

## EXPO SCHEDULE & REMINDERS

Disney's Health and Fitness Expo  
ESPN Wide World of Sports Complex  
Friday September 28, 2012 | 12:00 p.m. – 8:00 p.m.  
Saturday, September 29, 2012 | 10:00 a.m. – 4:00 p.m.

Saturday, September 29, 2012  
Disney's Happy Haunted 5K Trail Run  
ESPN Wide World of Sports Complex  
7:00 a.m.

runDisney Kids' Races  
ESPN Wide World of Sports Complex  
9:00 a.m.

*The Twilight Zone Tower of Terror™* 10-Miler  
Start Location: Disney's Hollywood Studios®  
10:00 p.m.

## PACKET PICK-UP & WAIVERS

You are required to attend Packet Pick-Up at Disney's Health & Fitness Expo on Friday September 28, 2012 in order to receive your 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. 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. 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.

### 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)

 follow us @runDisney

 like us on Facebook  
[facebook.com/runDisney](https://www.facebook.com/runDisney)



## Disney Happy Haunted 5K Trail Run & runDisney Kids' Races Final Race Instructions



## Welcome to *The Twilight Zone Tower of Terror™* 10-Miler Weekend

Below are important reminders for your race weekend.



## 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.

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.

## 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.

## Directions to the ESPN Wide World of Sports Complex for the Expo, 5K and Kids' Races

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.



The Twilight Zone® is a registered trademark of CBS, Inc. and is used with permission pursuant to a license from CBS, Inc.  
©Disney/CBS, Inc.



# Disney Happy Haunted 5K Trail Run Race Day Reminders

## RACE START

The race will start promptly at 7:00 a.m. at the ESPN Wide World of Sports Complex. All participants must arrive at the ESPN Wide World of Sports Complex by 6:15 a.m.

## TIMING/RACE RESULTS

This 5K is a fun run. No race results will be posted and awards will not be given out. Every finisher will receive a finisher medallion. Please note there is a 16 minute per mile time limit. Anyone not able to maintain that pace may be picked up and transported to the finish line area.

## PACE GROUPS

All runners will be assigned a starting-coral, which will be designated on your bib. Please report to your assigned coral before the race. Announcements will be made on race morning to help direct you to the correct location. Start line corrals are located on Field #25.

## BAG CHECK

Bag Check will be located near the Start and Finish line on Field #20 at **ESPN Wide World of Sports Complex** and will be open from 6:00 a.m. to 9:00 a.m. You will receive a clear plastic bag at Packet Pick-Up, please use this bag for the bag check service. We will not accept any other type of bag. You will also receive a numbered bag check sticker at Packet Pick-Up. You should place the sticker in the clearly defined area on your clear plastic bag. Please attach the sticker to the clear plastic bag prior to arriving at Bag Check. Once you finish, your race number will be used to verify your bag when you pick it up. Please do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Any bags not picked up by 9:00 a.m. will be taken to Lost and Found at ESPN Wide World of Sports Complex.

## 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.

## SAFETY REMINDERS

All participants should be able to complete the race under their own power. For everyone's safety, walkers, walking sticks, crutches, canes, baby carriers, baby backpacks, strollers, inline skates, motorized scooters, bicycles, skateboards, and animals of any kind are prohibited from 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 when participating in this 5K. However, your costume cannot include a 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 have you change into something more appropriate or remove you from the event completely.

## 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 non-transferable.

## PHOTOGRAPHERS

Brightroom photographers will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt. Please visit: <http://www.brightroom.com/rundisneyphotos> after the race to view your race photos. Photos usually take between 2-3 days to be loaded onto the web site. You will need your race number to access your photos.

## COURSE

### COURSE DESCRIPTION

Starting on Field 27 in the ESPN Wide World of Sports Complex, participants will have a short run around some of the immaculate playing fields before venturing onto a "haunted" trail through the woods. Who knows what surprises lurk around every corner on this cross-country style course? If you survive the trail, runners will exit the woods and finish on Field 20.

