

Event Calendar

FLORIDA

Disney Princess Half Marathon Weekend
presented by Children's Miracle Network Hospitals
February 18-21, 2016

Star Wars™ Half Marathon - The Dark Side
April 14-17, 2016

Disney Wine & Dine Half Marathon Weekend
November 4-5, 2016

Walt Disney World® Marathon Weekend
presented by Cigna
January 4-8, 2017

CALIFORNIA

Star Wars™ Half Marathon Weekend
January 14-17, 2016

Tinker Bell Half Marathon Weekend
presented by PANDORA Jewelry
May 5-8, 2016

Disneyland® Half Marathon Weekend
presented by Cigna
September 1-4, 2016

Avengers Super Heroes Half Marathon Weekend
November 10-13, 2016

PARIS

Disneyland® Paris Half Marathon Weekend
September 23-25, 2016

Official 2016 Event Guide WALT DISNEY WORLD MARATHON WEEKEND



runDisney.com



All races subject
to age eligibility
requirements and
capacity limits.

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PRESENTED BY  Cigna



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FINISH HEALTHY

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You go the extra mile. From hill sprints and strength training to getting your annual checkup. And we’re with you, every step of the way.



Together, all the way.®

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Dear Runners,

Welcome to the 2016 *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 Complex. 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.

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. And for those of you "Goofy" enough to take on Goofy's Race and a Half Challenge we hope you have a memorable two days of running 39.3 miles in the middle of the magic.

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 2016 *Walt Disney World*® Marathon Weekend.

May every mile be magical.

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



HELLO RUNNERS, VOLUNTEERS AND SPECTATORS!

Welcome to the 2016 *Walt Disney World*® Marathon Weekend presented by Cigna. We're so glad you're here!

Cigna is proud to sponsor this magical event for the eighth year. Our team of more than 37,000 global employees shares a commitment to support the people we serve through every phase of their life's journey, making sure they know that we're with them "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 48.6 mile Dopey Challenge, whether you're a runner or a cheerleader, there is something for everyone.

I hope you'll find the next few days as exciting 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 *Walt Disney World*® Resort, and a healthy and happy new year!

David M. Cordani
President and Chief Executive Officer
Cigna Corporation

PS: Don't forget to join us for the *Disneyland*® Half Marathon Weekend this September!

Cigna.com/takecontrol



Together, all the way.®

About our Race Director

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



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- FAST DRYING  VAPOR TECHNOLOGY
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- ULTRA LIGHT



The Official
Performance Apparel of

runDisney

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CLIF BAR IS PROUD TO BE THE OFFICIAL
ENERGY BAR AND GEL SHOT OF *runDisney*.



Weekend Itinerary

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runDisney Health & Fitness Expo

ESPN Wide World of Sports Complex
10:00 a.m. – 8:00 p.m. on Wednesday,
January 6, 2016
9:00 a.m. – 7:00 p.m. on Thursday,
January 7, 2016
9:00 a.m. – 7:00 p.m. on Friday,
January 8, 2016
10:00 a.m. – 4:00 p.m. on Saturday,
January 9, 2016

runDisney Kids Races*

ESPN Wide World of Sports Complex
11:00 a.m. on Thursday, January 7, 2016
11:00 a.m. on Friday, January 8, 2016
11:00 a.m. on Saturday, January 9, 2016

Mickey Mile*

ESPN Wide World of Sports Complex
12:30 p.m. on Thursday, January 7, 2016
12:30 p.m. on Friday, January 8, 2016
12:30 p.m. on Saturday, January 9, 2016

Pasta in the Park Party*

Epcot®
7:00 p.m. on Thursday, January 7, 2016
7:00 p.m. on Friday, January 8, 2016
7:00 p.m. on Saturday, January 9, 2016

Family Reunion Breakfast*

Epcot®
6:30 a.m. – 8:30 a.m. on Thursday,
January 7, 2016
6:30 a.m. – 8:30 a.m. on Friday,
January 8, 2016

Race Retreat*

Epcot®
Saturday, January 9, 2016
3:00 a.m. – 5:00 a.m. – Runners Only
5:30 a.m. – 10:00 a.m.

Sunday, January 10, 2016
3:00 a.m. – 5:00 a.m. – Runners Only
5:30 a.m. – 1:00 p.m.

Walt Disney World® 5K presented by Cigna®*

Start/Finish: Epcot®
6:00 a.m. on Thursday, January 7, 2016

Walt Disney World® 10K presented by Cigna®*

Start/Finish: Epcot®
5:30 a.m. on Friday, January 8, 2016

Walt Disney World® Half Marathon presented by Cigna®*

Start/Finish: Epcot®
5:30 a.m. on Saturday, January 9, 2016

Walt Disney World® Marathon presented by Cigna®*

Start/Finish: Epcot®
5:30 a.m. on Sunday, January 10, 2016


Cool Down Party at Disney Springs™

Disney Springs™ Marketplace
2:00 p.m. – 8:00 p.m. on Sunday,
January 10, 2016

*Advance purchase required.

Walt Disney World® Park Hours

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	Magic Kingdom® Park	Epcot®	Disney's Hollywood Studios®	Disney's Animal Kingdom®
Wednesday, January 6, 2016	9:00 a.m. - 8:00 p.m.	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 7:00 p.m.	9:00 a.m. - 6:00 p.m.
Thursday, January 7, 2016	9:00 a.m. - 8:00 p.m.	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 7:00 p.m.	9:00 a.m. - 5:00 p.m.
Friday, January 8, 2016	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 8:00 p.m.	9:00 a.m. - 5:00 p.m.
Saturday, January 9, 2016	9:00 a.m. - 11:00 p.m.	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 7:00 p.m.	9:00 a.m. - 7:30 p.m.
Sunday, January 10, 2016	9:00 a.m. - 8:00 p.m.	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 7:00 p.m.	9:00 a.m. - 5:00 p.m.

