be a part of these great upcoming events!

January 5 - 8, 2012
Walt Disney World® Marathon Weekend presented by CIGNA

January 27 - 29, 2012
Tinker Bell Half Marathon Weekend at the Disneyland® Resort

February 24 - 26, 2012
Disney’s Princess Half Marathon Weekend at the Walt Disney World® Resort

August 31 - September 2, 2012
Disneyland® Half Marathon Weekend

September 28 - September 29, 2012
Disney Wine & Dine Half Marathon Weekend at the Walt Disney World® Resort

for race information or to register, visit runDisney.com

run around the parks. dine around the world.

September 30-October 1, 2011

Event and dates subject to change. ©Disney
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Welcome to the 2011 Disney Wine & Dine Half Marathon Weekend!

Many of you are here to experience your very first Disney Wine and Dine Half Marathon and we couldn’t be more excited to be your host. And, for those of you who are our returning guests, we are confident that you are going to love the many enhancements that we made to this year’s event.

For starters, a wave start is being utilized this year to give runners more space to enjoy the course and all of the entertainment along the way. We have also moved the finish line to just outside the main entrance of Epcot®, making the entire finishing experience a breeze, from medals and refreshments to an expanded baggage claim and an all new changing area. Most importantly, these changes will help you get to the party as quickly as possible, enabling you to start celebrating your accomplishment that much sooner!

Our Epcot® International Food & Wine Festival Finish Line Party has also been expanded, allowing you to enjoy more of what Epcot® has to offer, including, for the first time, major attractions, like Soarin’™, Test Track and Mission Space; more character meet and greets; and more food and beverage locations than ever before. And with a $10 Disney Gift Card for each runner and guest, getting your post-race food and beverage at the party is simpler and easier than ever...or if you decide not to use it at the party, it can be used wherever Disney Gift Cards are accepted.

Before you know it, you’ll be on your way through Disney’s Animal Kingdom®, Disney’s Hollywood Studios™ and Epcot®...all lit up in the magic of Disney at night! And whether you tackle the 13.1 mile journey individually or as part of a relay team, there will be world-class Disney entertainment along the way to make this the ultimate “runner’s night out.”

On behalf of the thousands of cast members and volunteers who make the Disney Wine & Dine Half Marathon Weekend possible, as well as our race beneficiary, The Leukemia & Lymphoma Society, I thank you for being a part of this very special weekend.

Cheers, L’chaim, Skål, Kampai, Salud, Opa, Prost and Bottoms Up!

Ken Potrock
Senior Vice President
Disney Sports Attractions
about our race director

As president of Track Shack Events, Jon Hughes oversees the overall marketing effort and operations for his company. He has positioned the organization to offer the best in technology, marketing and management skills. Today, Track Shack Events produces over 40 events a year.

Jon ran competitively in both high school and college. He has completed over a dozen marathons including Boston, Berlin, Chicago and Marine Corps. Since the late 1970s, he has pioneered the organization of athletic and community events, first in his home base of Central Florida and today throughout the world. Jon was one of the youngest inductees into the Florida Track & Field Hall of Fame, admitted in 1987 at the age of 29. Road Race Management named him Race Director of the Year in 1999. In 2009, Jon and his wife Betsy were inducted into the Running USA Hall of Champions. USA Track & Field, the Pan American Junior Games, the Governor of Florida, and the Grand Bahamas Promotions Board have also recognized him for his outstanding leadership and organizational achievements. Jon is co-founder of the Walt Disney World® Marathon Weekend and has been its director since it began in 1994.

Jon and Betsy have been married for 28 years and have a daughter, Emma and a son, Christopher.
weekend itinerary

Friday, September 30

Disney Wine & Dine Half Marathon Expo
Jostens Center® at ESPN Wide World of Sports
10:00 a.m. – 8:00 p.m.

Saturday, October 1

Disney Halloween 5K
Disney’s Animal Kingdom® Park
7:00 a.m. Start

Disney Wine & Dine Half Marathon Expo
Jostens Center® at ESPN Wide World of Sports
9:00 a.m. – 4:00 p.m.

Disney Kids’ Races
Track & Field Complex at ESPN Wide World of Sports
10:00 a.m. Start

Disney Wine & Dine Half Marathon Relay
Start - ESPN Wide World of Sports
Exchange – Disney’s Animal Kingdom® Park
Finish – Epcot®
10:00 p.m. Start

Disney Wine & Dine Half Marathon
Start - ESPN Wide World of Sports
Finish – Epcot®
10:00 p.m. Start

Finish Line Party*
Epcot®
Saturday, October 1 at 10:30 p.m. - Sunday, October 2 at 3:00 a.m.

* Advanced purchase required for spectators. Tickets will be available for purchase at the ESPN Wide World of Sports Welcome Center during Disney Wine & Dine Half Marathon Expo.
Disney Wine & Dine Half Marathon Expo is a two-day celebration of fun, fitness and food located in the Jostens® Center and HP Field House at ESPN Wide World of Sports. After picking up your race packet, t-shirt and goody bag see the latest in athletic shoes, apparel, accessories and gadgets. Our seminars will feature training tips by Jeff Galloway our runDisney training consultant as well as cooking demonstrations by chefs from the Epcot® International Food & Wine Festival.

Don’t forget to stop by the runDisney Official Merchandise store at the Expo for your Disney Wine & Dine Half Marathon gear!

