

2015

WALT DISNEY WORLD

MARATHON

WEEKEND

PRESENTED BY



Cigna.

OFFICIAL
EVENT GUIDE

BY YOUR SIDE

START TO FINISH

Every mile. Every cheer. Every inspirational moment.
Cigna will be with you – all the way to the finish line.

Cigna.com/together



Together, all the way.™

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Dear Runners,

Welcome to the 2015 *Walt Disney World*® Marathon Weekend presented by Cigna®. We appreciate the time and effort you've put in training to get here and we're thrilled to have you as our guest. We hope this weekend will bring you lots of excitement, entertainment and joy as you *runDisney* and experience running at the most magical place on earth.

Our *runDisney* team has planned an amazing weekend for you and your loved ones traveling with you. The fun starts Wednesday with the *runDisney* Health and Fitness Expo where you can gear up with the best and latest running gear, as well as learn from our running and fitness experts. The series of races begin on Thursday with our family-friendly favorites; the *Walt Disney World*® 5K, which is a thrilling run through *Epcot*® and the Kids' Races at the ESPN Wide World of Sports Complex. On Friday morning, the *Walt Disney World*® 10K winds throughout *Epcot*® and the scenic World Showcase. The *Walt Disney World*® Half Marathon takes place on Saturday, with runners starting at *Epcot*® and traveling around Cinderella's Castle at the *Magic Kingdom*® Park. Sunday brings our finale with the *Walt Disney World*® Marathon - 26.2 miles spanning across the *Walt Disney World*® Resort. This challenging run sets its course through all four *Walt Disney World*® theme parks plus the ESPN Wide World of Sports and the *Walt Disney World*® SPEEDWAY. As you might expect, all of our races will be filled with great music, entertainment and plenty of your favorite Disney characters. There will be countless opportunities for photos and fun to make the miles fly by.

This year marks the 10th anniversary of Goofy's Race and a Half Challenge and we commend those of you that are "Goofy" enough to take on 39.3 miles and two days of running in the middle of the magic. And for those of you who are taking on our Dopey Challenge, a combination of our 5K, 10K, Half Marathon and the Marathon for a total of 48.6 miles, we are amazed and hope you will enjoy the six pieces of "bling" you will receive for your accomplishments.

We applaud those of you who are running for a cause or in honor of a loved one - we know how hard you have worked. This weekend, many of you will set a new personal record and many others will accomplish a lifetime goal or dream.

On behalf of our Cast Members, volunteers, our presenting sponsor Cigna, and our celebratory charity, The Leukemia & Lymphoma Society, thank you for participating in the 2015 *Walt Disney World*® Marathon Weekend.

May every mile be magical,

Maribeth Bisiener
Senior Vice President
ESPN Wide World Of Sports Complex,
Downtown Disney, Water Parks and Mini Golf



HELLO RUNNERS, VOLUNTEERS & SPECTATORS!

Welcome to the 2015 *Walt Disney World*® Marathon Weekend presented by Cigna®. Thank you so much for being here!

Cigna is proud to sponsor this magical event for the seventh year. Our team of more than 35,000 employees from around the world shares a commitment to having the backs of the people we serve through every phase of their life's journey, making sure they know that they never have to go through these times alone - embodied by Cigna's brand message of "Together, all the way."

That's especially true this weekend, as we all experience the Disney magic and "going the extra mile" together! From the *Walt Disney World*® 5K to the 10K to the 48.6-mile Dopey Challenge, there's something for everyone: whether you're a first-time runner, a racing veteran, or here to cheer on your family, friends and coworkers.

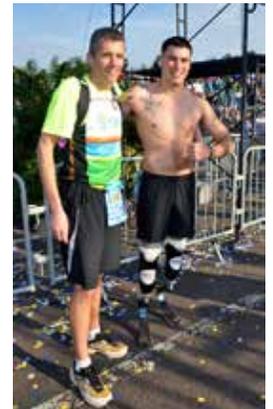
I hope you'll find the entire weekend as exciting and memorable as I always do. The *runDisney* team, along with hundreds of volunteers, has once again coordinated a spectacular experience for you.

Again, I thank you for joining us this weekend. I wish you a wonderful time at the *Walt Disney World*® Resort, and a healthy and happy new year!

David M. Cordani
President and Chief Executive Officer
Cigna Corporation

PS: I'm hoping you have such an amazing time this weekend that you'll also join us for the latest expansion in Cigna's relationship with Disney - the Disneyland Half-Marathon Weekend this August!

Cigna.com/together



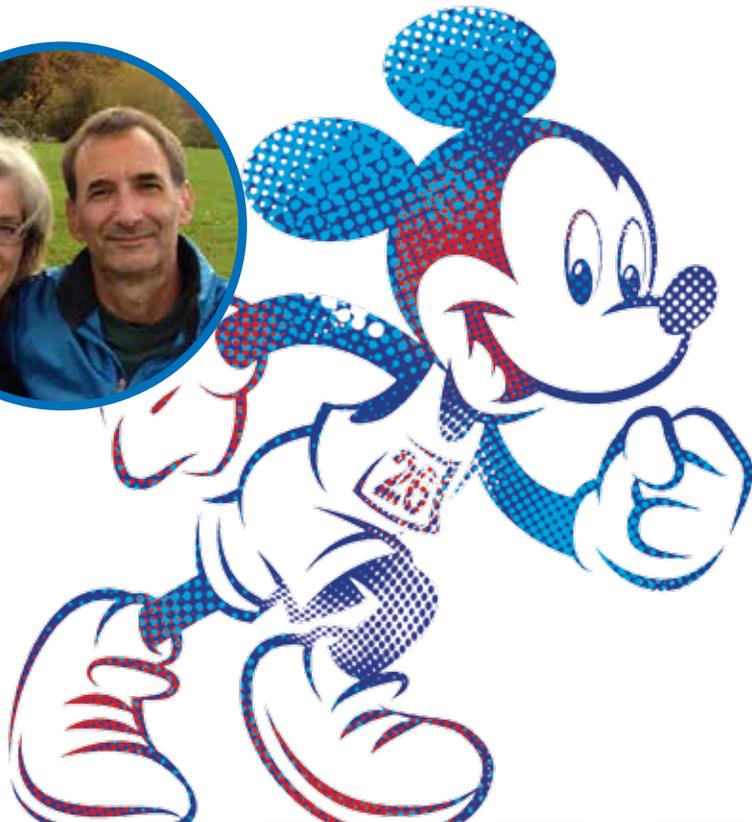
Together, all the way.™

About Our Race Director

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 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 31 years and have a daughter, Emma and a son, Christopher.



STREET, MEET SMARTS.

Intelligent at its core, the new 860v5 is built for more comfort and is even more excellent than its predecessor. It's plush, it's stable, and it's anything but ordinary.

THIS IS #RUNNOVATION.

newbalance.com/GetFit



Weekend Itinerary

runDisney Health & Fitness Expo

ESPN Wide World of Sports Complex
10:00 a.m. – 8:00 p.m. on Wednesday,
January 7, 2015
9:00 a.m. – 7:00 p.m. on Thursday,
January 8, 2015
9:00 a.m. – 7:00 p.m. on Friday,
January 9, 2015
10:00 a.m. – 4:00 p.m. on Saturday,
January 10, 2015

runDisney Kids Races*

New Balance Track & Field Complex
11:00 a.m. on Thursday, January 8, 2015
11:00 a.m. on Friday, January 9, 2015
11:00 a.m. on Saturday, January 10, 2015

Mickey Mile*

ESPN Wide World of Sports Complex
12:30 p.m. on Thursday, January 8, 2015
12:30 p.m. on Friday, January 9, 2015
12:30 p.m. on Saturday, January 10, 2015

Pasta in the Park Party*

Epcot®
7:00 p.m. on Thursday, January 8, 2015
7:00 p.m. on Friday, January 9, 2015
7:00 p.m. on Saturday, January 10, 2015

Family Reunion Breakfast*

Epcot®
7:00 a.m. – 9:00 a.m. on Thursday,
January 8, 2015
6:30 a.m. – 8:30 a.m. on Friday,
January 9, 2015

Race Retreat*

Epcot®
Saturday, January 10, 2015
3:00 a.m. – 5:00 a.m. - Runner's Only
5:30 a.m. – 10:00 a.m.
Sunday, January 11, 2015
3:00 a.m. – 5:00 a.m. - Runner's Only
5:30 a.m. – 1:30 p.m.

Walt Disney World® 5K presented by Cigna®*

Start/Finish: Epcot®
6:15 a.m. on Thursday, January 8, 2015

Walt Disney World® 10K presented by Cigna®*

Start/Finish: Epcot®
5:30 a.m. on Friday, January 9, 2015

Walt Disney World® Half Marathon presented by Cigna®*

Start/Finish: Epcot®
5:30 a.m. on Saturday, January 10, 2015

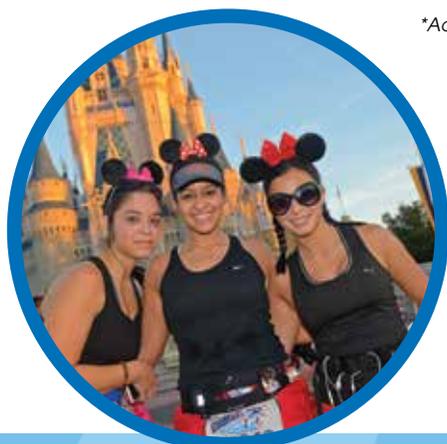
Walt Disney World® Marathon presented by Cigna®*

Start/Finish: Epcot®
5:30 a.m. on Sunday, January 11, 2015

The Cool Down Party at

Downtown Disney®
Downtown Disney® Marketplace
2:00 p.m. – 8:00 p.m. on Sunday,
January 11, 2015

*Advance purchase required.



Walt Disney World® Resort Park Hours

Wednesday, January 7

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

Thursday, January 8

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

Friday, January 9

Magic Kingdom® Park 9:00 a.m. – 9:00 p.m.
Epcot® 9:00 a.m. – 9:00 p.m.
Disney's Hollywood Studios® 9:00 a.m. – 7:00 p.m.
Disney's Animal Kingdom® Park 9:00 a.m. – 6:00 p.m.

Saturday, January 10

Magic Kingdom® Park 9:00 a.m. – 10:00 p.m.
Epcot® 9:00 a.m. – 9:00 p.m.
Disney's Hollywood Studios® 9:00 a.m. – 8:00 p.m.
Disney's Animal Kingdom® Park 9:00 a.m. – 8:00 p.m.

Sunday, January 11

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

*Subject to change.



Transportation

Special Transportation has been arranged for participants staying at *Walt Disney World*® Resort Hotels. Buses will be indicated by *runDisney* Transportation signs placed in the front windows. Staff in yellow shirts will be onsite at the resorts and event locations to assist.

runDisney Health & Fitness Expo **Wednesday, January 7**

- From Host Resorts to Expo
9:30 a.m. – 7:30 p.m.
- Transportation from Expo to Host Resorts concludes at 8:30 p.m.