*Subject to change.



Time to Refuel



1 Serving
of Craisins® Original
Dried Cranberries meets
25% of your daily
recommended
fruit needs*

Tastes good. Good for you.™

For more information visit www.oceanspray.com

*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.

Event Transportation

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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 6

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

Thursday, January 7

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

Friday, January 8

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

Saturday, January 9

- From Disney Resorts to Expo
9:30 a.m. – 3:30 p.m.
- Transportation from Expo to Disney 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
 - 4:00 a.m. – 5:30 a.m. & 7:00 – 9:00 a.m.
- Participants must board a bus no later than 4:45 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. & 7:00 – 10:00 a.m.
- Participants must board a bus no later than 4:00 a.m. in order to make it to their corrals on time.

Pure Taste in a Better Bottle





MAKING A WORLD OF DIFFERENCE

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

Over the past eight years, Cigna has worked with *runDisney*, sharing a commitment to inspire healthy living and active lifestyles. At the same time, Cigna has also been able to showcase its passion of giving to the communities we serve.

This year, Cigna invited five of its World of Difference grant recipients to participate in the *Walt Disney World®* Marathon Weekend. Cigna Foundation's World of Difference program connects Cigna with nonprofit partners around the world. With a focus on collaboration and innovation, the program identifies and assists organizations working to create a meaningful 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, YMCA (Houston and Philadelphia) and Shatterproof – will shine a light on individuals taking another step closer to achieving their fullest potential and overcoming obstacles they face.

The *Walt Disney World®* Marathon Weekend is an opportunity to work together to support every participant striving to achieve a goal. We're glad you're here to join us in this work.

To learn more about Cigna's World of Difference grantees, visit [Cigna.com/corporateresponsibility](https://www.cigna.com/corporateresponsibility).

[Cigna.com/together](https://www.cigna.com/together)



Together, all the way.®

Event Transportation

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Walt Disney World® Half Marathon presented by Cigna®

- Bus Transportation
 - 3:00 a.m. – 5:00 a.m. & 7:00 – 11:00 a.m.
- Monorail Transportation will be available starting at 3:00 a.m. (Monorail transportation for spectators will begin at 5:00 a.m. Please see the spectator viewing page for more information)
- 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. & 7:00 – 2:00 p.m.
- Monorail Transportation will be available starting at 3:00 a.m. (Monorail transportation for spectators will begin at 5:00 a.m. Please see the spectator viewing page for more information)
- Participants must board a bus or monorail no later than 4:00 a.m. in order to make it to their corrals on time.

Cool Down Party at Disney Springs™

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



Driving Directions

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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 Thursday, 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 follow signs to Disney World via the World Drive Exit 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. Corral walk out will begin at 4:30 a.m. To ensure you make it to your corral and optimal starting point, please plan to be in your corral at 5:00 a.m. Please note, it takes 20 minutes to walk from the Family Reunion area (Epcot Wonder Lot) to the start line. Arriving late may affect your ability to start.

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

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runDisney Health & Fitness Expo

10:00 a.m. – 8:00 p.m. on Wednesday, January 6, 2016

9:00 a.m. – 7:00 p.m. on Thursday, January 7, 2016

9:00 a.m. – 7:00 p.m. on Friday, January 8, 2016

10:00 a.m. – 4:00 p.m. on Saturday, January 9, 2016

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.

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

- Official Merchandise
- Pin Bundles, Merchandise Bundles & Pre-purchased Jackets
- Dooney & Bourke

• HP Field House – Lower Level

- Half Marathon
- Marathon
- Dopey
- Goofy
- 10K
- Cast Away Challenge
- Runner Relations
- Goofy and Dopey Race Shirts and gEAR Bag

Champion Stadium

- Kids Races Packet Pick Up and Race Shirt & gEAR Bag pick up
- 5K Packet Pick Up and Race Shirt & gEAR Bag pickup
- ChEAR Squad Package Pick-Up, Inspiration Station, and Runner Tracking
- Race Retreat
- Family Reunion Breakfast

runDisney Health & Fitness Expo

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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 Field House. You will need to show your ID to pick up your items:

- Commemorative Pins
- Commemorative Ears
- Commemorative Necklace
- Merchandise Bundles
- Pin Bundles
- Dooney & Bourke
- Commemorative Jackets

*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.

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A HP Field House

- 10K, Half & Full Marathon Packet Pick-Up
- Dopey & Goofy Packet, Race Shirt & gEAR Bag Pick-Up
- Official runDisney Merchandise
- Commemorative Items
- Pre-Purchased Commemorative Jacket
- Dooney & Bourke Items

B Jostens Center

- 10K, Half & Full Marathon Race Shirt & gEAR Bag Pick-Up
- Speaker Series
- Exhibitors
- Shirt Exchange
- Official runDisney Merchandise

