

Save the Date

Be a part of these great upcoming *runDisney* events!

CALIFORNIA

Disneyland® Half Marathon Weekend

Aug. 31 - Sept. 2, 2012

Tinker Bell Half Marathon Weekend

Jan. 18 - 20, 2013

FLORIDA

The Twilight Zone Tower of Terror™ 10-Miler Weekend

Sept. 28 - 29, 2012

Disney Wine & Dine Half Marathon Weekend

Nov. 9 - 10, 2012

Walt Disney World® Marathon Weekend

presented by Cigna

Jan. 10 - 13, 2013

Disney's Princess Half Marathon Weekend

Feb. 22 - 24, 2013

For more information,
visit runDisney.com



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FEBRUARY 24-26, 2012

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Your Royal Highness,

On behalf of your loyal subjects at the *Walt Disney World*® Resort and *runDisney*, we welcome you to the fourth annual Disney's Princess Half Marathon Weekend.

For every runner taking part in this weekend's events, there is a fairytale story. And as part of your story, you will get to run your kingdom, the *Walt Disney World*® Resort – the place where dreams come true.

Beyond the race, we invite you to experience the offerings at Disney's Fit for a Princess Expo at the ESPN Wide World of Sports Complex on Friday and Saturday. And on Saturday, princes and princesses of all ages will join together to celebrate at Disney's Princess Half Marathon Weekend at *Epcot*®, and the Kids' Races being held at the ESPN Wide World of Sports Complex.

We also hope that you will get to experience the many other offerings at the *Walt Disney World*® Resort including our world renowned theme parks, fabulous dining options, great shopping and entertainment at *Downtown Disney* and the opportunity to pamper your royal self with one of our many spa options.

Your magical race weekend ends happily ever after, however the running doesn't have to stop there, as we hope to see you again soon...perhaps at the 5th anniversary of the Expedition Everest Challenge at *Disney's Animal Kingdom*® Theme Park at the *Walt Disney World*® Resort on May 5 or the *Disneyland*® Half Marathon Weekend in Anaheim, Ca., August 31- September 2.

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

runDisney . . . where every mile is magic.

Bu

KEN POTROCK
Senior Vice President
Disney Sports Enterprises &
Downtown Disney



OF FAITH. BECAUSE SPORTS TEACH US ABOUT LIFE. BECAUSE J
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ONE LETTER
SAYS A LOT.

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2

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Weekend Itinerary

Friday, February 24

Disney's Fit for a Princess Expo

Jostens® Center at ESPN Wide World of Sports
9:00 a.m. to 7:00 p.m.

Pasta in the Park Party*

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

Saturday, February 25

Disney Tangled Royal Family 5K

Epcot®
7:00 a.m. – 5K Start

Disney's Fit for a Princess Expo

Jostens® Center at ESPN Wide World of Sports
9:00 a.m. to 6:00 p.m.

runDisney Kids' Races

Track & Field Complex at ESPN Wide World of Sports
11:00 a.m. – Kids' Race Start

Sunday, February 26

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

Finish Line ChEAR Zone*

Epcot® Imagine Lot
6:00 a.m. – ChEAR Zone opens at Finish Line
10:30 a.m. – ChEAR Zone closes

Disney's Princess Half Marathon

Epcot®
5:43 a.m. – Wheelchair Start
5:45 a.m. – Start

Advanced registration required for all events except Disney's Fit for a Princess Expo. Dates and times subject to change.

** Advance purchase required.*



Walt Disney World® Resort

Park Hours

February 24

Magic Kingdom® Park
Epcot®
Disney's Hollywood Studios®
Disney's Animal Kingdom® Park

9:00 a.m. – 11:00 p.m.
9:00 a.m. – 9:00 p.m.
9:00 a.m. – 7:00 p.m.
9:00 a.m. – 7:00 p.m.

February 25

Magic Kingdom® Park
Epcot®
Disney's Hollywood Studios®
Disney's Animal Kingdom® Park

9:00 a.m. – 11:00 p.m.
9:00 a.m. – 9:00 p.m.
9:00 a.m. – 7:00 p.m.
9:00 a.m. – 7:00 p.m.