Commemorative Items at Disney Wine & Dine Half Marathon Weekend

Pick up pre-purchased Commemorative Items at the Expo. You will need to show your ID to pick up your items:
- Commemorative Pins
- Commemorative Ears

Tickets will be available for purchase for the following functions at the ESPN Wide World of Sports Complex Welcome Center during Expo. Subject to availability.
- Finish Line Party on October 1, 2011
- Mickey’s Not So Scary Halloween Party on September 30, 2011
Friday, September 30

1:00 p.m.
Jeff Galloway
How to Enjoy Every Mile
Jeff has a simple proven method that can help anyone avoid injury, stay strong to the finish and enjoy every mile of the race.

2:00 p.m.
Chef Gary E. Jones, Walt Disney World® Culinary Dietary Specialist
Culinary Demonstration
Join Chef Gary E. Jones for a one of a kind culinary demonstration!

3:00 p.m.
Jon Hughes, Race Director
Tom Ward, Course Director
Lauren Morningstar, ChEAR Squad Director
Last Minute Tips & Race Information for Runners and Spectators
Jon, Tom and Lauren will provide helpful last minute tips and race information for both runners and spectators including a course review and insightful tips for spectators. Question and answer session will be included.

4:00 p.m.
Tara Gidus, RD, CSSD
Nutrition for Runners
Good nutrition is vital to sports performance! Tara is a nationally-recognized expert in sports nutrition and the Team Dietitian for the NBA’s Orlando Magic. Get the latest tips on what to eat before, during and after training runs and races, and how to prevent injuries through good nutrition.

5:00 p.m.
Susan Paul
Preparing for Event Day
Susan Paul, recognized by Runner’s World as one of the Top Ten “Super Coaches” in the country, will share insights and last minute tips on how to prepare for your best race day!

6:00 p.m.
Jeff Galloway
Strong to the Finish
Jeff has a simple and proven method that can help anyone feel better, avoid injury and (best of all) enjoy the celebration afterward.

Saturday, October 1

Noon
Jeff Galloway
Pacing & Motivation
Jeff will discuss proven techniques that have helped thousands of half marathoners – at all levels – enjoy their events, every year. Bring your questions!

1:00 p.m.
Jon Hughes, Race Director
Tom Ward, Course Director
Lauren Morningstar, ChEAR Squad Director
Last Minute Tips & Race Information for Runners and Spectators
Jon, Tom and Lauren will provide helpful last minute tips and race information for both runners and spectators including a course review and insightful tips for spectators. Question and answer session will be included.

2:00 p.m.
Susan Paul
Preparing for Event Day
Susan Paul, recognized by Runner’s World as one of the Top Ten “Super Coaches” in the country, will share insights and last minute tips on how to prepare for your best race day!

3:00 p.m.
Jeff Galloway
Running Your Best Race
Jeff has proven techniques and tips on pacing, eating, drinking, walk breaks and mental empowerment that have helped thousands of half marathoners at all levels enjoy their events and improve their personal experience.
runDisney training consultant, jeff galloway

By Olympian Jeff Galloway
Official Training Consultant, runDisney

I believe that the Disney Wine & Dine is one of the top 3 most “fun” races I’ve ever run. Most runners I spoke with after last year’s event had a really good time also. But if you haven’t run a night race, or haven’t “rehearsed” the experience, there may be some surprises. Here are my suggestions which can prepare you for the fun on October 1st.

Schedule at least two runs during August or September which start at 10pm. This will allow you to adjust your body clock, set up a successful eating pattern and help your body relax afterward the run. Look at the training schedule I designed on the runDisney site and plan for the two (or more) runs you will run after dark. It’s best if one of the night runs is a longer run (10+ miles). Planning ahead is always better because you may need to arrange some family activities. It’s fun to run with one or more friends on these runs.

Safety: Be sure to run in safe areas.

Practice and fine-tune your raceday routine. Morning activities are usually not a problem. On October 2nd, many will spend the morning in the parks with family or friends. If you’re not used to being on your feet for several hours on a regular basis, I recommend spending no more than 1 hour at a time walking around, with an hour of sitting between. During the afternoon, it’s best to have some quiet time. Some take a nap, others read a book, watch a movie, etc. To prepare for race weekend, it’s best to get yourself moving around from 7 p.m. until 10 p.m. This is good practice for getting to the start on raceday.

An eating plan. As you adjust your eating before the long runs, you will be setting up the race day eating schedule. Bottom line is to find out what works for you, leading up to an evening event. You can then be ready to enjoy the run and the food and beverages afterward. Here are my suggestions, based on the eating success of many runners under similar situations:

Morning: eat somewhat normally but avoid large meals.

Afternoon: light snacks of 150-250 calories, about every 2 hours, with 6 oz of water.

Evening: Most find it best to stop eating 2-3 hours before the run. Adjust to your needs. If your blood sugar starts to drop, have a light snack, such as an energy bar.

Avoid snacks that are high in fat, or high in fiber. Choose foods that are easy to digest.

Drink 4-6 oz of water with each snack.

Blood sugar insurance. Carry a baggie of blood sugar booster snacks such as gummi bears, hard candies, sugar cubes or the sugar source of your choice, during the half hour before the start. If your blood sugar needs a boost during that 30 minute countdown before running, consume no more than 100 calories.

Blood sugar boost during the long runs/race. The rule of thumb is 30-40 calories every 2 miles. Try this and fine-tune to your needs during long runs. Bring a baggie of the snacks that you have used successfully during the run, and you will have control over low blood sugar at the end.

Fluids: On the days when you have a “rehearsal night run” scheduled, read the suggestions below and fine-tune to your needs.

Morning: 6-8 oz of water or electrolyte beverage every hour.

