

HELP US CELEBRATE...

20

Years running

Join us for the 20th Anniversary of
the Walt Disney World® Marathon on
January 13, 2013.

Be a part of these great upcoming runDisney events!

CALIFORNIA

Tinker Bell Half Marathon
Weekend Jan. 27 - 29, 2012

Disneyland® Half Marathon
Weekend Aug. 31 - Sept. 2, 2012

FLORIDA

Disney's Princess Half Marathon
Weekend Feb. 24 - 26, 2012

Disney Wine & Dine Half Marathon
Weekend Sept. 28 - 29, 2012



Like us on Facebook
facebook.com/runDisney

For more information,
visit runDisney.com

OFFICIAL RACE GUIDE



2012
WALT DISNEY WORLD®
MARATHON
WEEKEND
PRESENTED BY Cigna

YOU'RE

ONE OF A KIND.

RUN WITH IT.

You're fantastically, amazingly, remarkably human. That's what makes you extraordinary. And what's brought you here this week. Cigna congratulates this year's runners and wishes everyone good luck in the race.

GO YOU



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TABLE OF CONTENTS

WELCOME TO THE 2012 WALT DISNEY WORLD® MARATHON WEEKEND PRESENTED BY CIGNA

Welcome to the <i>Walt Disney World</i> ® Resort.....	2
Welcome from CIGNA.....	3
Race Director.....	4
Weekend Itinerary.....	6
Disney's Health & Fitness Expo and Speaker Series.....	8
Pasta in the Park Party.....	15
<i>runDisney</i> Kids' Races.....	16
Family Fiesta 5K Featuring the Three Caballeros.....	18
Marathon and Half Marathon.....	20
<i>Walt Disney World</i> ® Marathon Weekend Staging Area.....	21
Marathon Relay.....	22
Goofy's Race and a Half Challenge.....	24
Marathon and Half Marathon Course Map.....	26
Marathon and Half Marathon Course Descriptions.....	27
<i>runDisney</i> Training Consultant.....	30
Pacing Requirements, Results, Runner Tracking and Timing.....	33
Awards.....	34
Why Do You Run?.....	36
Recovery Tips from CIGNA.....	38
Medical Information.....	40
Transportation.....	43
Driving Directions.....	44
Spectator Viewpoints.....	46
The Leukemia & Lymphoma Society.....	50
Sports Enthusiasts.....	50



In a few hours, you will start a journey that will take you through the most magical running route in the world. Welcome to the 2012 *Walt Disney World*® Marathon Weekend presented by Cigna!

For some of you, this may be your first *runDisney* event, and we couldn't be happier that you are here. You will experience the *Walt Disney World*® Resort in a whole new way - as only a runner can. For those of you who are returning, welcome back. We believe that the *Walt Disney World*® Marathon Weekend presented by Cigna is the most magical endurance race there is, and this year is no exception.

All new this year is the *Walt Disney World*® Marathon Relay. Chip and Dale have been on their best scheming chipmunk behavior and have teamed up to bring us this inaugural event, which will split the *Walt Disney World*® Marathon course between a two-person relay team. This new event, coupled with our Marathon, Half Marathon, 5K and Kids races promises to make the 2012 *Walt Disney World*® Weekend the best ever.

Speaking of half marathons, this year, we are celebrating the 15th anniversary of the *Walt Disney World*® Half Marathon with a special Donald Duck medal. Since he is the official conDUCKtor of this great race, it is only fitting that he gets a special medal, honoring him, this year.

Whether this is your first race, your first of many, or your hundredth race with us, we hope to see you again soon ... perhaps at the inaugural Tinker Bell Half Marathon Weekend at *Disneyland*®, January 27-29 or the Disney's Princess Half Marathon Weekend back here at *Walt Disney World*®, February 24 -26.

On behalf of the thousands of Cast Members and volunteers who make the *Walt Disney World*® Marathon Weekend possible, our presenting sponsor Cigna, and our race beneficiary, The Leukemia & Lymphoma Society ... thank you for participating in this exciting *runDisney* event.

runDisney ... where every mile is magic!

Ken Potrock
Senior Vice President
Disney Sports Enterprises & Downtown Disney



Hello Runners and Volunteers:

Welcome to the 2012 *Walt Disney World*® Marathon Weekend presented by Cigna. Congratulations on making the investment in yourself to be here. You trained your body, prepared your mind and balanced your life so you could run, side by side, shoulder to shoulder, with thousands of others from all walks of life to accomplish your goals.

No matter what race you take part in ... whether you're in the lead, the middle or in the back ... whether you walk or run ... or whether you're on the sidelines to volunteer or cheer runners on ... your presence is a gift to yourself and all those families, companies and communities you represent.

One of the great things about this weekend's events is that everyone has a different reason for taking part. At Cigna, we understand that each person makes the journey to Marathon Weekend on his or her own terms - just like the journey through health and life.

It's our job to help nurture the unique strengths and individuality of everyone we serve. To help you achieve your full potential in your health, well-being and sense of security.

As you round the bends through these vast parks and landscapes designed to stir your imagination, I hope you will head into the rest of the weekend, and the year ahead, with a sense of adventure and fun. Celebrate your accomplishments and set new goals for your personal health and happiness.

I look forward to seeing you over the course of the weekend. Have a great time and a healthy, enjoyable new year.

David M. Cordani
President and Chief Executive Officer
Cigna Corporation



ABOUT OUR RACE DIRECTOR, JON HUGHES

As president of Track Shack Events, Jon Hughes directs the overall marketing effort as well as operations and staff 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 27 years and have a daughter, Emma and a son, Christopher.



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plants

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still 100%
recyclable



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WEEKEND ITINERARY

WALT DISNEY WORLD® RESORT



THURSDAY, JANUARY 5

Disney's Health & Fitness Expo

ESPN Wide World of Sports Complex
10:00 a.m. - 7:00 p.m.

Pasta in the Park Party*

Epcot®
6:30 p.m. - 8:30 p.m. Pasta Buffet
9:00 p.m. IllumiNations: Reflections of Earth

FRIDAY, JANUARY 6

Family Fiesta 5K Featuring the Three Caballeros

Epcot®
6:30 a.m. Start

Disney's Health & Fitness Expo

ESPN Wide World of Sports Complex
9:00 a.m. - 7:00 p.m.

runDisney Kids' Races

ESPN Wide World of Sports Complex
11:00 a.m. Start

Mickey Mile

ESPN Wide World of Sports Complex
12:30 p.m. Start

SATURDAY, JANUARY 7

Race Retreat*

Epcot® Wonder Lot
3:00 a.m. - Open to runners only
5:30 a.m. - Open to friends and family
10:30 a.m. - Retreat closes

Walt Disney World® Half Marathon

Epcot®
5:30 a.m. - Wheelchair Start
5:35 a.m. - Runner Start

ChEAR Zone at the Finish Line*

Epcot® Imagine Lot
6:00 a.m. - ChEAR Zone opens
10:30 a.m. - ChEAR Zone closes

Disney's Health & Fitness Expo

ESPN Wide World of Sports Complex
10:00 a.m. - 5:00 p.m.

runDisney Kids' Races

ESPN Wide World of Sports Complex
11:00 a.m. Start

SUNDAY, JANUARY 8

Race Retreat*

Epcot® Wonder Lot
3:00 a.m. - Open to runners only
5:30 a.m. - Open to friends and family
2:30 p.m. - Retreat closes

Walt Disney World® Marathon

Epcot®
5:30 a.m. - Wheelchair Start
5:35 a.m. - Runner Start

ChEAR Zone at the Finish Line*

Epcot® Imagine Lot
6:00 a.m. - ChEAR Zone opens
2:30 p.m. - ChEAR Zone closes

CELEBRATE YOUR ACCOMPLISHMENTS AT A WALT DISNEY WORLD® THEME PARK!

Park Hours

January 5

<i>Magic Kingdom®</i> Park	9:00 a.m. - 10:00 p.m.
<i>Epcot®</i>	9:00 a.m. - 9:00 p.m.
<i>Disney's Hollywood Studios™</i>	9:00 a.m. - 7:00 p.m.
<i>Disney's Animal Kingdom®</i> Park	9:00 a.m. - 7:00 p.m.

January 6

<i>Magic Kingdom®</i> Park	9:00 a.m. - 10:00 p.m.
<i>Epcot®</i>	9:00 a.m. - 9:00 p.m.
<i>Disney's Hollywood Studios™</i>	9:00 a.m. - 7:00 p.m.
<i>Disney's Animal Kingdom®</i> Park	9:00 a.m. - 7:00 p.m.

January 7

<i>Magic Kingdom®</i> Park	9:00 a.m. - 10:00 p.m.
<i>Epcot®</i>	9:00 a.m. - 9:00 p.m.
<i>Disney's Hollywood Studios™</i>	9:00 a.m. - 7:00 p.m.
<i>Disney's Animal Kingdom®</i> Park	9:00 a.m. - 7:00 p.m.

January 8

<i>Magic Kingdom®</i> Park	9:00 a.m. - 8:00 p.m.
<i>Epcot®</i>	9:00 a.m. - 9:00 p.m.
<i>Disney's Hollywood Studios™</i>	9:00 a.m. - 7:00 p.m.
<i>Disney's Animal Kingdom®</i> Park	9:00 a.m. - 5:00 p.m.

