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THE
TWILIGHT
ZONE
TOWER OF TERROR™
10
MILER

Official Race Guide
2012

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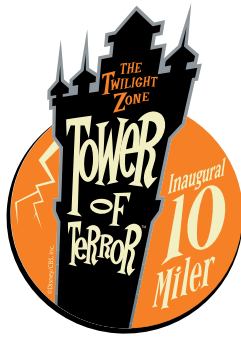
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Many of you are here to experience your very first *runDisney* race and we couldn't be more excited to be your host. And, for those of you who are our returning Guests, we welcome you back with an innovative and exciting new race, *The Twilight Zone Tower of Terror™ 10-Miler...* all experienced at night! And, as you embark on your journey through the *Walt Disney World®* Resort, there will be plenty of world-class Disney entertainment to keep you running scared, including your favorite Disney Villains.

When you are not running (or post-race partying) with your favorite villain, make sure to check out all the great things we have for you at the *Walt Disney World®* Resort. Help us kick off the 2012 *Epcot International Food & Wine Festival* or stop by *Downtown Disney®* for some fantastic shopping, dining and entertainment. No matter how you choose to celebrate your accomplishment, the *Walt Disney World®* Resort offers something for everyone.

On behalf of the thousands of Cast Members and volunteers who make *The Twilight Zone Tower of Terror™ 10-Miler* Weekend possible, as well as our race beneficiary Autism Speaks, I thank you for being a part of this very special inaugural event.

runDisney . . . where every mile is magic.

KEN POTROCK
Senior Vice President
Disney Sports Enterprises &
Downtown Disney



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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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About our Race Director

As president of Track Shack Events, Jon Hughes oversees the overall marketing effort and operations 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 athletic and community 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 28 years and have a daughter, Emma and a son, Christopher.



Weekend Itinerary

Friday, September 28

Disney's Health & Fitness Expo

Jostens Center® at ESPN Wide World of Sports Complex
12:00 p.m. — 8:00 p.m.

Saturday, September 29

Disney Happy Haunted 5K Trail Run

ESPN Wide World of Sports Complex
7:00 a.m. Start

runDisney Kids' Races

ESPN Wide World of Sports Complex
9:00 a.m. Start

Disney's Health & Fitness Expo

Jostens Center® at ESPN Wide World of Sports Complex
10:00 a.m. — 4:00 p.m.

The Twilight Zone Tower of Terror™

10-Miler

Start — *Disney's Hollywood Studios*
10:00 p.m. Start

Disney Villains Hollywood Bash*

Disney's Hollywood Studios
September 29, 10:00 p.m. —
September 30, 2012, 4:00 a.m.

** Advanced purchase required for spectators. Based on availability, Tickets will be available for purchase at the ESPN Wide World of Sports Welcome Center during Disney's Health & Fitness Expo. Tickets are non-refundable.*



Park Hours

September 28

<i>Magic Kingdom® Park</i>	9:00 a.m. – 7:00 p.m.
<i>Epcot®</i>	9:00 a.m. – 10:00 p.m.
<i>Disney's Hollywood Studios</i>	9:00 a.m. – 8:00 p.m.
<i>Disney's Animal Kingdom® Park</i>	9:00 a.m. – 6:00 p.m.

September 29

<i>Magic Kingdom® Park</i>	9:00 a.m. – 10:00 p.m.
<i>Epcot®</i>	9:00 a.m. – 10:00 p.m.
<i>Disney's Hollywood Studios</i>	9:00 a.m. – 6:00 p.m.
<i>Disney's Animal Kingdom® Park</i>	9:00 a.m. – 6:00 p.m.

September 30

<i>Magic Kingdom® Park</i>	9:00 a.m. – 7:00 p.m.
<i>Epcot®</i>	9:00 a.m. – 9:00 p.m.
<i>Disney's Hollywood Studios</i>	9:00 a.m. – 8:00 p.m.
<i>Disney's Animal Kingdom® Park</i>	9:00 a.m. – 5:00 p.m.

* Times subject to change.