February 26

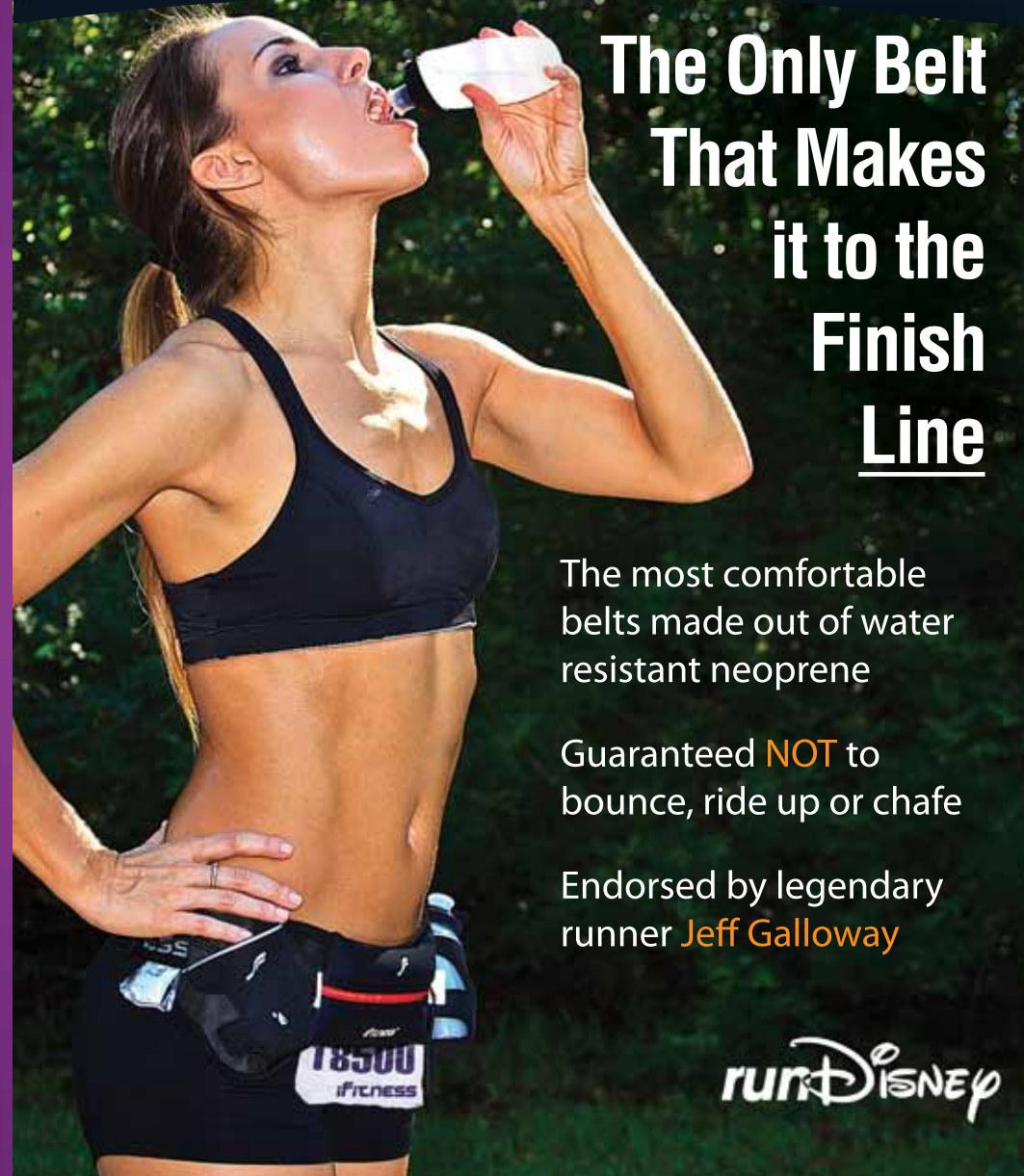
Magic Kingdom® Park
Epcot®
Disney's Hollywood Studios®
Disney's Animal Kingdom® Park

9:00 a.m. – 9:00 p.m.
9:00 a.m. – 9:00 p.m.
9:00 a.m. – 7:00 p.m.
9:00 a.m. – 6:00 p.m.