*Advance purchase required.

Subject to change.



DISNEY'S HEALTH & FITNESS EXPO PRESENTED BY CIGNA



THURSDAY, JANUARY 5

10:00 a.m. - 7:00 p.m.

FRIDAY, JANUARY 6

9:00 a.m. - 7:00 p.m.

SATURDAY, JANUARY 7

10:00 a.m. - 5:00 p.m.

Disney's Health & Fitness Expo welcomes all Marathon Weekend participants to experience a three-day celebration focused on health and fitness. The event features celebrity runner appearances, the opportunity to experience the latest in running and fitness equipment, and seminars on training, racing, and nutrition. Each seminar, hosted by TV and radio race commentator Creigh Kelley, lasts 30 to 45 minutes and will include a Q&A session.

Packet Pick-Up and the world-class Speaker Series is located in the HP Field House. T-Shirt and Goody Bag Pick-Up and an expanded Expo floor will be just across the promenade in the Jostens® Center. There will be fabulous new *Walt Disney World®* Marathon Weekend merchandise and more exhibitors than ever before!



MORE MAGIC HAPPENING DURING MARATHON WEEKEND

Pick up pre-purchased More Magic and Commemorative Items at Disney's Health & Fitness Expo. The pick-up location will be located in the HP Field House. You will need to show your Photo ID to pick up your items:

- Commemorative Pins
- Commemorative Ears
- Race Retreat Packages
- ChEAR Squad Packages

Tickets will be available for purchase for the following functions at the ESPN Wide World of Sports Welcome Center during Disney's Health & Fitness Expo (subject to availability).

- Pasta in the Park Party Tickets



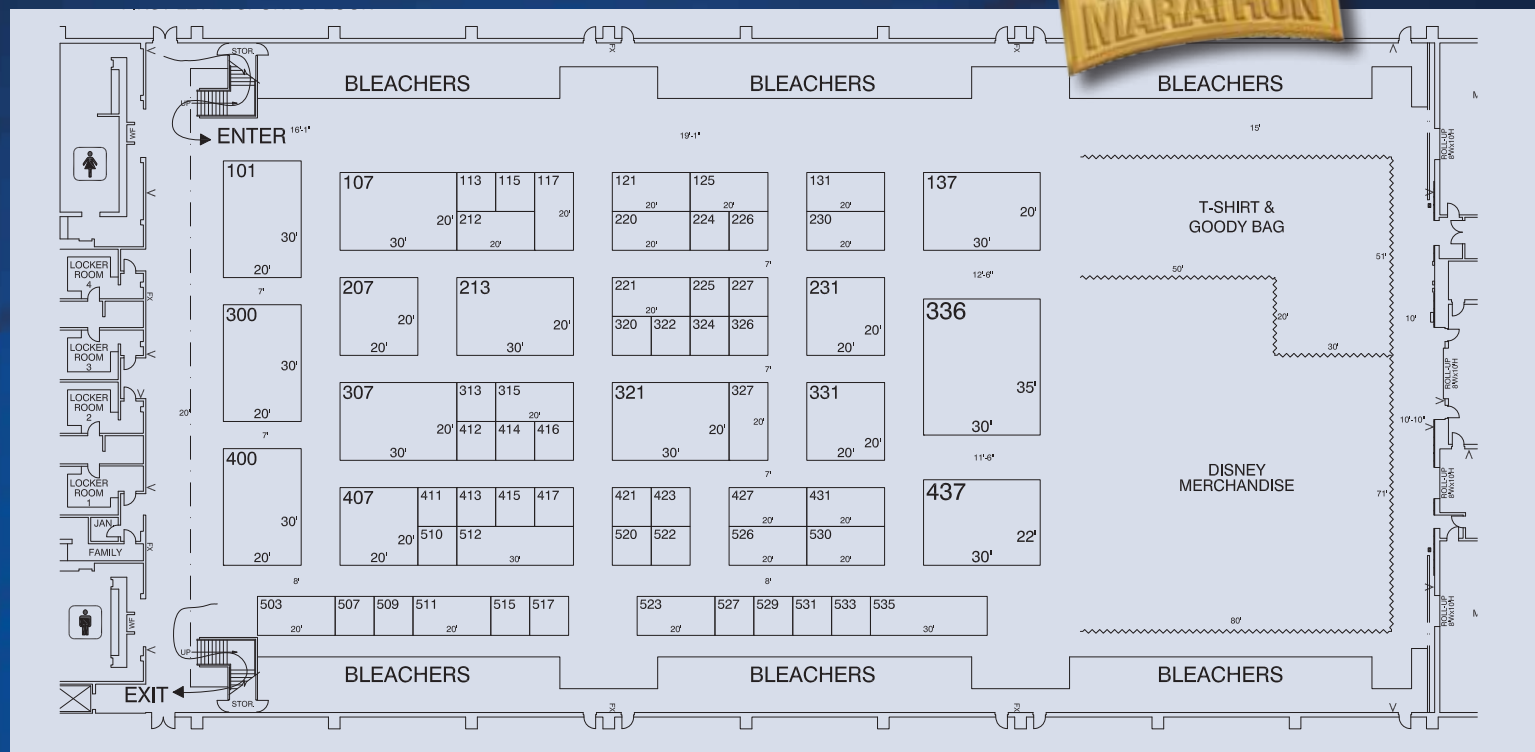
DISNEY'S HEALTH & FITNESS EXPO FLOOR PLAN



EXHIBITOR

BOOTH

adidas	212
Albatros Travel	509
Aline Systems Inc	423
Armpocket	517
ASICS	107
Auria	531
BeeCause Charms	225
BioFormula	427
Bondi Band LLC	522
Brightroom	530
Brooks Sports	307
Champion	437
Chiquita	230
Cigna	336
Clif Bar	535
Curl by Sammy Duval	226
cw-x, wacoal sports science	313
Dannon	125
Dasani/Cardio Smart	421
ECCO USA	315
Feetures!	115
Fit2Run	400
Fleet Feet Sports	321
Florida Hospital	300
Fond Memories	121
Garmin	113
Geico	523
Glam Headbands	533
Hippie Runner	417
Hp	Jostens Corner
iFitness	131, 327
KT-Tape	520
K-Swiss	528
Lasting Commemoratives	224



Leukemia & Lymphoma Society	Hp Field House
Lift Your Sole	526
Lynx Sportswear	529
Marathon de Quebec inc.	322
Marine Corps Marathon	413
Mizuno USA	407
Nathan Performance Gear	416
National Running Center	101
New Balance	117
Nite Beam Products	510

Nova Retail- TIMEX	411
Ocean Spray	221
One More Mile - Sunglasses	326
One More Mile	231
Ottawa marathon	515
Raw Threads	220
RegattaSport (run girl run)	320
Road Runners Clubs of America	Hp Field House
runDisney	512
Running Skirts Inc.	227
Saucony	207

Sheddable Shell	415
Skirt Sports, Inc.	414
SnuggBuds Headsets	412
SPIbelt	431
Spira Footwear, Inc	331
TEAM 413	507
TheStick.com	503
Track Shack	213
Women's Running Magazine	527
Yurbuds	324
ZOOT	511

Subject to change.

2012 WALT DISNEY WORLD® MARATHON WEEKEND SPEAKER SERIES SCHEDULE

ALL SESSIONS MODERATED BY CREIGH KELLEY

THURSDAY, JANUARY 5, 2012

Noon

Jeff Galloway, *runDisney* Official Training Consultant & Clif Bar Pacing and Motivation

Jeff and the Clif Bar Team will discuss proven techniques that have helped thousands of runners - at all levels - enjoy their events, every year. Bring your questions!

1:00 p.m.

Susan Paul, Running Coach Preparing for Event Day.

Susan Paul, recognized by Runner's World as one of the Top Ten "Supercoaches" in the country, will share insights and last minute tips on how to prepare yourself for your best on your race day!

2:00 p.m.

Tara Guidus, Orlando Magic Dietician Nutrition for Runners

Tara guides you to the best nutrition outcome by showing you how to maximize your exercise with proper diet!

3:00 p.m.

Dick Beardsley, Athlete, TV Host & Motivational Speaker Creigh Kelley, Moderator & Host The Runner's Studio

Creigh will visit with Dick and explore his life as an athlete (the Duel in the Sun at the Boston Marathon will be one of the topics), motivational speaker and successful survivor of a life of challenges.

4:00 p.m.

Jon Hughes, Race Director Tom Ward, Technical Director Sarah Ratzlaff, ChEAR Squad Last Minute Tips & Information for Runners & Spectators

Sarah, Tom and Jon will discuss last minute tips and information for race day for both runners and spectators. Session will include a course review, a review of Goofy's Race and a Half Challenge, insightful tips for spectators and a chance for you to ask questions about race day!

5:00 p.m.

Dave McGillivray, BAA Boston Marathon Race Director and accomplished distance athlete Hal Higdon, author of 35 books, coach to thousands and legendary distance athlete U 2 Can Run Boston: Running in the Facebook Era Hal ran his first BAA Boston Marathon in the 1950's and Dave has run the BAA Boston Marathon for most of the past two decades. Discover the secrets only they know!

6:00 p.m.