Health & Fitness Expo

Friday, September 28 - Saturday, September 29

12:00 p.m. – 8:00 p.m. 10:00 a.m. – 4:00 p.m.

Disney's Health & Fitness Expo is a two-day celebration of fun, fitness and food located in the Jostens® Center at ESPN Wide World of Sports. 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.

Commemorative Items at *The Twilight Zone Tower of Terror™* 10-Miler Weekend

Pick up pre-purchased Commemorative Items at the Expo. You will need to show your ID to pick up your items:

- Commemorative Pins
- Commemorative Ears

Tickets will be available for purchase for the following functions at the ESPN Wide World of Sports Complex Welcome Center during Expo. Subject to availability.

- Disney Villains Hollywood Bash on September 29, 2012

Expo Floorplan & Vendors



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
Active Sol Eyewear	332	Dannon	113	Lift Your Sole	319	SnuggBuds Headsets	208
APTA Section on Pediatrics	209	Fit2Run	201, 301, 309	National Running Center	217	SparkleSkirts	210
Armpocket	109	Florida Hospital	101	Nite Beams	222	Sparkly Soul	424
Autism Speaks	325	Fond Memories	422	One More Mile	239	SPIbelt	213
BeeCause Charms	224	Full Sail University	111	Raw Threads	223	Sweaty Bands	137
Bondi Band	218	Hippie Runner	308	runDisney	202	The Stick - DIY massage tool	317
brightroom	233	iFitness	416	Running Skirts	216	theRooSport	334
Champion	331	Lasting Commemoratives	117	Space Coast Marathon and Half Marathon	310	yurbuds Sport Earphones	133

Expo Speaker Series

Friday, September 28, 2012

2:00pm

Jeff Galloway, runDisney Official Training Consultant
How to Enjoy Every Mile

Jeff has a simple proven method that can help anyone avoid injury, stay strong to the finish and enjoy every mile of the race.

3:00pm

Tara Gidus, RD, CSSD
Nutrition for Runners

Good nutrition is vital to sports performance! Tara is a nationally-recognized expert in sports nutrition and the Team Dietitian for the NBA's Orlando Magic. Get the latest tips on what to eat before, during and after training runs and races, and how to prevent injuries through good nutrition.

4:00pm

Patrick Faulk, Florida Hospital
Running Injury Problems and Solutions
Learn from expert Patrick Faulk how to avoid or rehabilitate typical running injuries like hamstring, plantar fasciitis, "runner's knee" and more!

5:00pm

Betsy Hughes, Co-Owner of Track Shack Orlando
Dee Dee Kokontis, Personal Fitness Trainer
Stretching Clinic

Join Betsy and Dee Dee for a stretching clinic where they will guide you through dynamic pre-run stretching and static post-run stretching poses. Also, pick up some last minute tips before event day!

6:00pm

Jon Hughes, Race Director
Tom Ward, Course Director
Mary Ancona, Spectator Advisor
Last Minute Tips & Race Information for Runners and Spectators

Jon, Tom and Mary will provide helpful last minute tips and race information for both runners and spectators including a course review and insightful tips for spectators. Question and answer session will be included.

7:00pm

Jeff Galloway, runDisney Official Training Consultant
Strong to the Finish

Jeff has a simple and proven method that can help anyone feel better, avoid injury and (best of all) enjoy the celebration afterward.

Expo Speaker Series

Saturday, September 29, 2012

10:00am

Jeff Galloway, runDisney Official Training Consultant
Pacing & Motivation

Jeff will discuss proven techniques that have helped thousands of half marathoners – at all levels – enjoy their events, every year. Bring your questions!

11:00am

Patrick Faulk, Florida Hospital
Running Injury Problems and Solutions
Learn from expert Patrick Faulk how to avoid or rehabilitate typical running injuries like hamstring, plantar fasciitis, "runner's knee" and more!

12:00pm

Tara Gidus, RD, CSSD
Nutrition for Runners

Good nutrition is vital to sports performance! Tara is a nationally-recognized expert in sports nutrition and the Team Dietitian for the NBA's Orlando Magic. Get the latest tips on what to eat before, during and after training runs and races, and how to prevent injuries through good nutrition.

