



# Rappel for KIDNEY HEALTH



## 2017 Rappel for Kidney Health

**Adventure seekers of all ages** fundraise for the National Kidney Foundation of Maryland in exchange for the thrill of rappelling off the 15-story Hyatt Regency Baltimore Hotel  
**Saturday, June 3, 2017 | 9 am -5pm**

### Join the Adventure!

Rappel offers a **one of a kind** opportunity to be involved in the Baltimore community, where 1 in 8 are living with kidney disease. It is a unique opportunity to bring *heightened* awareness to a community with the highest need.

**Are you competitive?** Rappel is perfect for team-building with colleagues, families or friends! Company Departments, siblings vs. parents, and others can form teams with the challenge to fundraise the most, and the result is an experience that is a highlight of the year.

**Has your boss ever pushed you over the edge? Now, it's time to return the favor!**

See who your fearless leader really is! Rally your co-workers to collectively raise a minimum of \$1,000 to Toss Your Boss (sponsor the boss' rappel, that is). Our Toss Your Boss challenge brings together employees of all levels. Young professionals and executives alike rally together to toss their boss!

### Join as one, start a team or TOSS YOUR BOSS!

**Register at [www.kidneymd.org](http://www.kidneymd.org)**

### What to Expect?

- The rappel is a 15-story descend from the roof of the **Hyatt Regency Baltimore** to street level of Light Street. It takes between 8 and 15 minutes from **edge** to **LANDING ZONE!**
- You'll wear a fitted full-body industrial harness and use an industrial descender to go down. You control the speed of descend. However, no previous rappelling experience is required. (Upon arrival at the event, you will practice rappelling from a lesser height.)
- **Safety is Top Priority!** Rappel is organized in partnership with *Over the Edge*, a special events company responsible for all technical aspects of the event. During the rappel, participants are anchored to a back-up line controlled from the top of the building. Each participant has a two-way radio on their harness to communicate with certified staff at all times.

Want to see pictures from last year or learn more? Contact Jenny at 443.322.0377 or [jtrostel@kidneymd.org](mailto:jtrostel@kidneymd.org)