Jeff Galloway, *runDisney* Official Training Consultant

Strong to the Finish

Jeff has a simple and proven method that can help you feel better, avoid injury and (best of all) enjoy the celebration afterward!

FRIDAY, JANUARY 6, 2012

10:00 a.m.

Florida Hospital Running Injury Problems and Solutions

Learn from experts how to avoid or rehabilitate typical running injuries like hamstring, plantar fasciitis, "runner's knee" and more!

11:00 a.m.

Mark Marsters, Senior VP, Cigna Heather McDanel, Students Run Philly Style Students from Students Run Philly Style Overcoming Life Challenges: Real Stories, Real People, Real Success!

Mark Marsters, senior vice president of Cigna's Disability Operations, will moderate an amazing panel that includes Heather McDanel, Students Run Philly Style Founder, and students and mentors from the program. Share in their triumphs and learn how running has helped them to improve their daily lives - in both body and mind.

Noon

John Bingham, The Leukemia & Lymphoma Society National Spokesperson Jenny Hadfield, National Coach

John, a noted columnist, author, and humorist will entertain and inspire you! He will share his fascinating experiences gathered in his travels with Team 'N' Training coast to coast and worldwide. Joining John will be Coach Jenny Hadfield who will talk about last minute tips on preparing for your race!

1:00 p.m.

Jeff Galloway, *runDisney* Official Training Consultant

Jenny Hadfield, Columnist, Women's Running Magazine and Coach

Hal Higdon, Columnist, Runner's World Magazine and Coach

Kevin Hanson, Brooks-Hanson Olympic Development Coach

Susan Paul, Runner's World Magazine "Supercoach"

The Best Running Coach's National Panel!

You've read their books, tried their training programs... now meet them in person and bring your questions!

2:00 p.m.

Hal Higdon, Author of 35 books including Marathon, the Ultimate Training Guide!

The History of The Marathon As You've Never Heard It Before!

Hal, in his 45 years of writings for Runner's World Magazine, has gathered more insight and magical facts about the marathon than anyone living! Don't miss this fascinating talk!

3:00 p.m.

Jon Hughes, Race Director Tom Ward, Technical Director Sarah Ratzlaff, ChEAR Squad Last Minute Tips & Information for Runners & Spectators

Sarah, Tom and Jon will discuss last minute tips and information for race day for both runners and spectators. Session will include a course review, a review of Goofy's Race and a Half Challenge, insightful tips for spectators and a chance for you to ask questions about race day!

4:00 p.m.

Dick Beardsley, Athlete, TV Host and Motivational Speaker Against The Wind

Dick will inspire, motivate and bring you to tears as he shares his surprising story of growth, reaching the pinnacle of running and then overcoming even greater challenges. Dick's message is not just for runners, and his personable style, humor and honesty will capture your attention!

5:00 p.m.

Keith & Kevin Hanson, Coaches, Hanson-Brooks Olympic Distance Project

Hanson-Brooks Olympic Distance Project

Kevin and Keith will introduce you to their team members of the Hanson-Brooks Olympic Distance Project, the remarkable team from Michigan that forms the nucleus of Hanson-Brooks development squad.

6:00 p.m.

Jeff Galloway, *runDisney* Official Training Consultant & Clif Bar Pacing and Motivation

Jeff and the Clif Bar Team will discuss proven techniques that have helped thousands of runners - at all levels - enjoy their events, every year. Bring your questions!

SPEAKER SERIES CONTINUED

SATURDAY, JANUARY 7, 2012

11:00 a.m.

Dave McGillivray, co-author of *The Last Pick: The Boston Marathon Race Director's Road to Success*

Dave's Journey to the Top!

Prepare to be excited as you discover with how he brought together inspiration, perspiration and determination to make a difference in thousands of lives across the United States!

Noon

Jon Hughes, Race Director
Tom Ward, Technical Director
Sarah Ratzlaff, ChEAR Squad
Last Minute Tips & Information for Runners & Spectators

Sarah, Tom and Jon will discuss last minute tips and information for race day for both runners and spectators. Session will include a course review, a review of Goofy's Race and a Half Challenge, insightful tips for spectators and a chance for you to ask questions about race day!

1:00 p.m.

John Bingham, The Leukemia & Lymphoma Society National Spokesperson and Humorist
The Accidental Athlete

John will talk about his new book and how you can discover the accidental athlete in yourself. Listen to him share the complete story of his hysterical and poignant transformation from geeky child to overweight adult to marathoner and the voice of a generation of runners.

2:00 p.m.

Mark Marsters, Senior VP, Cigna
Heather McDanel, Students Run Philly Style
Students from Students Run Philly Style
Overcoming Life Challenges: Real Stories, Real People, Real Success!

Mark Marsters, senior vice president of Cigna's Disability Operations, will moderate an amazing panel that includes Heather McDanel, Students Run Philly Style Founder, and students and mentors from the program. Share in their triumphs and learn how running has helped them to improve their daily lives - in both body and mind.

3:00 p.m.

Jeff Galloway, runDisney Official
Training Consultant
Jenny Hadfield, Columnist, Women's Running Magazine and Coach
Hal Higdon, Columnist, Runner's World Magazine and Coach
Kevin Hanson, Brooks-Hanson Olympic Development Coach

Susan Paul, Runner's World Magazine "Supercoach"
 The Best Running Coach's National Panel!
 You've read their books, tried their training programs... now meet them in person and bring your questions!

4:00 p.m.

Jeff Galloway, runDisney Official Training Consultant
Strong to the Finish

Jeff has a simple and proven method that can help you feel better, avoid injury and (best of all) enjoy the celebration afterward!

PASTA IN THE PARK PARTY



Kick off the 2012 *Walt Disney World*® Marathon Weekend at the Pasta in the Park Party at *Epcot*®! This is a great way to relax and be entertained before your big race. The party includes a buffet pasta dinner with self-seating, a live DJ and Disney Characters eager to meet you. Following dinner at the World ShowPlace Pavilion, you and your family will be escorted to Worldview Plaza to watch *IllumiNations: Reflections of Earth*, a mesmerizing fireworks, laser and water show put to music. Pasta In The Park Party buffet is available from 6:30 p.m. to 8:30 p.m. on Thursday, January 5. *IllumiNations: Reflections of Earth* begins at 9:00 p.m. and concludes at 9:30 p.m.

Pick-up or purchase your tickets at the ESPN Wide World of Sports Welcome Center for this function. Purchase of Pasta in the Park Party tickets is subject to availability.



runDISNEY KIDS' RACES



**FRIDAY, JANUARY 6 &
SATURDAY, JANUARY 7**

11:00 a.m. Start
ESPN Wide World of Sports Complex

Pre-registered children ages 13 and under can be a part of the Walt Disney World® Marathon Weekend at the runDisney Kids' Races. Children can participate in the infant diaper dash, 100m, 200m, 400m, and the Mickey Mile (offered on Friday, January 6 only).

The event will feature activities guaranteed to get you warmed up for the runDisney Kids' Races.

Please refer to final race instructions for more information.



Time to Refuel



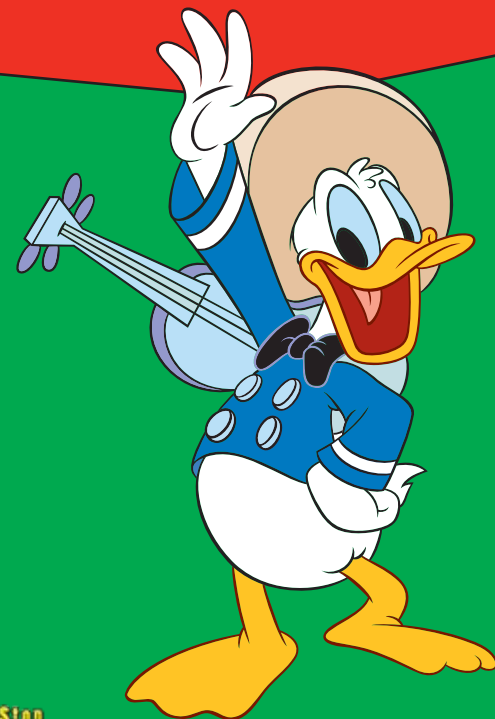
**1/3 Cup
of Craisins® Dried
Cranberries Equals
1 Full Serving
of Fruit**

Tastes good. Good for you.™

For more information visit www.oceanspray.com



Disney Family Fiesta 5K



FAMILY FIESTA 5K FEATURING THE THREE CABALLEROS

The Family Fiesta 5K featuring the Three Caballeros will take place on Friday, January 6, at Epcot®. Adults, teens, and tweens will enjoy a fun-filled and exciting fun run with an unforgettable finish. Every finisher will receive an exclusive Three Caballeros 5K medallion.

Please refer to final race instructions for more information.



WALT DISNEY WORLD® MARATHON & HALF MARATHON INFORMATION

Walt Disney World® Marathon & Half Marathon Information

Saturday, January 7

Walt Disney World® Half Marathon presented by CIGNA

Start: Epcot® Center Drive

5:30 a.m. - Wheelchair Start

5:35 a.m. - Start

Sunday, January 8

Walt Disney World® Marathon presented by CIGNA

Start: Epcot® Center Drive

5:30 a.m. - Wheelchair Start

5:35 a.m. - Start

The Start

The start zone for both the Half Marathon and the Marathon is located in the Wonder Parking Lot at Epcot®. Please plan on at least a 20-minute walk from the start zone to your corral. 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.