Thursday, January 8

- From Host Resorts to Expo
8:30 a.m. – 6:30 p.m.
- Transportation from Expo to Host Resorts concludes at 7:30 p.m.

Friday, January 9

- From Host Resorts to Expo
8:30 a.m. – 6:30 p.m.
- Transportation from Expo to Host Resorts concludes at 7:30 p.m.

Saturday, January 10

- From Host Resorts to Expo
9:30 a.m. – 3:30 p.m.
- Transportation from Expo to Host Resorts concludes at 4:30 p.m.

Pasta in the Park Party

- Please utilize existing *Walt Disney World*® transportation.

Walt Disney World® 5K presented by Cigna®

- Bus Transportation
 - 4:15 a.m. – 5:30 a.m. and
7:00 – 9:00 a.m.
- Monorail Transportation will be available starting at 3:00 a.m.
- Participants must board a bus or monorail no later than 5:00 a.m. in order to make it to their corrals on time.

runDisney Kids Races

- Please utilize Expo Transportation Schedule.

Walt Disney World® 10K presented by Cigna®

- Bus Transportation
 - 3:30 a.m. – 5:00 a.m. and
7:00 – 10:00 a.m.
- Monorail Transportation will be available starting at 3:00 a.m.
- Participants must board a bus or monorail no later than 4:00 a.m. in order to make it to their corrals on time.

Walt Disney World® Half Marathon presented by Cigna®

- Bus Transportation
 - 3:00 a.m. – 5:00 a.m. and
7:00 – 11:00 a.m.
- Monorail Transportation will be available starting at 3:00 a.m.
- Participants must board a bus or monorail no later than 4:00 a.m. in order to make it to their corrals on time.

Walt Disney World® Marathon presented by Cigna®

- Bus Transportation
 - 3:00 a.m. – 5:00 a.m. and
7:00 – 2:00 p.m.
- Monorail Transportation will be available starting at 3:00 a.m.
- Participants must board a bus or monorail no later than 4:00 a.m. in order to make it to their corrals on time.

The Cool Down Party at Downtown Disney®

- Please utilize existing *Walt Disney World*® transportation.

Driving Directions

Arriving by Car

Guests who do not stay at a host resort will need to provide their own transportation to weekend events.

Directions to ESPN Wide World of Sports Complex (Expo 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 Epcot® (5K, 10K and Half Marathon) On Friday and Saturday:

Take I-4 to exit 64 (192 West) and follow the signs to *Epcot*®.

Directions to Epcot® (Marathon) On Sunday:

Take I-4 to exit 65 (Osceola Parkway West) and follow the signs to *Epcot*®. Guests coming from (192) are strongly encouraged to take I-4 to exit 65 (Osceola Parkway West) because there will be SIGNIFICANT DELAYS starting at 3:30 a.m. due to road closures.

For Guests driving to *Epcot*® on Saturday and Sunday, EXPECT SIGNIFICANT DELAYS! Roads begin to close as early as 11:00 p.m. on the evenings before the Half Marathon and Marathon.

GPS devices or other sources will be inaccurate due to road closures. Please use the provided directions and plan to arrive no later than 4:30 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 (*Epcot*® Wonder Lot) to the start line.

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at *Epcot*®. Runners who try to access the start corrals from any area other than the Explore Lot at *Epcot*® are subject to disqualification. Runner drop off is available in the Taxi Lot at *Epcot*®.



runDisney Health & Fitness Expo

10:00 a.m. – 8:00 p.m. on Wednesday, January 7, 2015
 9:00 a.m. – 7:00 p.m. on Thursday, January 8, 2015
 9:00 a.m. – 7:00 p.m. on Friday, January 9, 2015
 10:00 a.m. – 4:00 p.m. on Saturday, January 10, 2015

The runDisney Health & Fitness Expo welcomes all Marathon Weekend participants to experience a four-day celebration focused on health and fitness. The event features celebrity runner appearances, the opportunity to experience the latest in running and fitness equipment, and seminars on training, racing, and nutrition. Each seminar, hosted by TV and radio race commentator Creigh Kelley, lasts 30 to 45 minutes and will include a Q&A session.

Packet Pick-Up and Waivers

All event weekend participants are required to attend Packet Pick-Up in order to receive your race bib, bag check sticker, gEAR bag, and race shirt.

Packet Pick Up is located in the following locations:

- **HP Field House – Entry Level**
 - Kids Races
 - 5K
 - 10K
 - Goofy's Race and a Half Challenge
 - Dopey Challenge
 - Pre-Purchased Commemorative Jacket
- **HP Field House – Lower Level**
 - Half Marathon
 - Marathon
 - ChEAR Squad
 - Race Retreat
 - Family Reunion Breakfast

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, onsite waiver printing will be available. **You must pick up your own participant packet (which includes your event-issued bib number and timing device) during regularly scheduled hours.**

Commemorative Items*

Pick up Commemorative and pre-purchased items at the HP Fieldhouse. You will need to show your ID to pick up your items:

- Commemorative Pins
- Commemorative Ears
- Commemorative Necklace

**Please remember that items not picked up will not be mailed or refunded.*

Dopey Challenge

You are required to attend Packet Pick-Up on Wednesday in order to receive your race materials. You will receive the following materials: two race bibs with two B-Tags, one bag check sticker, one gEAR bag, and six race shirts. You will have one race bib for the 5K and 10K distance races. You will have a second race bib for the Half Marathon and Marathon distances. Your bag check sticker and gEAR bag are to be used on all four days.

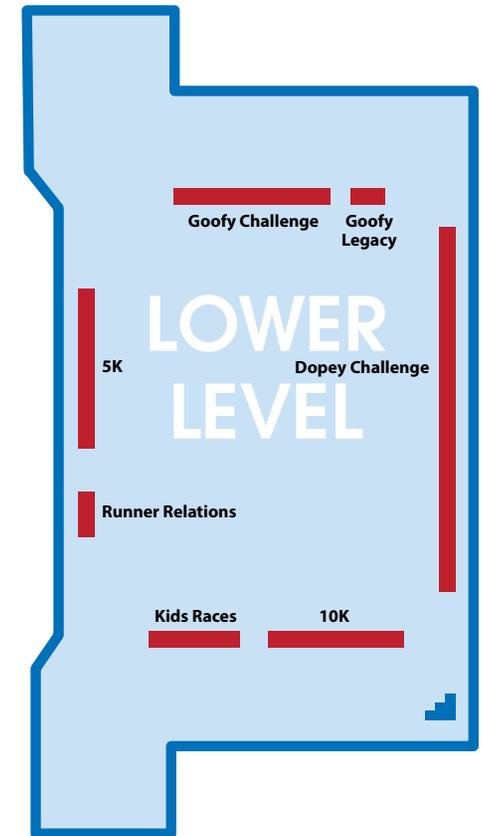
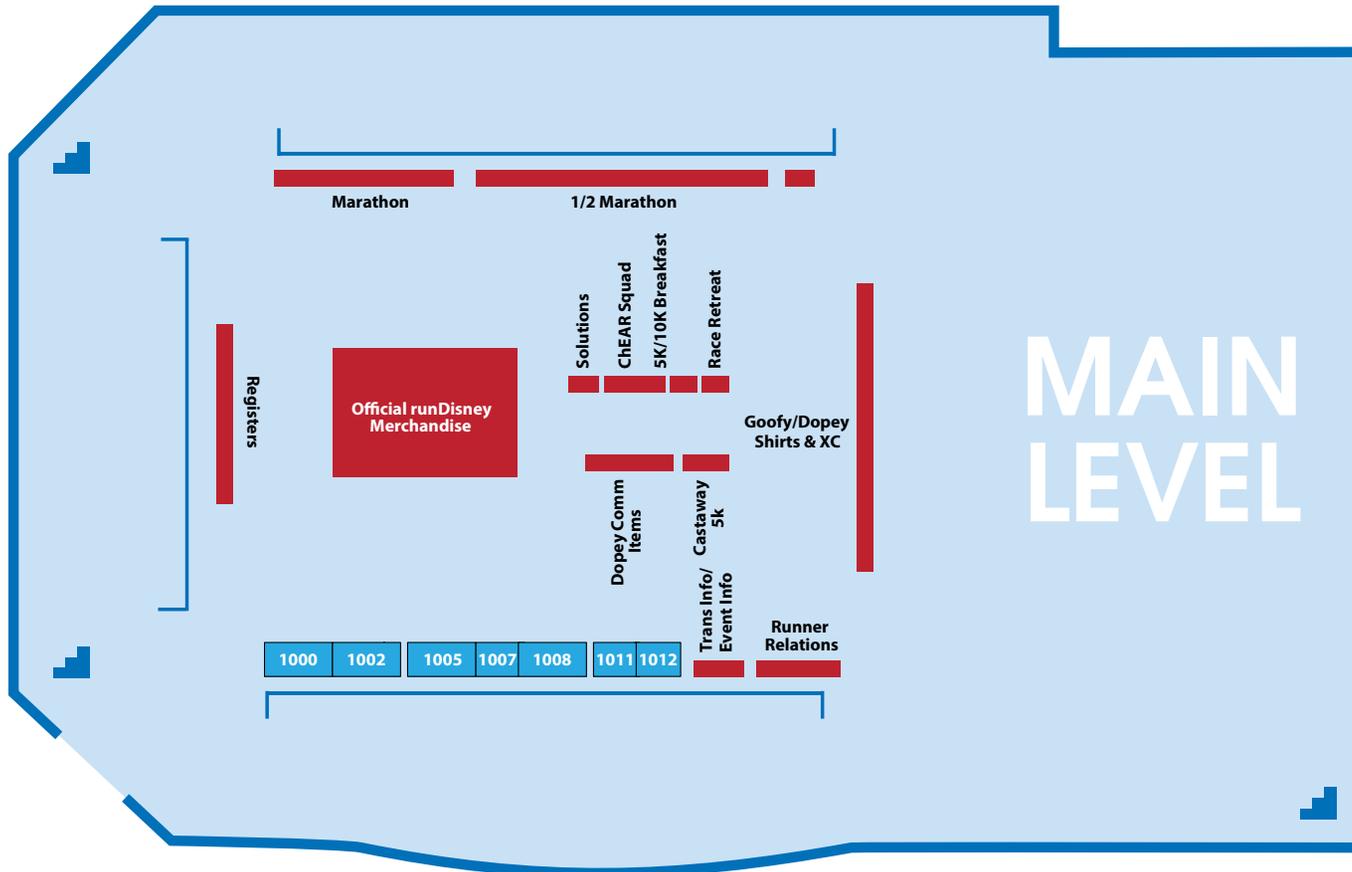
Goofy's Race and a Half Challenge

You are required to attend Packet Pick-Up on Wednesday, Thursday, or Friday in order to receive your race materials. You will receive the following materials: one race bib with B-Tag, one bag check sticker, one gEAR bag, and three race shirts. Your race bib, bag check sticker, and gEAR bag are to be used on both days.