1:00pm

Betsy Hughes, Co-Owner of Track Shack Orlando
Dee Dee Kokontis, Personal Fitness Trainer
Stretching Clinic

Join Betsy and Dee Dee for a stretching clinic where they will guide you through dynamic pre-run stretching and static post-run stretching poses. Also, pick up some last minute tips before event day!

2:00pm

Jon Hughes, Race Director
Tom Ward, Course Director
Mary Ancona, Spectator Advisor
Last Minute Tips & Race Information for Runners and Spectators

Jon, Tom, and Mary will provide helpful last minute tips and race information for both runners and spectators including a course review and insightful tips for spectators. Question and answer session will be included.

3:00pm

Jeff Galloway, runDisney Official Training Consultant
Running Your Best Race

Jeff has proven techniques and tips on pacing, eating, drinking, walk breaks and mental empowerment that have helped thousands of half marathoners at all levels enjoy their events and improve their personal experience.



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

This 5K will take you on a one-of-a-kind Halloween themed course through the ESPN Wide World of Sports Complex. Adults, teens and tweens can be immersed in the fantasy of Halloween and dress up as their favorite character or villain! This is the ultimate race around the neighborhood - race to the finish to receive your "trick or treat bag of refreshments".

Course Map



runDisney Kids' Races

runDisney Kids' Races

Saturday, September 29

9:00 a.m.

ESPN Wide World of Sports Complex

Pre-registered children ages 13 and under can be a part of the Kids' Races so they can earn a finisher medallion just like Mom or Dad. The races include the Diaper Dash, 100m, 200m, and 400m and One-mile run.

Packet Pick-Up will take place Friday in the Jostens Center® during Expo hours.



Mickey's Not-So-Scary Halloween Party



Don't miss your chance to trick-or-treat in the ultimate Halloween neighborhood, with fireworks, Disney Characters and a spooktacular parade.

Buy early and save on select dates now through Nov. 2.

Magic Kingdom



Scan this QR code to scare up some mobile fun.

disneyworld.com/halloween
407-W-DISNEY

Tickets subject to availability. Entertainment subject to change without notice. For safety, please choose costumes that are not obstructive or offensive. Admission to this event requires a separately priced ticket. Tickets valid only during specific event dates and hours.

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The Twilight Zone Tower of Terror™ 10-Miler

Saturday, September 29

The Twilight Zone Tower of Terror™ 10-Miler

Start: Disney's Hollywood Studios

9:55 p.m. — Wheelchair Start 1

9:58 p.m. — Wheelchair Start 2

10:00 p.m. —Start

The Start

The start zone for *The Twilight Zone Tower of Terror™ 10-Miler* is located at Disney's Hollywood Studios. The letter on your race number 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 finish chute. Volunteers will present you with *The Twilight Zone Tower of Terror™ 10-Miler Finisher Medal*. After the finish, you will be directed to refreshments. Bag Claim will be located at the Indiana Jones™ Epic Stunt Spectacular! These areas are restricted to runners only.