Afternoon: Drink 6 oz of water or electrolyte beverage every 2 hours

Drink 4-6 oz of water with each snack

During the 2 hours before long runs or the race, it’s best to stop drinking or minimize fluid intake (so that you can take your potty stop before the start of the run, instead of during the run)

Don’t drink alcohol on day of the long runs or race

Caffeine is generally okay if you are used to having it. Generally it’s best to drink your last caffeinated beverage about 2 hours before the start—but do what works for you.

The rule of thumb during long runs/the race is 4 oz of water, every 2 miles. Try this out on long runs and fine tune to what works for you.

Logistics: Read over the race day instruction sheet several times, during the 4 weeks before the race. This will help you mentally prepare and rehearse what you will be doing on October 1st.

Enjoy every mile!

An Olympian, Jeff ran with Steve Prefontaine, Bill Rodgers, Frank Shorter, and Amby Burfoot when the United States was a leading power in marathoning. He has become the nation’s leading running author (over one million books sold), leading coach (over 250,000 runners), and has a monthly page in the world’s leading running publication RUNNER’S WORLD. Galloway training programs are in more than 80 cities, and Jeff individually advises an average of 100 runners/walkers a day.

Residents of Atlanta, GA, Jeff and his wife Barbara have two adult sons, Brennan and Westin. Jeff and Barbara run an average of seven marathons together each year, including the Walt Disney World® Marathon, a race Jeff has run in every year since its inception in 1994.

Follow the Galloway Training Program and continue running until you earn the Mickey medal at the 2012 Walt Disney World® Marathon! Program available at rundisney.com.
kids’ races

Disney Kids’ Races

Saturday, October 1
10:00 a.m.
Track & Field Complex at ESPN Wide World of Sports

Pre-registered children ages 8 and under can be a part of the Kids’ Races so they can earn a finisher medallion just like Mom or Dad. The races include the infant Diaper Dash, 100m, 200m, and 400m.

Packet Pick-Up will take place Friday in the HP Field House during Expo hours and Saturday at 9:00 a.m. at the Track & Field Complex.

Don’t miss your chance to trick-or-treat in the ultimate Halloween neighborhood, Magic Kingdom Park, with fireworks, Disney Characters and a spooktacular parade. Plus, haunt some of your favorite attractions!

Select dates through November 1

Visit disneyworld.com/halloween or call 407-W-DISNEY

Tickets subject to availability. Entertainment subject to change without notice. For safety, please choose costumes that are not obstructive or offensive. Admission to this event requires a separately priced ticket. Tickets valid only during specific event dates and hours.
Disney Halloween 5K
Saturday, October 1
7:00 a.m.
Disney’s Animal Kingdom® Park

This 5K will take you on a one-of-a-kind Halloween themed course through the Disney’s Animal Kingdom® Park. Adults, teens and tweens can be immersed in the fantasy of Halloween and dress up as their favorite character or villain! This is the ultimate race around the neighborhood - race to the finish to receive your “trick or treat bag of refreshments”.

Disney Halloween 5K Course Description
Start out the Disney Halloween 5K by venturing into Animal Kingdom® Park through The Oasis Exhibits. Race towards Discovery Island Trails where you will run past The Tree of Life while racing towards Africa and on to Asia. Once in Asia you will run past Flights of Wonder and Expedition Everest - Legend of the Forbidden Mountain™. Continue racing past Finding Nemo® - The Musical on your way to DinoLand U.S.A. Once in DinoLand U.S.A., you will run past DINOSAUR on your way to an unforgettable finish.
Disney wine & dine half marathon

Saturday, October 1
Disney Wine & Dine
Half Marathon

Start: ESPN Wide World of Sports Complex
9:58 p.m. – Wheelchair Start
10:00 p.m. – Corral A Start
10:05 p.m. – Corral B Start
10:10 p.m. – Corral C Start
10:15 p.m. – Corral D Start
10:20 p.m. – Corral E Start

Athlete Transportation to the Start
Race Transportation from host resorts to ESPN Wide World of Sports Complex will begin departure at 7:00 p.m. Half Marathon Participants must board buses no later than 8:00 p.m. in order to make it to their corrals by 9:30 p.m.

Race Transportation is only provided to and from the host resorts. Guests not staying at a host resort will need to provide their own transportation and those driving personal vehicles will be required to park at Epcot®.

There will be no parking and no guest drop-off at ESPN Wide World of Sports Complex or Disney’s Animal Kingdom® Park on race evening. For guests driving to Epcot® on race evening, the race shuttle from Epcot® to the Sports Complex will begin at 7:00 p.m. and end at 8:30 p.m. The parking fee at Epcot® will be waived for runners and spectators arriving after 6:00 p.m. on race evening. All participants must board shuttles from Epcot® to the Sports Complex no later than 8:00 p.m. in order to make it to their corrals by 9:30 p.m.

Bag Check
Please affix your bag check number to your bag prior to arriving at the Bag Check trucks located in the Touchdown Lot area at ESPN Wide World of Sports Complex. All bags must be checked by 9:00 p.m. race evening. Please use the clear plastic goody bag provided at the Expo for Bag Check. Half Marathon bags must be claimed before 2:15 a.m. from finish line area near Epcot® main entrance. Bags cannot be rechecked. Locker rentals are available at Epcot® main entrance and International Gateway.

Unclaimed bags will be transferred to Epcot® Guest Relations, located to the right of the main park entrance. Please visit during park hours to claim lost items. Articles of clothing that are found on the course will be donated to charity.

Due to safety regulations and limited storage space, the race staff cannot accommodate full-sized suitcases, paper bags, or clothing bundles. Please do not check valuables. The race staff is not responsible for any lost, stolen, or damaged items. We will make every effort to have your bag waiting for you after the race.

