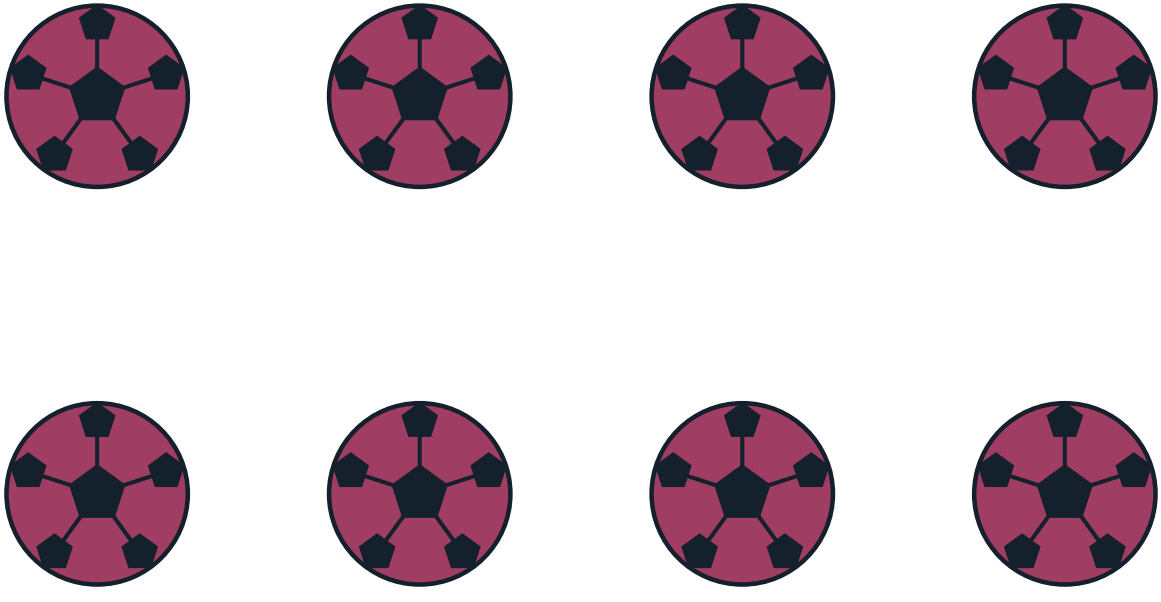
Pattern Play



The Arena From Above



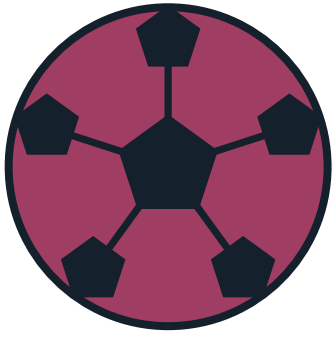
Count the Balls!



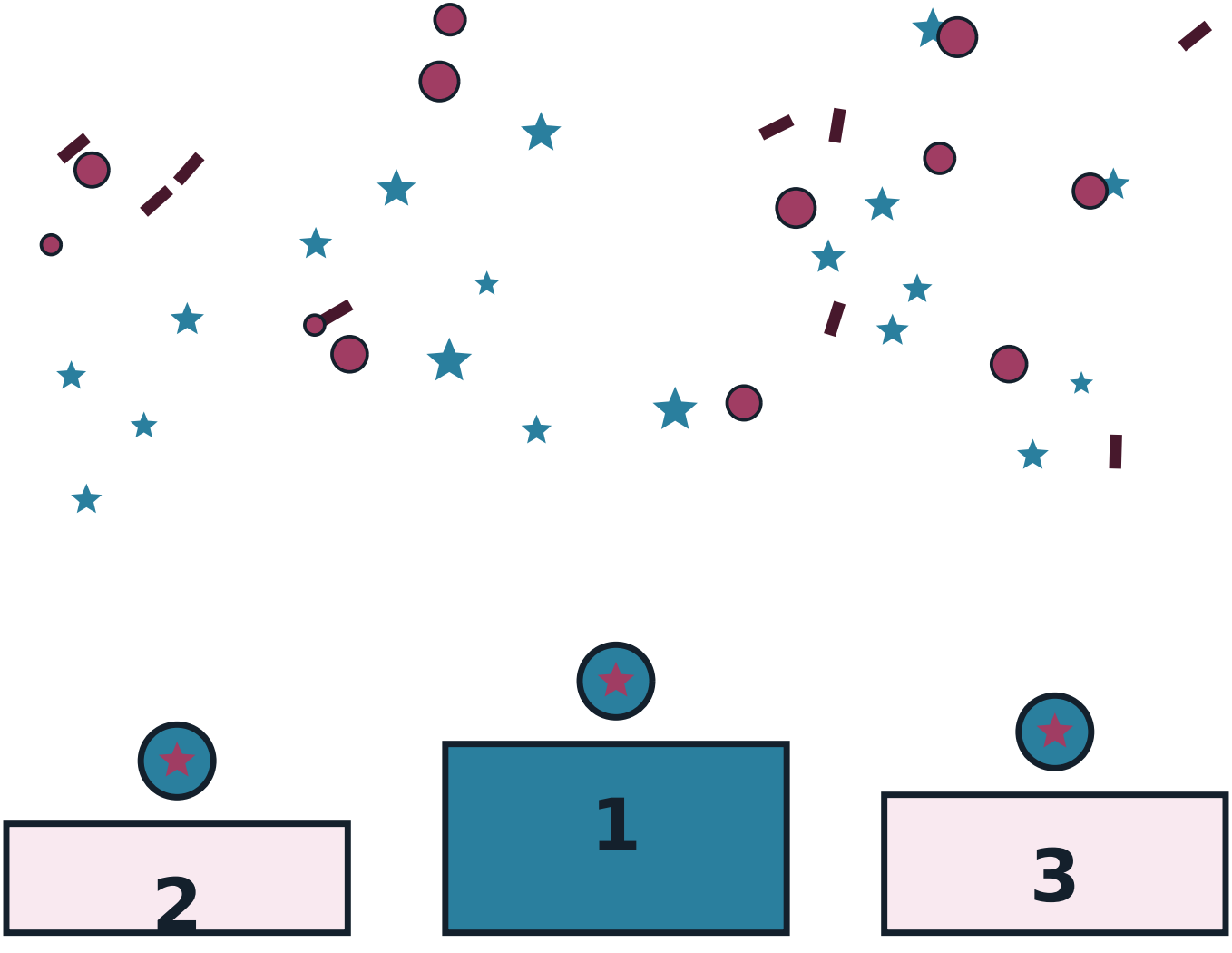
How many can you count? Write the number here: _____