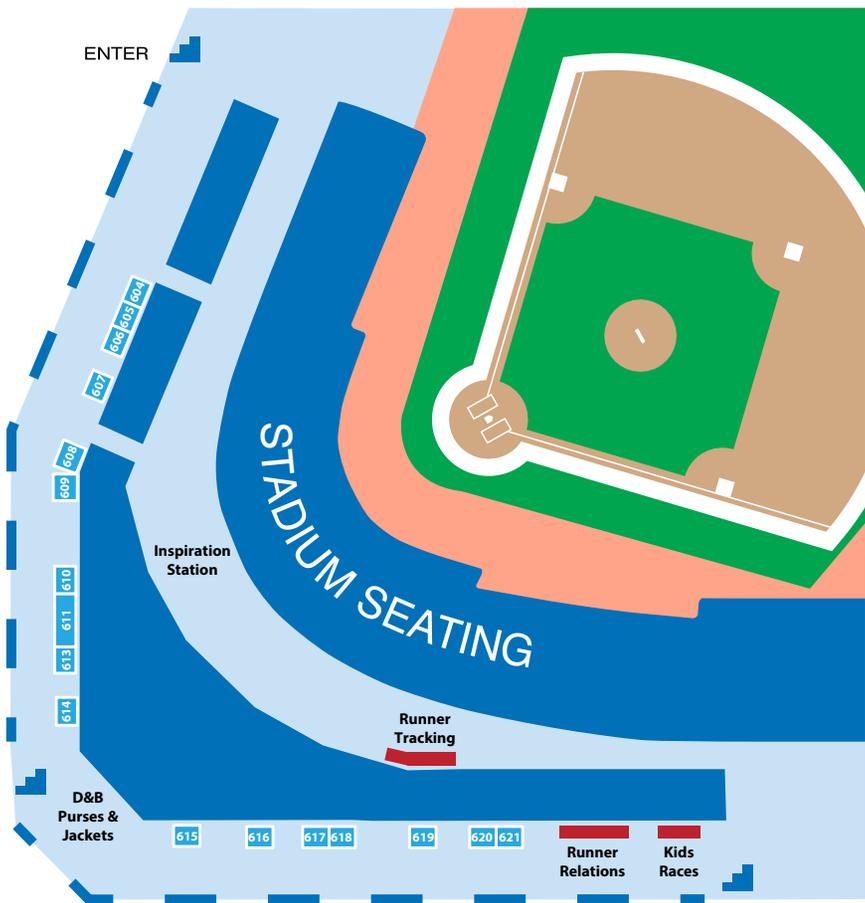


- A HP Field House**
 - 5K, 10K, Half & Full Marathon Packet Pick-Up
 - Dopey & Goofy Packet, Race Shirt & gEAR Bag Pick-Up
 - Kids Races Packet & Race Shirt Pick-Up
 - Official runDisney Merchandise
 - Commemorative Items
 - ChEAR Squad, Race Retreat and Family Reunion Breakfast
 - Exhibitors
 - Pre-Purchased Commemorative Jacket
- B Jostens® Center**
 - 5K, 10K, Half & Full Marathon Race Shirt & gEAR Bag Pick-Up
 - Speaker Series
 - Exhibitors
 - Official runDisney Merchandise
- C Champion® Stadium**
 - Inspiration Station
 - Runner Tracking
 - Exhibitors
 - Dooney & Bourke Items
 - Pre-Purchased Commemorative Jacket
- D Welcome Center**
 - Will Call Pasta in the Park Party Tickets
 - Theme Park Tickets
- E New Balance Track & Field Complex**
 - runDisney Kids Races
- F Field 17**
 - Mickey Mile Start & Staging Area

Expo Floorplan - HP Field House



Exhibitor	Booth	Exhibitor	Booth
FlipBelt	1012	Skechers	1008
MarathonFoto	1002	The Leukemia & Lymphoma Society - Team In Training	1000
Milestones Sports Jewelry & Apparel	1011	Zoot Sports	1005
Running Buddy	1007		



Exhibitor	Booth	Exhibitor	Booth
Active Sol Eyewear	610	RunGirlRun	608
AllWhites	609	Sparkle Athletic	611
Compressport USA	604	TEAM 413	614
Enovative Technologies	607	The RooSport	613
Real Time Pain Relief	606		

RUN TOGETHER

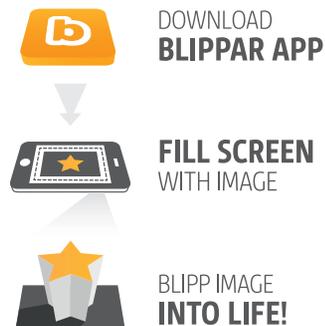
Runners support their fans. Fans support their runners. And only together, they reach the finish line.

New this year, we're celebrating the magic of *runDisney* with runners and their biggest fans through a virtual photo experience. It's happening at the Cigna Inspiration Station at the Expo. And you won't want to miss it.

Start by downloading the blippar app to your phone. Blipp this page. Then stop by the Cigna Inspiration Station at the Expo to see it become reality.

Stay connected through hashtags #WDMarathon and #CignaRunTogether during the race to join in the social magic!

Cigna.com/together



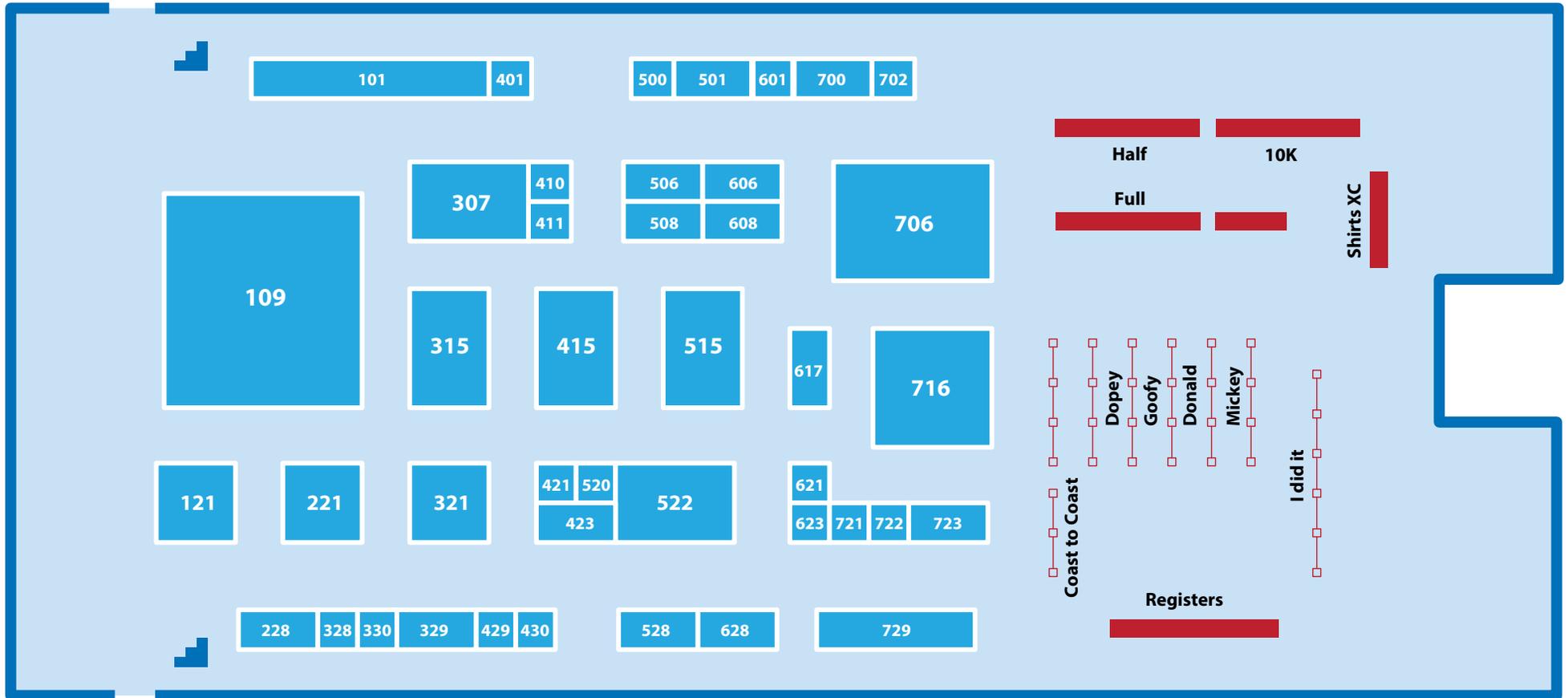
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Expo Floorplan - Jostens® Center



Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth
APEX by Sunglass Hut	723	Coolcore	328	GoodSense	528	Snuggbuds Sports Headsets	410
Armpocket	401	CW-X	520	KT Tape	500	SportHooks	601
ASICS	307	Dannon	702	Lasting Commemoratives	501	Sweaty Bands	700
Balega	421	Disney Vacation Club	628	Lift Your Sole	722	TheStick.com - amazing	228
BeeCause Charms	430	Features!	330	New Balance	109	self massage	
Bondi Band	623	Fit2Run	315, 415, 515, 617	One More Mile	508	Track Shack	321, 423
Brooks Sports	522	Filetic	606	Polar Electro	329	Transitions adaptive lenses	608
Champion Apparel	706	Florida Hospital Celebration Health	121	Raw Threads	101	yurbuds Powered by JBL	721
Chiquita	506	Fond Memories Graphics	621	runDisney	729		
Cigna	716			Runner's World	429		
Clif Bar & Company	221			Running Skirts	411		

Wednesday, January 7, 2015
10:00 a.m. - 8:00 p.m.

11:00 a.m.
Jeff Galloway, Official runDisney Training Consultant

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

Noon
Sport Science for Runners presented by Florida Hospital Celebration Health

Join Florida Hospital Celebration Health's Athletic Performance Assessment expert to learn the latest on how specific nutrients affect training, metabolism and recovery. Learn about personalized fueling and hydration strategies by Rikki Keen, Sports Dietitian/Exercise Physiologist. Come ready to talk about sweat, optimal fat burning, meal timing and more!

1:00 p.m.
Dopey Challenge Strategy Panel

If you're running the Dopey Challenge, this is a session you would be Dopey to miss. Come get tips from our professional Dopey Challenge panel including our runDisney nutritionist, seasoned runner Bart Yasso, as well as running coach Jenny Hadfield...the only one missing is Snow White!