Subject to change



6



The Only Belt That Makes it to the Finish Line

The most comfortable
belts made out of water
resistant neoprene

Guaranteed **NOT** to
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runner **Jeff Galloway**

runDisney

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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 amateur athletic 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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WE CELEBRATE YOUR ACHIEVEMENTS.



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REDBOOK is proud to be the official media sponsor
of Disney's Princess Half Marathon Weekend.

Disney's Fit for a Princess Expo Information

Disney's Fit for a Princess Expo

Jostens® Center at ESPN Wide World of Sports Complex

Friday, February 24

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

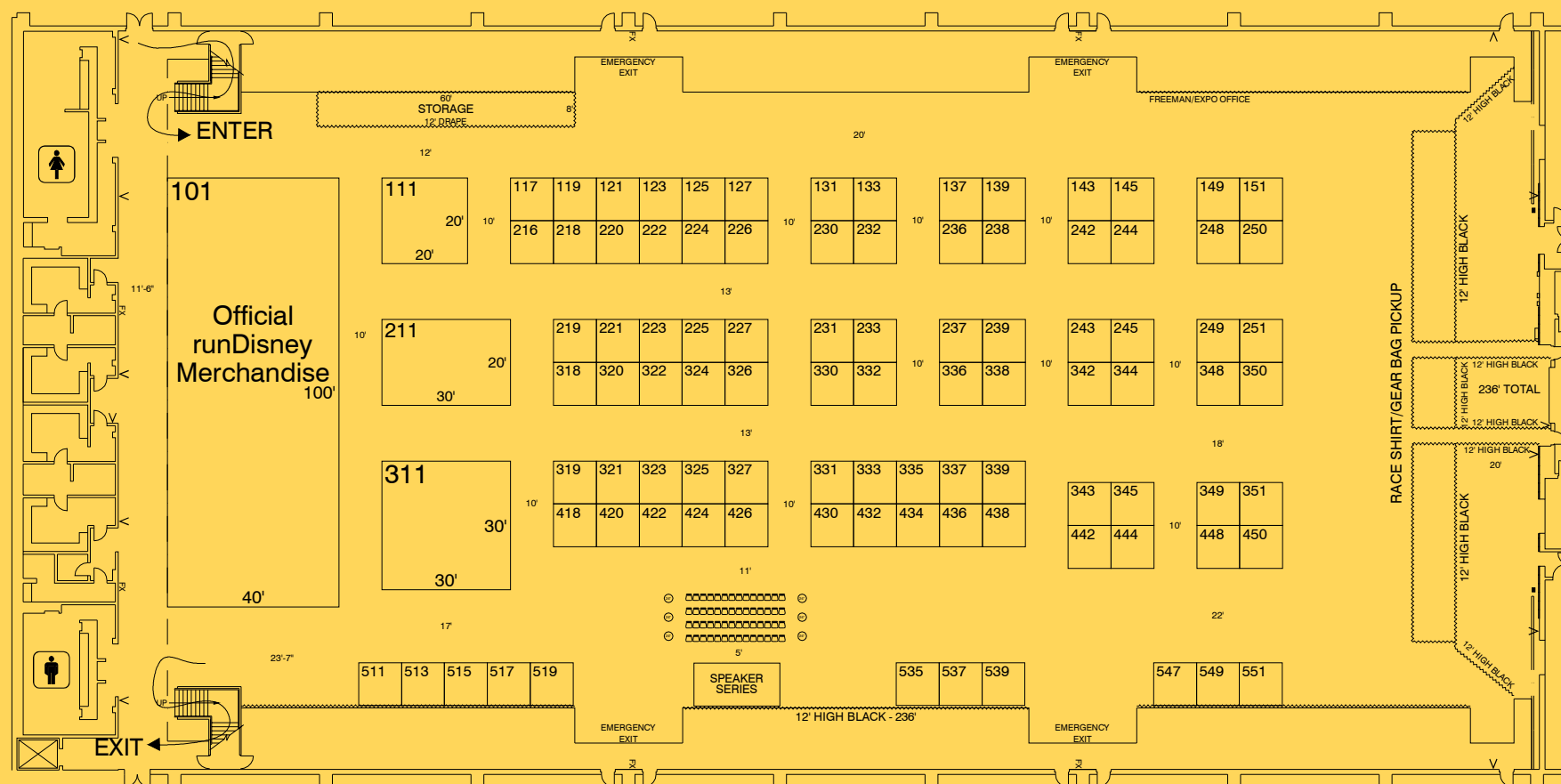
Saturday, February 25

9:00 a.m. to 6:00 p.m.

Disney's Fit for a Princess Expo is a two-day celebration of women, focused on health and fitness! The Expo will be located in the Jostens® Center at ESPN Wide World of Sports Complex. This event will include seminars on training, racing, and nutrition, along with the opportunity to experience the latest in running and fitness equipment. Official Merchandise will be available for purchase at the Expo. You must attend Packet Pick-Up at the Expo to receive your race bib and ChronoTrack B-Tag, which will be used to record your official and net time. While you are at the Expo be sure to pick up your gEAR bag and participant shirt.



Disney's Fit for a Princess Expo Floor Plan - ESPN Wide World of Sports - Jostens Center



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
Aline Systems Inc.	336	Girl Power 2 Cure	145	National Running Center	243	SIGVARIS, Inc.	434
Armpocket	327	Glam Headbands	332	Nuu-Muu	250	Snuggbuds Headsets	216
Bauman's Running & Walking Shop	345	Higher Balance (EFX Performance)	224	Nuun Hydration	227	Space Coast Marathon	218
