



Race Retreat 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.

Race Retreat Packet Pick-Up

Pick-up your Race Retreat package at Disney's Fit for a Princess Health & Fitness Expo. Look for the booth labeled Race Retreat. If you do not pick up your package at the Expo, you will not be able to access Race Retreat on race day. You will need to show your Photo ID to pick up your package.

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

1. Copy of your driver's license or Photo ID
 2. Your signed Packet Pick-Up Authorization Form
- The Packet Pick-Up Authorization Form will be available on the website. It is important that you download the form and bring it with you to the Health & Fitness Expo.

Race Retreat Schedule & Reminders

HOURS OF OPERATION

Sunday, February 26th, 2012

Retreat Hours: 3:00 a.m. – 10:30 a.m..

Race Retreat Location and Access

The Race Retreat is a very large, white tent located in the Family Reunion area at Epcot®. When you pick up your Race Retreat package at the Expo, you will receive a wristband. Wristbands must be worn at all times to gain entry into the tent.

Only runners will be allowed in the tent from 3:00 AM – 5:30 AM. If your friends and family purchased the Platinum level of the ChEAR Squad, they will be able to gain access to The Race Retreat at 5:30 a.m.

Bag Check

Private bag check will be available to you inside Race Retreat. Please be sure to use the clear plastic goody bag given to you at Packet Pick-Up for your bag check. You will need to attach the bag check number (matches your bib) to your bag prior to arriving at Race Retreat. All participants' bags are subject to search. Please do not check any valuable items. The event staff is not responsible for any lost, damaged, or stolen items.

Pre-Race Food and Beverage

A continental breakfast will be available to you before the race from 3:00 a.m. – 5:30 a.m. The breakfast includes bagels with peanut butter, butter and jellies, whole oranges, and bananas. Hot beverages (coffee, tea, cocoa) will be available as will PowerAde and Dasani water.

Stretching Area

A padded stretching area will be available before the race.

Race Start

All runners are expected to be in their corrals no later than 5:00 AM. Please plan on a 20-minute walk from Race Retreat to the corral area.

Restrooms and Changing Tents

Private port-o-lets and hand wash stations are available to runners who purchased Race Retreat package. Changing tents will also be available and are located in the restroom area.

Massage and Self-Treatment Station

Florida Hospital will be in The Race Retreat providing post-race massages and a self-treatment station with ice and other medical supplies for treatment of minor injuries. A post-race massage is available on a first-come, first-served basis and is \$10 for 10 minutes. Cash or check only please.

Live Results

Computers will be available for you to check your results and print them after the race.

Menu and Brunch Serving Times

Hot and cold beverages will be available throughout the day. Hot beverages include coffee, tea, and hot cocoa. Cold beverages include water, PowerAde, Coke, Diet Coke, and Sprite.

Sunday, February 26

• 7:30 a.m. – 10:30 a.m.: Brunch*

Menu includes fruit salad, scrambled eggs with cheese and salsa, over roasted red potatoes, bacon and assorted muffins.

* Menu is subject to change without notice.

Information Station

Looking for information about the race? An Information Volunteer will be stationed inside Race Retreat and will be able answer your questions about Marathon Weekend.

Character Greetings

What better way to start your race at the *Walt Disney World*® Resort than by seeing your favorite Disney characters? Disney characters will make appearances at Race Retreat throughout the day on Sunday, February 26, 2012. A designated photo location and character greeting area will be available inside Race Retreat.

Official Merchandise Station with T-shirt Customization

A *Walt Disney World*® Princess Half Marathon Weekend Merchandise Station will be available inside Race Retreat with select Princess Weekend items for purchase. T-shirt customization will also be exclusively available to place orders inside Race Retreat. Check your race time online and then order a customized t-shirt made with your finish time! Only cash or credit cards will be accepted.

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.