2:00 p.m.
Fashion Show & Sports Bra Science 101 presented by Champion®

Check out the latest product technology and innovation at the Champion Athleticwear Fashion Show featuring our NEW Spring 2015 Collections. And every woman knows finding the perfect sports bra is one of life's greatest challenges. You'll be able to beat the bounce and banish chafing after attending this session with LaJean Lawson, PhD - global sports bra guru.

She'll show you how to select the right bra for your body type and take you on a tour of the high-performance Champion® Athleticwear line.

3:00 p.m.
How to Get The Most From Your Marathon Experience presented by Cigna®

Want to know what to expect on the course? How to prepare yourself – nutritionally, emotionally, physically for your big weekend? Come hear from experts and skilled marathoners what best practices they have learned from years of running at the *Walt Disney World®* Marathon Weekend – and how you can benefit from their knowledge! Tips, tricks, and pointers on what not to miss for your big race!

4:00 p.m.
Don't Make Dopey Mistakes presented by Clif Bar

We want you to make your way to the finish line Happy – not Sleepy, Grumpy or Bashful. The Clif Bar Pace Team will help you get there by sharing some Dopey pacing mistakes and what you can do to avoid them.

5:00 p.m.
Dopey Challenge Information For Runners and Spectators runDisney Panel

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the Dopey Challenge. We've lined up the race director, course director and spectator experts to share all the important details and they'll also take some time to answer questions from the crowd in an interactive Q&A session.

6:00 p.m.
One Step at a Time Sean Astin, Dave McGillivray, & John Bingham
 Boston Marathon Race Director Dave McGillivray, actor Sean Astin, and ambassador of the Leukemia and

Lymphoma society John Bingham have some serious miles under their belt. Join them as they share their inspirational stories and take away some extra motivation to help you cross the finish line.

Thursday, January 8, 2015
9:00 a.m. - 7:00 p.m.

10:00 a.m.
Fashion Show & Sports Bra Science 101 presented by Champion®

Check out the latest product technology and innovation at the Champion Athleticwear Fashion Show featuring our NEW Spring 2015 Collections. And every woman knows finding the perfect sports bra is one of life's greatest challenges. You'll be able to beat the bounce and banish chafing after attending this session with LaJean Lawson, PhD - global sports bra guru. She'll show you how to select the right bra for your body type and take you on a tour of the high-performance Champion® Athleticwear line.

Noon
Tips and Tricks to Prepare for Race Day

Join runDisney nutritionist Tara Gidus, running coach Jenny Hadfield, and Leslie Kay the creator of Disney Bound as they discuss topics like what to wear, how to refuel, and race strategy, this session will prepare you for your best race day yet!

1:00 p.m.
Come on get 'Appy! presented by Cigna®

How can the newest digital engagement tools improve your running? Join Cigna in a discussion on the latest mobile innovations/apps, wearable devices, and gamification are being used to help runners and 'walkers' alike to take charge of their health and wellness, stay motivated and reach their goals! Be sure to bring your questions and your favorite technology to discuss with the crowd.

2:00 p.m.
One Step at a Time Sean Astin, Dave McGillivray, & John Bingham

Boston Marathon Race Director Dave McGillivray, actor Sean Astin, and ambassador of the Leukemia and Lymphoma society and columnist John Bingham have some serious miles under their belt. Join them as they share their inspirational stories and take away some extra motivation to help you cross the finish line.

3:00 p.m.
Information For Runners and Spectators runDisney Panel

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the Half Marathon and Marathon Courses. We've lined up the race director, course director and spectator experts to share out all the important details; they'll also take some time to answer questions from the crowd in an interactive Q&A session.

4:00 p.m.
Sport Science for Runners presented by Florida Hospital Celebration Health

Join Florida Hospital Celebration Health's Athletic Performance Assessment expert to learn the latest on how specific nutrients affect training, metabolism and recovery. Learn about personalized fueling and hydration strategies by Rikki Keen, Sports Dietitian/Exercise Physiologist. Come ready to talk about sweat, optimal fat burning, meal timing and more!

5:00 p.m.
Don't Make Dopey Mistakes presented by Clif Bar

We want you to make your way to the finish line Happy – not Sleepy, Grumpy or Bashful. The Clif Bar Pace Team will help you get there by sharing some Dopey pacing mistakes and what you can do to avoid them.

6:00 p.m.

Stay Strong to the Finish
Jeff Galloway, Official runDisney
Training Consultant

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

Friday, January 9, 2015
9:00am – 7:00pm

10:00 a.m.

Motivation and Inspiration – How To
Keep Yours Going presented by Cigna®

Join this session to hear motivating and inspiring stories from Achilles Freedom Team of Wounded Veterans, Tom Davis and Travis Wood. Tom and Travis will share their stories of overcoming incredible difficulties and life threatening injuries to what motivates them to keep participating in – and winning – marathons across the country.

11:00 a.m.

Tips from the World Marathon Major
Race Directors

Join six of the largest and most renowned marathons in the world: Tokyo Marathon, B.A.A. Boston Marathon, London, BMW Berlin Marathon, Bank of America Chicago Marathon and TCS New York City Marathon as they share their passion for running. Make sure you bring your questions!

Noon

Fashion Show & Sports Bra Science 101
presented by Champion®

Check out the latest product technology and innovation at the Champion Athleticwear Fashion Show featuring our NEW Spring 2015 Collections. And every woman knows finding the perfect sports bra is one of life's greatest challenges. You'll be able to beat the bounce and

banish chafing after attending this session with LaJean Lawson, PhD – global sports bra guru. She'll show you how to select the right bra for your body type and take you on a tour of the high-performance Champion® Athleticwear line.

1:00 p.m.

Information For Runners and Spectators
runDisney Panel

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the Half Marathon and Marathon Courses. We've lined up the race director, course director and spectator experts to share out all the important details; they'll also take some time to answer questions from the crowd in an interactive Q&A session.

2:00 p.m.

Runner's World Challenge Strategy Session
Barl Yasso, Warren Greene, and Budd
Coates

Runner's World and runDisney have teamed up to put together some helpful tips to make your race day Magical! Covering topics such as what to wear, how to refuel and race strategy, this session will prepare you for your best race day yet!

3:00 p.m.

One Step at a Time
Sean Astin and Dave McGillivray

Boston Marathon Race Director Dave McGillivray and actor Sean Astin have some serious miles under their belt. Join them as they share their inspirational stories and take away some extra motivation to help you cross the finish line.

4:00 p.m.

Stay Strong to the Finish
Jeff Galloway, Official runDisney
Training Consultant

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have

helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

Saturday, January 11, 2014
10:00 a.m. – 4:00 p.m.

11:00 a.m.

Good Sense
Pain Prevention and Management for
Runners presented by GoodSense
Fitz Koehler, M.S.E.S.S - Fitness Expert
of Fitzness.com

IT Band Syndrome, Plantar Fasciitis and Shin Splints. Oh my! Runners sure do know a lot of funny words for pain. Fortunately, most of it can be prevented or treated fairly easily with a proper strength training and stretching plan. Fitz will teach you preventative exercises to include in your workouts as well as demonstrate a variety of methods and tools to help you deal with pain once it's reared its ugly head.

Noon

Fashion Show & Sports Bra Science
101 presented by Champion®

Check out the latest product technology and innovation at the Champion Athleticwear Fashion Show featuring our NEW Spring 2015 Collections. And every woman knows finding the perfect sports bra is one of life's greatest challenges. You'll be able to beat the bounce and banish chafing after attending this session with LaJean Lawson, PhD – global sports bra guru. She'll show you how to select the right bra for your body type and take you on a tour of the high-performance Champion® Athleticwear line.

1:00 p.m.

Information For Runners and Spectators
runDisney Panel

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the Half

Marathon and Marathon Courses. We've lined up the race director, course director and spectator experts to share out all the important details; they'll also take some time to answer questions from the crowd in an interactive Q&A session.

2:00 p.m.

One Step at a Time
Sean Astin, Dave McGillivray, &
John Bingham

Boston Marathon Race Director Dave McGillivray, actor Sean Astin, and ambassador of the Leukemia and Lymphoma society and columnist John Bingham have some serious miles under their belt. Join them as they share their inspirational stories and take away some extra motivation to help you cross the finish line.

3:00 p.m.

Tips and Tricks to Prepare for Race Day

Join runDisney nutritionist Tara Gidus, running coach Jenny Hadfield, Runner's World Editor Warren Greene, and Leslie Kay the creator of Disney Bound as they discuss topics like what to wear, how to refuel, and race strategy, this session will prepare you for your best race day yet!



**MAKING A
WORLD OF
DIFFERENCE**

Guiding a visually-impaired runner along the course of his first marathon; inspiring young girls to pursue their dreams through running; cheering on a wounded veteran as she crosses the finish line. These are all remarkable acts, but for the athletes and their Cigna partners at the *Walt Disney World*® Marathon Weekend, they're also a way to make a "world of difference."

Over the past six years, Cigna has worked with *runDisney*, sharing a commitment to inspiring healthy living and active lifestyles. At the same time, Cigna has also been able to showcase its passion for community service.

This year, Cigna invited four of its World of Difference grant recipients to participate in the *Walt Disney World*® Marathon Weekend. The World of Difference grants, a new Cigna Foundation grant program, centers on collaboration and innovation, and identifies non-profit organizations working to create an impact on issues critically important to individual and community health.

Together, Cigna and its grantees - including Achilles International, Girls on the Run, Blessings in a Backpack and Community Solutions - will shine a light on individuals taking another step closer to achieving their limitless potential.

The *Walt Disney World*® Marathon Weekend is an opportunity to work together to support every runner striving to achieve a goal.

To learn more about Cigna's World of Difference grantees, visit www.cigna.com/corporateresponsibility.

Cigna.com/together



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The training.
The discipline.
The preparation.
All for this moment.
stay the course.

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Pasta in the Park Party

Thursday, January 8, 2015
Friday, January 9, 2015
Saturday, January 10, 2015

Buffet Dinner 7:00 p.m. – 8:30 p.m.
IllumiNations: Reflections of Earth
9:00 p.m.

Location: World ShowPlace Pavilion inside Epcot®

Start off your *Walt Disney World®* Marathon Weekend by joining us for the Pasta in the Park Party at *Epcot®*! This event is a great way to relax and be entertained before your big race. Tickets are not interchangeable by day; date purchased must be the date attended.

Pasta Party Ticket Pick Up Information for Guests who selected Will Call Pick-Up

Tickets will be mailed to you prior to the event unless you selected Will Call Pick Up. If you purchased a Pasta Party Ticket and selected Will Call Pick up, you will need to pick up your Pasta Party ticket at the ESPN Wide World of Sports Welcome Center during the *runDisney* Health & Fitness Expo hours. Upon arrival, at the ESPN Wide World of Sports, look for signs labeled Will Call.