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

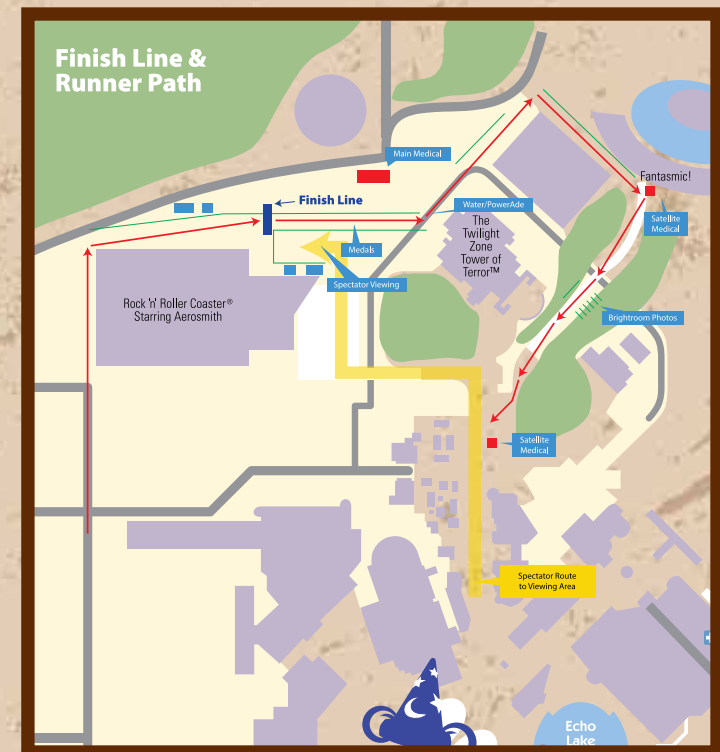
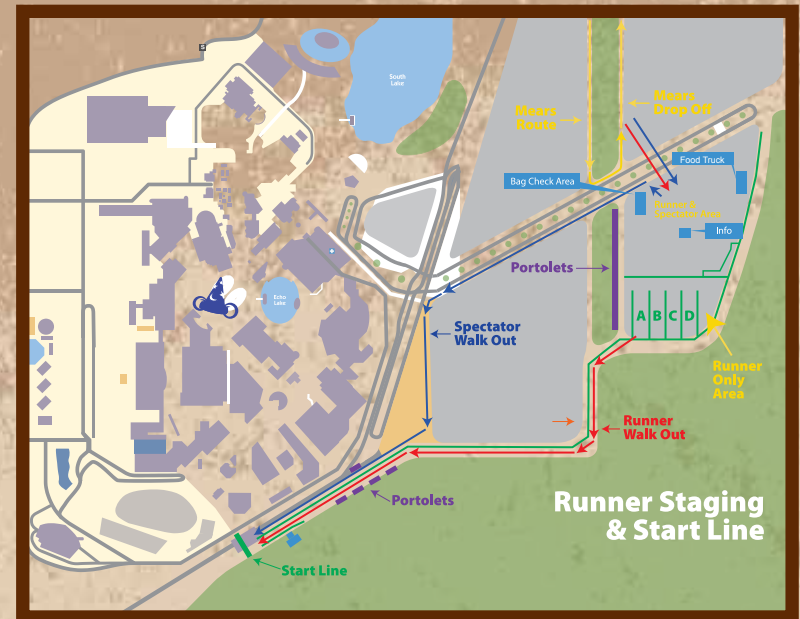
point in the race, transportation is available to transport you to Disney's Hollywood Studios.

Family Reunion

Celebrate your race finish and reunite with family and friends at the Disney Villains Hollywood Bash. Family and friends must purchase a Disney Villains Hollywood Bash ticket to enter Disney's Hollywood Studios for the afterhours party.

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.
- Have a meeting location in place. There are three designated locations near the Sorcerer's Hat divided alphabetically (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.
- Agree upon a phone number from which both parties can call and retrieve messages.



Course Map



The Twilight Zone Tower of Terror™ 10-Miler Course Description

The Twilight Zone Tower of Terror™ 10-Miler is a nighttime road race that will end in the shadows of *The Twilight Zone Tower of Terror*™ attraction at *Disney's Hollywood Studios*. Your run into the fifth dimension will also take you to ESPN Wide World of Sports Complex before returning to *Disney's Hollywood Studios* where the course will feature the *Lights, Motors, Action*™ Extreme Stunt Show, then turn down New York Street, wind past the Sorcerer's Hat and return you to an unforgettable finish at *The Twilight Zone Tower of Terror*™.

Beverage Stations and Food Stops

A total of 6 water and PowerAde stops will be located along the course. Stops are placed approximately every 1.5 miles along the course and both water and lemon-lime PowerAde will be available at all 6 stops.

Disney Villains Hollywood Bash

Runners and Guests can party in the shadow of *The Twilight Zone Tower of Terror*™ at the Disney Villains Hollywood Bash where you will enjoy *Rock 'n' Roller Coaster*® Starring Aerosmith, *The Twilight Zone Tower of Terror*™, Star Tours, Muppet*Vision 3D, The Great Movie Ride, and Toy Story Mania!, in addition to DJs and character meet & greets with your favorite Disney Villains.