BeeCause Charms	242	Hippie Runner	326	One More Mile	249	SparkleSkirts	220
Bondi Band	349	i declare!	436	Polar Electro	325	SPIbelt	117
Competitor Group, Inc.	335	Inspired Endurance	223	Princess Apparel, LLC	321	Success Rice	236
Continental Event & Sports Management	422	K-Swiss, Inc.	230	Raging Rhino Sports Apparel	239	Sweaty Bands	149
CURL by Sammy Duvall	226	Lift Your Sole	338	Red Ink Creative Studio, Inc.	231	The Stick	426
CW-X, Wacoal Sports	324	Mahatma Rice	238	RunGirlRun	219	Tragedy Assistance Program for Survivors	319
fit2run	311, 511	Marine Corps Marathon	432	Running Skirts	330	Yurbuds	143
		Milestones Jewelry	331	RUseeN Reflective Apparel	237		



runDisney KIDS' RACES

Saturday, February 25

Track & Field Complex at ESPN Wide World of Sports

11:00 a.m. — runDisney Kids' Race Start

Kids are royalty too! The 2012 Disney's Princess Half Marathon Weekend includes **runDisney Kids' Races** fit for all princes and princesses!

Kids' Races Age Groups (all dashes will be run once):

- 12 months and under - Diaper Dash for crawlers
- 1-3 years old - 100m dash
- 4-6 years old - 200m dash
- 7-8 years old - 400m dash
- 13 years old and under - 1-Mile Run



My personal best with the help of some friends.

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in your step, along with essential
vitamins and nutrients.

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Disney Tangled Royal Family 5K
Saturday, February 25
Epcot®
7:00 a.m. – 5K Start

Disney Tangled Royal Family 5K is a fun-filled event that the whole family can participate in! Discover all eleven nations of the World Showcase before an exciting finish just outside of *Epcot®*.

Disney's Princess Half Marathon

Sunday, February 26

Disney's Princess Half Marathon

Start: *Epcot*®

5:43 a.m. – Wheelchair Start

5:45 a.m. – Start

The Start

The start zone for the Half 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 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.