You need the below in order to receive your tickets at the *runDisney* Health & Fitness Expo:

- A printed copy of your order confirmation
- A valid photo ID (i.e. driver's license, passport, or Military I.D.).

If you selected a shipping option, your tickets cannot be picked up as a Will Call order.

Directions to World ShowPlace Pavilion and Reserved Viewing Location for IllumiNations: Reflections of Earth

- The World ShowPlace Pavilion is located directly between the Canada and United Kingdom Pavilions inside *Epcot®*.

- Between the two Pavilions a gate will be open that will take you to World ShowPlace Pavilion.
- Please show the attendant at the entrance to the Pasta Party your ticket.
- The attendant will give you a wristband that you will need to wear for the remainder of the party. At 8:30 p.m., you will be lead to a reserved viewing location for IllumiNations: Reflection of Earth.
- This wristband will also serve as your ticket into the reserved viewing location.

The Pasta in the Park Party at the Walt Disney World® Marathon Weekend features:

- Entry into *Epcot®* at 6:30 p.m.
- Buffett pasta dinner and desert
- Disney character Meet & Greets
- Music and Entertainment
- Reserved viewing location of IllumiNations: Reflections of Earth

Tickets do not include activities/events separately priced. Tickets are subject to availability. All prices are in US dollars. Ticket orders are not accepted until confirmed with confirmation number. All prices are subject to change without notice before acceptance of your order. Pasta in the Park Party elements, including but not limited to participating locations, menus, attractions and entertainment are subject to availability, and may change or be canceled without notice. Standard *Epcot®* Theme Park admission tickets will not allow Guests to attend the Pasta in the Park Party. Entry into *Epcot®* before 6:30 p.m. will require a Theme Park ticket. Tickets are valid only during the specific event date and hours for ticket purchased and are not interchangeable. Tickets are non-transferable and non-refundable.

**Subject to availability and subject to change without notice.*

Family Reunion Breakfast

Breakfast Packet Pick-Up

Pick up your Family Reunion Breakfast package on the main floor of the HP Field House at the *runDisney* Health & Fitness Expo. Look for the booth labeled Family Reunion Breakfast. If you do not pick up your package at the Expo, you will not be able to access the Family Reunion Breakfast on race day. You will need to show your Photo ID to pick up your package. For additional packet pick-up information, please view page 10.

Schedule & Reminders

5K Family Reunion Breakfast

Thursday, January 8, 2015

7:00 a.m. - 9:00 a.m.

Epcot®

10K Family Reunion Breakfast

Friday, January 9, 2015

6:30 a.m. - 8:30 a.m.

Epcot®

Location & Access

The Family Reunion Breakfast Tent is a very large, white tent labeled Race Retreat located in the Imagine Lot near Finish Line area at *Epcot®*. When you pick up your Family Reunion Breakfast package at the Expo, you will receive a wristband. The wristband must be worn at all times to gain entry into the tent.

Character Greetings

Disney Characters will make appearances in designated photo locations throughout the Family Reunion Breakfast on Thursday and Friday.

Tickets are non-refundable and can only be used for date of purchased event. Menu items are subject to change without notice. All the above is subject to availability. Children under 3 are free.

Walt Disney World® Marathon Weekend Event Transportation has been arranged for those staying at select Event Host Resorts. Buses will be indicated by event transportation signs placed in the front windows and will run every 20 minutes from *Walt Disney World®* Resort Hotels after the 5K and 10K from 7:00 a.m. – 9:00 a.m. Any Guests leaving after 9:00 a.m. can use existing *Epcot®* transportation to return to their Event Host Resort. Guests not staying at an Event Host Resort will need to provide their own transportation.

**Subject to availability and subject to change without notice.*



Race Retreat

Schedule & Reminders

Saturday, January 10, 2015

Epcot®, Imagine Lot near Finish Line

3:30 a.m. to 10:00 a.m.

- 3:00 a.m. to 5:00 a.m. – Runner's Only with a continental breakfast
- 5:30 a.m. – Tent Opens to Platinum ChEAR Squad guests
- 7:30 a.m. – Breakfast service begins
- 10:00 a.m. – Tent Closes

Sunday, January 11, 2015

Epcot®, Imagine Lot near Finish Line

3:00 a.m. to 1:30 p.m.

- 3:00 a.m. to 5:00 a.m. – Runner's Only with a continental breakfast
- 5:30 a.m. – Tent Opens to Platinum ChEAR Squad guests
- 7:30 a.m. – Continental breakfast service ends
- 9:30 a.m. – Brunch service begins
- 1:30 p.m. – Tent Closes

The Race Retreat will be open to Platinum level ChEAR Squad members during the above timeframes.

Location & Access

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

Only race participants will be allowed in the tent from 3:00 a.m. to 5:00 a.m. 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.

Live Results & Information Station

Computers will be available for you to check your results after the race. An Information Volunteer will be stationed inside Race Retreat and will be able to answer your questions about Marathon Weekend.

Character Greetings

Disney Characters will make appearances at Race Retreat in designated photo locations throughout the day on Saturday and Sunday.

Restroom & Changing Tents

Private portable restroom facilities 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 & 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. In addition, a padded stretching area will be available before the race.

**Subject to availability and subject to change without notice.*

Time to Refuel



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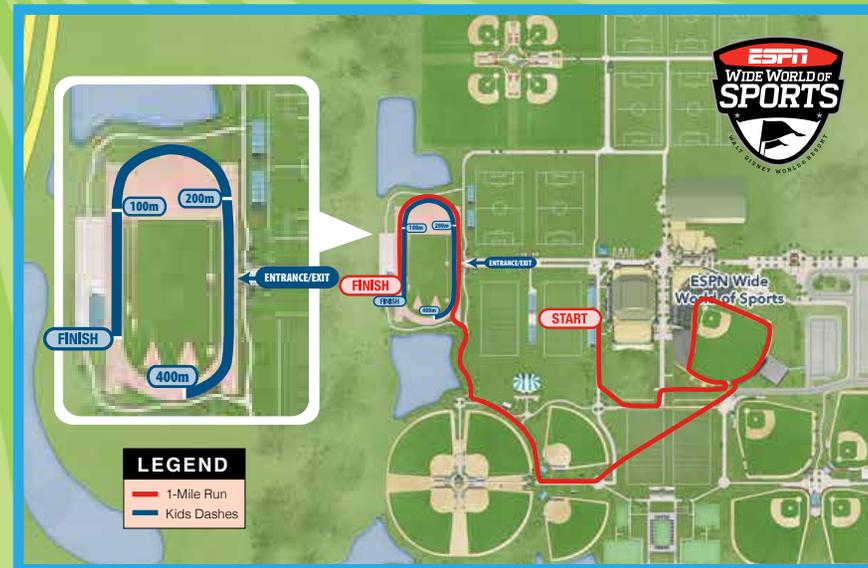
*Each 1/4 cup serving of Craisins® Dried Cranberries provides 1/2 cup of fruit. The USDA MY Plate recommends a daily intake of 2 cups of fruit for a 2000 calorie diet.



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

Each age group will have its own start line, which will be color-coded for all parents to easily find. Each participant's bib number matches the starting flag for their distance. Make sure to wear the color-coded Kids Dash or Mickey Mile bib on your assigned race day! Each start line will have feather banners that match the color of the numbers on the race bibs – green for 100m, yellow for 200m, blue for 400m, and white for the Mickey Mile. Diaper Dash will take place at the finish line. Any parents who wish to run with their children are encouraged to do so.

There will be multiple wave starts for all of the Dashes and Mickey Mile.



Parent Claim Process

Each race bib will include a tear off tag with your child's race number on it. Please remove this tag from your child's bib prior to their race. Present this tag at the conclusion of the race in order to leave the secure finish area with your child.

Timing/Race Results

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 Mickey Mile will be timed and participants can view their race times online at rundisney.com.

- 10:00 a.m. New Balance Track and Field opens, warm up begins
- 10:50 a.m. 100m Dash participants (1-3 years old) meet at green start flags
- 11:00 a.m. 100m Dash Starts
- 11:10 a.m. 200m Dash participants (4-6 years old) meet at yellow start flags
- 11:20 a.m. 200m Dash Starts
- 11:30 a.m. 400m Dash participants (7-8 years old) meet at blue start flags
- 11:40 a.m. 400m Dash Starts
- 12:00 p.m. Diaper Dash Starts
- 12:15 p.m. Mickey Mile participants (13 & under) meet at white start flags
- 12:30 p.m. Mickey Mile Starts

Walt Disney World® 5K

Thursday, January 8

Start: Epcot®

6:15 a.m. – Start

Walt Disney World® 10K

Friday, January 9

Start: Epcot®

5:30 a.m. – Start

gEAR Bag Check

Walt Disney World® 5K

- Wonder Lot – Epcot®
- 5:00 a.m. to 9:00 a.m.

Walt Disney World® 10K

- Wonder Lot – Epcot®
- 4:15 a.m. to 9:00 a.m.

Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Start

The start zone for the 5K and 10K is located in the Explore Lot at Epcot®. The letter on your race bib will correspond with your assigned corral. For safety reasons, and as a courtesy to others, please line up in the appropriate corral 30 minutes prior to the race start. Measures will be taken to prevent unofficial runners from starting.

Runners will be prohibited from walking from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at Epcot®. Runners who try to access the start corrals from any area other than the Explore Lot at Epcot® are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.

Race Bibs

Each runner will be issued a race bib at Packet Pick-Up. Please wear your assigned 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 gEAR bag.

In order to receive an accurate time for the 10K, 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

Safety

Guests with strollers are not allowed to participate in the 5K or 10K. For more safety information, please see pages 42 and 43.

Timing

Clocks will be located at every mile marker along the course. 10K participants will receive a race bib with 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 time WILL NOT be recorded.

Water And Medical Stops

There will be two water stops along the 5K course and three water stops along the 10K course, plus medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.



Walt Disney World® Half Marathon & Marathon

Walt Disney World® Half Marathon presented By Cigna®

Saturday, January 10
Start: Epcot® Center Drive
5:33 a.m. – Wheelchair Start
5:35 a.m. – Start

Walt Disney World® Marathon presented By Cigna®

Sunday, January 11
Start: Epcot® Center Drive
5:33 a.m. – Wheelchair Start
5:35 a.m. – Start

The Start

The start zone for both the Half Marathon and the 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 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.

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at Epcot®. Runners who try to access the start corrals from any area other than the Explore Lot at Epcot® are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.

Restroom Facilities

Portable restroom facilities will be available in the staging area, on the course near the beverage stations and in the finish line area at Epcot®.

gEAR Bag Check

Half Marathon

- Wonder Lot – Epcot®
- 2:30 a.m. to 10:30 a.m.

Marathon

- Wonder Lot – Epcot®
- 2:30 a.m. to 1:30 p.m.

