



### **PACKET PICK-UP SCHEDULE**

ESPN Wide World of Sports Complex

Location: Champion® Stadium Concourse

Friday, January 27, 2017 – 10:00 a.m. – 2:00 p.m.

*Epcot®*

Location: *Epcot®* Imagine Parking Lot

Saturday, January 28, 2017 – 5:00 a.m. – 6:30 a.m.

### **PACKET PICK-UP AND WAIVERS**

All NFL Pro Bowl 5K participants are **required to attend Packet Pick-Up** in order to receive their race bib.

A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. **You must pick up your own participant packet during regularly scheduled packet pick up hours.**

### **RACE DAY SCHEDULE & REMINDERS**

#### **RACE START**

The race will start promptly at 7:00 a.m. on January 28 in the Epcot® parking lot.

#### **RACE DAY PARKING**

Transportation will not be provided for this 5K. Participants will park at Epcot®, as directed by the Epcot® parking team.

#### **SPECTATOR VIEWING**

Spectators are encouraged to view the 5K start and finish in the Epcot® Parking lots. There will be no viewing areas along the course or inside Epcot®.

#### **TIMING/RACE RESULTS**

This 5K is a non-timed fun run. No race results will be posted and awards will not be given out. Every finisher will receive an NFL Pro Bowl 5K finisher medal. Please note there is a 16-minute per mile time limit. Anyone not able to maintain that pace may be picked up and transported to the finish line area.

## **RACE BIBS**

Each participant will be issued a race bib at Packet Pick-Up. Please wear your assigned race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be distributed to you at packet pick up.

## **WAVE STARTS AND CORRALS**

There will be Wave Starts for this 5K. Corrals are available on a first come/first serve basis.

## **BAG CHECK**

There will be no participant bag check for this 5K. Please do not bring any bags to the race site. Please leave all bags in your cars.

## **SAFETY REMINDERS**

For everyone's safety, baby joggers, strollers, baby carriers, baby backpacks, skates, scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Violators will be removed from the course and transported to the finish line area. All participants should be able to complete the race under their own power.

## **SECURITY SCREENING**

All NFL Pro Bowl 5K participants and spectators, upon entering the NFL Pro Bowl 5K staging area, will be subject to security bag checks and screenings.

## **COSTUMES**

Disney reserves the right to deny admission to or remove any person wearing attire that we consider inappropriate or attire that could detract from the experience of other Guests. All participants and their Guests may dress as their favorite Character, but must follow these guidelines as determined solely by Disney:

- Costumes must be family-friendly and may not be obstructive, offensive, objectionable or violent
- Guests may not wear masks of any kind
- Guests who dress like Characters may not pose for pictures or sign autographs for other Guests
- Costumes may not drag on the ground
- Costumes may not contain sharp objects, pointed objects or materials that may accidentally strike another Guest
- Costumes may not contain any weapons which resemble or could easily be mistaken for an actual weapon
- Guests who do not adhere to these guidelines may be refused entry into, and/or removed from, a race or any race related event/activity unless his or her costume can be modified to meet the above standards

## **FLAGS**

The guidelines for flags at this race are as follows:

For the safety of all of the spectators and runners, the following items will be prohibited from the start/finish staging areas and the race courses.

- Flags of any kind that are larger than 3' x 5' regardless of how flag is intended to be carried.
- Flag poles cannot be longer than 4 feet or have a diameter of more than 4 inches.
  - Pole can be made of wood, plastic, and/or PVC. Poles made of metal are not allowed.
- Only poles with rounded or flat ends are allowed.
  - No decorative or sharp ends will be allowed.
- Flag harnesses will be permitted if the participant bib is not covered and the harness does not pose a safety hazard.

## **WEATHER**

The race will be held rain or shine. If there is lightning in the area the race will either have a delayed start or, depending on the intensity of the weather, be cancelled. The determination will be made by the Event Management staff. As a reminder, the registration fees are non-refundable and non-transferable.

## **WATER AND MEDICAL STOPS**

There will be one water stop along the course and medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

## **RACE ETIQUETTE**

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the events.

- Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course, but will also keep you safe.
- Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.
- Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, please start in the last corral.
- If you want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.
- If you are stopping at a water station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.
- Move to the side if someone behind you says “Excuse Me” or “Coming Through”.
- Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.
- When you are approaching the finish line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the race course and finish area is for registered participants and staff only.
- Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too.
- Celebrate! Have a great race!