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 Disney's Princess 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

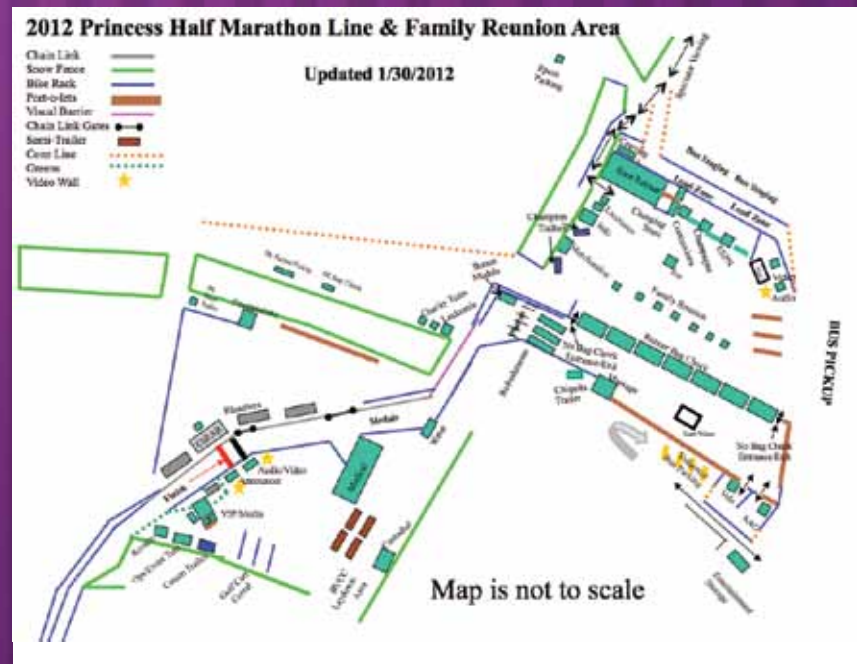
If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to *Epcot*®.

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 after the race.
- Have a back-up meeting location in place as well.
- Make note of where you have parked.
- Agree upon a phone number from which both parties can call and retrieve messages.
- Leave a message at the Family Reunion tents.