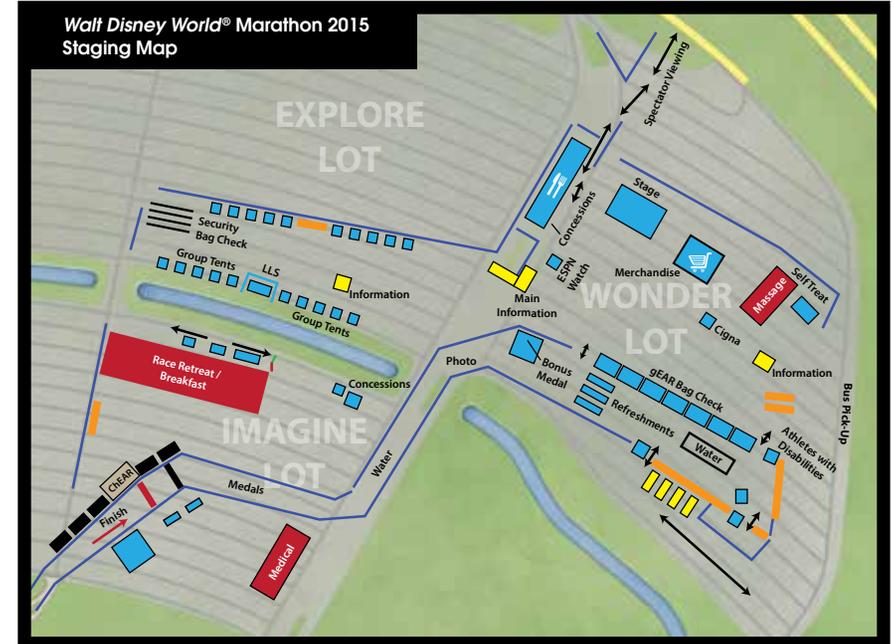
Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Race Bibs

Each runner will be issued a race bib at Packet Pick-Up. Please wear your assigned 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 gEAR 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 time WILL NOT be recorded.

Safety

Guests with strollers are not allowed to participate in the 5K or 10K. For more safety information, please see pages 42 and 43.

Participant Checklist

- Race bib with ChronoTrack B-Tag and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)
- Clear plastic drawstring gEAR bag with bag check sticker
- Pre-determined reunion location at *Epcot*® (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)

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*®.

Perfect Marathon

If you are a "Perfect Marathon" participant, please pick up your commemorative lanyard at the Perfect Tent located in the finish chute after you receive your finisher's medal.

Perfectly Goofy

If you are a "Perfectly Goofy" participant, please stop by the Perfectly Goofy registration counter at the *runDisney* Health & Fitness Expo to pick up your commemorative item in celebration of ten years running. Pick up your commemorative lanyard at the Perfect Tent located in the finish chute after you receive your finisher's medal.



Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at *Epcot*®. Runners who try to access the start corrals from any area other than the Explore Lot at *Epcot*® are subject to disqualification. Runner drop off is available in the Taxi Lot at *Epcot*®.

Challenges

Dopey Challenge & Goofy's Race And A Half Challenge

In an effort to enhance our runners' check-in process, we ask that all Dopey and Goofy Challenge participants have their photo taken with their race bibs. This photo will be used at the finish line of each race to expedite the finish line experience.

Dopey Challenge

You are required to attend Packet Pick-Up on Wednesday in order to receive your race materials. You will receive the following materials: two race bibs with two B-Tags (a green bib and a purple bib), one bag check sticker, one gEAR bag, and six race shirts. **You will have a purple bib for the 5K and 10K distance races. You will have a green race bib for the Half Marathon and Marathon distances.** Your bag check sticker and gEAR bag are to be used on all four days.

After completing the 5K on Thursday, 10K on Friday, Half Marathon on Saturday, and Full Marathon on Sunday, please check in at the Dopey Challenge tent located after the Finish Line. Participants must wear the appropriate Dopey Challenge Bib for the 5K/10K and the Half Marathon/Full Marathon.

5K

After completing the 5K, Dopey participants must visit the Dopey Challenge tent where your official results will be reviewed by race staff.

10K

After completing the 10K, Dopey participants must visit the Dopey Challenge tent where your official results will be reviewed by race staff.

Half Marathon

After completing the Half Marathon, Dopey participants must visit the Dopey Challenge tent where your official results will be reviewed by race staff.

Marathon

After completing the Marathon, Dopey participants must visit the Dopey Challenge tent with their appropriate Dopey Challenge Bib to receive the prestigious Goofy Challenge medal AND Dopey Challenge medal to celebrate their accomplishment.

Goofy's Race And A Half Challenge

You are required to attend Packet Pick-Up on Wednesday, Thursday, or Friday in order to receive your race materials. You will receive the following materials: one race bib with B-Tag, one bag check sticker, one gEAR bag, and three race shirts. Your race bib, bag check sticker, and gEAR bag are to be used on both days.

After completing the Half Marathon on Saturday and the Full Marathon on Sunday, please check in at the Goofy Race and a Half Challenge tent located at the Finish Line.

Half Marathon

After completing the Half Marathon, Goofy participants must visit the Goofy Challenge tent where your official results will be reviewed by race staff.

Marathon

After completing the Marathon, Goofy participants must visit the Goofy Challenge Bib to receive the prestigious Goofy Challenge medal and to celebrate their accomplishment.

Perfectly Goofy Participants

If you are a "Perfectly Goofy" participant, please pick up your commemorative lanyard at the Perfect Tent located inside the finish chute.

**Please remember that items not picked up will not be mailed or refunded.*

Congratulations To Our Perfectly Goofy Runners

SUSAN ANGER
JUDD BAILEY
STEVEN BAXTER
ELISABETH BEYER NOLEN
WILLIAM BLAES
JOSEPH BOYD
LAURA BOYD
ROBERT BROADWATER
ALBERT BRUNELLE
GREG BURTON
SID BUSCH
THOMAS CHESLIK
LEONARD CONSTANTINE
MIKE COOPER
CHRIS CORRIGAN
BETHANY COUTO
MICHAEL CREASON
SUSAN DALEY
MARK DANNERTH
ROB DEAL
ROBERT DORR
ANDREW DOYLE
MARK DRUCKENMILLER
EILEEN DRUCKENMILLER
YVETTE DYE
LAURI FAUERBACH ADAMS
MARYANN FEDOCK
RIC FLOYD
PAUL FOURNIER
AMANDA FREELAND
ELOISE GILBERT
DEBORAH GOBINS
JENN GOLDBLATT
DAVID GRAVELLE
DAVID GRIFFITHS
BRUCE GRISAFE
DON GWOREK
MICHELE HALE
LEA HALL
STEVE HANCOCK
BEVERLY HANDY
DEXTER HANDY
DAVE HELKEY
LAWRENCE HERMAN
ANTHONY HERRING
ROGER HILDEN
ANTHONY HOGAN

EDWARD HOLLENSHADE
BRIAN HURWITZ
TETSUMTOMO IIZUKA
YUKARI ISHIRO
MARK JOHNSON
LORRIE JONES
PAUL KENNERLY
SCOTT KING
CAROLYN KIPER
MIKE KITCHEN
SAM KITCHEN
MIKE KLOPFENSTEIN
TOD KNUDSEN
KATHLEEN KOOP
HUBERT (GUS) KUHN
THOMAS LAUX
SANDRA LAWRENCE
KATHY LEE
CHRISTOPHER LEFELHOCZ
CHAD LESHANE
SANDRA LEX
FRANK LOH
ANGEE LOHMANN
JEFFREY LURIE
JOE MANIO
DONALD MARTIN
TAMMY MASSIE
JAMES MCCAN
PETER MCCANN
DARLA MCCLAIN
CHUCK MCCULLOUGH
GREG MCFERREN
BOBBY MCKEE
VICKI SUE MERRY
STEPHEN NALLY
THOMAS NEDZA
MATTHEW NELSON
KEITH NELSON
DEBORAH NORTHRIP
JOSEPH O'LEARY
BART OOMS
COBY PEWITT
MARCI POLITO
WILLIAM POVLETICH
MICHAEL PRINCE
BEN RECAREY
SUSAN REINHARDT

JOHN RICE
WILLIAM RICHTER SR
PHYLLIS RILEY
RANDY RILEY
JEFFERY ROBERT
DAN ROBERTS
JO ROBERTS
NEAL ROCK
ROBERT ROUSSEAU
DAVID SANCHEZ
GAIL SAVIDGE
RICHARD SCAGLIONE
SHAWN SCHAFFNER
ANDREA SCHAFFNER
SUE SCHEER
DAN SCHEER
JEREMY SCHERBERT
JOE SCHLERETH
JOSHUA SCHUETTE
BRADLEY SCHWARTZ
GINNY SELEC
JORGE SERRANO
MAE SHOEMAKER
ROSE SKIPPER
SHARYN SLICK
CHARLES SPRINGER
ARTHUR STANGER
ANTON STRUNTZ
LILY SZALAY
GARY THOMPSON
JEFF TIPPENS
MATT TIPPIE
TOM TORKILDSEN
LANA TORKILDSEN
CHARLES WAIT
CELESTE WALLANDER
JULIE WANG
MICHAEL WARD
DAVE WARD
JERI WEIGANDT
LUCY WELLS
PETER WESTCOTT
JAIME WEYMAN
RAYMOND WILLARD
HARRY WILSON
BEVERLY WINKERT
TOM ZISKA



Course Overview

Your starting location will be determined by your assigned corral. The course will take Marathon participants to the *Magic Kingdom*® Park where they will pass through Tomorrowland® and Cinderella Castle before leaving the *Magic Kingdom*® Park. The course will then take the Marathon participants around the *Walt Disney World*® Speedway. Participants will then continue on to *Disney's Animal Kingdom*®, where they will run past the *Expedition Everest*® attraction. Participants will then continue towards the ESPN Wide World of Sports Complex before entering the lights, camera, action of *Disney's Hollywood Studios*®. Participants will run through Washington Square Garden, get a taste of the Big Apple on New York Street and pass by the Sorcerer's Hat before exiting the park at the end of Hollywood Blvd. Finally, Marathon participants will run by the charming coastal village of *Disney's Yacht & Beach Club Resort* and through *Epcot*® for an unforgettable finish!

Beverage Stations and Food Stops

A total of 19 Dasani water and Powerade stops will be located along the course. All stops offer water and lemon-lime Powerade. There will be four food stops located along the course. Chiquita bananas will be available at Mile 11.5 and Mile 18.3. Clif products will be distributed at Mile 15.4 and Mile 19.4. Sponges will be provided at Mile 17.1, and candy will be available at Mile 22.5.