Spectators can purchase tickets in advance at runDisney.com. Based on availability, tickets will be available at the ESPN Wide World of Sports Complex Welcome Center during Expo hours. Party ticket entitlements include:

- Early entry to *Disney's Hollywood Studios* at 10:00 p.m. on Saturday, September 29
- *Rock 'n' Roller Coaster*® Starring Aerosmith, *The Twilight Zone Tower of Terror*™, Star Tours, Muppet*Vision 3D, The Great Movie Ride, Toy Story Mania! and other attractions



Going Social!

Now you can connect with other Fans and participate in runDisney events on Facebook, get the latest news and chat during events on Twitter, and watch training tips from Jeff Galloway, nutrition advice from the Diet Diva and more on YouTube!



Become a Fan at:
facebook.com/runDisney



Follow Us at:
twitter.com/runDisney or @runDisney



Subscribe to our Channel:
youtube.com/runDisney



PREPARING FOR A NIGHT RACE

By Olympian Jeff Galloway, Official Training Consultant, *runDisney*

Like most of you, I am very excited about the newest of the *runDisney* events: *The Twilight Zone Tower of Terror™* 10-Miler. Above all, I want you to be prepared in all ways for September 29 so that you are ready to run through the night. By following the suggestions below you will be ready to have fun on race night.

Schedule at least two runs during August or September which start at 10pm. This will allow you to adjust your body clock, set up a successful eating pattern and help your body relax afterward the run. Look at the training schedule I designed on the *runDisney* site and plan for the two (or more) runs you will run after dark. It's best if one of the night runs is a longer run (8+ miles). Planning ahead is always better because you may need to arrange some family activities. It's fun to run with one or more friends on these runs.

Safety: Be sure to run in safe areas.

Practice and fine-tune your raceday routine. Morning activities are usually not a problem. On September 29th, many will spend the morning in the parks with family or friends. If you're not used to being on your feet for several hours on a regular basis, I recommend spending no more than 1 hour at a time walking around, with an hour of sitting between. During the afternoon, it's best to have some quiet time. Some take a nap, others read a book, watch a movie, etc. To prepare for race weekend, it's best to

get yourself moving around from 8 p.m. until 10 p.m. This is good practice for getting to the start on raceday.

An eating plan. As you adjust your eating before the long runs, you will be setting up the race day eating schedule. Bottom line is to find out what works for you, leading up to an evening event. You can then be ready to enjoy the run and the food and beverages afterward. Here are my suggestions, based on the eating success of many runners under similar situations:

Morning: eat somewhat normally but avoid large meals.

Afternoon: light snacks of 150-250 calories, about every 2 hours, with 4-6 oz of water.

Evening: Most find it best to stop eating 2-3 hours before the run. Adjust to your needs. If your blood sugar starts to drop, have a light snack, such as an energy bar.

Avoid snacks that are high in fat, or high in fiber. Choose foods that are easy to digest.

Drink 4-6 oz of water with each snack.

Blood sugar insurance. Carry a baggie of blood sugar booster snacks such as gummi bears, hard candies, sugar cubes or the sugar source of your choice, during the half hour before the start. If your blood sugar needs a boost during that 30 minute countdown before running, consume no more than 100 calories.

Blood sugar boost during the long runs/race. The rule of thumb is 30-40 calories every 2 miles. Try this and fine-tune to your needs during long runs. Bring a baggie of the snacks that you have used successfully during the run, and you will have control over low blood sugar at the end.

Fluids: On the days when you have a "rehearsal night run" scheduled, read the suggestions below and fine-tune to your needs.

Morning: 6-8 oz of water or electrolyte beverage every hour.

Afternoon: Drink 4-6 oz of water or electrolyte beverage every 2 hours

Drink 4-6 oz of water with each snack.

During the 2-3 hours before long runs or the race, it's best to stop drinking or

minimize fluid intake (so that you can take your potty stop before the start of the run, instead of during the run).