Corral and Bib Assignment
Corrals will be given during Packet Pick-Up at Disney Wine & Dine Half Marathon Expo. The letter on your race number will determine your assigned corral. Letters are assigned based on your estimated finishing time. Signs, announcements, and race personnel will direct you to the appropriate start corral on race day. Please remember to fill out the Emergency medical Information on the back of the bib number.

The Start
The start zone for both the Half Marathon and the Half Marathon Relay is located at the ESPN Wide World of Sports Complex. The letter on your race number will correspond with your assigned corral. Signs and event personnel will help you find your corral. For safety reasons, and as a courtesy to others, please line up in the appropriate corral. Measures will be taken to prevent unofficial runners from starting.

Safety Reminder
For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, and animals of any kind are prohibited on the course. If you are seen in violation of one of these you will be removed from the course and transported to the finish line area.

Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

Finishing
If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to Epcot®.

Family Reunion
Celebrate your race finish and reunite with family and friends at the Finish Line Party. Family and friends must purchase a Finish Line Party ticket to enter Epcot® for the afterhours party. Entertainment will take place throughout the party at various locations identified in the Finish Line Party Guide.

Tips for meeting up with Friends and Family
• Let your friends and family know your race number, anticipated finish time, and what you are wearing.
• Have a meeting location in place. (See your Finish Line Party Guide. There are 27 kiosks and 10 pavilions to choose from.)
• Agree upon a phone number from which both parties can call and retrieve messages.

Marathon Finisher Medal. After the finish, you will be directed to refreshments and then bag claim. These areas are restricted to runners only.

Not Finishing
If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to Epcot®.
Disney wine & dine half marathon relay

Saturday, October 1
Disney Wine & Dine
Half Marathon Relay

Start: ESPN Wide World of Sports Complex
9:58 p.m. – Wheelchair Start
10:00 p.m. – Corral A Start
10:05 p.m. – Corral B Start
10:10 p.m. – Corral C Start
10:15 p.m. – Corral D Start
10:20 p.m. – Corral E Start

RELAY RUNNER #1 INSTRUCTIONS
By 8:00 p.m.
• Relay teams not staying at host resorts must be on shuttles from Epcot® to ESPN Wide World of Sports Complex
By 9:00 p.m.
• All relay teams must be at ESPN Wide World of Sports Complex
• Give gear bag with bag check sticker to Relay Runner #2 prior to Relay Runner #2 taking shuttle to the Relay Exchange
• Relay Runner #1: If you would like to retrieve your belongings at Epcot®, after completing the second leg of the race, you must check your clear plastic bag, with your Bag sticker affixed to the front of the bag, at the Bag Check truck located in the Touchdown Lot area at ESPN Wide World of Sports Complex prior to taking the shuttle to Disney's Animal Kingdom® Park. Relay Runner #2 bags must be claimed before 2:15 a.m. Unclaimed bags will be transferred to Epcot® Guest Relations, located at the park main entrance. Please visit during park hours to claim lost items. Articles of clothing that are found on the course will be donated to charity.

By 9:30 p.m.
• Relay Runner #1 must be in corral at ESPN Wide World of Sports Complex

RELAY RUNNER #2 INSTRUCTIONS
By 8:00 p.m.
• Relay teams not staying at host resorts must be on shuttles from Epcot® to ESPN Wide World of Sports Complex
By 9:00 p.m.
• All relay teams must be at ESPN Wide World of Sports Complex
• Check gear bag with bag check sticker into Bag Check at ESPN Wide World of Sports Complex

• Take Relay Runner #1’s gear bag with bag check sticker
• Take shuttle to Relay Exchange
By 10:00 p.m.
• Gear bag for Relay Runner #1 must be checked at Disney’s Animal Kingdom® Park
By 10:30 p.m.
• Relay Runner #2 must be in exchange corral at Disney’s Animal Kingdom® Park

Athlete Transportation to the Start
Race Transportation from host resorts to ESPN Wide World of Sports Complex will begin departure at 7:00 p.m. Relay participants must board buses no later than 8:00 p.m. in order to check their bags and for Relay Runner #2 to catch the shuttle to the Relay Exchange. The shuttle to the Relay Exchange is available at ESPN Wide World of Sports Complex from 8:00 p.m. to 9:00 p.m. Relay Runner #2 cannot stay to watch the start of the race!

Race Transportation is only provided to and from the host resorts. Guests not staying at a host resort will need to provide their own transportation and those driving personal vehicles will be required to park at Epcot®. THERE WILL BE NO PARKING AND NO GUEST DROP-OFF AT ESPN WIDE WORLD OF SPORTS COMPLEX OR DISNEY'S ANIMAL KINGDOM® PARK ON RACE EVENING. For guests driving to Epcot® on race evening, the race shuttle from Epcot® to the Sports Complex will begin at 7:00 p.m. and end at 8:30 p.m. The parking fee at Epcot® will be waived for runners and spectators arriving after 6:00 p.m. on race evening. All participants must board shuttles from Epcot® to the Sports Complex no later than 8:00 p.m. in order to make it to their corrals by 9:30 p.m.

Bag Check
Please affix your bag check number to your bag prior to arriving at the Bag Check trucks. Please use the clear plastic goody bag provided at the Expo for Bag Check. Due to safety regulations and limited storage space, the race staff cannot accommodate full-sized suitcases, paper bags, or clothing bundles. Please do not check valuables. The race staff is not responsible for any lost, stolen, or damaged items. We will make every effort to have your bag waiting for you after the race. Bags cannot be rechecked. Locker rentals are available at Epcot® main entrance and the International Gateway entrance.