Finishing

After you cross the finish line, where your time is automatically recorded, proceed through the finisher's chute. Volunteers will present you with your 2012 Walt Disney World® Marathon or Half Marathon Finisher Medal. After the finish, you will be directed to the refreshment and bag check areas. These areas are restricted to runners only. Please move promptly towards the Family Reunion Area to claim your bag.



Not Finishing

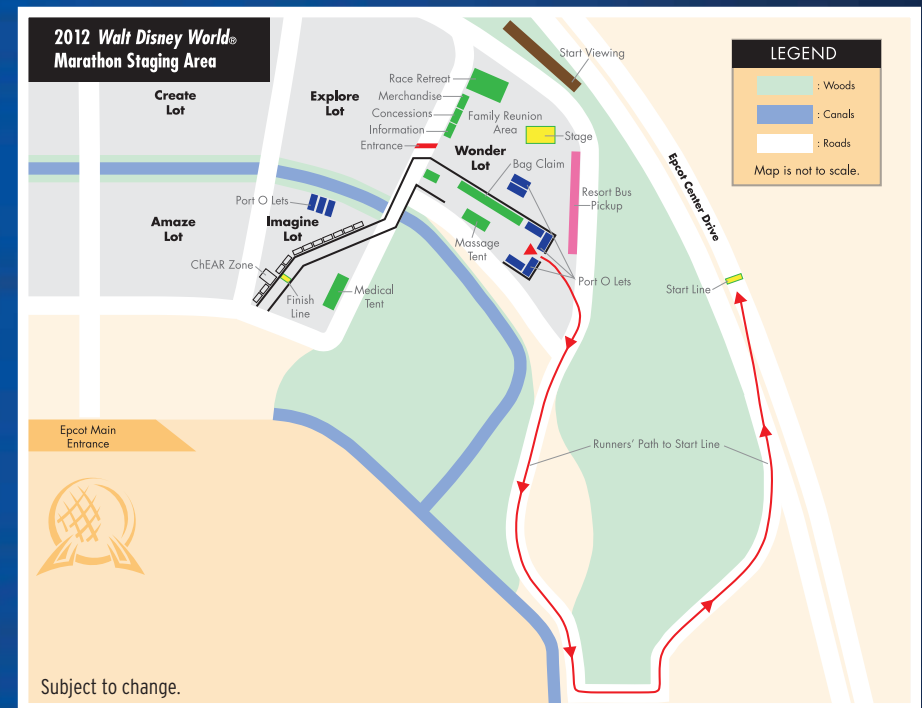
If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to Epcot®.

Family Reunion

The Family Reunion Area at Epcot® will have tents arranged alphabetically with large signs for easy identification. Entertainment will be provided at this location.

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.
- Determine a location for meeting friends and family after the race.
- Have a back-up meeting location in place as well.
- Agree upon a phone number from which both parties can call and retrieve messages.



WALT DISNEY WORLD® MARATHON RELAY



Walt Disney World® Marathon Relay

Sunday, January 8

Runner 1 Start: *Epcot®*

Runner 1 Finish/Runner 2 Start: *Magic Kingdom®*

Park - Simba Parking Lot

Runner 2 Finish: *Epcot®*

Chip and Dale, Donald Duck's old adversaries, have been on their best scheming chipmunk behavior and have teamed up to host the Inaugural *Walt Disney World®* Marathon Relay. The inaugural event will split the *Walt Disney World®* Marathon course between a 2-person relay team so that each person runs a half marathon.

Runner 1 will start the race at *Epcot®* and run through *Magic Kingdom®* Park to the exchange zone in the parking lot where they will have their own finish for completing their half marathon leg. Runner 2 will then begin their leg and race through *Disney's Animal Kingdom®* Park, *Disney's Hollywood Studios™*, and *Epcot®* on their way to the finish line. After finishing their portion of the race, Runner 1 will be transported to *Epcot®* to reunite with Runner 2 after they have crossed the finish line.

- Runner 1 - 13.1 miles including *Epcot®* and *Magic Kingdom®* Park
- Runner 2 - 13.1 miles including *Disney's Animal Kingdom®* Park, *Disney's Hollywood Studios™*, and *Epcot®*



My personal best with the help of some friends.

Before, during and after the race, put a little happy
in your step, along with essential
vitamins and nutrients.

chiquita.com
freshexpress.com



GOOFY'S RACE AND A HALF CHALLENGE

This is the 7th annual Goofy Challenge and this year it will be "goofier" than ever! Whether it is your first or seventh, we commend you on taking the challenge of completing one half marathon and one full marathon, in two days, through four theme parks - totaling 39.3 miles.

After completing the Marathon on Sunday, please check in at the Goofy's Race and a Half Challenge tent after the Finish Line. At the tent, if you have completed both the Half Marathon and the Marathon within the minimum requirements, you will receive the prestigious Goofy's Race and a Half Challenge medal to celebrate your accomplishment.



~H₂O+™

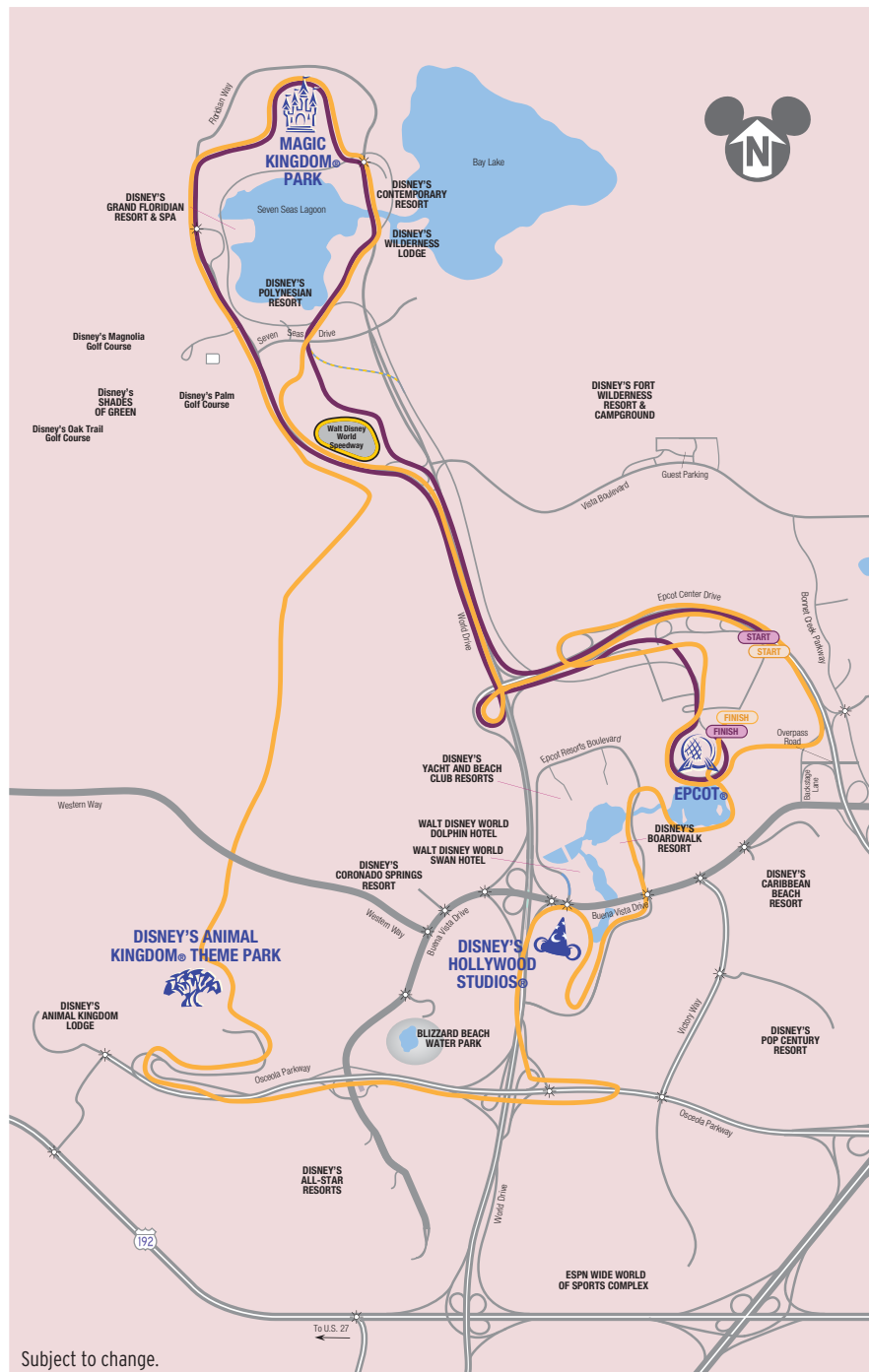
sea-derived skincare

Stay Hydrated

Congratulations on going the distance. Deeply hydrate and revitalize your skin with H₂O Plus marine-rich ingredients powered by science.