C Welcome Center

- Will Call Pasta in the Park Party Tickets
- Theme Park Tickets

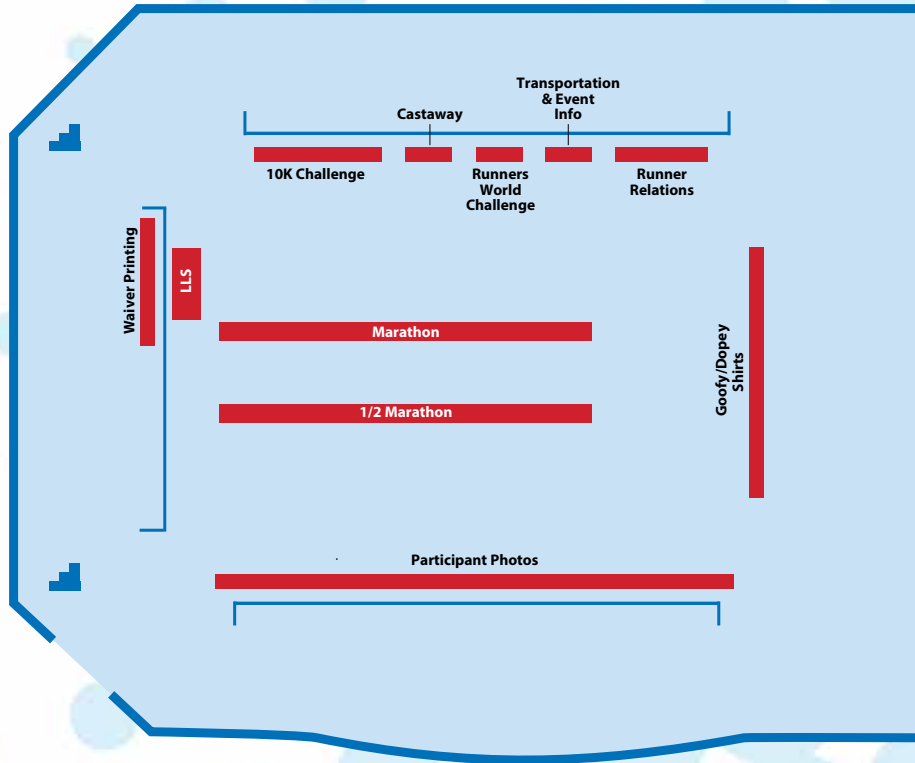
D Champion Stadium

- Inspiration Station
- Runner Tracking
- Exhibitors
- 5K Packet Pick-Up & Race Shirt & gEAR Bag
- Kids Races Packet & Race Shirt & gEAR Bag
- ChEAR Squad Pick-Up
- Race Retreat and Family Reunion Breakfast

E New Balance Virtual Queue Check-In

Expo Floorplan - HP Field House

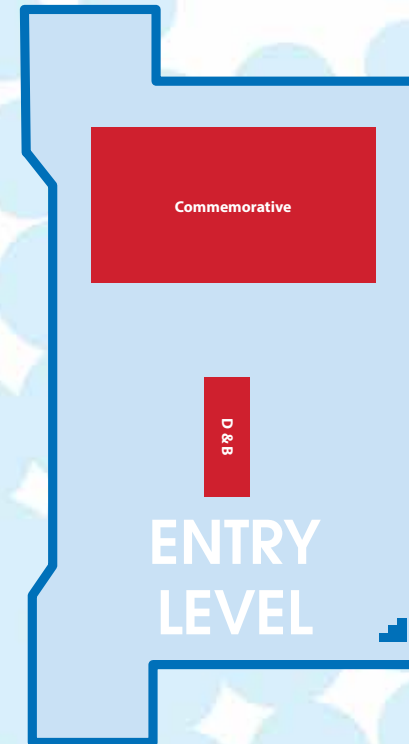
18



Exhibitor

Leukemia & Lymphoma Society Team in Training
MarathonFoto

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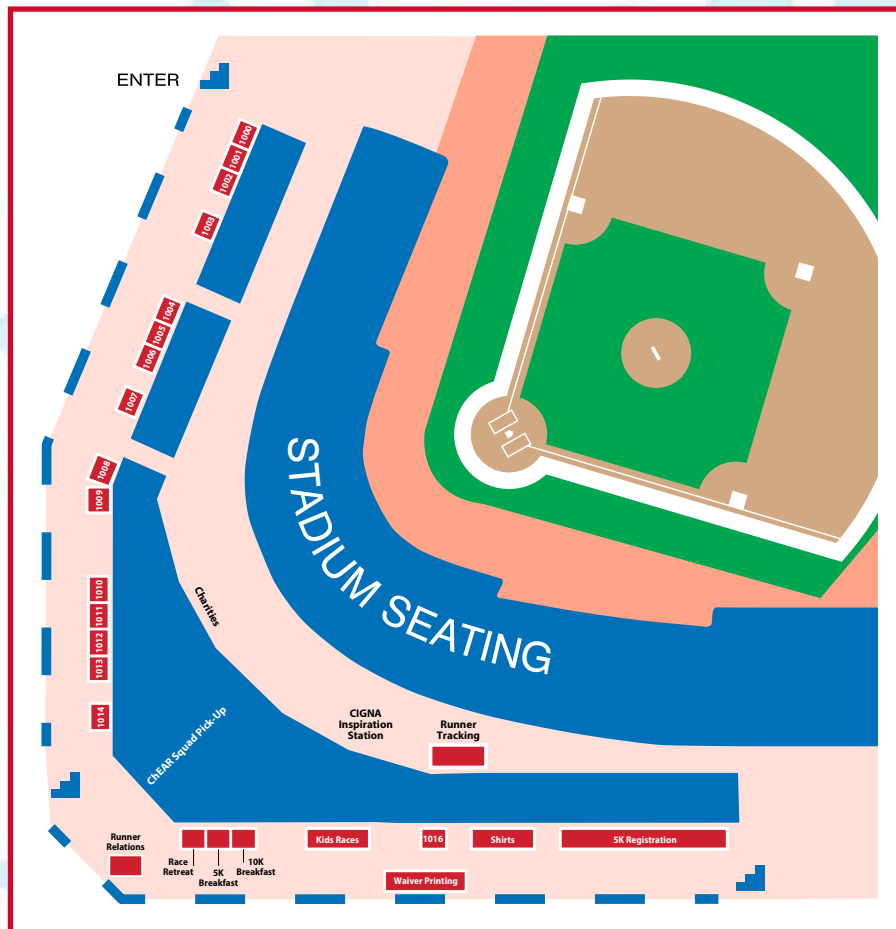
Merchandise/Pre-Purchased