Relay Runner #1:
• If you would like to retrieve your belongings at Epcot® after completing the first leg of the race, you must give your clear plastic bag, with your Bag sticker affixed to the front of the bag, to Relay Runner #2. Relay Runner #2 will check your bag at the Bag Check tent at Disney’s Animal Kingdom® Park. Unclaimed Relay Runner #1 bags will be delivered from Disney’s Animal Kingdom® Park to finish line area near Epcot® main entrance and will be available from Midnight until 2:15 a.m. After 2:15 a.m., unclaimed bags will be transferred to Epcot® Guest Relations, located at the park main entrance. Please visit during park hours to claim lost items. Articles of clothing that are found on the course will be donated to charity.

Corral and Bib Assignment
Corrals will be given during Packet Pick-Up at Disney Wine & Dine Half Marathon Expo. The letter on your race number will determine your assigned corral. Letters are assigned based on your estimated finishing time. Signs, announcements, and race personnel will direct you to the appropriate start corral on race day.

Relay Runner #2:
• By 10:00 p.m.
• By 10:05 p.m.
• By 10:00 p.m.
• By 9:58 p.m.
**The Start**
The start zone for both the Half Marathon and the Half Marathon Relay is located at the ESPN Wide World of Sports Complex. The letter on your race number will correspond with your assigned corral. Signs and event personnel will help you find your corral. For safety reasons, and as a courtesy to others, please line up in the appropriate corral. Measures will be taken to prevent unofficial runners from starting.

**Relay Runner #1:** Your start location is determined by your corral. Signs and volunteers will direct you to the appropriate corral. Please note, you must be in your corral at the start line by 9:30 p.m. or you will not be allowed to start.

**Relay Runner #2:** Runners will be sorted by bib number. Signs and volunteers will direct you to the appropriate corral. Please note, you must be in your corral at Disney’s Animal Kingdom® Park by 10:30 p.m.

**Safety Reminder**
For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, and animals of any kind are prohibited from the course. If you are seen in violation of one of these you will be removed from the course and transported to the finish line area.

Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

**Finishing**
**Relay Runner #1:** After you cross the finish line at Disney’s Animal Kingdom® Park, where your time is automatically recorded, proceed through the finish chute. Relay Runner #2 will be corralled and able to start once you finish. After the finish, you will be directed to refreshments, medals, and then bag claim. These areas are restricted to runners only.

**Not Finishing**
If Relay Runner #1 is not able to finish their leg of the race, whether due to pacing or injury, Relay Runner #2 will be allowed to start. Once it is confirmed that Relay Runner #1 is not finishing, race staff will notify Relay Runner #2. Relay Runner #1 will be transported to Epcot®. If a relay runner does not finish their leg, it will exclude that team from relay team awards.

**Family Reunion**
Celebrate your race finish and reunite with family and friends at the Finish Line Party. Family and friends must purchase a Finish Line Party ticket to enter Epcot® for the afterparty. Entertainment will take place throughout the party at various locations identified in the Finish Line Party Guide. If you are not attending the party then you can meet your family and friends at the main entrance of Epcot®.

**Tips for meeting up with Friends and Family**
- Let your friends and family know your race number, anticipated finish time, and what you are wearing.
- Have a meeting location in place. (See your Finish Line Party Guide. There are 27 kiosks and 10 pavilions to choose from.)
- Agree upon a phone number from which both parties can call and retrieve messages.
detailed course route through the theme parks
Disney Wine & Dine Half Marathon Course Description

Start at the ESPN Wide World of Sports Complex running down Victory Way and then west on Osceola Parkway toward Disney’s Animal Kingdom® Park. Make your way past the Tree of Life, Expedition Everest™, Dinosaur® and then race back to Osceola Parkway and head toward Disney’s Hollywood Studios™. You will enter the park in the shadow of The Twilight Zone Tower of Terror™, run down Sunset Boulevard through Pixar Place, past Toy Story Manial, then through the Costuming Tunnel in the Backlot on your way to Lights Motor Action! for your big debut! Race through the Streets of America, past Star Tours and Indiana Jones Stunt Spectacular on your way to Epcot®! The course will wind through the idyllic village of Disney’s Yacht & Beach Club Resorts and lead you through the International Gateway entrance to Epcot®. Continue backstgate at World Showcase and finish at the Taxi lot at the front of Epcot®.

Beverage Stations and Food Stops

A total of 9 water and PowerAde stops will be located along the course. Stops are placed approximately every 1.5 miles along the course and both water and lemon-lime PowerAde will be available at all 9 stops. One food stop with Clif Shots will be available at Mile 8.4.
spectator viewing

START
There will be limited spectator viewing of the start of the race from a big screen in the Touchdown Lot at the ESPN Wide World of Sports Complex.

FINISH LINE
The Finish Line is a runner’s only area and there is limited public viewing. Seating will not be provided.

FAMILY REUNION
Celebrate and reunite with your runner at the Finish Line Party. Based on availability, spectators can purchase tickets in advance at the ESPN Wide World of Sports Complex Welcome Center during Expo hours. Finish Line Party tickets are available online at runDisney.com/WineDineRun.

Make a plan to reunite with your runner after the race.
Tips for meeting up with Friends and Family after the race:
• Know your runner’s race number, anticipated finish time, and what they are wearing.
• Have a meeting location in place. (See your Finish Line Party Guide. There are 27 kiosks and 10 pavilions to choose from.)
• Agree upon a phone number from which both parties can call and retrieve messages.

If you decide not to stay for the Finish Line Party, meet your family and friends at the main entrance of Epcot®.

cost to coast race challenge

Do you want the ultimate test in endurance with a Disney twist? Then join Disney’s Coast to Coast Race Challenge! If you complete a marathon or half marathon at the Walt Disney World® Resort and the Disneyland® Resort in the SAME calendar year, then you will receive an additional medal commemorating your achievement.