MAPS & COURSE DESCRIPTIONS



Marathon Course

Your starting location will be determined by your assigned corral. For the first 3.4 miles, participants will wind through and around *Epcot*® heading to the *Magic Kingdom*® Park. Marathon participants will pass through Tomorrowland® and Cinderella Castle before leaving the *Magic Kingdom*® Park. The course will then take Marathon Participants to *Disney's Animal Kingdom*® Theme Park, where they will run past the Expedition Everest™ attraction. Participants will then continue towards the ESPN Wide World of Sports Complex before entering the lights, camera, and action of the *Disney's Hollywood Studios*®. Participants will run through Washington Square Garden, get a taste of the Big Apple on New York Street and pass by the Sorcerer's Hat before exiting the park at the end of Hollywood Blvd. Finally, Marathon participants will run by the charming coastal village of *Disney's Yacht and Beach Club* Resort and back through *Epcot*® for an unforgettable finish!

Beverage Stations and Food Stops

A total of 21 Dasani water and PowerAde stops will be located along the course. All stops offer water and lemon-lime PowerAde. There will be four food stops located along the course. Bananas will be available at Mile 14, Clif products will be distributed at Mile 8.7, sponges will be provided at Mile 17.5, bananas and Clif products will be at Mile 19, and candy will be available at Mile 23.

Half Marathon Course

The Half Marathon Start will take place just outside of the *Epcot*® Parking Lot. Runners will proceed up World Drive towards the *Magic Kingdom*® Park. Upon entering the *Magic Kingdom*® Park, Half Marathon participants will pass through Tomorrowland® and Cinderella Castle. Half Marathon participants will go the opposite way down World Drive to make their return to *Epcot*®. The course will take participants through Future World on their way to an unforgettable finish!

Beverage Stations and Food Stops

Nine beverage stations will be set up along the course, offering Dasani water and lemon-lime PowerAde. Clif products will be distributed at Mile 8.7.

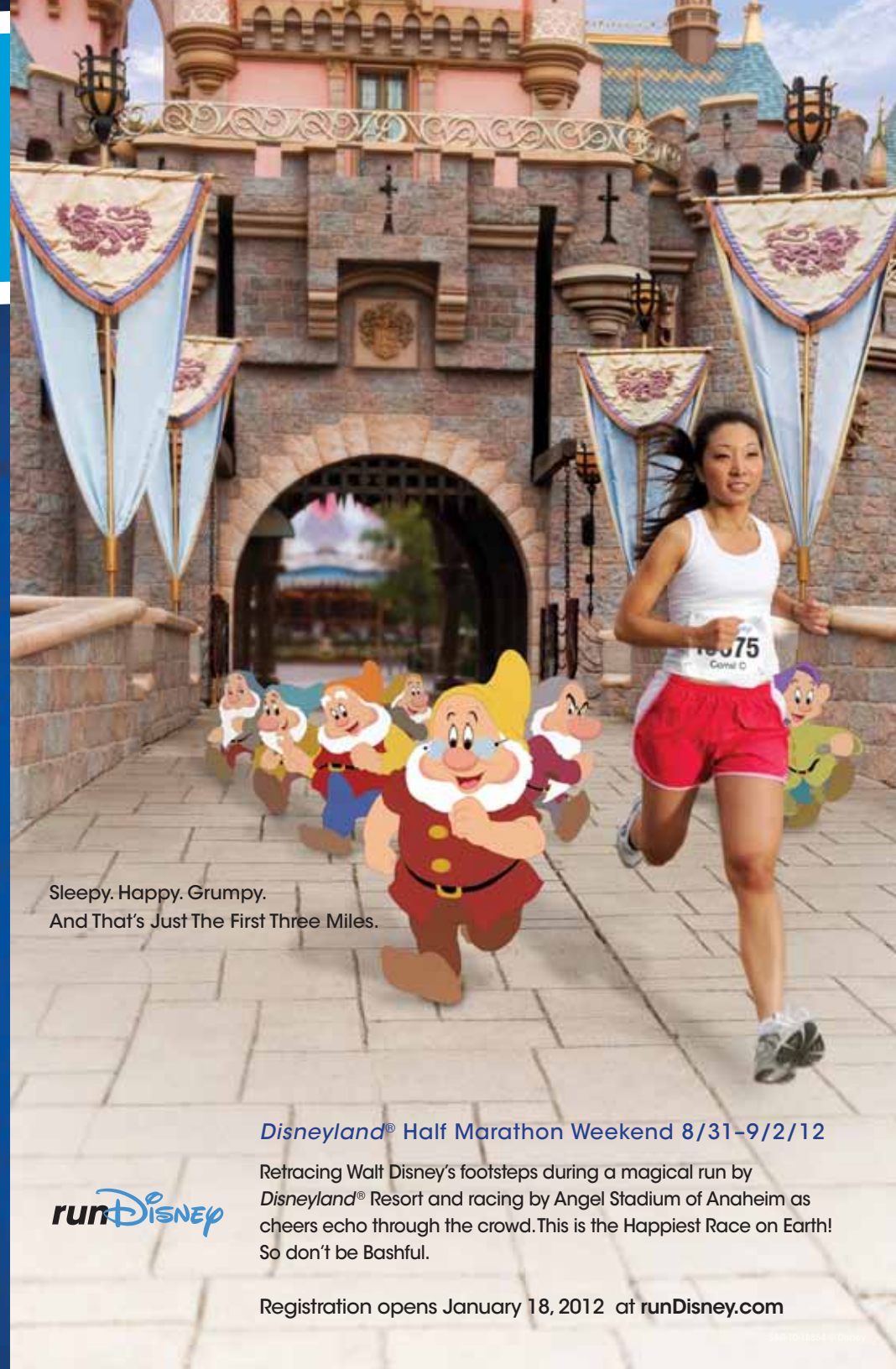
- Walt Disney World® Marathon
- Walt Disney World® Half Marathon

RUNDISNEY COAST TO COAST RACE CHALLENGE

Do you want the ultimate test in endurance with a Disney twist? Then join the *runDisney* 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 *runDisney* 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 *runDisney* Coast to Coast Race Challenge.

Restrictions apply. Limit one medal per runner per calendar year. See website for details.



Sleepy. Happy. Grumpy.
And That's Just The First Three Miles.

Disneyland® Half Marathon Weekend 8/31-9/2/12

runDisney

Retracing Walt Disney's footsteps during a magical run by *Disneyland*® Resort and racing by Angel Stadium of Anaheim as cheers echo through the crowd. This is the Happiest Race on Earth! So don't be Bashful.

Registration opens January 18, 2012 at runDisney.com



runDISNEY TRAINING CONSULTANT, JEFF GALLO WAY

Yes—You Can Finish The Marathon!

By Olympian Jeff Galloway, official training consultant for runDisney

Training for a marathon does not require much more training than for a half marathon: 30 minutes on Tuesday and Thursday, and 60 minutes on most weekends, as the minimum. Hundreds of thousands of runners have crossed the 26.2 finish line following this program, and have had plenty of energy to enjoy the various *Walt Disney World*® Theme Parks, wearing their medals.

The sense of accomplishment and empowerment from crossing the marathon finish line changes lives for the better. With my free program, available at www.runDisney.com, you can carry on your life while training for this significant event. I hope that you can join me in earning a very special Marathon medal in January 2013: the 20th edition of the *Walt Disney World*® Marathon.

Here are the key elements of the program:

Minimum workouts needed: 30 minutes on Tuesday and Thursday plus a weekend run. There is a schedule listed at www.runDisney.com

Weekend Run gradually increases to goal distance in gentle increases every 2-3 weeks, followed by short runs on non-long-run weekends. There is minimal time needed for

training except for a few long runs at the end of the program, every 21 days.

Walk breaks are inserted into every run, from the beginning, to erase fatigue, and give you vitality for the rest of the day.

Avoid running too fast by using my “magic mile” prediction exercise (also detailed on the www.runDisney.com site).

Other Disney events, such as Disneyland Half, Wine & Dine Half, etc., can be inserted into the training. The schedule is included on the *runDisney* website also.

Surprisingly, veterans tend to run faster when taking walk breaks, as compared with running continuously.

The long runs build the exact endurance needed for the marathon. Two short runs, during the week, maintain the adaptations gained on the longer ones. There is no pace that is too slow. Slower long runs with more walk breaks help runners recover faster. Walk breaks, when used according to the table below, allow the body to adapt, reducing the chance that joints, muscles, tendons, feet, etc. will require significant recovery time.

The “Magic Mile” can set the correct pace—for you. This is also detailed on the www.runDisney.com website. It can predict your current potential, dictate a safe long run pace, and tell you if you have the conditioning to stay ahead of the 7 hour pick up bus. Almost all runners who use this program, even beginners and former couch potatoes, are capable of doing this.

Look at the Run-Walk-Run table below to determine how much running (followed by how much walking) you would need to do at any pace.