Don't drink alcohol on day of the long runs or race. Caffeine is generally okay if you are used to having it. Generally it's best to drink your last caffeinated beverage about 2 hours before the start--but do what works for you.

The rule of thumb during long runs/the race is 2-4 oz of water, every 2 miles. Try this out on long runs and fine tune to what works for you.

Logistics: Read over the race day instruction sheet several times, during the 4 weeks before the race. This will help you mentally prepare and rehearse what you will be doing on October 1st.

Enjoy every mile!

runDisney is proud to welcome Jeff Galloway to the team as an Official Training Consultant. Jeff's simple and proven training method has made finishing marathons and half marathons possible for almost everyone – and best of all – without injury or pain.

An Olympian, Jeff ran with Steve Prefontaine, Bill Rodgers, Frank Shorter, and Amby Burfoot when the United States was a leading power in marathoning. He has become the nation's leading running author (over one million books sold), leading coach

(over 250,000 runners), and has a monthly page in the world's leading running publication *RUNNER'S WORLD*. Galloway training programs are in more than 80 cities, and Jeff individually advises an average of 100 runners/walkers a day.

Residents of Atlanta, GA, Jeff and his wife Barbara have two adult sons, Brennan and Westin. Jeff and Barbara run an average of seven marathons together each year, including the *Walt Disney World®* Marathon, a race Jeff has run in every year since its inception in 1994.

Not every princess needs
a magic carpet to fly.



5th Anniversary
Disney's Princess Half Marathon Weekend
Feb. 22-24, 2013

Princesses, make all your Disney wishes come true on a 13.1-mile run through Walt Disney World® Theme Parks. Since it's the 5th anniversary race, you'll run across more magic than ever, including an exclusive finisher medal. Your once upon a time is now!

runDisney

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Register at runDisney.com.



Pacing Requirements, Results & Runner Tracking

Pacing Requirements

All athletes 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 *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.)

Results and Running Tracking

A complete list of results for *The Twilight Zone Tower of Terror™* 10-Miler will be posted on Sunday at runDisney.com

Family and friends will be able to track the participants with live online runner tracking also available on runDisney.com. Participants will have the opportunity to send split times via email, text messaging, and PDAs by registering for this service on the website before 4:00 p.m. on Saturday, September 29.

ChronoTrack B-Tag

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.



Awards

Overall Awards

Top 3 Overall Male & Female 10 Mile Finishers (based on gun time) and top Overall Male & Female Wheelchair Winner (push rim only) (based on gun time) will receive their awards at a presentation to be held outside The American Idol Experience at 12:30 a.m. on Sunday, September 30. *Time subject to change.*

Individual Awards

The following awards will be distributed by mail after the event. Because of the number of people who participate in the 10 mile race, it can often take several minutes to cross the start line. In the interest of fairness, masters, military, and age group award winners will be based on Net Time. Masters that place in the overall division, will receive that overall award only. A runner will not receive two awards for the same race result.

Overall Male & Female Masters Champion

2nd & 3rd Place Wheelchair Winners (Push rim only, based on gun time)

Top 3 Male & Female Military

Top 3 Age Groups (Male & Female)

12-17	30-34	45-49	60-64	75-79
18-24	35-39	50-54	65-69	80 & Over
25-29	40-44	55-59	70-74	



GOOD ENOUGH NEVER IS

Just as you continually strive to better your routine, lengthen your distances, and establish new personal bests, we are committed to an evolution of food, and the many roles it plays in the athletic realm. By remaining dedicated to what we love and do best, we hope to not only help you achieve your goals, but to set some new ones.

At Clif Bar & Company, we believe food should be all natural, organic and delicious, and that it should nourish your body to give you the energy to do the things you love.

**FOR YOUR BODY, FOR THE PLANET,
FOR PERFORMANCE - CLIF BAR.**



[Clif Bars]



[Shot Products]



Load up. Maintain. Replenish.

Fuel your body before, during and after the race, with the essential vitamins and nutrients found in Chiquita and Fresh Express products.