You are automatically entered into the Coast to Coast Race Challenge when you register and complete the required combination of races. You must have an OFFICIAL TIME for each of the events that you complete and each event must be either a half marathon or marathon. You will receive your medal after completion of the second leg of your Coast to Coast Race Challenge.

Restrictions apply. Limit one medal per runner per calendar year. See website.
Pacing Requirements
All athletes must be able to maintain a 16-minute per mile pace throughout the race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to Epcot®. You may be picked up at any point along the course for not maintaining a 16-minute per mile pace. It is suggested that athletes train for a 15-minute per mile pace or faster to allow time for breaks (restroom breaks, photo opportunities, etc.)

Results and Running Tracking
A complete list of results for the Half Marathon and Relay will be posted on Sunday at rundisney.com/WineDineRun.

Family and friends will be able to track the participants with live online runner tracking also available on rundisney.com/WineDineRun. Participants will have the opportunity to send split times via email, text messaging, and PDAs by registering for this service on the website before 4:00 p.m. on Saturday, October 2.

ChronoTrack B-Tag
When you receive your race bib, your ChronoTrack B-Tag will be attached to the back. Do not remove, bend or break the ChronoTrack B-Tag. The ChronoTrack B-Tag records your official and net time. The net time is the time it takes you to get from the start line mats to the finish line mats and will be used to determine the scoring for awards. Please do not alter the ChronoTrack B-Tag in any way. Without the B-Tag, your official time WILL NOT be recorded.
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Overall Awards
Top 3 Overall Male & Female Half Marathon Finishers (based on gun time), top Overall Male & Female Wheelchair Winner (push rim only) (based on gun time), and Top Overall Relay Teams (based on net time) will receive their awards at a presentation to be held at the American Gardens Theatre at 12:30 a.m. on Sunday, October 2.

Individual Awards
The following awards for both the Half Marathon and Half Marathon Relay will be distributed by mail after the event. Because of the number of people who participate in both the Half Marathon and Half Marathon Relay, it can often take several minutes to cross the start line. In the interest of fairness, masters and age group award winners will be based on Net Time. Masters that place in the overall division, will receive that overall award only. A runner will not receive two awards for the same race result.

Overall Male & Female Masters Champion
2nd & 3rd Place Wheelchair Winners (Push rim only, based on gun time)
1st, 2nd & 3rd Place Male Relay Teams
1st, 2nd & 3rd Place Female Relay Teams
1st, 2nd & 3rd Place Co-ed Relay Teams
Top 5 Male & Female Military
Top 5 Age Groups (Male & Female)

14 - 17 50 - 54
18 - 24 55 - 59
25 - 29 60 - 64
30 - 34 65 - 69
35 - 39 70 - 74
40 - 44 75 - 79
45 - 49 80 & Over
Finish Line Party

After you run around the park, dine around the world. The Disney Wine & Dine Finish Line Party at the Epcot® International Food & Wine Festival takes place inside Epcot® after the race. Spectators will be able to purchase tickets to attend the Disney Wine & Dine Half Marathon Finish Line Party to celebrate with their runner.

The Epcot® International Food & Wine Festival is an autumn special event that transforms Epcot® into a food and wine lover’s paradise with specialty food items, wine, and live musical entertainment.

More than 27 international marketplace kiosks are serving up tapas-sized portions of regional specialties. Explore countries on 6 continents through their most mouth-watering foods and beverages!

Spectators can purchase tickets in advance at runDisney.com/WineDineRun. Based on availability, tickets will be available at the ESPN Wide World of Sports Complex Welcome Center during Expo hours. Party ticket entitlements include:

- Early entry to Epcot® at 7:00 p.m. on Saturday, October 1
- Soarin’™, Test Track
  Presented by General Motors®, Mission:SPACE®
  Presented by HP and other attractions
- $10 gift card

Occasional night runs are invigorating. After the Wine & Dine race you will hopefully be full of attitude boosting endorphins, surrounded by thousands of energized people, eating and drinking. Does it get better than this?

Try to avoid standing around. It’s best to keep walking gently, and Epcot® is a perfect venue for this. Gentle walk steps help to pump the blood through the system and will speed recovery. As you walk past the dozens of food and beverage booths around the World Showcase, you can choose which food item you wish and which beverage. You’ve earned it.

During the first 30 minutes after finishing you should drink about 8 oz of water and eat about 250 to 300 calories of simple carbohydrates (energy bar, etc.). You can combine the water and the sugar by drinking a sports drink or a soft drink. This is prime time for reloading your muscles with the fuel they will need in the next workout.

There are lots of interesting activities around the lake at Epcot®, and most runners linger for a while. Once you return to your room, soak your legs in a cool tub of water for 10-15 minutes. Ice is not needed for this cooldown--just fill the tub with cool water or jump in the pool. Pool time is a great way to unwind and cool the legs down. Enjoy your bed--you’ve earned this also.

Compression sleeves on the calf muscles can speed recovery. Many run in these sleeves, and receive the improved circulation during post race activities and the next day.

After a gentle wake up the next morning, walk around throughout the day. This is a great time to spend with family members in the various theme parks. Walking the day after a half marathon is the best recovery exercise.

The next goal: Think about stepping up to the Walt Disney World® Marathon on January 8th with it’s fabulous Mickey Medal! There is also the Half Marathon on January 7th, the new Tinker Bell Half Marathon on January 27 at Disneyland®, and the Disney’s Princess Half Marathon on February 26. You have time to train for all of these. With the proper use of walk breaks you can carry on your life’s activities even after long runs. Look at the free training programs which I designed on the runDisney site.

