



Half Marathon Final Race Instructions

Welcome to Disney's Princess Half Marathon Weekend. Below are important reminders for your race weekend.

Expo Schedule and Reminders

Friday, February 24, 2012

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

Saturday, February 25, 2012

ESPN Wide World of Sports Complex
9:00 a.m. to 6:00 p.m.

Packet Pick-Up and Waivers

You are required to attend Packet Pick-Up at Disney's Fit for a Princess Expo in order to receive your B-Tag timing device, race bib, race shirt, and goody bag. **Packet Pick-Up will not be available on race morning.**

A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. A link to the waiver will be available at runDisney.com/Princess. If you do not have access to the internet or lose your waiver, onsite waiver printing will be available at the Expo.

Absentee Packet Pick-Up

If you are unable to attend Packet Pick-Up, the individual picking up on your behalf must provide the following items as well as his/her Photo ID:

1. Copy of your driver's license or Photo ID
2. Your signed waiver
3. Your signed Packet Pick-Up Authorization Form

The Packet Pick-Up Authorization Form and waiver will be available at runDisney.com/Princess. It is important that you download these forms and bring them with you to the Expo.

Commemorative Necklaces and Pins

Pre-ordered commemorative items will be distributed when you pick up your race packet. Please remember items that are not picked up will not be mailed or refunded.

Stroller Policy

For the safety of our Guests, strollers are not allowed inside the Jostens® Center at the ESPN Wide World of Sports Complex. Designated stroller parking will be available at the entrance.



Race Day Schedule and Reminders

Sunday, February 26, 2012

Start Location: *Epcot*® Center Drive

5:43 a.m. – Wheelchair Start

5:45 a.m. – Corral A Start

5:51 a.m. – Corral B Start

5:57 a.m. – Corral C Start

6:03 a.m. – Corral D Start

6:09 a.m. – Corral E Start

6:15 a.m. – Corral F Start

6:21 a.m. – Corral G Start

6:27 a.m. – Corral H Start



Bag Check

If you plan to check personal items on race morning, you **MUST** use the clear bag provided to you at Disney's Fit for a Princess Expo. Please affix your bag check number to your clear bag prior to arriving at the Bag Check tents located in the Family Reunion area at *Epcot*®. All bags must be checked prior to 4:30 a.m. on race morning.

Half Marathon bags must be claimed before 10:30 a.m. on Sunday. 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.

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. Articles of clothing that are found on the course will be donated to charity.

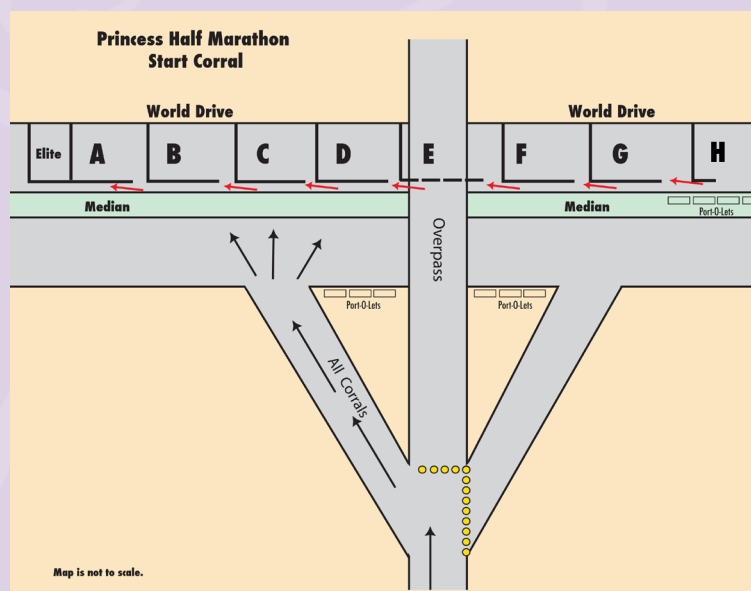
Restroom Facilities

Portable restroom facilities will be available at *Epcot*® near the bag check tents, at *Epcot*® near the start lines, and on the course near the beverage stations.

Half Marathon Start

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

Corral Start Map



Race Bibs

Each runner will be issued a race bib at Packet Pick-Up. Please wear the race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be located in the goody bag.