Disney's Princess Half Marathon Course



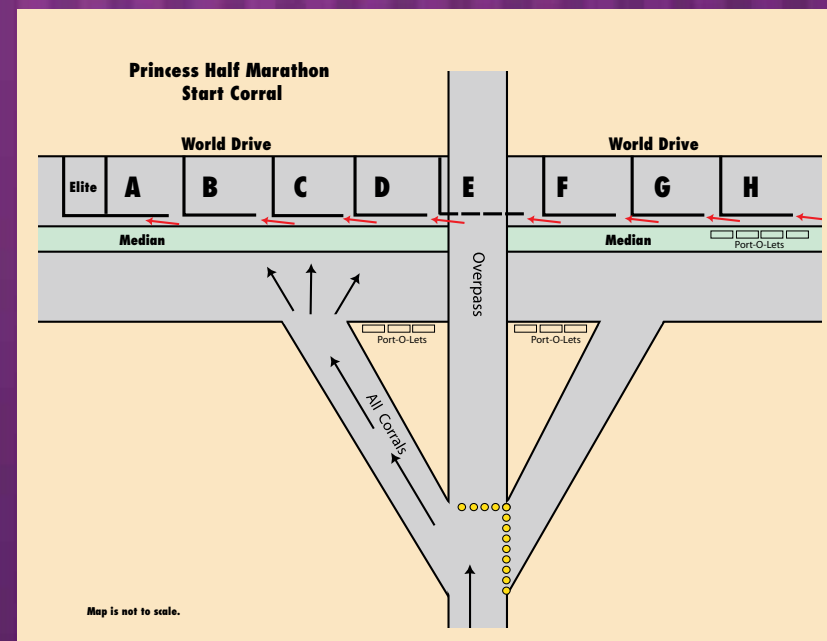
Course Description

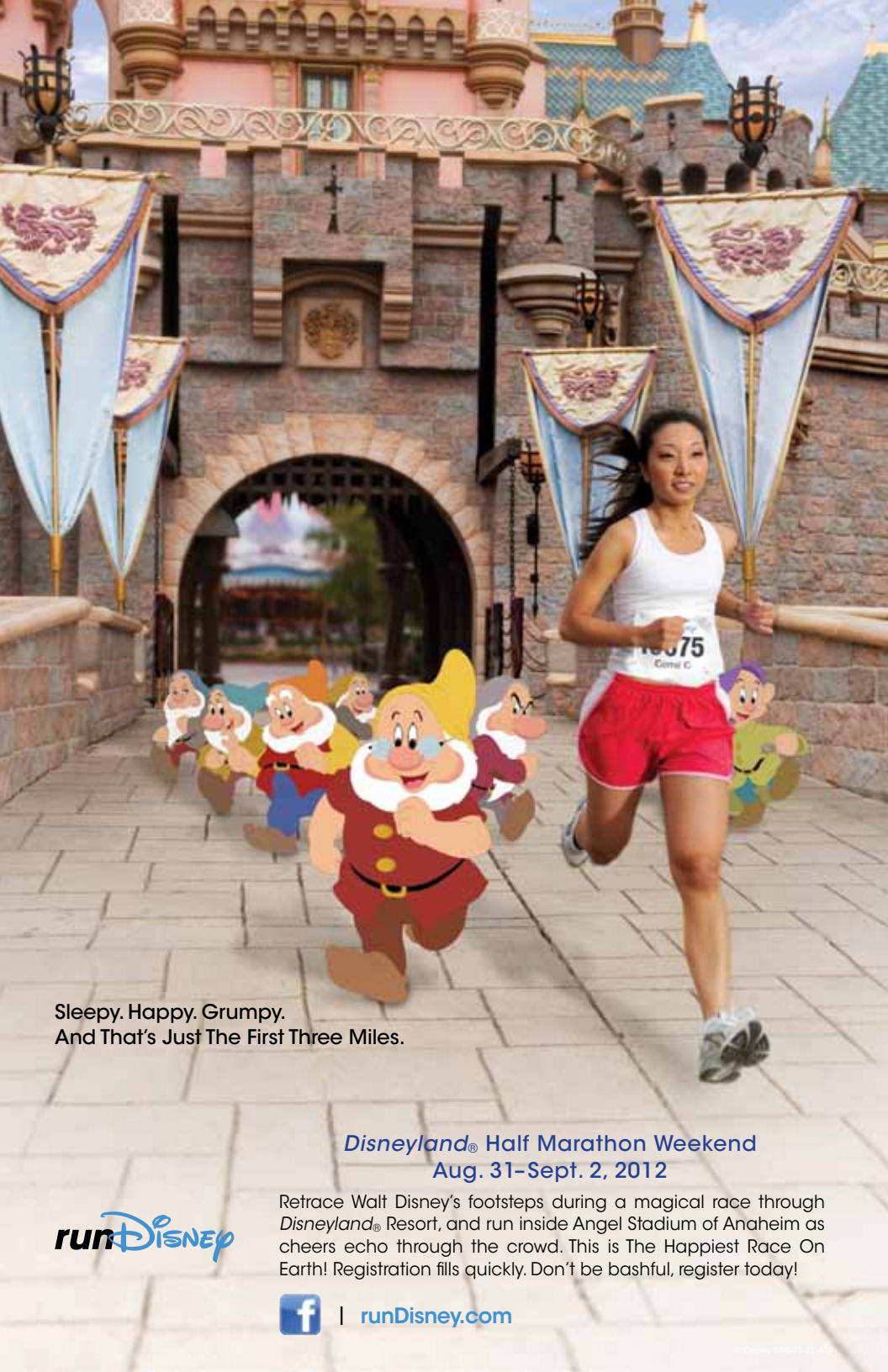
Disney's Princess Half Marathon will start just outside of the *Epcot*® Parking Lot. Runners will proceed up World Drive towards the *Magic Kingdom*® Park. Upon entering the *Magic Kingdom*® Park, participants will pass through Tomorrowland, Cinderella Castle, and Frontierland. Participants then proceed down World Drive to make their return to *Epcot*®. The course will take participants through Future World and past Spaceship Earth on their way to an unforgettable finish!