Most weeks in my marathon training program you only need to run 30 minutes on Tuesday and Thursday, and one hour on the weekend. Long runs are only done every three weeks during the last portion of the training.

Olympian Jeff Galloway has helped over a million runners and walkers to their goals. He is the official training consultant for runDisney.
Florida Hospital Celebration Health Medical Stations are located along the course approximately every two (2) miles and will be marked with medical flags. With prior training, you should be prepared for the physical demands of the half marathon. Nevertheless, you may suffer cold or heat stress, or become dehydrated. The following can help you prepare for a safe and enjoyable race.

**What To Know About Fluid Intake**
- Drink enough before the race so that your urine is clear to light straw colored (this will vary per person).
- Limit fluids to approximately 4-6 ounces every 20 minutes during the race.
- At least every other water stop, you should have some form of electrolyte replacement (PowerAde, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.

**Tips For Race Day**
- Check your urine a ½ hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!
- DO NOT take any product with ephedra in it. Ephedra increases your risk of “heat illness.” It should not be used while training or on race day!

**Pain Relievers / Supplements**
- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners’ kidney function if taken within 24 hours of running. Only acetaminophen (Tylenol®) has been shown to be safe.
- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt.

Therefore it is recommended that on race day (specifically beginning midnight before you run) you DO NOT use anything but acetaminophen (Tylenol®) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, an NSAID would be beneficial in preventing post-event muscle soreness.

**OFFICIAL MEDICAL PROVIDER**

To schedule an appointment, call our care coordinator today at (407) 303-4204 or visit www.TheSportsMedicineTeam.com for more information.

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Questions
The Medical Team is here to help! On race day, there will be sports medicine professionals at the finish line tent and in the parking lot on bicycles. Remember, on the course we will have medical staff at each and every tent to help you along the way.

About Our Medical Director
James G. Scelfo, MD is a primary care physician practicing in the Orlando area. Dr. Scelfo is also a regular medical consultant with the local NBC affiliate, WESH Channel 2. Through his close association with Florida Hospital Celebration Health, Dr. Scelfo remains on the cutting edge of medical technology to focus on prevention, early diagnosis and management of disease.

• Vitamin supplements (Vitamin A, C & E) can alter urine color so be wary of hydration status if taking these supplements.
• Caffeine and other amphetamine-like compounds containing pseudoephedrine, such as Sudafed and most sinus and cold preparations, taken within 24-hours of race time can also raise core temperature; increase blood pressure and heart rate and should be drastically limited during this time.

Warning Signs
• Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical aid station located throughout the course.
• Dizziness, confusion, loss of peripheral vision or general tingling – are more concerning and greater precautions should be taken. Find a course representative and ask for assistance immediately.
• Chest Pain – stop all activity and ask another participant to assist with locating a course representative or medical volunteer.

For Your Own Safety
• Complete the medical history on the back of your race number.
• Drink plenty of fluids.
• Know the symptoms of heat illness. Run responsibly and don’t be afraid to ask for help.
• Help your fellow runners. If you see someone in distress, tell him or her what we have told you. If they refuse to stop, report their race number to one of the volunteers along the route.
• Let your friends and family know your race number so they can find you if you are in a medical tent.
• Listen to the weather forecast and plan accordingly. Both heat-related injuries and hyponatremia are life-threatening conditions.
• Skin in high friction areas (nipples, thighs, armpits, etc.) should be well lubricated with a non-water soluble lubricant (petroleum jelly).
• Make sure your shoes and clothes are appropriate for the event and environmental conditions.

Dry Skin – a sign of significant dehydration and loss of normal regulatory systems. Proceed directly to a medical aid station located throughout the course.
transportation & driving directions

HOST RESORTS
Please check with the respective resort front desks for race transportation pick up locations.

Disney’s All Star Movies Resort
Disney’s All Star Music Resort
Disney’s All Star Sports Resort
Disney’s Beach Club Resort
Disney’s Boardwalk Inn
Disney’s Old Key West Resort
Disney’s Port Orleans French Quarter Resort
Disney’s Port Orleans Riverside Resort

Host Resort Transportation
Disney Wine & Dine Half Marathon Transportation has been arranged for participants staying at the host resorts listed above. Buses will be indicated by Disney Wine & Dine Half Marathon Weekend signs placed in the front windows. Please note, half marathon transportation is only provided to and from the host resorts. Guests not staying at a host resort will need to provide their own transportation.

Expo
Disney Wine & Dine Half Marathon Transportation will depart from host resorts to the ESPN Wide World of Sports Complex approximately every 20 minutes. Transportation to the Expo will begin one half hour prior to opening and will continue until one half hour after closing.

Disney’s Halloween 5K
Transportation from host resorts will run from 5:00 a.m. to 6:00 a.m. prior to the race. The last bus for athletes from the host resorts to Animal Kingdom® Theme Park will depart at 6:00 a.m. Buses will continue to run until 9:00 a.m.

Disney Kids’ Races
Please utilize transportation to the Expo.

Disney Wine & Dine Half Marathon and Relay
Race Transportation is only provided to and from the host resorts. Guests not staying at a host resort will need to provide their own transportation and those driving personal vehicles will be required to park at Epcot®.