- Items Pick-Up
- D & B
- Jackets
- Bundles
- Pins
- Necklaces
- Official Race Merchandise
- Solutions



Expo Floorplan - Champion Stadium

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Exhibitor	Booth	Exhibitor	Booth
COMPRESSPORT	1004	Sparkly Soul Full-Elastic	1006
Real Time Pain Relief	1005	Headbands sparklysoul.com	1001
RooSport	1013	SPIbelt	1003
RunGirlRun	1009	St. Jude Children's Research Hospital	1014
Runner's World	1007	TEAM 413	1012
Skechers	1002	THE BFF ELECTRIC FOAM ROLLER	1008
Sparkle Athletic	1010	The TUBE™ Wearable Waistband	

havaianas

WELCOME TO
BRAZILIAN TERRITORY

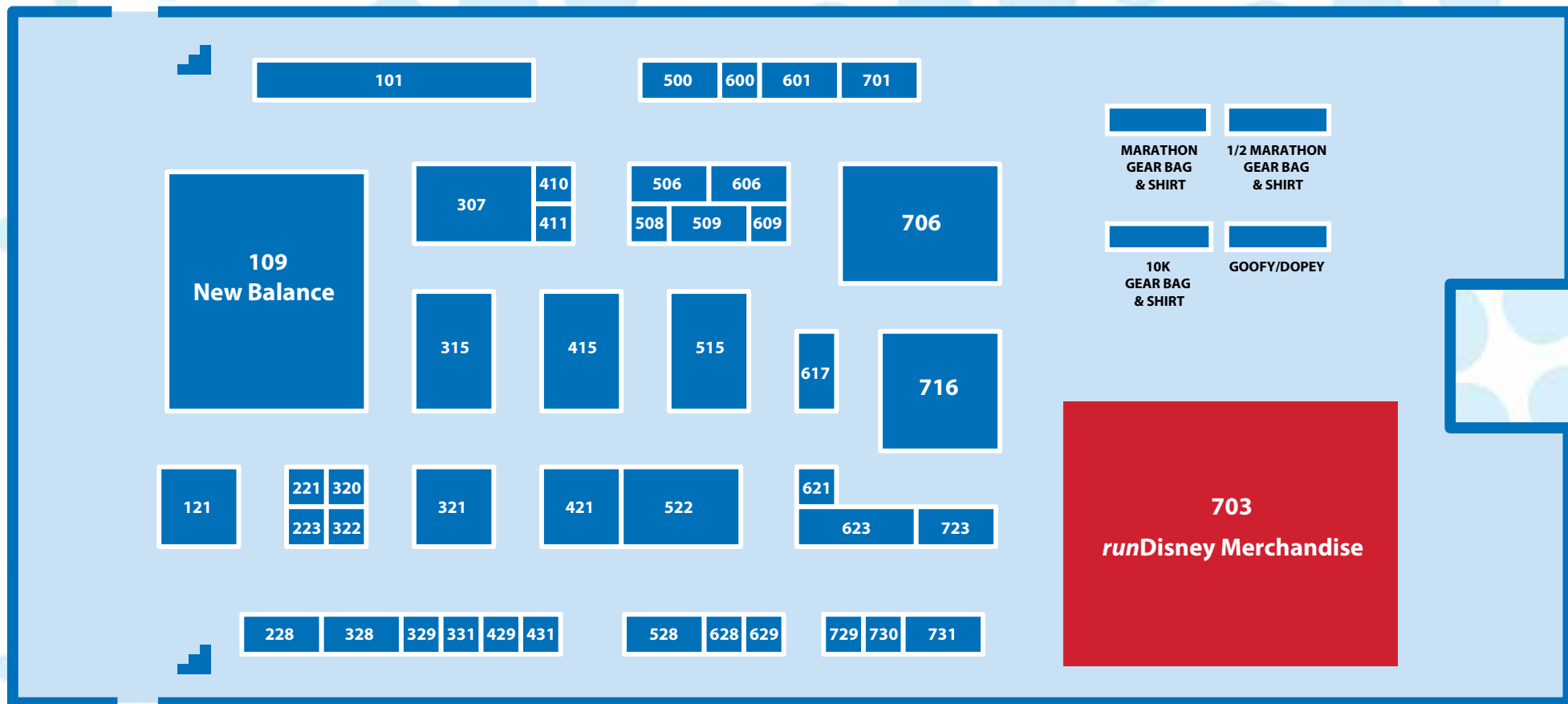


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Expo Floorplan - Jostens® Center

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Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth
Active Sol Eyewear	600	Clif Bar	321	Fond Memories Graphics	621	RunningSkirts	411
APEX by Sunglass Hut	723	CW-X	329	GoodSense	528	SnuggBuds	629
ASICS	309	Disney Vacation Club	731	Havaianas	623	SportHooks	322
Balega	331	Dr. Cool Ice Wraps and Instant Cooling Accessories	606	Jeff Galloway	729	Sweaty Bands	328
BeeCause Charms	221	Endure Jewelry	508	KT Tape	500	The Stick	228
Bondi Band	320	Feetures!	609	Lasting Commemoratives	701	Track Shack	421, 429
Brooks Running	522	Fit2Run	315, 415, 515, 617, 509	Lift Your Sole	628		
CEP COMPRESSION	410	Florida Hospital Celebration Health	121	New Balance	109		
Champion	706			One More Mile	223		
Chiquita	506			Raw Threads	101		
Cigna	716			Rinse Bath & Body	431		

Pasta in the Park Party

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Thursday, January 7, 2016

Friday, January 8, 2016

Saturday, January 9, 2016

Buffet Dinner - 7:00 p.m. – 8:30 p.m.