Beverage Stations and Food Stops

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

Corral Map:





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

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

Retrace Walt Disney's footsteps during a magical race through Disneyland® Resort, and run inside Angel Stadium of Anaheim as cheers echo through the crowd. This is The Happiest Race On Earth! Registration fills quickly. Don't be bashful, register today!



runDisney Coast To Coast 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 *runDisney* half marathon or 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!

Complete one of the following *runDisney* Races at the *Walt Disney World*® Resort:

- *Walt Disney World*® Marathon
- *Walt Disney World*® Marathon Relay
- *Walt Disney World*® Half Marathon
- Goofy's Race and a Half Challenge
- Disney's Princess Half Marathon
- Disney Wine & Dine Half Marathon

Complete one of the following *runDisney* Races at *Disneyland*® Resort:

- Tinker Bell Half Marathon
- *Disneyland*® Half Marathon

You are automatically entered into the *runDisney* Coast to Coast Race Challenge when you register and complete the required combination of races. Travel West to East or East to West, you choose how to earn your Coast to Coast Race Challenge medal, but you must complete one race at the *Walt Disney World*® Resort and one race at the *Disneyland*® Resort. 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 completing the second leg of your Coast to Coast Race Challenge.

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



Pacing, Results, Runner Tracking & ChronoTrack B-Tag

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, please note you are behind the required 16-minute per mile pace and can be picked up at any time.

Results and Runner Tracking

The complete list of results for the Half Marathon will be posted on Sunday evening at runDisney.com/Princess.

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

ChronoTrack B-Tag

When you receive your race bib, your ChronoTrack B-Tag will be attached to the back. Please do not bend or break the ChronoTrack B-Tag. Instructions for wearing the B-Tag will be printed in your final race instructions and there will be an instructional video and volunteers to assist you at the Expo. The ChronoTrack B-Tag records your official and net time. The net time is the time that 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. Without the B-Tag, your official time WILL NOT be recorded.

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runDisney Training Consultant, Jeff Galloway

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

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



Awards

Overall Awards

Top 3 Overall Half Marathon winners and Top Overall Push Rim Wheelchair winner will receive their awards at a presentation to be held in the Family Reunion area at 8:30 a.m. on Sunday. Please note that overall awards are based on Gun Time. Only female athletes are eligible for awards.

Division Awards (based on Net time)

The following awards will be mailed approximately 4 - 6 weeks after the event. Because of the number of people who participate in the Half Marathon, it can take several minutes to cross the start line. In the interest of fairness, individual and team award winners will be based on B-Tag (net) time. Masters that place in the overall division will receive that overall award only. An individual runner will not receive two awards for the same race result, however, a team member is eligible to receive individual awards in addition to a team award.

Only female athletes are eligible for awards. Male athletes are eligible for Open Co-Ed Team awards only. Co-Ed Teams consist of one male and one female athlete.

- Overall Masters Champion
- 2nd and 3rd Place Wheelchair Female Winners (Push rim only, based on gun time)
- Top 3 Mother Daughter Teams
- Top 3 Sister Sister Teams
- Top 3 Open Women's Division Teams
- Top 3 Co-ed Teams
- Top 5 Female Military

Top 5 Age Groups (Female):

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



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Medical 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 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 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!
- 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, an 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

Medical Information

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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The Twilight Zone Tower of Terror™ 10-Miler Weekend
September 28–29, 2012

We double-dare you to brave dark and ghostly streets haunted by Disney villains! Your commemorative medal announces your towering triumph as you ride thrilling *Disney's Hollywood Studios* attractions till 3 a.m.