In order to receive an accurate time, please confirm that your bib is:

- + Clearly visible on the front of the torso
- + Unaltered and unmodified (do not fold or wrinkle)
- + Pinned in all four corners
- + Not covered with shirts, jackets, winter wear, etc.

Timing

Clocks will be located at every mile marker along the course. 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.

Half Marathon Teams

Participants registered as a team are eligible for team awards. Each team member will receive a commemorative team bib at Packet Pick-Up. Please do not wear your commemorative bib in place of your race bib. Your official time **WILL NOT** be recorded if you wear your commemorative bib in place of your race bib.

Pacing Requirements

All athletes entering 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 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.

Safety Reminder

For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, 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.

Costumes

You are allowed to wear a costume during the Half Marathon. However, your costume cannot include a face mask. Anyone seen in violation of this will be removed from the course. If your costume is questionable or offensive to others, we reserve the right to either have you change into something more appropriate or remove you from the event.

Weather

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

Medals and Results

All finishers will receive a medal before exiting the finish chute. Results will be posted at runDisney.com/Princess following the conclusion of the race. Finisher certificates will be available for download approximately one week after the race at mydisneymarathon.com/Princess.

Coast to Coast Race Challenge

If you are completing the 2012 *runDisney* Coast to Coast Race Challenge, you will receive a wristband at Disney's Fit for a Princess Expo that you must wear until you complete Disney's Princess Half Marathon. Once you receive your finisher's medal, you will trade your wristband for a *runDisney* Coast to Coast Race Challenge medal.



Race Etiquette

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy Disney's Princess Half Marathon Weekend events.

- + Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course but will keep you safe.
- + Wear your race bib on the front of your shirt and SMILE! Brightroom photographers will be taking pictures of you throughout the race. (Pictures will be available at www2.brightroom.com 2-3 days following the race. You will need your race bib to access your photos.)
- + Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.
- + Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, please start in the last corral.
- + If you want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.
- + If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.
- + Move to the side if someone behind you says "Excuse Me" or "Coming Through".
- + Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.
- + When you are approaching the finish line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the race course and finish area is for registered participants and staff only.
- + Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too. Please be courteous to those finishing behind you and take only one of each item.
- + Celebrate! Thank your volunteers and have a great race!

Participant Checklist



Race bib with ChronoTrack B-Tag and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)



Clear plastic drawstring gear bag with bag check sticker



Pre-determined reunion location at *Epcot*® (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)

Transportation and Driving Directions

Host Resorts

Disney's Princess Half Marathon Transportation has been arranged for participants staying at the host resorts listed below. Buses will be indicated by *runDisney* 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.**

Disney's All-Star Movies Resort
Disney's All-Star Music Resort
Disney's All-Star Sports Resort
Disney's Animal Kingdom Lodge
Disney's Beach Club Resort
Disney's Boardwalk Resort
Disney's Caribbean Beach Resort
Disney's Polynesian Resort
Disney's Port Orleans Resort - French Quarter
Disney's Port Orleans Resort - Riverside
Disney's Saratoga Springs Resort
Disney's Yacht Club Resort

Expo

Disney's Princess Half Marathon Transportation will depart from the host resorts listed above 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.

Race Day

Princess Half Marathon Transportation will begin departing from host resorts at 3:00 a.m. **Please note, there is no Monorail service from *Disney's Polynesian Resort* to *Epcot*® on race morning.** Monorail service will be available starting at 5:00 a.m. from *Epcot*® to *Magic Kingdom*® Park.

Participants must board buses 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.

Half Marathon Transportation from host resorts to *Epcot*® will continue throughout the morning for spectators. Transportation will be suspended between 5:00 a.m. and 7:00 a.m. on Sunday due to road closures and race start.

After the race, bus stops will be set up in the Family Reunion (Wonder Lot) area at *Epcot*®. Princess Half Marathon Transportation from *Epcot*® to host resorts concludes at 10:30 a.m. on Sunday.

Arriving by Car

Guests not staying at a host 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 evening before the Half 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.

Take 1-4 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. Please use the directions above. Directions from a GPS device or other sources will be inaccurate due to road closures. **On 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.