IllumiNations: Reflections of Earth - 9:00 p.m.

Location: World ShowPlace Pavilion inside *Epcot*®

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

- Entry into *Epcot*® at 6:00 p.m.
- Buffet pasta dinner and desert
- Disney character Meet & Greet
- Music and Entertainment
- Reserved viewing location of *IllumiNations: Reflections of Earth*

Pasta in the Park Party Ticket Pick Up Information:

If you purchased a Pasta in the Park 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: Reflections of Earth*.
- This wristband will also serve as your ticket into the reserved viewing location.

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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 6:00 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. If you submitted a special dietary request to runDisney@disneysports.com, please see an attendant near the buffet.



Family Reunion Breakfast

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Breakfast Packet Pick-Up

Pick up your Family Reunion Breakfast package inside Champion Stadium 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 15.

Schedule & Reminders

5K Family Reunion Breakfast

Thursday, January 7, 2016
6:30 a.m. - 8:30 a.m.
Epcot®

10K Family Reunion Breakfast

Friday, January 8, 2016
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 8:30 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. If you submitted a special dietary request to rundisney@disney.com, please see an attendant near the buffet.

ALL FOR RUNNING. RUNNING FOR ALL.

WITH LOTS OF LUCK AND A LITTLE MAGIC, WE WISH YOU AN
AMAZING RACE DAY.
KEEP PUSHING FOR A BETTER TOMORROW.

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ALWAYS
IN BETA

THE OFFICIAL RUNNING SHOE OF 

Race Retreat

28

Schedule & Reminders

Saturday, January 9, 2016

Epcot®, Imagine Lot near Finish Line
3:00 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 10, 2016

Epcot®, Imagine Lot near Finish Line
3:00 a.m. to 1:00 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
- 1:00 p.m. – Tent Closes

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 located near the doors to the left of the entrance. Changing tents will also be available and are located in the restroom area.

Massage & Self-Treatment Station

Florida Hospital Celebration Health 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.

*Subject to availability and subject to change without notice. If you submitted a special dietary request to runDisney@disneysports.com, please see an attendant near the buffet.

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runDisney

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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 start line will have feather banners that match the distance listed on the race bibs. 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. Sports Field 27 opens, warm ups begin
- 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 & 10K

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Walt Disney World® 5K presented by Cigna®

Thursday, January 7
Start: Epcot®
6:00 a.m. – Start

gEAR Bag Check

Walt Disney World® 5K presented by Cigna®

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

Walt Disney World® 10K presented by Cigna®

Friday, January 8
Start: Epcot®
5:30 a.m. – Start

Walt Disney World® 10K presented by Cigna®

- Wonder Lot – Epcot®
- 3:45 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.

Handheld camera/cell phone extension poles, such as selfie sticks are prohibited at runDisney events. For more information, please visit disneyworld.disney.go.com/park-rules/.

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 outermost garment. 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

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Safety

Guests with strollers are not allowed to participate in the 5K or 10K. For more safety information, please see page 44.

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.

**Please note that monorails will not be running for the 5K and 10K races. For more information please view the transportation information on page 10.



Walt Disney World® Half Marathon & Marathon

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Walt Disney World® Half Marathon presented by Cigna®

Saturday, January 9

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®
- 3:00 a.m. to 10:30 a.m.

Walt Disney World® Marathon presented by Cigna®

Sunday, January 10

Start: Epcot® Center Drive
5:33 a.m. – Wheelchair Start
5:35 a.m. – Start

Marathon

- Wonder Lot – Epcot®
- 3:00 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.

Handheld camera/cell phone extension poles, such as selfie sticks are prohibited at runDisney events. For more information, please visit disneyworld.disney.go.com/park-rules/.

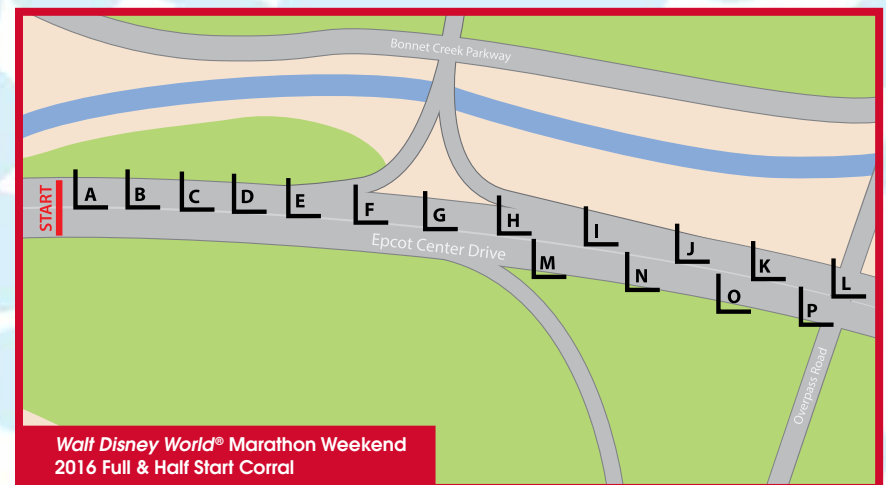
35

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



Walt Disney World® Half Marathon & Marathon

36

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 Half Marathon or Marathon. For more safety information, please see page 44.