For more information, including nutrition, motivation, running form, etc. see GALLOWAY TRAINING PROGRAMS and www.runDisney.com or www.RunInjuryFree.com



Run-Walk-Run Strategies

Pace per mile run amount/walk amount

9 minutes/mile---4 minutes/1 minute

10 minutes/mile---3 minutes/1 minute

11 minutes/mile---2.5 minutes/1 minute

12 minutes/mile---2 minutes/1 minute

13 minutes/mile---1 minute/1 minute

14 minutes/mile---30 seconds/30 seconds

15 minutes/mile---30 seconds/45 seconds

16 minutes/mile---20 seconds/40 seconds

17 minutes/mile---15 seconds/45 seconds

18 minutes/mile---10 seconds/50 seconds

19-20 minutes/mile---5 seconds/55 seconds

Note: Olympian Jeff Galloway has coached over a million runners to their goals through his training groups, ecoaching, books, retreats and running schools. For more information visit www.RunInjuryFree.com



GOOD ENOUGH NEVER IS

Just as you continually strive to better your routine, lengthen your distances, and establish new personal bests, we are committed to an evolution of food, and the many roles it plays in the athletic realm. By remaining dedicated to what we love and do best, we hope to not only help you achieve your goals, but to set some new ones.

At Clif Bar & Company, we believe food should be all natural, organic and delicious, and that it should nourish your body to give you the energy to do the things you love.

**FOR YOUR BODY, FOR THE PLANET,
FOR PERFORMANCE - CLIF BAR.**



[Clif Bars]



[Shot Products]

PACING REQUIREMENTS, RESULTS, RUNNER TRACKING & CHRONOTRACK B-TAG TIMING

Pacing Requirements

All athletes entering the Marathon and the Half Marathon 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 the Family Reunion area at *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.).

Pace Cyclists will be on the course indicating when runners are behind pace by placing waving orange flags at mile markers according to the official pace time. If you reach a mile marker with an orange flag waving, please note you are behind the required 16-minute per mile pace and can be picked up at any time.

Results and Runner Tracking

A complete list of results for the Half Marathon will be posted on Saturday evening at rundisney.com/DisneyWorld. The complete list of results for the Marathon will be posted on Sunday evening.

Family and friends will be able to track their participants with live online runner tracking also available on disneyworldmarathon.com. Participants will have the opportunity to send split times via email, text messaging and PDAs by registering for this service on the website or at the Expo.

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.



AWARDS



Overall Awards

Overall Half Marathon Male and Female winners and wheelchair winners will receive their awards at a presentation to be held in the Family Reunion area at 7:30 a.m. on Saturday. On Sunday, the Overall Marathon Male and Female winners and Wheelchair winners will receive their awards at a presentation to be held in the Family Reunion area at 9:00 a.m. Please note that overall awards are based on Official Gun Time.

Individual Awards

The following awards for both the Half Marathon and the Marathon will be mailed approximately three weeks after the event. Because of the number of people who participate in both the Marathon and Half Marathon, 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.

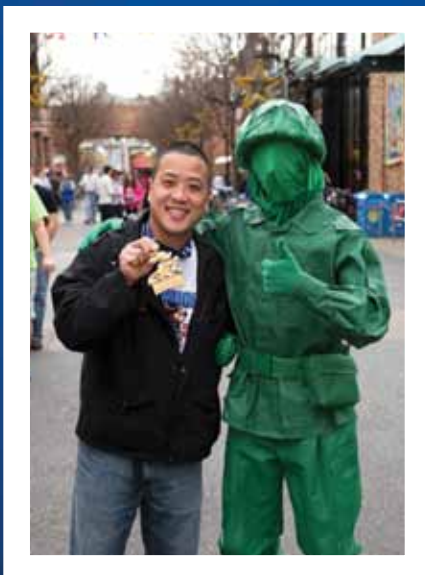
2nd and 3rd Place Male Wheelchair Winners
2nd and 3rd Place Female Wheelchair Winners

Male Masters Champion
Female Masters Champion

Military Male and Female Top 5

Age Groups (Male and Female)

14 - 17 (Half Marathon Only)	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



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HEART & SOLE

Pounding the Pavement Can Lead to Success in Life

Ask the dedicated runners at this year's *Walt Disney World*® Marathon Weekend Presented by Cigna why they choose to pursue such a strenuous fitness activity, and the majority of responses you receive will probably involve better health and an enhanced sense of personal well-being.

For a group of young Philadelphians, the passion for the long run involves both these elements... and something more. They are a part of **Students Run Philly Style** – a unique program that connects young people ages 12 to 18 with adult mentors to take up competitive running, with the ultimate goal of completing a marathon.

What makes this program different is the way its mentors use the personal bonds that can develop during marathon training to teach important life lessons to the young men and women they team up with, lessons about setting goals and making positive choices.

The program grew from 50 students in 2004 to more than 2,500 now. In addition to athletic training, the students receive academic support and leadership training. Its founder, **Heather McDanel**, credits this

link between running and personal development – exemplified by her own experience – for the program's success.

“Students Run Philly Style has enabled me to share my joy of long-distance running and commitment to health with thousands of kids, many of whom are at-risk youth,” says Heather. “Through the help of individual donations and grants, we’ve been able to make an impact and teach these future leaders skills that will last a lifetime.”

One of those grants came from the **Cigna Foundation**, the charitable arm of health service company Cigna, which has a long history in the Philadelphia area. Like Students Run Philly Style, Cigna's focus is on the individual strengths and abilities of the people it serves.

Cedric Edwards, an Application Development Director who has been with Cigna for 24 years, became a Students Run Philly Style mentor, along with co-worker **Nina Lewis**, after learning of the Cigna Foundation grant. Cedric recalls a moment during training when he experienced a personal connection that really drove this individualized focus home for him.

“I realized one of my students was struggling a bit, so I told him I got my energy from him and the other students,” says Cedric. “At that point, we looked at each other and knocked out the remainder of our run side by side. It was amazing to see his face along with the other students as they crossed the finish line and received their achievement medals.”

And for the young people involved, that intense focus often takes the mentor-mentee relationship to a higher level. “This program really got me active again,” recalls former Students Run Philly Style participant and now college student **Anthony Alston**. “It became my second family. When I went to college I missed them as much as I missed my family.”

Thanks to an additional grant from the Cigna Foundation, the students and their runner “families” will participate at the *Walt Disney World*® Marathon Weekend as part of Team Cigna. Cedric, who will join his student runner “family” in Orlando, puts it this way: “I am grateful to work for a company like Cigna



that supports and encourages my involvement in the community, is committed to improving health, and truly cares about people and what makes them unique. It's the support of Cigna and the Cigna Foundation that makes it possible for me and the students to be here at the *Walt Disney World*® Marathon Weekend. It's a long run to the finish line, and a step in the right direction for these kids.”

Building strong personal bonds, teaching important life lessons, and getting healthy while doing it – that's marathon running, Philly style!

GO YOU



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RECOVERY TIPS FROM CIGNA

Important Recovery Tips for the Novice Runner
(and reminders for the not-so-novice!)

You've trained for months. You've purchased the proper shoes, worn the right clothes, and fueled up on healthy whole grains and proteins for the past few months.

You've invited your family and friends to cheer you on. You're ready to begin. Let the runners take their mark.

But what happens after you cross the finish line? You've prepared for how to handle every turn in the road during the race, but what do you do now? Can you just sit and relax?

"It's common for novice – and even not-so-novice – runners to focus solely on running the race. It's very exciting and crossing the finish line may be their only vision," said Susan Welter, R.D. CDE, registered dietitian, certified diabetes educator with Cigna. "But it's important to take the time to prepare for a proper recovery."

Keep moving immediately after finishing the race and visit the Cigna Family Reunion Area. If you sit or relax too soon after finishing the race, you may feel lightheaded and possibly even faint. "Going for a short, cool-down walk or jog to help gradually reduce your heart rate is a good place to start," said Welter.

Here are five recovery imperatives worth remembering:

- **Drink Up!** A carbohydrate-electrolyte sport drink to replenish fluids and electrolytes lost in sweat is a best bet for longer races. Start replacing fluids within 15 minutes of completing the event.

- **Dig In!** Plan on ingesting small meals with foods containing a mix of nutrients (including carbohydrate and protein) about 30–60 minutes after stopping. Some good options include fruit, yogurt, sports bars, chocolate milk, peanut butter on a bagel or turkey sandwich on whole wheat bread.
- **Chill Out!** If possible, take a cold bath or shower within a few hours of the race to help reduce inflammation in your muscles and reduce any soreness.
- **Dry Off!** Bring an extra change of clothes to wear after the race. Even dri-fit clothing can be sweat-saturated, and cause chills when you suddenly slow down. Dry clothing will help regulate your core body temperature.
- **Loosen Up!** Stretching is an important part of your recovery process, and can help reduce the risk of injury and soreness often felt the next day. It can also help prevent cramps in your calves – a muscle that has a tendency to cramp up more than others.

For more running advice and information about Cigna, please visit Cigna.com/disneymarathon



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MEDICAL TIPS AND INFORMATION

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 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.
- Runners and walkers who are interested in the endurance "experience" rather than pursuing a "personal best" performance, must resist the tendency to over-drink. Runners/walkers planning to spend between 4-6 hours or longer on the course are at risk for developing fluid-overload hyponatremia and usually do not need to ingest more than one cup (4-6 oz: 3 oz if you weigh approximately 100 lbs and 6 oz if you weigh approximately 200 lbs) of fluid every 20 minutes.

Tips For Race Day

- Check your urine a half 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!
- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

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, a NSAID would be beneficial in preventing post-event muscle soreness.
- Narcotics should be avoided within 48 hours

of race day due to harmful effect on performance, perception, and mental status.

- 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 pseudophedrine, 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.
- Dry Skin - a sign of significant dehydration and loss of normal regulatory systems. Proceed directly to a medical aid station located throughout the course.