Walt Disney World® Half Marathon Course



Course Overview

The Half Marathon Start will take place just outside of the *Epcot*® Parking Lot. Runners will proceed up World Drive towards the *Magic Kingdom*® Park. Upon entering the *Magic Kingdom*® Park, Half Marathon participants will pass through Tomorrowland® and Cinderella Castle. Half Marathon participants will go the opposite way down World Drive to make their return to *Epcot*®. The course will take participants through Future World on their way to an unforgettable finish!

Beverage Stations and Food Stops

Nine beverage stations will be set up along the course, offering Dasani water and lemon-lime Powerade. Clif products will be distributed at Mile 8.5.

Pure Taste in a Better Bottle



plantbottle

Up to 30% made from plants
100% recyclable plastic bottle

Safety Reminder

- For everyone's safety, baby joggers, strollers, baby carriers, baby backpacks, skates, scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Violators 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.
- Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at Epcot®. Runners who try to access the start corrals from any area other than the Explore Lot at Epcot® are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.

Costumes

Disney reserves the right to deny admission to or remove any person wearing attire that we consider inappropriate or attire that could detract from the experience of other Guests. All participants and their Guests may dress as their favorite character, but must follow these guidelines as determined solely by Disney:

- Costumes must be family-friendly and may not be obstructive, offensive, objectionable or violent
- Guests may not wear masks of any kind
- Guests who dress like Characters may not pose for pictures or sign autographs for other Guests
- Costumes may not drag on the ground
- Costumes may not contain sharp objects, pointed objects or materials that may accidentally strike another Guest
- Costumes may not contain any weapons which resemble or could easily be mistaken for an actual weapon
- Guests who do not adhere to these guidelines may be refused entry into, and/or removed from, a race or any race related event/activity unless his or her costume can be modified to meet the above standards

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

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 canceled. All medical stations will have the appropriate flag color displayed according to existing heat conditions:

- ▶ GREEN FLAG – Good conditions. Enjoy the event but stay alert.
- ▶ YELLOW FLAG – Less than ideal conditions. Participants with high risk of heat stroke should withdraw.
- ▶ RED FLAG – Potentially dangerous conditions. Heat injury is possible. All participants urged to slow their pace and hydrate adequately.
- ▶ BLACK FLAG – Extreme and dangerous conditions. All participants advised not to compete. Course may be shortened and no times recorded.

For everyone's safety, delaying or canceling the event is at the discretion of the Event Management team. As a reminder, the registration fees are non-refundable and nontransferable.

Note: Please consider not bringing unnecessary bags with you on race day. All items will be inspected.



Race Etiquette

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the 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! MarathonFoto photographers will be taking pictures of you throughout the race.
- 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.
- Celebrate! Thank your volunteers and have a great race!



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RECOVERING QUICKLY FROM YOUR RACE

By Olympian Jeff Galloway

If you follow the tips below you can recover fast, and enjoy the parks with friends and family. If you're doing several events, your enjoyment after the last one will depend on following these guidelines

Restrain your enthusiasm! A quick recovery begins at the start of your race. You will be excited, so stay focused on a start pace that is not too fast. Hint: if you're huffing and puffing, you're going too fast.

Take all walk breaks from the beginning. There are guidelines on runDisney.com and I will be going over these in my clinics at the expo. During the first half of all events, and especially if you are running several events, take extra walk breaks—the best way to conserve and recover fast.

Don't sprint at the end. Sprinting when tired is a major cause of injury and is likely to leave you sore and "wobbly" during your trip through the parks.

Keep moving! Walk to get your medal, and keep walking as you grab fluids and snacks. Even when meeting friends and family, ask them to walk with you. Walking helps in pumping blood back to the heart, and increased circulation speeds recovery.

Drink and Eat! During the first 30 minutes after finishing you should drink about 8 oz of water and eat about 100 calories (after 5K) to 300 calories (half or full marathon) of simple carbohydrates (energy bar, etc.). You can combine the water and the sugar by drinking a sports drink or a soft drink. This is prime time for reloading your muscles with the fuel they will need in the next race or walking around the park.

Take a cool soak. Within 3 hours after finishing it helps to soak the legs for 15 minutes in a tub. Ice is not needed—just fill the tub with the cool water tap. This soak has been especially helpful for those doing several events.

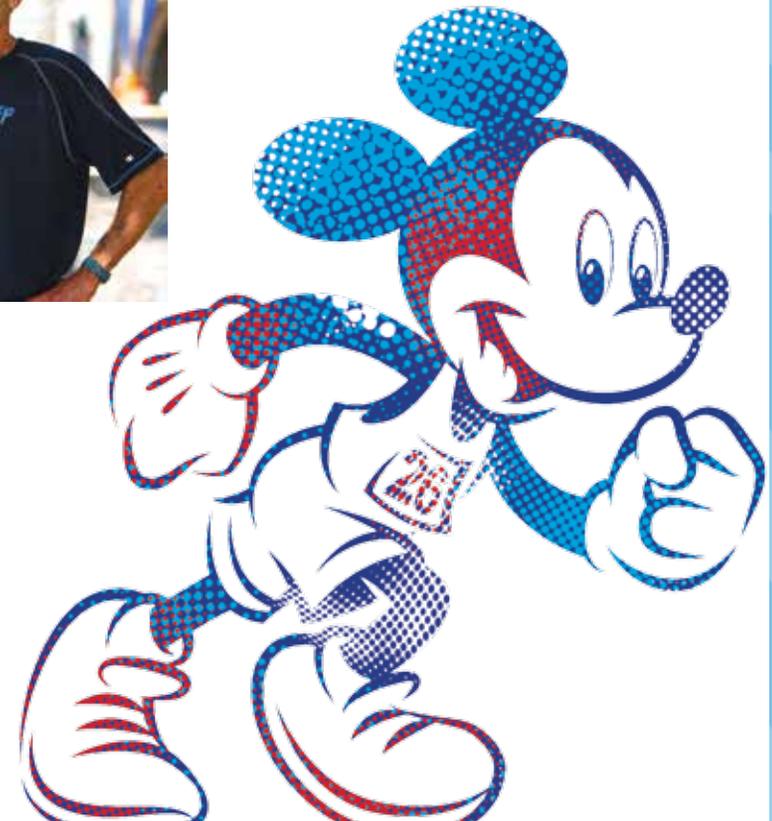
Compression sleeves on the calf muscles can speed recovery. Many run in these sleeves, and receive the improved circulation during post race activities and the next day.

Walk—but not all day. After cleaning up and a meal, you should be ready to enjoy the parks with your family. Gentle walking will actually help recovery. If you have another event or three, limit your park walking to one hour at a time and get off your feet for an hour. For those running the half and the marathon, I suggest no more than 3 hours in the park during the days before the marathon.

If you are Goofy or Dopey...take it easy during the half marathon on Saturday. It's best to walk as much as you can to stay within the pacing guidelines.

The next goal: You'll be more motivated if you have already decided upon the next goal. Write down on your appointment calendar a scenic or social run you'd enjoy within the next two weeks. Sign up for another event, such as the Tinker Bell Half Marathon presented by PANDORA Jewelry, Disney Wine & Dine Half Marathon, Avengers Super Heroes Half Marathon, Disney Princess Half Marathon presented by Children's Miracle Network Hospitals, *Star Wars*™ Half Marathon and the *Walt Disney World*® Marathon Weekend presented by Cigna®, again next year.

Step up to the half or full: Look at the free training programs which I designed on the *runDisney* site. Most weeks in my marathon training program you only need to run 30 minutes on Tuesday and Thursday, and one hour on the weekend. Long runs are only done every three weeks during the last portion of the training.

YOU CAN DO IT!

Post-Race

The Cool Down Party at Downtown Disney® Marketplace

2:00 p.m. – 8:00 p.m. on Sunday, January 11, 2015

You've worked hard and did your best during this year's Marathon weekend. Now, it's time to join family and friends for an evening of fun, relaxation, and good times at the Cool Down Party at *Downtown Disney*®. Enjoy delicious food, great music, and get a chance to pick up some last minute keepsake merchandise to remember the weekend. Admission to the Cool Down Party at *Downtown Disney*® is open to race participants, their guests and the public. Check out special offers* from the following locations during the party:

- Basin
- *DisneyQuest*®
- Fit2Run
- Fulton's Crab House
- House of Blues
- Paradiso 37
- Planet Hollywood
- Portobello
- Raglan Road
- Something Silver
- Wolfgang Puck Express Marketplace
- Wolfgang Puck Grand Café
- Wetzels Pretzels

*Medals must be presented to receive discount. Discount and offers are valid only January 11, 2015 from 2:00 p.m. – 8:00 p.m. All members of the party must be present at the time of purchase. Discounts and offerings are at the discretion of each operating participant. All offers are subject to change. Check your iGifftag for more information about the offerings. Offer for medal holder only unless otherwise noted.

Results

All results will be posted on runDisney.com the evening of the race.

Photos

MarathonFoto 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: MarathonFoto.com 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.

Finisher Certificates

Participants who finish the Half Marathon, Marathon or Challenges will be able to download a finisher certificate at MyDisneyMarathon.com approximately two weeks after the race.

Family Reunion Area

The Family Reunion Area will have signage with large letter signs for easy identification.

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 friends and family after the race. We recommend the Family Reunion Area where there will be signs with large letters where you can meet your runner.
- Have a back-up meeting location in place as well.



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While in town, please visit us at our store at *Downtown Disney*® West Side.

- Perform a complete infrared mapping of your foot in seconds.
- Get a Free Videotaped Gait Analysis.
- Test footwear on the Official Indoor Track.
- Check out our special *runDisney* photo opp!
- Join in our free weekly fun runs if you have time!
- Pick up any items you might have left at home and come talk running with our team!



OFFICIAL RUNNING RETAILER *runDisney*

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www.fit2run.com

Awards

Every athlete who completes the Kids Races, 5K, 10K, Half Marathon and Marathon will receive a commemorative medal upon finishing the race.

Overall Awards

Overall Half Marathon male, female and wheelchair winners

Family Reunion Area
Saturday, January 10, 2015
8:30 a.m.

Overall Marathon male, female and wheelchair winners

Family Reunion Area
Sunday, January 11, 2015
9:30 a.m.

The following awards will be presented on-site at the Awards Ceremony. Please note, overall awards are based on Gun Time.

- Top 3 Overall Male & Female Marathon/Half Marathon Finishers
- Top Overall Male & Female Marathon/Half Marathon Wheelchair Winners (push rim only)

Individual Awards

The following awards for the 10K, Half Marathon and the Marathon will be mailed approximately three weeks after the event. Because of the number of people who participate in both the Marathon and Half Marathon, it can often take several minutes to cross the start line. In the interest of fairness, Masters 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.