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 & Perfect Goofy

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

Entering Corrals

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®.

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Walt Disney World® Marathon 2016
Staging & Finish Line Map



Race Challenges

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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 at the Expo with their race bibs. This photo will be used at the finish line of each race to expedite the finish line experience. Dopey Participants, please have your photo taken with your purple Dopey Challenge bib.

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 (an orange bib and a purple bib), one bag check sticker, one gEAR bag, and six race shirts. You will have an orange bib for the 5K and 10K distance races. You will have a purple 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.

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.

Please note that all Dopey Challenge participants must complete the 5K, 10K, Half Marathon and Marathon in the allotted time to receive their Dopey Challenge Medal.

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.

Marathon

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

Please note that all Goofy Challenge participants must complete the Half Marathon and Marathon in the allotted time to receive their Goofy Challenge Medal.

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

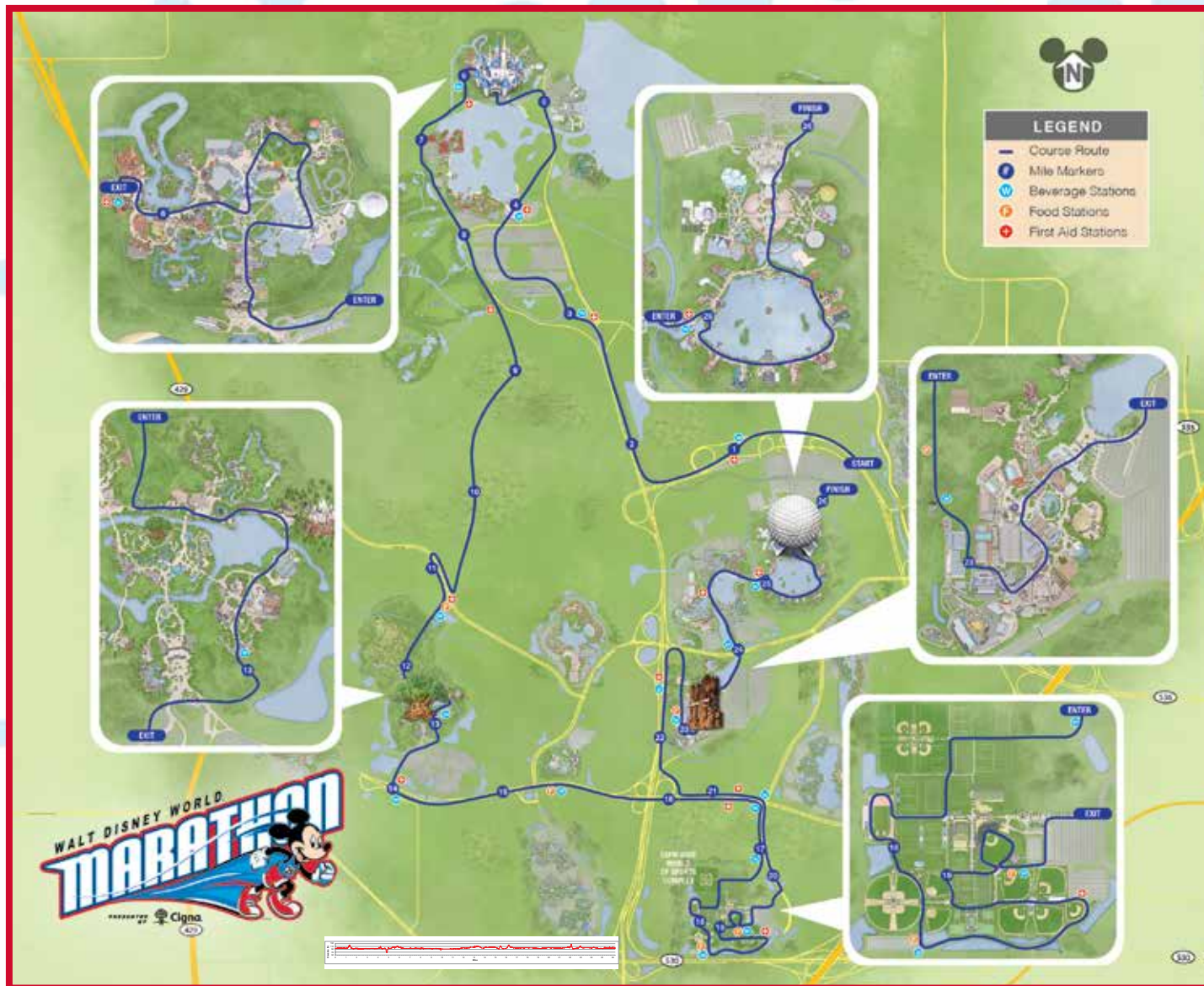


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stay the course.



THE RACE IS UNFORGETTABLE,
THE MEMORIES ARE
CLASSIC



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®, then run by the Seven Dwarfs Mine Train, through Cinderella Castle and towards Big Thunder Mountain Railroad® before leaving the *Magic Kingdom*® Park. 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 Streets of America and pass by the *The Great Movie Ride*® attraction 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 Resorts* and through *Epcot*® for an unforgettable finish!

Beverage Stations and Food Stops

A total of 19 DASAN® water and POWERADE® stops will be located along the course. All stops offer water and POWERADE®. There will be five food stops located along the course. Chiquita bananas will be available at Mile 11.4 and Mile 18.3. Clif Bar 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.



READY.

SET.

GO. KNOW. TAKE CONTROL.

It's go time. You've put the miles in, and you're ready. Cigna will be by your side every step of the way. After the race, we hope you'll take one more step for your health by going to get your annual checkup so you know your health numbers and use them to take control of your health. We want you to be your healthiest, and ready for your next starting line.