THE WILL BE NO PARKING AND NO GUEST DROP-OFF AT ESPN WIDE WORLD OF SPORTS COMPLEX OR DISNEY’S ANIMAL KINGDOM® PARK ON RACE EVENING. For guests driving to Epcot® on race evening, the race shuttle from Epcot® to the Sports Complex will begin at 7:00 p.m. and end at 8:30 p.m. The parking fee at Epcot® will be waived for runners and spectators arriving after 6:00 p.m. on race evening. All participants must board shuttles from Epcot® to the Sports Complex no later than 8:00 p.m. in order to make it to their corrals by 9:30 p.m.

Race Transportation from host resorts to ESPN Wide World of Sports Complex will begin departure at 7:00 p.m. Half Marathon Participants must board buses no later than 8:00 p.m. in order to make it to their corrals by 9:30 p.m.

Relay participants must board buses no later than 8:00 p.m. in order to check their bags and for Relay Runner #2 to catch the shuttle to the Relay Exchange. The shuttle to the Relay Exchange is available at ESPN Wide World of Sports Complex from 8:00 p.m. to 9:00 p.m. Relay Runner #2 cannot stay to watch the start of the race!

Race Transportation will continue throughout the evening for spectators. All transportation will be suspended between 9:00 p.m. and 10:00 p.m. on Saturday due to road closures and race start. Shuttle service from the Sports Complex to Epcot® will resume at 10:00 p.m. and conclude at 10:30 p.m. Please note, shuttles from the Sports Complex will only provide service to Epcot® after the start of the race.

Race Transportation will be suspended between 9:00 p.m. and 10:00 p.m. on Saturday due to road closures and race start. Shuttle service for host resorts will recommence at 10:00 p.m. and continue until 3:30 a.m. for the Finish Line Party at Epcot®.

Finish Line Party
Finish Line Spectator admission to Epcot® begins at 7:00 p.m. and a party ticket is required. For race spectators, the most convenient transportation to Epcot® from your host resort is via Walt Disney World® Resort Bus Transportation. Please confirm with your resort front desk the load zone for Epcot® buses.

Directions to the ESPN Wide World of Sports Complex for the Expo and Kids’ Races
Take 1-4 to exit 64 (192 West) and follow the signs to Disney’s Animal Kingdom® Park. Once you have arrived at the Epcot® entrance plaza, THERE WILL BE NO PARKING AND NO GUEST DROP-OFF AT EPCOT WIDE WORLD OF SPORTS COMPLEX. Please use directions to Epcot® above and plan to arrive no later than 8:00 p.m. in order to catch the shuttle to the Start at ESPN Wide World of Sports Complex.

Directions to Animal Kingdom® Theme Park for the 5K
Take 1-4 to exit 65 (Osceola Parkway West) and follow the signs to Disney’s Animal Kingdom® Park. Once you have arrived at the Disney’s Animal Kingdom® entrance plaza, you will be directed where to park.

Directions to Epcot® for the Half Marathon and Relay
Take 1-4 to exit 64 (192 West) and follow the signs to Epcot®. Once you have arrived at the Epcot® entrance plaza, THERE WILL BE NO PARKING AND NO GUEST DROP-OFF AT EPCOT WIDE WORLD OF SPORTS COMPLEX. Please use directions to Epcot® above and plan to arrive no later than 8:00 p.m. in order to catch the shuttle to the Start at ESPN Wide World of Sports Complex.
Weekend Beneficiary
The Disney Wine & Dine Half Marathon Weekend benefits The Leukemia & Lymphoma Society® (LLS), an organization dedicated to the fight against blood cancers. With the support of thousands of volunteers and participants in LLS’s Team In Training program, the Disney Wine & Dine Half Marathon Weekend will help blood cancer patients live better, longer lives.

LLS uses the Disney Wine & Dine Half Marathon Weekend as a platform to create awareness of this life saving cause, as well as to raise much needed funds for research. Participants and volunteers have the opportunity to make donations to The Leukemia & Lymphoma Society directly at the point of registration or by visiting our web site at runDisney.com/WineDineRun.

The Leukemia & Lymphoma Society® (LLS), headquartered in White Plains, NY, with 68 chapters in the United States and Canada, is the world’s largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. The LLS mission: Cure leukemia, lymphoma, Hodgkin’s disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, LLS has invested more than $550 million in research specifically targeting leukemia, lymphoma and myeloma. Last year alone, LLS made 5.1 million contacts with patients, caregivers and healthcare professionals.

Sports Enthusiasts
Over 1,300 volunteers will assist throughout the Disney Wine & Dine Marathon Weekend on behalf of The Leukemia & Lymphoma Society.
• Approximately 300 volunteers will assist with packet pickup during the Health & Fitness Expo
• Over 100 volunteers will assist with the Disney’s Halloween 5K
• Over 150 medical volunteers will staff Florida Hospital’s medical stations during the Half Marathon
• Over 800 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half Marathon on Saturday

Information Team
Information Team Volunteers will be available to answer race-related questions for participants and guests. These volunteers can be identified by an apron that says “Ask Me”. Information Team Volunteers will staff the Information Booths at the Health & Fitness Expo. They will also staff the Information Tent in the Start, Relay Exchange, and Family Reunion areas during the Half Marathon.

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January 5 - 8, 2012
Walt Disney World® Marathon Weekend presented by CIGNA

January 27 - 29, 2012
Tinker Bell Half Marathon Weekend
at the Disneyland® Resort

February 24 - 26, 2012
Disney’s Princess Half
Marathon Weekend at the
Walt Disney World® Resort

August 31 - September 2, 2012
Disneyland® Half Marathon Weekend

September 28 - September 29, 2012
Disney Wine & Dine Half
Marathon Weekend at the
Walt Disney World® Resort

for race information or to register, visit runDisney.com

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runDisney

run around the parks. dine around the world.

September 30-October 1, 2011