

# RACE ETIQUETTE

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy *The Twilight Zone Tower of Terror*™ 10-Miler 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 [brightroom.com/runDisneyphotos](http://brightroom.com/runDisneyphotos) 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!

## SAVE THE DATE

### FLORIDA

Disney Wine & Dine Half Marathon Weekend  
November 9-10, 2012

Walt Disney World® Marathon Weekend  
(Presented by Cigna)  
January 10-13, 2013

Disney’s Princess Half Marathon Weekend  
February 22-24, 2013

The Twilight Zone Tower of Terror™  
10 Miler Weekend  
September 27-28, 2013

### CALIFORNIA

Tinker Bell Half Marathon Weekend  
January 18-20, 2013

Disneyland® Half Marathon Weekend  
August 30-September 1, 2013

for more information, visit:  
[www.runDisney.com](http://www.runDisney.com)



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# FINAL RACE INSTRUCTIONS

## WELCOME TO THE TWILIGHT ZONE TOWER OF TERROR™ 10-MILER WEEKEND

Below are important reminders for your race weekend.

### EXPO SCHEDULE & REMINDERS

Friday, September 28, 2012  
ESPN Wide World of Sports Complex  
12:00 p.m. to 8:00 p.m.

Saturday, September 29, 2012  
ESPN Wide World of Sports Complex  
10:00 a.m. to 4:00 p.m.

### PACKET PICK-UP & WAIVERS

You are required to attend Packet Pick-Up at Disney’s Health & Fitness 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 evening.**

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](http://runDisney.com). If you do not have access to the internet or lose your waiver, on site 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](http://runDisney.com). It is important that you download these forms and bring them with you to the Expo.

### COMMEMORATIVE ITEMS

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 ESPN Wide World of Sports Complex. Designated stroller parking will be available at the entrance.

### RACE DAY SCHEDULE & REMINDERS

Saturday, September 29, 2012  
Start Location: *Disney’s Hollywood Studios*®  
9:55 p.m. – Wheelchair Start 1  
9:58 p.m. – Wheelchair Start 2  
10:00 p.m. – Corral A Start  
10:05 p.m. – Corral B Start  
10:10 p.m. – Corral C Start  
10:15 p.m. – Corral D Start

### BAG CHECK

If you plan to check personal items on race evening, you **MUST** use the clear bag provided to you at Disney’s Health and Fitness Expo. Please affix your bag check number to your clear bag prior to arriving at the Bag Check area located in the Film Lot at *Disney’s Hollywood Studios*®. **All bags must be checked prior to 9:00 p.m. on race evening.**

Bags will be available for pick up at the Indiana Jones Epic Stunt Spectacular Theatre inside *Disney’s Hollywood Studios*®. **Bags must be claimed before 2:30 a.m. on Sunday morning.** Unclaimed bags will be transferred to *Disney’s Hollywood Studios*® Guest Relations, located to the left 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.

### CHANGING TENTS

Changing Tents will be available outside the Indiana Jones Epic Stunt Spectacular Theatre for runners who want to change clothes during the Disney Villains Hollywood Bash.



## RESTROOM FACILITIES

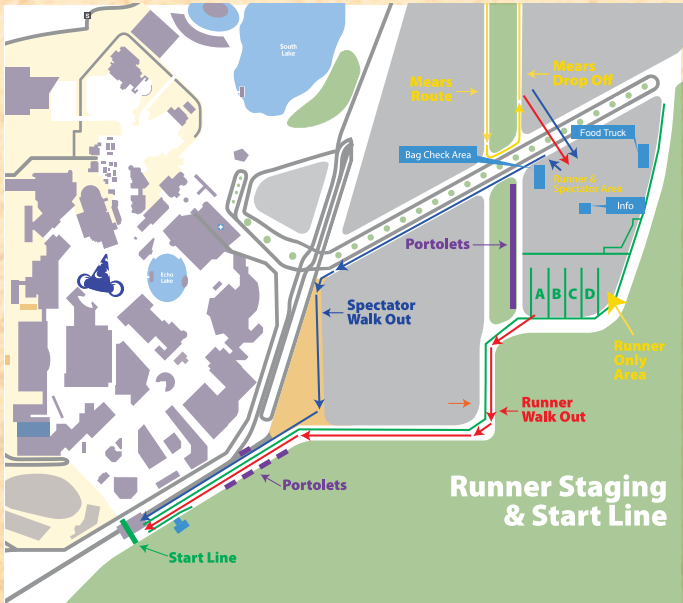
Portable restroom facilities will be available at *Disney's Hollywood Studios*® near the bag check area, near the start lines, and on the course near the beverage stations.