Cigna.com/takecontrol



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Walt Disney World® Half Marathon Course

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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 POWERADE®. Clif Bar products will be distributed at Mile 8.5.

Safety Reminder

- For everyone's safety, selfie sticks, 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	YELLOW FLAG	RED FLAG	BLACK FLAG
Good conditions. Enjoy the event but stay alert.	Less than ideal conditions. Participants with high risk of heat stroke should withdraw.	Potentially dangerous conditions. Heat injury is possible. All participants urged to slow their pace and hydrate adequately.	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

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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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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, *Star Wars*™ Half Marathon Weekend, Disney Princess Half Marathon presented by Children's Miracle Network Hospitals, *Star Wars*™ Half Marathon – The Dark Side, 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!



Cool Down Party at Disney Springs™

2:00 p.m. – 8:00 p.m. on Sunday, January 10, 2016

You've worked hard and done 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 *Disney Springs*™. 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 *Disney Springs*™ is open to race participants, their guests and the public. Check out the special offers available during the party listed on the next page.

*Medals must be presented to receive discount. Discount and offers are valid only January 10, 2016 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 iGiftbag 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.

Location	Offer
Apex by Sunglass Hut	10% off Sunglasses Offer excludes Oakley, Maui Jim and Costa
Basin	15% off purchase
The Boathouse®	10% off food & beverage
Cirque du Soleil	10% off purchase
Erwin Pearl	10% off purchase (sale items excluded)
Fit2Run	Free gift while supplies last
Fulton's Crab House	10% off food & non-alcoholic beverages
House of Blues®	10% off food & non-alcoholic beverages (does not apply at Smokehouse)
Icon Jewellery By Bico	15% off purchase
Kate & Leo	15% off purchase
LITTLEMISSMATCHED™	3 single socks FREE from Un-Match-A-Batch Bowl (limit 1 gift per qualifying runner)
Pop Gallery	10% off purchase (art exclusions apply)
Portobello Country Italian Trattoria	"Runners Only Special" - Pasta Primavera for \$19
Raglan Road Irish Pub and Restaurant	10% off food, non-alcoholic beverages, & merchandise
Rainforest Cafe®	10% off food & non-alcoholic beverages 15% off non-sale merchandise
Set the Bar	15% off purchase
Something Silver®	15% off purchase
Splitsville™	20% off food & non-alcoholic beverages
Starbucks® at Disney Springs™	10% off food & non-alcoholic beverage
Sublime Gifts and Finds	15% off purchase
Sunglass Icon®	10% off purchase
T-Rex™	10% off food & non-alcoholic beverages 15% off non-sale merchandise (Build-a-Dino excluded)
Wolfgang Puck® Grand Café	10% off food & non-alcoholic beverages
Wolfgang Puck® Express at Disney Springs™ Marketplace	10% off food & non-alcoholic beverages
Yak & Yeti™ (Disney's Animal Kingdom®)	10% off food & non-alcoholic beverages 15% off non-sale merchandise

*Medals or bibs must be presented to receive discount. Discount and offers are valid only January 10, 2016 from 2:00 p.m. – 8:00 p.m. unless otherwise honored by the location listed above. 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 iGiftbag for more information about the offerings. Offer for medal holder only unless otherwise noted.

Awards

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Awards

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

Overall Half Marathon male, female and wheelchair winners

Family Reunion Area

Saturday, January 9, 2016

8:30 a.m.

Overall Marathon male, female and wheelchair winners

Family Reunion Area

Sunday, January 10, 2016

9:30 a.m.

The following awards will be presented on-site at the Awards Ceremony.

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

Individual Awards

The Walt Disney World® 10K overall and age group awards, as well as the Half Marathon and Marathon 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 Champion, and Age Groups will be distributed by mail approximately 6-8 weeks after the event.

Age Group awards are presented by mail to the top five male and female Half Marathon and Marathon runners and the top 3 male and female 10K runners.

Overall awards are based on gun time. In the interest of fairness, Masters and Age Group award winners will be based on Net Time. Masters (40 and Over) who place in the overall division will receive that overall award only. Please note that a runner will not receive two awards for the same race result.

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

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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 Florida Hospital Celebration Health 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

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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 anticoagulant, smoking cessation and cholesterol 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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Get Social

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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!