2nd and 3rd Place Male Push Rim Wheelchair Winners 2nd and 3rd Place Female Push Rim Wheelchair Winners

Male Masters Champion Female Masters Champion

Military Male and Female

Age Groups (Male and Female)

**There are no individual awards for the 5K or Challenges.*



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 water before the race so that your urine is clear to light straw in color (this will vary per person).
- During the race, limit fluids to approximately 4-6 ounces every 20 minutes.
- 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 (GoodSense) 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 your run) you DO NOT use anything but acetaminophen (GoodSense) 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 and E) can alter urine color so be wary of hydration status if taking these supplements.
- Caffeine and other amphetamine-like compounds containing pseudoephedrine, such as Sudafed and most sinus and cold preparations, taken within 24-hours of race time can 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 bib.
- 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 volunteers at each and every tent to help you along the way.

About Our Medical Director

James Scelfo, MD is the Medical Director of all *runDisney* endurance events. Dr. Scelfo is board certified in Family Medicine with a special interest in Sports Medicine. Dr. Scelfo received his medical degree from Louisiana State University and completed his residency training with Florida Hospital. He is actively involved in Orlando sporting events acting as Medical Director of the Russell Athletic Bowl, the Capital One Bowl, and high school athletics. He also serves as the Medical Director to the cholesterol anticoagulant and smoking cessation clinics at Florida Hospital Celebration Health. He continues to remain on the cutting edge of medical technology with a focus on prevention, diagnosis and aggressive management of disease. In his free time, Dr. Scelfo maintains an active lifestyle and enjoys jogging, reading, and spending time with his family.



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You love sports. You love the thrill of competition, the sense of personal accomplishment and the simple joy of exercising with your family and friends. Unfortunately, injuries can sometimes knock you out of the race.

Florida Hospital Celebration Health delivers elite sports medicine to you and your family when you need it the most. As the official medical provider of runDisney, we know what it takes to help you overcome your injuries and bounce back stronger than before. You won't find a finer orthopaedic team of specialists offering the most advanced surgical techniques and state-of-the-art rehab and therapy services anywhere in the state of Florida.

From first-time runners to first place finishers, we're here for you through every magical mile you run.

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#WDW10K #GoofyChallenge
#DopeyChallenge #WDW5K



be safe to and from the race!

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#ItCanWait



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RUNNING ROADBLOCKS

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MILE 1

You're confident & prepared. Set your own pace & save your **ENERGY.**



MILE 5

5 miles down. Pace yourself. Listen to music & **ENJOY** your surroundings.



MILE 13.1

Self-doubt may start creeping in. Focus on yourself, not the other runners.

Half-marathoners can celebrate here!



MILE 10

Starting to feel tired? Break the race into chunks & **FOCUS** on the next mile marker.



MILE 18

The dreaded "wall" may be nearing. Think positive: it will give you more **ENERGY.**



MILE 26.2

You did it! Months of hard work has paid off. Now,

Celebrate

with family and friends!



MILE 23

Exhaustion is setting in. Hang in there!

VISUALIZE crossing the finish line.



cigna.com/runtogether

This flyer is for informational purposes only and is not intended as medical advice. Please consult with your doctor before beginning an exercise program.



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ChEAR Squad

presented by Transitions® adaptive lenses™

ChEAR Zone Schedule & Reminders

Only ChEAR Squad members who purchased a Gold or Platinum ChEAR Squad package will have access to the ChEAR Zones. You must wear the wristband you picked up with your package at the Expo. You will not be admitted into the ChEAR Zones without the wristband. The ChEAR Zones will be open to Gold and Platinum level members only during the following times:

ChEAR Zone #1

Magic Kingdom® Park at Cinderella Castle
(Mile 5.7 for the Half Marathon / Mile 5.7 for the Full Marathon)

Saturday, January 10 &
Sunday, January 11, 2015
5:30 a.m. – ChEAR Zone #1 opens
8:15 a.m. – Approximate time ChEAR Zone #1 closes

ChEAR Zone #1 is a reserved viewing location only. It does not include seating, beverages, or private portable restroom facilities. You will NOT need a theme park ticket to access *Magic Kingdom*® Park. You will, however, need to show your wristband to access the ChEAR Zone.

Directions to ChEAR Zone #1 from Epcot®:

Note: The travel time to the *Magic Kingdom*® Park from *Epcot*® is approximately 42 minutes.

Walk from the start area 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. Proceed through the Main entrance of *Magic Kingdom*® Park and once inside, proceed down Main Street U.S.A. toward Cinderella Castle.

ChEAR Zone #2

Epcot® Imagine Lot
(Finish Line for the Half Marathon / Finish Line for the Full Marathon)

Saturday, January 10, 2015
6:00 a.m. – ChEAR Zone #2 opens
10:30 a.m. – ChEAR Zone #2 closes

Sunday, January 11, 2015
6:00 a.m. – ChEAR Zone #2 opens
2:30 p.m. – ChEAR Zone #2 closes

ChEAR Zone #2 is a reserved viewing location at the Finish Line. It includes seating, beverages, private portable restroom facilities, and hand washing stations. You will need to show your wristband to access the ChEAR Zone.

Directions from ChEAR Zone #1 to ChEAR Zone #2 at Epcot®:

Note: The estimated travel time from *Magic Kingdom*® Park to *Epcot*® is 42 minutes.

After your runner has passed by, make your way back 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 your right.

For guests who purchased Platinum ChEAR Squad please review the information regarding Race Retreat access on page 26.

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Spectator Viewpoints

Spectators are encouraged to share in the *Walt Disney World*® Marathon Weekend presented by Cigna® excitement. To increase the possibility of seeing your friends and family run, be aware of their pace, expected time at each mile marker and anticipated finish time. Please make sure to allow extra time for transportation to any viewing area. Expect delays on the roadways due to road closures.

Walt Disney World® 5K Only Spectator Viewpoints

Start	Epcot®	6:14 a.m. - 6:45 a.m.	Accessible via Epcot® Imagine Parking Lot
Finish - Mile 3.1	Epcot®	6:26 a.m. - 8:02 a.m.	Accessible via Epcot® Imagine Parking Lot

Walt Disney World® 10K Only Spectator Viewpoints

Start	Epcot®	5:28 a.m. - 6:15 a.m.	Accessible via Epcot® Imagine Parking Lot
Finish - Mile 3.1	Epcot®	5:53 a.m. - 7:54 a.m.	Accessible via Epcot® Imagine Parking Lot

Half Marathon and Marathon Spectator Viewpoints

Start	Epcot® Center Drive	5:35 a.m. - 6:30 a.m.	Accessible ONLY by foot from Epcot® Parking Lot
Mile 4	Ticket & Transportation Center	5:49 a.m. - 7:34 a.m.	Take monorail from Epcot® to Ticket & Transportation Center
Mile 4.9	Disney's Contemporary Resort	5:52 a.m. - 7:48 a.m.	Accessible to guests staying at Disney's Contemporary Resort
Mile 5.3	Magic Kingdom® Park - Main Street, U.S.A.®	5:54 a.m. - 7:55 a.m.	Take monorail from Epcot® to Ticket and Transportation Center, exit monorail and walk down ramp, follow overhead signs and take the monorail to Magic Kingdom®
Mile 7.2	Disney's Grand Floridian Resort	6:01 a.m. - 8:25 a.m.	Accessible to guests staying at Disney's Grand Floridian Resort
Mile 7.7	Disney's Polynesian Resort	6:04 a.m. - 8:50 a.m.	Accessible to guests staying at Disney's Polynesian Resort

Half Marathon Only Spectator Viewpoints

Finish - Mile 13.1	Epcot®	6:26 a.m. - 10:00 a.m.	Accessible via Epcot® Imagine Parking Lot
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Marathon Only Spectator Viewpoints

Mile 12.4 - 12.9	Disney's Animal Kingdom®	6:23 a.m. - 9:58 a.m.	Accessible to guests who purchase theme park tickets that are valid on race day
Mile 19.3 - 20	Champion® Stadium and ESPN Wide World of Sports Complex	6:48 a.m. - 11:50 a.m.	Take bus from Epcot® to ESPN Wide World of Sports Complex. Buses will depart from and return to the Disney Resorts Bus Facility located near the Epcot® Main Entrance. It is strongly suggested that guests use event transportation to get to Champion® Stadium.)
Mile 23.1 - 23.5	Disney's Hollywood Studios®	7:02 a.m. - 12:48 p.m.	Accessible to guests who purchase theme park tickets that are valid on race day
Mile 24.5 - 24.8	Disney's Boardwalk	7:08 a.m. - 1:08 p.m.	Accessible via Disney's Boardwalk
Mile 25 - 26	Epcot®	7:10 a.m. - 1:28 p.m.	Accessible to guests who purchase theme park tickets that are valid on race day
Finish - Mile 26.2	Epcot®	7:15 a.m. - 1:30 p.m.	Accessible via Epcot® Imagine Parking Lot

Note: Please consider not bringing unnecessary bags with you on race day. All items will be inspected.

Runner Tracking

Family and friends will be able to track 10K, Half Marathon and Marathon participants with runner tracking 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. You can also sign up for runner tracking at the *runDisney* Health & Fitness Expo.

The Leukemia & Lymphoma Society / Sports Enthusiasts



Celebratory Charity

The *Walt Disney World*® Marathon Weekend presented by Cinga® celebrates 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, the *Walt Disney World*® Marathon Weekend will help blood cancer patients live better, longer lives.

The Leukemia & Lymphoma Society® (LLS), uses the *Walt Disney World*® 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 directly at the point of registration or by visiting runDisney.com. Each year, roughly \$7 million is raised through participant and volunteer donations along with the Team in Training fundraising program.

LLS is 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 7,000 volunteers will assist throughout the *Walt Disney World*® Marathon Weekend on behalf of The Leukemia & Lymphoma Society.
- Approximately 1,800 volunteers will assist the *runDisney* Health & Fitness Expo
- Over 200 volunteers will assist with the *Walt Disney World*® 5K
- Over 350 volunteers will assist with the *Walt Disney World*® 10K
- 900 medical volunteers will staff Florida Hospital's medical stations during the Half Marathon and Marathon
- Over 2,000 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half Marathon on Saturday
- Approximately 3,000 volunteers will staff the Marathon on Sunday



someday

Whenever we talk about cancer, we always use the same word. Someday. Someday there'll be a cure. Someday we won't lose the people we love. But when is someday? Someday is today.

Simply put, we are closer than ever to the cures for many kinds of blood cancers. We are saving more lives and saving them faster than at any time in our 60+ years.

The Leukemia & Lymphoma Society has invested more than one billion dollars to accelerate cancer treatments once thought impossible. Cures today, not someday. That's the goal. And soon, with your help, blood cancer will be yesterday's news.

Give at www.lls.org or call 888.HELP.LLS.

is today

 LEUKEMIA &
LYMPHOMA
SOCIETY®
fighting blood cancers



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Champion

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STYLES BEFORE THEY HIT STORES
THIS SPRING.

GEAR ENGINEERED FOR ADDED COMFORT
SO YOU CAN GO THE DISTANCE
WITHOUT DISTRACTION.

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