Visit www.Chiquita.com and FreshExpress.com or check us out on



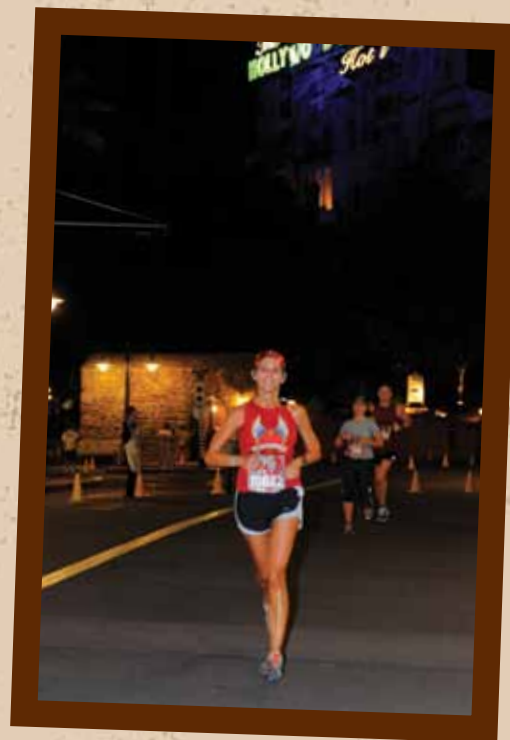
Spectator Viewing

The Twilight Zone Tower of Terror™ 10-Miler Viewing Locations

Limited spectator viewing will be available at the race start at *Disney's Hollywood Studios*.

Spectators can also view their runner at Champion Stadium at ESPN Wide World of Sports Complex. Entry into Champion Stadium is free for race spectators. Those wishing to view from Champion Stadium will need to take an event bus from *Disney's Hollywood Studios* to ESPN Wide World of Sports Complex. Event buses will run continuous loops for spectators from *Disney's Hollywood Studios* to ESPN Wide World of Sports Complex from 9:30 p.m. to 12:30 a.m. Champion Stadium is at mile 6.5 therefore spectators should plan for their runner's pace and anticipated finish time. Spectators who opt to view their runner at Champion stadium and the finish line at *Disney's Hollywood Studios* should allow 10 minutes to walk from the stadium to the bus, 20 minutes of transportation time and 10 minutes to walk to the finish line.

Spectator viewing with limited seating will be available at the finish line at *Disney's Hollywood Studios*. Spectators must purchase a Disney Villains Hollywood Bash ticket to enter *Disney's Hollywood Studios* to view the finish line and for the afterhours party.



Transportation & Driving Directions

Host Resort Transportation

The Twilight Zone Tower of Terror™ 10-Miler Transportation has been arranged for participants staying at the host resorts listed below. Buses will be indicated by the *runDisney* signs placed in the front windows.

Notes:

- **10-Miler Weekend Transportation is only provided to and from the host resorts.**
- **Parking is limited at all *The Twilight Zone Tower of Terror™* 10-Miler Weekend venues. We strongly encourage the use of event transportation whenever possible.**
- **Please check with the respective resort front desks for race transportation pick up locations.**

Disney's All-Star Movies Resort

Disney's All-Star Sports Resort

Disney's BoardWalk Resort

Disney's Port Orleans Resort – French Quarter

Disney's Port Orleans Resort – Riverside

Disney's All-Star Music Resort

Disney's Beach Club Resort

Disney's Caribbean Beach Resort

Disney's Yacht Club Resort

Expo

The Twilight Zone Tower of Terror™ 10-Miler Weekend Transportation will depart from host resorts to the ESPN Wide World of Sports Complex approximately every 15-20 minutes. Transportation to the Expo will begin one half hour prior to opening and will continue until one half hour after closing.