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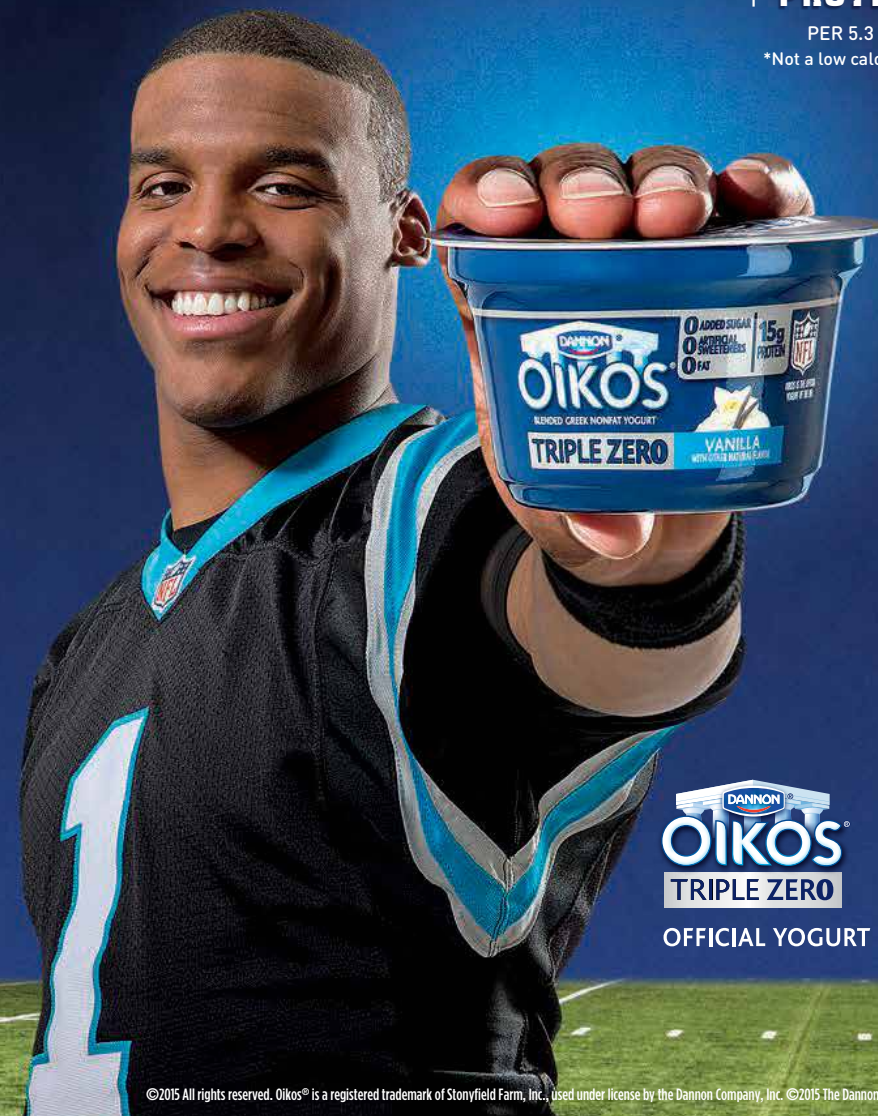
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TOP 10 TRAINING TIPS for RUNNERS



1 Eat Right

Choose carbs, proteins & healthy fats



2 Stretch it Out

Warm up & cool down to prevent injuries



4 Practice Good Form

Keep your feet beneath your body & "run tall"



3 Mix It Up

Add weights to strengthen muscles



5 Bring a Buddy

Training is more fun with a friend



6 Hydrate!

Drink 5-6 oz. of water every 2-3 miles



8 Treat Yourself

Reward yourself for meeting your goals



7 Follow a Program

Training programs help add mileage & increase pace



9 Taper Off

Decrease mileage 3 weeks before your race



10 Be Your Own Cheerleader

Think positive & celebrate!



For more tips visit cigna.com/runtogether

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



ChEAR Squad

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ChEAR Squad

ChEAR Zone Schedule & Reminders
ChEAR Zones are only available during the Half and Full Marathons. 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)

*Monorail transportation for this viewing area begins at 5:00 a.m.

Saturday, January 9 &
Sunday, January 10, 2016
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 9, 2016
5:30 a.m. – ChEAR Zone #2 opens
10:00 a.m. – ChEAR Zone #2 closes

Sunday, January 10, 2016
5:30 a.m. – ChEAR Zone #2 opens
1:00 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 28.

Spectator Viewpoints

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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	<i>Epcot</i> ®	6:00 a.m. - 6:30 a.m.	Accessible via <i>Epcot</i> ® Explore Parking Lot
Finish - Mile 3.1	<i>Epcot</i> ®	6:18 a.m. - 8:00 a.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot

Walt Disney World® 10K Only Spectator Viewpoints

Start	<i>Epcot</i> ®	5:28 a.m. - 6:15 a.m.	Accessible via <i>Epcot</i> ® Explore Parking Lot
Finish - Mile 6.2	<i>Epcot</i> ®	5:53 a.m. - 7:54 a.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot

Half Marathon and Marathon Spectator Viewpoints

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

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Half Marathon Only Spectator Viewpoints

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

Mile 12.4 - 12.9	<i>Disney's Animal Kingdom</i> ®**	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 <i>Epcot</i> ® to ESPN Wide World of Sports Complex. Buses will depart from and return to the Disney Resorts Bus Facility located near the <i>Epcot</i> ® Main Entrance. It is strongly suggested that guests use event transportation to get to Champion® Stadium.)
Mile 23.1 - 23.5	<i>Disney's Hollywood Studios</i> ®**	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	<i>Disney's Boardwalk</i>	7:08 a.m. - 1:08 p.m.	Accessible via <i>Disney's Boardwalk</i>
Mile 25 - 26	<i>Epcot</i> ®**	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	<i>Epcot</i> ®	7:15 a.m. - 1:30 p.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot

*Only accessible during Walt Disney World® Resort Park hours. Please see page 8.

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.

Celebratory Charity / Volunteers

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The Leukemia & Lymphoma Society / Volunteers

The *Walt Disney World*® Marathon Weekend presented by Cigna® 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.

Volunteers

- 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 300 volunteers will assist with the *Walt Disney World*® 5K
- Over 500 volunteers will assist with the *Walt Disney World*® 10K
- 1,100 medical volunteers will staff Florida Hospital Celebration Health 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

we can see the end of cancer from here.

The Leukemia & Lymphoma Society (LLS) is changing the landscape of cancer with more than 300 active research projects that explore different avenues of new and adventurous research; ones with promise and ones that will save lives not someday, but today.



LEUKEMIA &
LYMPHOMA
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fighting blood cancers

*Janiyah, age 4
leukemia survivor*

The Leukemia & Lymphoma Society is the largest voluntary health organization dedicated to funding research, finding cures and ensuring access to treatments for blood cancer patients. **Learn more at www.lls.org or by calling 888.HELP.LLS.**

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