My Favourite Part of Tower Running

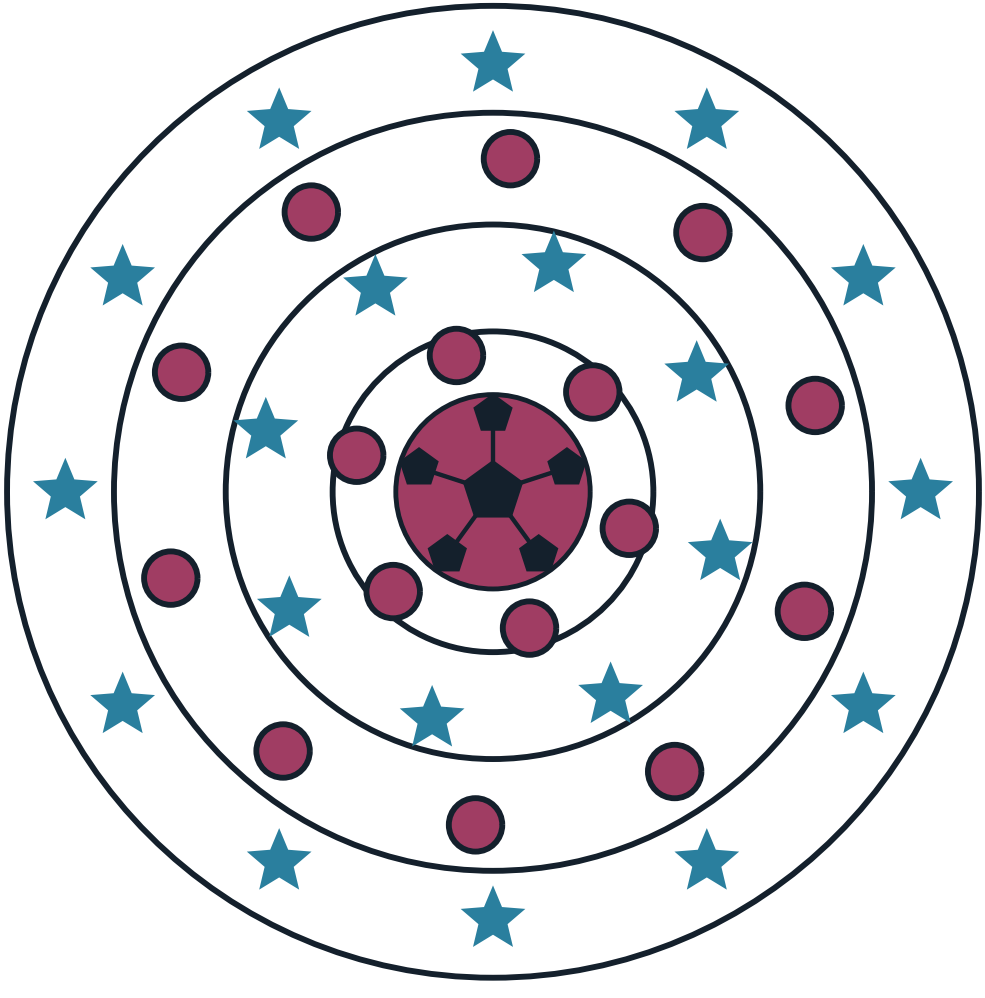
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: Towerrunning World Association (TWA). Laws edition the site's rules file follows: TWA statutes / Organizers Info definition of a Towerrunning event (current). Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Athletics (Track & Field)
- The Cartoon Book of Cycling
- The Cartoon Book of Swimming
- The Cartoon Book of Marathon and Road Running
- The Cartoon Book of Triathlon
- The Cartoon Book of Ultrarunning and Trail Racing
- The Athletics (Track & Field) Colouring Book
- The Cycling Colouring Book

My Notes

Tower Running

The Cartoon Book of Tower Running — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