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.

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.

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SPECIAL MARATHON WEEKEND TRANSPORTATION

Special Marathon Weekend Transportation has been arranged for participants staying at *Walt Disney World*® Resort Hotels. Buses will be indicated by Marathon Weekend Transportation signs placed in the front windows. Staff in yellow shirts will be onsite at the resorts and event locations to assist.

Disney's Health & Fitness Expo

Special Marathon Weekend Transportation will depart from *Walt Disney World*® Resort Hotels to ESPN Wide World of Sports Complex approximately every 20 minutes. Transportation to the Expo will begin half an hour prior to opening and will continue until half an hour after closing.

Family Fiesta 5K featuring the Three Caballeros

Special Marathon Weekend Transportation is available from *Walt Disney World*® Resort Hotels to *Epcot*® between 5:00 a.m. and 6:00 a.m. Special Marathon Weekend Transportation will resume after 7:00 a.m. Transportation concludes at 9:00 a.m.

runDisney Kids' Races

Please utilize transportation to Disney's Health & Fitness Expo for the Kids' Races.

Walt Disney World® Marathon and Half Marathon

Monorail transportation will be provided for those participants staying at *Disney's Contemporary Resort*, *Disney's Grand*

Floridian Resort and Spa, and *Disney's Polynesian Resort* beginning at 3:00 a.m. The Monorail will transport you to the Ticket and Transportation Center where you will board a second Monorail that will transport you to *Epcot*®.

Special Marathon Weekend Transportation will begin departure from all other *Walt Disney World*® Resorts at 3:00 a.m. Buses will be indicated by Marathon Weekend Transportation signs placed in the front windows.

Participants must board Buses and Monorails no later than 4:00 a.m. in order to make it to their corrals by 5:00 a.m. You must be in your corral at the start line by 5:00 a.m. or you will not be allowed to start. Please note, it takes 20 minutes to walk from the Family Reunion (*Epcot*® Wonder Lot) area to the start line.

Special Marathon Weekend Transportation will continue throughout the morning for spectators. **Marathon Weekend Transportation will be suspended between 5:00 a.m. and 7:00 a.m. on Saturday and Sunday due to race start and road closures.**

After the race, bus stops will be set up in the Family Reunion (*Epcot*® Wonder Lot) area. Special Marathon Weekend Transportation from *Epcot*® to *Walt Disney World*® Resort Hotels concludes at 10:30 a.m. on Saturday and at 2:30 p.m. on Sunday.

DRIVING DIRECTIONS



Arriving by car for the Half Marathon and Marathon

Guests not staying at a Walt Disney World® Resort will need to provide their own transportation. **For participants driving to Epcot® on race morning, expect significant delays!** Some roads begin to close as early as 11:00 p.m. on the evenings before the Half Marathon and Marathon. Therefore, please use directions below and plan to arrive no later than 4:00 a.m. You must be in your corral at the start line by 5:00 a.m. or you will not be allowed to start. Please note, it takes 20 minutes to walk from the Family Reunion area to the start line. **Please use the directions below. Directions from a GPS device or other sources will be inaccurate.**

Directions to Epcot® (Saturday and Sunday)

Take I-4 to exit 64 (192 West) and follow the signs to Epcot®. **Once you have arrived at the Epcot® auto plaza you will be directed where to park.** On Saturday and Sunday from approximately 5:00 a.m. to 7:30 a.m., the main entrance to Epcot® from World Drive will be closed to all traffic. During this period, all traffic will be directed to the Magic Kingdom® Parking Lot and guests will be transported to Epcot® via Monorail.

Directions to ESPN Wide World of Sports Complex

Take I-4 to exit 65 (Osceola Parkway West). Take a left onto Victory Way and park in the main lot. Proceed on foot to the main entrance.



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SPECTATOR INFORMATION

Visit rundisney.com/DisneyWorld to print out your own customized spectator route for your runner or select your viewpoints from the routes indicated below.

Instructions: Estimate your runner's anticipated pace per mile and then calculate the time (hours: minutes) that it will take them to reach each mile. Compare the time it will take you to arrive at a location with the approximate time it will take your runner to reach that mile marker (pace per mile x number of miles = runner's travel time). Please select only one collection of viewpoints from routes below. If your travel time is less than your runner's estimated travel time, then you

should be able to look for your runner at that mile marker. Note: The Marathon Spectator Guide is an estimate. Actual times may be affected by runners starting in different waves and corrals. Spectators should leave a wide time window to see the runner. Spectator travel time is based on an average walking pace. Runner travel time is based on the runner crossing the start line. Enjoy the race!

Please note: Runner may take up to 10 minutes to cross the start line after their official Wave Start Time. Please reference the wave start times listed for each race on page 16 of this guide.

Half Marathon and Marathon Spectator Viewpoints

Routes	Full Mile Marker	Half Mile Marker	Route Directions	Travel Time (min.)
Disney's Contemporary Resort to Finish	9.8	5	If you are a guest at Disney's Contemporary Resort you can sleep in, then walk out the front door of Disney's Contemporary Resort to World Drive to see your runner.	5
	26.2	13.1	After your runner has passed by, walk back inside Disney's Contemporary Resort to ride the monorail to the Transportation and Ticket Center. Walk up the ramp for the monorail to Epcot® and ride the monorail to the monorail platform at Epcot®. Upon arriving at Epcot®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	51
Disney's Grand Floridian Resort and Spa to Finish	12.3-12.4	7-7.5	If you are a guest at Disney's Grand Floridian Resort and Spa you can sleep in, then walk out the front door of Disney's Grand Floridian Resort and Spa to Floridian Way to see your runner.	5
	26.2	13.1	After your runner has passed by, walk back inside Disney's Grand Floridian Resort and Spa to ride the monorail to the Transportation and Ticket Center. Walk up the ramp for the monorail to Epcot® and ride the monorail to the monorail platform at Epcot®. Upon arriving at Epcot®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	51
Disney's Polynesian Resort to Finish	12.5-12.7	8.1	If you are a guest at Disney's Polynesian Resort you can sleep in, then walk out the front door of Disney's Polynesian Resort. Walk to your right towards Floridian Way to see your runner.	5
	26.2	13.1	After your runner has passed by, walk back past Disney's Polynesian Resort toward the Transportation and Ticket Center. Walk up the ramp for the monorail to Epcot® and ride the monorail to the monorail platform at Epcot®. Upon arriving at Epcot®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	48
Epcot® Center Drive — Start to Finish	0	0	Upon arrival to Epcot® follow volunteers and signage as you walk out to the Epcot® Center Drive — Start viewing location.	15
	26.2	13.1	Walk back toward the parking lots and Epcot®. Walk to the Imagine lot on the left.	15