### WATER AND MEDICAL STOPS

There will be two water stops along the course (mile 1.0 and mile 1.5) and medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

### SPECTATOR VIEWING

Spectators are encouraged to view the 5K Start and Finish near Field 20 at ESPN Wide World of Sports Complex. There are no viewing areas along the 5K course.



# Run! Run! Run!

# runDisney Kids' Races Reminders

## Saturday, September 29, 2012

9:00 a.m.  
ESPN Wide World of Sports Complex  
1-Mile  
Kids' Dashes (100m, 200m, 400m, Diaper Dash)

## AGE GROUPS

The Kids' Races will be staged in the following age groups:  
400m dash: 7-8 years old (blue start flags)  
200m dash: 4-6 years old (yellow start flags)  
100m dash: 1-3 years old (green start flags)  
Diaper Dash: 12 months & under (Finish Line)  
1-Mile Run: 13 & under (white start flags)

## 1-MILE RUN

All participants for the 1-Mile run should be at the start line at 8:45 a.m. The 1-Mile Race will begin promptly at 9:00 a.m. We will utilize the same start line as the 5K. The start line will be marked with a white flag. When you receive your race bib, your ChronoTrack B-Tag will be attached to the back. The ChronoTrack B-Tag records your official time. Please do not alter the ChronoTrack B-Tag in any way. Without the B-Tag your official time will not be recorded.

## KIDS' DASHES (100m, 200m, 400m, Diaper Dash)

Each age group will have its own start line, which will be color coded for all parents to easily find. Each participant's bib color matches the starting flag for their distance. The Diaper Dash will take place at the Finish Line. There will be plenty of volunteers on hand to make sure that each of these athletes gets to the correct start line – be sure to listen to the announcer for instructions on exactly what to do. Any parents who wish to run with their children are encouraged to do so.

All participants for the Kids' Dashes should be in the runner corrals on Field 25 by 8:45 a.m. Race staff will group all participants by distance in the corrals and will walk each age group to their start lines. Announcements will be made on race morning to help direct you to the correct location. The Kids' Dashes will begin as soon as the 1-Mile race is finished and will follow a rolling schedule beginning with the 1-3 year old competitors (100m), followed by the 4-6 year olds (200m), the 7-8 year olds (400m), and the Diaper Dash.

## BIB NUMBERS

Make sure to wear the Kids' Dash or 1-Mile Run bib on race day! Each start line will have feather banners that match the color of the race bibs – green for 100m, yellow for 200m, blue for 400m, and white for the 1-Mile Run. Diaper Dash will take place at the finish line.

## RACE FINISH

All *runDisney Kids' Races* will utilize the same finish line as the 5K. Please arrange a location to meet your child after the race.

## REFRESHMENTS

Refreshments will be available at the finish line for all race participants.

## PHOTOGRAPHERS

Brightroom photographers will be at the finish line to capture those special race memories. Please wear your bib number on the front of your shirt. Visit <http://www.brightroom.com/runDisneyphotos> after the race to view your race photos. Photos usually take between 2-3 days to be loaded onto the website. You will need your race number to access your photos.

## AWARDS

All of the *runDisney Kids' Races* competitors are winners! No placement awards will be given out; but all finishers will receive a commemorative medallion at the Finish. Medallions will be given to official *runDisney Kids' Races* participants – parents who choose to run with their kids will not receive a medallion.

## RACE RESULTS & TIMING

Since everyone is a winner, none of the *runDisney Kids' Races* will be scored. There will be no Race Results for the 400m, 200m, 100m, or Diaper Dash. The 1-Mile Run will be timed and participants can view their race times online at [www.rundisney.com](http://www.rundisney.com).

## SAFETY

For everyone's safety, walkers, walking sticks, crutches, canes, baby backpacks, baby joggers/strollers, baby carriers, bicycles, inline skates, motorized scooters, skateboards, and animals of any kind are prohibited on the course.

## WEATHER

The race will be held rain or shine. If there is lightning in the area, the races will either have delayed starts or, depending on the intensity of the weather, be cancelled. The determination will be made by the Event Management staff.

Please remember to thank the volunteers and have a great race!

As a reminder, the registration fees are non-refundable and non-transferable.