## 10-MILER START

The start corrals for the 10-Miler are located in the Film Lot at *Disney's Hollywood Studios*®. 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. Corrals will walk down to the start line one at a time in letter order starting with A. All runners must be in their corral before 9:15 p.m. prior to the walk down. Measures will be taken to prevent unofficial runners from starting.

## 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 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.

## PACING REQUIREMENTS

All athletes entering the 10-Miler must be able to maintain a 16-minute per mile pace throughout the entire race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to the Finish Line at *Disney's Hollywood Studios*®. 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 10-Miler. 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 & RESULTS

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

## PARTICIPANT CHECKLIST

- Race bib with ChronoTrack B-Tag and safety pins
- Clear plastic drawstring gear bag with bag check sticker
- Pre-determined reunion location at *Disney's Hollywood Studios*®. There are three designated locations near the Sorcerer's Hat divided alphabetically by last name (A-G, H-O, P-Z). Please do not choose a location along Sunset Boulevard or near *The Twilight Zone Tower of Terror*™ attraction due to potential congestion. (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)
- Party essentials: Photo ID and extra spending cash.



## TRANSPORTATION & DRIVING DIRECTIONS

### HOST RESORTS

*The Twilight Zone Tower of Terror*™ 10-Miler Weekend 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, transportation is only provided to and from the host resorts. If you are staying at a Host Resort, please check with your front desk for a pick-up location. Participants staying at the Host Resorts are strongly encouraged to use event transportation to all *The Twilight Zone Tower of Terror*™ 10-Miler Weekend events. **Guests not staying at a host resort will need to provide their own transportation to ESPN Wide World of Sports Complex for all events.**

*Disney's All-Star Movies* Resort  
*Disney's All-Star Music* Resort  
*Disney's All-Star Sports* Resort  
*Disney's Caribbean Beach* Resort  
*Disney's Port Orleans* Resort - French Quarter  
*Disney's Port Orleans* Resort - Riverside  
*Disney's Beach Club* Resort  
*Disney's BoardWalk* Resort  
*Disney's Yacht Club* Resort

### Disney's Health & Fitness Expo

- Friday, September 28: 11:30 a.m. – 8:30 p.m.
- Saturday, September 29: 9:30 a.m. – 4:30 p.m.

### Disney Happy Haunted 5K Trail Run

- Saturday, September 29: Buses will run continuously starting at 5 a.m. Runners must be on a bus by 6:00 a.m. to make it to their corral by 6:45 a.m.

### runDisney Kids' Races

- Saturday, September 29: Buses will run continuously starting at 5 a.m. Runners must be on a bus by 8:00 a.m. to make it to their corral by 8:45 a.m.

### The Twilight Zone Tower of Terror™ 10-Miler

- Saturday, September 29: Buses will run continuously starting at 7 p.m. until 3:30 a.m. Runners must be on a bus by 8:00 p.m. to make it to their corral by 9:15 p.m.

### ARRIVING BY CAR

#### NON-HOST RESORTS AND DRIVING DIRECTIONS

Race Transportation is only provided to and from the Host Resorts. Guests not staying at a host resort will need to provide their own transportation to ESPN Wide World of Sports Complex for all events. For guests driving to ESPN Wide World of Sports on race evening, the race shuttles from ESPN Wide World of Sports to Disney's Hollywood Studios will begin at 7:00 p.m. **THERE WILL BE NO PARKING AND NO GUEST DROP-OFF AT DISNEY'S HOLLYWOOD STUDIOS ON RACE EVENING.** Parking is free at ESPN Wide World of Sports for runners and spectators. All runners must board shuttles from ESPN Wide World of Sports to Disney's Hollywood Studios no later than 8:00 p.m. in order to make it to their corrals by 9:15 p.m.

#### Directions to ESPN Wide World of Sports Complex

Take I-4 to **exit 65** (Osceola Parkway West). Take a left onto **Victory Way**. You will be directed where to park. **THERE WILL BE NO PARKING AND NO GUEST DROP-OFF AT DISNEY'S HOLLYWOOD STUDIOS ON RACE EVENING.** Therefore, please use directions to ESPN Wide World of Sports above and plan to be parked and at the bus loading zone no later than 8:00 p.m. in order to catch the shuttle to the Start at *Disney's Hollywood Studios*®. Guests are encouraged to arrive early to avoid potential long waits.



\*Information in this brochure is subject to change without notice.