runDisney.com

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Transportation

Transportation

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, Princess 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 Sports Resort
Disney's Beach Club Resort
Disney's Caribbean Beach Resort
Disney's Port Orleans French Quarter Resort
Disney's Saratoga Springs Resort

Disney's All-Star Music Resort
Disney's Animal Kingdom Lodge
Disney's BoardWalk Inn Resort
Disney's Polynesian Resort
Disney's Port Orleans Riverside Resort
Disney's Yacht Club Resort

Disney's Fit for a Princess Expo Friday, Feb. 24 – Saturday, Feb. 25

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 Tangled Royal Family 5K Saturday, Feb. 25

Transportation is available from host resorts to Epcot® between 5:00 a.m. and 6:00 a.m. Transportation will resume after the start of the 5K at 7:00 a.m. Transportation concludes at 9:00 a.m. Monorail transportation is not available to the start of the 5K race.

runDisney Kids' Races Saturday, Feb. 25

Please use Expo transportation for *runDisney Kids' Races*. 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 Princess Half Marathon Sunday, Feb. 26

Princess Half Marathon Transportation will begin departure from host resorts at 3:00 a.m. Transportation is only provided to and from the host resorts. **Guests not staying at a host resort will need to provide their own transportation.**



Transportation & Directions

Buses will be indicated by *runDisney* signs placed in the front windows. **Participants must board Buses no later than 4:00 a.m. in order to make it to their corrals by 5:00 a.m. Transportation will not be available on the Monorail. 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.**

Princess Half Marathon Transportation 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 race start and road closures.**

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

Driving Directions

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.

Directions to *Epcot*®

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. **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.

Arriving by car for the Half Marathon

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 above and plan to arrive no later than 4:00 a.m. Directions from a GPS device or other sources will be inaccurate. **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.**



A LADY ALWAYS FINISHES WHAT SHE STARTS

Lady Foot Locker®

IT'S A LADY THING.

Spectator Viewpoints

Spectator Information

Use the chart to the right to help plan your customized route based on your runner's pace or estimated finish time to see your runner along the course.

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 to the right. 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 Half 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: Runners may take up to 10 minutes to cross the start line after their official Corral Start Time. Please reference the wave start times listed for each race on page 18 of this guide.



Routes	Mile Marker	Route Directions	Travel Time (min.)
Epcot® Center Drive — Start to Finish	0	Upon arrival to Epcot® follow volunteers and signage as you walk out to the Epcot® Center Drive — Start viewing location.	15
	13.1	Walk back toward the parking lots and Epcot®. Walk to the Imagine lot on the left.	15
Epcot® Center Drive — Start to Transportation and Ticket Center 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
	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
Disney's Contemporary Resort to Finish	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
	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	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
	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	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
	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

Weekend Beneficiary

Weekend Beneficiary

Disney's Princess 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, Disney's Princess Half Marathon Weekend will help blood cancer patients live better, longer lives.

LLS uses Disney's Princess 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/Princess.

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 1,900 volunteers will assist throughout Disney's Princess Half Marathon Weekend on behalf of The Leukemia & Lymphoma Society.

- Approximately 400 volunteers will help with Packet Pick-Up during Disney's Fit for a Princess Expo
- Over 140 volunteers will assist with Disney's Royal Family 5K & Kids' Race
- 300 medical volunteers will staff Florida Hospital's medical stations during the Half Marathon
- Over 1,100 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half 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 a colorful hat and an apron that says "Ask Me". Information Team Volunteers will staff the Information Booths at Disney's Fit for a Princess Expo. They will also staff the Information Tent in the Family Reunion area at *Epcot*® during the Half Marathon.

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Abisoye Adekanmbi
TNT Participant

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- Creamy Thick
- 2X More Protein Than Regular Lowfat Yogurt*

*10% more of the DV of protein than regular lowfat yogurt. Oikos Greek Nonfat yogurt: 12g Protein (24%DV), Regular lowfat yogurt: 5g protein (10%DV) per 5.3oz

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