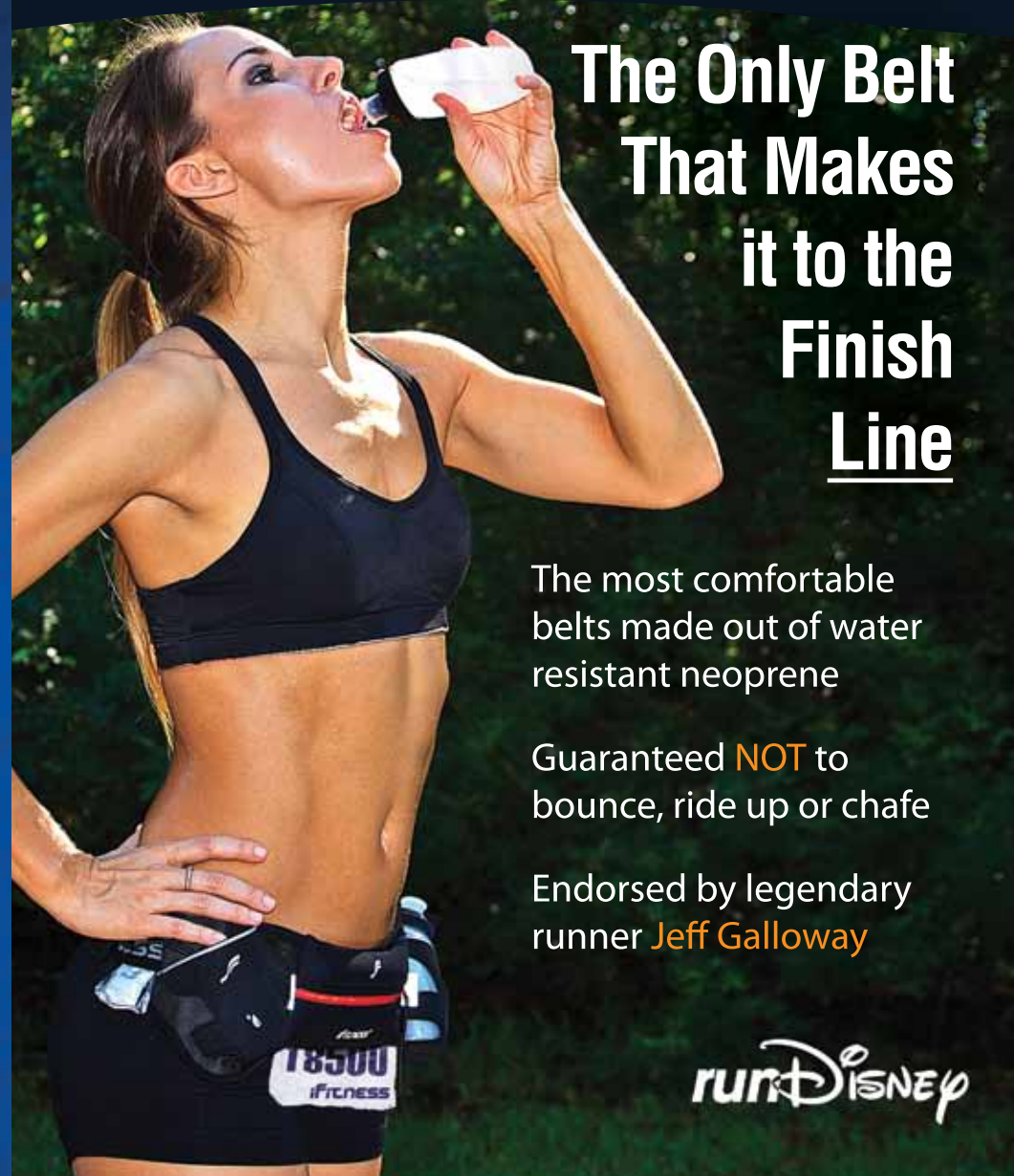


Half Marathon Spectator Viewpoints ONLY

Routes	Mile Marker	Route Directions	Travel Time (min.)
Epcot® Center Drive — Start to Transportation and Ticket Center to Finish	0	Upon arrival to Epcot®, follow volunteers and signage as you walk out to the Epcot® Center Drive — Start viewing location.	15
	4.2	Walk from the start to the monorail station at Epcot® and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp and turn left to walk towards the viewing location.	36
	8.1-8.4	After your runner has passed, exit the Transportation and Ticket Center and follow the path to Disney's Polynesian Resort. Continue on that path past the hotel and arrive at the viewing location along Floridian Way to your right.	10
	13.1	After your runner has passed by, walk back past Disney's Polynesian Resort to the Transportation and Ticket Center. Walk up the ramp for the monorail to Epcot® and ride the monorail to the monorail platform at Epcot®. Upon arriving at Epcot®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	52
Epcot® Center Drive — Start to Magic Kingdom® Park/ Main Street U.S.A. to Finish (One of the Castle viewing routes)	0	Upon arrival to Epcot®, follow volunteers and signage as you walk out to the Epcot® Center Drive — Start viewing location.	15
	5.3	Walk from the start to the monorail station at Epcot® and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp and follow the overhead signs for the monorail to Magic Kingdom® Park. After arrival at the Magic Kingdom® Park/ Main Street U.S.A., exit the platform and walk toward the park entrance to watch for your runner.	42
	13.1	After your runner has passed by, walk back to the monorail platform and ride the monorail to the Transportation and Ticket Center. Exit that monorail and walk down the ramp. Follow the overhead signs to the Epcot® monorail and ride that monorail to Epcot®. Upon arriving at Epcot®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	42
Epcot® Center Drive — Start to Floridian Way to Finish	0	Upon arrival to Epcot®, follow volunteers and signage as you walk out to the Epcot® Center Drive — Start viewing location.	15
	8.1-8.4	Walk from the start to the monorail station at Epcot® and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp. Upon arrival, exit the Transportation and Ticket Center's monorail platform and walk toward Disney's Polynesian Resort. Follow the path that runs along Disney's Polynesian Resort. Continue on that path past the hotel and arrive at the viewing location along Floridian Way to your right.	52
	13.1	After your runner has passed by, walk back past Disney's Polynesian Resort to the Transportation and Ticket Center. Walk up the ramp for the monorail to Epcot® and ride the monorail to the monorail platform at Epcot®. Upon arriving at Epcot®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	52

Marathon Spectator Viewpoints ONLY

Routes	Mile Marker	Route Directions	Travel Time (min.)
<i>Epcot</i> ® Center Drive – Start to Transportation and Ticket Center to Floridian Way to Finish	0	Upon arrival to <i>Epcot</i> ® follow volunteers and signage as you walk out to the <i>Epcot</i> ® Center Drive – Start viewing location.	15
	4	Stay in the start location to see your runner pass by mile 4.	0
	9	Walk from the start to the monorail station at <i>Epcot</i> ® and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp and turn left to walk towards the viewing location.	36
	12.5-12.7	After your runner has passed, exit the Transportation and Ticket Center to your left and follow the path to <i>Disney's Polynesian Resort</i> . Continue on that path past the hotel and arrive at the viewing location along Floridian Way to your right.	10
	26.2	After your runner has passed by, walk back past <i>Disney's Polynesian Resort</i> to the Transportation and Ticket Center. Walk up the ramp for the monorail to <i>Epcot</i> ® and ride the monorail to the monorail platform at <i>Epcot</i> ®. Upon arriving at <i>Epcot</i> ®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	52
<i>Epcot</i> ® Center Drive – Start to <i>Magic Kingdom</i> ® Park/ Main Street U.S.A. to Finish (One Castle selection route)	0	Upon arrival to <i>Epcot</i> ®, follow volunteers and signage as you walk out to the <i>Epcot</i> ® Center Drive – Start viewing location.	15
	4	Stay in the start location to see your runner pass by mile 4.	0
	10	Walk from the start to the monorail station at <i>Epcot</i> ® and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp and follow the overhead signs for the monorail to <i>Magic Kingdom</i> ® Park. After arrival at the <i>Magic Kingdom</i> ® Park/ Main Street U.S.A., exit the platform and walk toward the park entrance to watch for your runner.	42
	26.2	After your runner has passed by, walk back to the monorail platform and ride the monorail to the Transportation and Ticket Center. Exit that monorail and walk down the ramp. Follow the overhead signs to the <i>Epcot</i> ® monorail and ride that monorail to <i>Epcot</i> ®. Upon arriving at <i>Epcot</i> ®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	42
<i>Epcot</i> ® Center Drive – Start to Floridian Way to Finish	0	Upon arrival to <i>Epcot</i> ®, follow volunteers and signage as you walk out to the <i>Epcot</i> ® Center Drive – Start viewing location.	15
	4	Stay in the start location to see your runner pass by mile 4.	0
	12.5-12.7	Walk from the start to the monorail station at <i>Epcot</i> ® and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp. Upon arrival, exit the Transportation and Ticket Center's monorail platform and walk toward <i>Disney's Polynesian Resort</i> . Follow the path that runs along <i>Disney's Polynesian Resort</i> . Continue on that path past the hotel and arrive at the viewing location along Floridian Way to your right.	52
	26.2	After your runner has passed by, walk back past <i>Disney's Polynesian Resort</i> to the Transportation and Ticket Center. Walk up the ramp for the monorail to <i>Epcot</i> ® and ride the monorail to the monorail platform at <i>Epcot</i> ®. Upon arriving at <i>Epcot</i> ®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on the right.	52
<i>Disney's Animal Kingdom</i> ® Theme Park	16.5-17.3	If you have a theme park ticket and would like to enjoy <i>Disney's Animal Kingdom</i> ® Theme Park while you wait for your runner, then begin and end your day at the park.	NA
<i>Disney's Hollywood Studios</i> ™	23-23.5	If you have a theme park ticket and would like to enjoy <i>Disney's Hollywood Studios</i> ™ while you wait for your runner, then begin and end your day at the park.	NA
<i>Epcot</i> ® Center Drive – Start to <i>Epcot</i> ® to Finish	0	Upon arrival to <i>Epcot</i> ®, follow volunteers and signage as you walk out to the <i>Epcot</i> ® Center Drive – Start viewing location.	15
	4	Stay in the Start location to see your runner pass by mile 4.	0
	25-25.9	Walk from the Start locations toward <i>Epcot</i> ® and enter the theme park if you have a theme park ticket to enjoy the park that day.	20
	26.2	Exit the park and walk towards the parking lots. Walk to the Imagine lot on the right.	18



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WEEKEND BENEFICIARY & SPORTS ENTHUSIASTS

Weekend Beneficiary

The *Walt Disney World*® 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 *Walt Disney World*® Marathon Weekend will help blood cancer patients live better, longer lives.

The Leukemia & Lymphoma Society® (LLS), uses the *Walt Disney World*® 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 disneyworldmarathon.com. Each year, roughly \$7 million is raised through participant and volunteer donations along with the Team in Training fundraising program.

LLS is 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 7,000 volunteers will assist throughout the *Walt Disney World*® Marathon Weekend on behalf of The Leukemia & Lymphoma Society.

- Approximately 1,200 volunteers will assist with packet pickup during Disney's Health & Fitness Expo
- Over 150 volunteers will assist with the Family Fiesta 5K Featuring the Three Caballeros
- 900 medical volunteers will staff Florida Hospital's medical stations during the Half Marathon and Marathon
- Over 2,000 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half Marathon on Saturday
- Approximately 3,000 volunteers will staff the Marathon on Sunday

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 "AskMe". Information Team Volunteers will staff the Information Booths at Disney's Health & Fitness Expo. They will also staff the Information Tent in the Family Reunion area at *Epcot*® during the Half Marathon and Marathon.

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Rachel Pfisterer
TNT Participant

Photo by Nigel Parry/CPI

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