Disney Happy Haunted 5K Trail Run

Transportation from host resorts will begin at 5:00 a.m. and will run continuously to the ESPN Wide World of Sports Complex. All 5K runners must board buses no later than 6:00 a.m. in order to make it to their corrals by 6:45 a.m. *Guests not staying at a host resort will need to provide their own transportation to ESPN Wide World of Sports Complex. Parking is free for runners and spectators.*

runDisney Kids' Races

Transportation from host resorts will begin at 5:00 a.m. and will run continuously to the ESPN Wide World of Sports Complex. All Kids' Race participants must board buses no later than 8:00 a.m. in order to make it to their corrals by 8:45 a.m. *Guests not staying at a host resort will need to provide their own transportation to ESPN Wide World of Sports Complex. Parking is free for runners and spectators.*

The Twilight Zone Tower of Terror™ 10-Miler

Transportation from host resorts to Disney's Hollywood Studios will begin departure at 7:00 p.m. 10 Mile runners must board buses no later than 8:00 p.m. in order to make it to their corrals by 9:15 p.m. Race Transportation will continue throughout the evening for spectators. *Guests not staying at a host resort will need to provide their own transportation to ESPN Wide World of Sports Complex. Parking is free for runners and spectators.*

Disney Villains Hollywood Bash

Finish Line Spectator admission to *Disney's Hollywood Studios* begins at 10:00 p.m. and a party ticket is required. For race spectators, the only transportation to *Disney's Hollywood Studios* from your host resort is via *The Twilight Zone Tower of Terror™* 10-Miler Event Bus Transportation. Please confirm with your resort front desk the load zone for *The Twilight Zone Tower of Terror™* 10-Miler Event buses.

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 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.

Directions to ESPN Wide World of Sports Complex for the 10 Mile

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 arrive no later than 8:00 p.m. in order to catch the shuttle to the Start at *Disney's Hollywood Studios*.

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Medical Information

There will be two (2) Florida Hospital Celebration Health Medical Stations located along the course and will be marked with medical flags. With prior training, you should be prepared for the physical demands of the 10 mile race. 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 replacement (PowerAde, etc.).
- Drink approximately 16 ounces 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 of hydration status if taking these supplements.



Medical Information

- 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 an other 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.

Weekend Beneficiary & Sports Enthusiasts

Weekend Beneficiary

The Twilight Zone Tower of Terror™ 10-Miler Weekend benefits Autism Speaks, an organization dedicated to funding global biomedical research into the causes, prevention, treatments, and cure for autism; to raising public awareness about autism and its effects on individuals, families, and society; and to bringing hope to all who deal with the hardships of this disorder. With the support of volunteers and participants in Autism Speaks Team Up program, *The Twilight Zone Tower of Terror™* 10-Miler Weekend will help bring the autism community together as one strong voice to urge the government and private sector to listen to our concerns and take action to address this urgent global health crisis. It is Autism Speaks firm belief that, working together, we will find the missing pieces of the puzzle. We are committed to raising the funds necessary to support these goals.

Participants and volunteers have the opportunity to make donations to Autism Speaks at the point of registration or by visiting our web site at runDisney.com or visiting their website directly at www.autismspeaks.org

Autism Speaks

Autism Speaks was founded in February 2005 by Bob and Suzanne Wright, grandparents of a child with autism. Since then, Autism Speaks has grown into the nation's largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for

autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families. We are proud of what we've been able to accomplish and look forward to continued successes in the years ahead. To learn more, visit autismspeaks.org

Sports Enthusiasts

Over 1,100 volunteers will assist throughout *The Twilight Zone Tower of Terror™* 10-Miler Weekend on behalf of Autism Speaks.

- Approximately 320 volunteers will assist with packet pickup during the Health & Fitness Expo
- Over 100 volunteers will assist with the Disney's Happy Haunted 5K Trail Run
- Over 223 medical volunteers will staff Florida Hospital's medical stations during the 10-Miler
- Over 740 volunteers will staff Start Line, Course Monitor, Water Stop, and Finish Line locations during the 10-Miler on Saturday

Information Team

Information Team Volunteers will be available to answer race-related questions for participants and guests. These volunteers can be identified by a bright orange apron that says "Ask Me". Information Team Volunteers will staff the Information Booths at the Health & Fitness Expo. They will also staff the Information Tent in the Start and Family Reunion, and Party areas during the 10 Mile.



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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

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