



runDisney



Presented by
**Children's
Miracle Network
Hospitals**

OFFICIAL EVENT GUIDE

You can help
princesses
like Jordan
grow up
happily
ever after.

JORDAN, 5 YEARS OLD
VEIN OF GALEN
MALFORMATION PATIENT

Thanks to the expert care and research at her hospital, Jordan survived a serious vein malformation at birth that caused blood to rush directly to her heart. Children's Miracle Network Hospitals® donations helped fund the developments and devices used in her treatment and surgeries. Today, Jordan is full of energy and loves to be in the spotlight, dancing and charming everyone she meets. Your support of Children's Miracle Network Hospitals give hope to kids like Jordan who are in need of a miracle. Visit cmnhospitals.org to help children in your community who need miracles, and need them now.



Follow us on



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Your Guide to the Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals

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Welcome Royalty,

We are thrilled to host you for the 2015 Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals. The Disney Princess Half Marathon is one of our most popular *runDisney* events. It brings women of all ages together to embrace their inner princess, put on a tutu and a tiara and push themselves to the limit. We also know there are a few princes who are joining in the fun. It's truly a magical experience that will give you memories to last a lifetime.

The Disney Princess Half Marathon Weekend gives you the chance to join the Disney Princesses in a weekend of majestic runs in the most magical place on earth. This fairytale weekend kicks off Thursday at the *runDisney* Health & Fitness Expo. The Expo will feature a Speaker Series with seminars on training, running, nutrition, and more. Here is where you also will pick up your race packet, shop for official race merchandise and get geared up for your run. On Friday, we have the Disney Princess 5K. This fun-filled race is for the whole family and winds through *Epcot*® with a storybook ending. Next up is the Disney Princess Enchanted 10K on Saturday, which will take you on a journey throughout *Epcot*® before having a magical finish, fit for a princess or prince. The *runDisney* Kids Races are also held Friday and Saturday at *Epcot*® and give the little princesses and princes a chance to earn their finisher medals. Finally, the weekend culminates with the Disney Princess Half Marathon, our most royal event ever, with music, entertainment and all of your favorite Disney Princesses along the 13.1 mile race course that threads through *Magic Kingdom*® Theme Park and *Epcot*®.

A princess is determined, courageous, brave and caring and we know many of you are running for a cause, in memory or in honor of a loved one or to fulfill a lifelong dream. So on behalf of our Cast Members, volunteers and the *runDisney* team, we applaud you and are proud to serve you royally. Thank you for choosing the Disney Princess Half Marathon Weekend to make all of your fairytale dreams come true.

May every mile be magical,

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



Children's
Miracle Network
Hospitals

Runners, Volunteers and Spectators:

Welcome to the 2015 Disney Princess Half Marathon, presented by Children's Miracle Network Hospitals. On behalf of the 10 million kids treated at our member hospitals each year, we are honored to be the presenting sponsor and celebratory charity of this spectacular *runDisney* event.

Since 1986, from California to Florida, Disney has supported our mission to raise funds and awareness for 170 children's hospitals in the U.S. and Canada. Our hospitals depend on donations to help kids in their own communities get the best care, funding medical equipment, therapies, charitable care and vital research. The funds you helped raise for Children's Miracle Network Hospitals in conjunction with this magical event will help kids grow up "happily ever after."

Thank you for being a part of this magical weekend. We couldn't do what we do without your support. I also want to commend you for setting and working so diligently toward your fundraising and personal health goals. Your achievements also help the well-being of children and families with some very specific health goals of their own.

Run like royalty with your family and friends, as you support some very special princes and princesses. I look forward to seeing you on the course.

John Lauck,
President and CEO
Children's Miracle Network Hospitals



Race Director, Jon Hughes

Recognized as a leader in the sport of running, Jon began running competitively in the mid 70's in high school and college. He has since completed over 20 marathons including Berlin, Boston, Chicago and Marine Corps. Since the late 1970's, Jon has pioneered the organization of amateur athletic events, first in his home-base of Central Florida and today throughout the world. Today Jon is the president and co-owner of Track Shack Events and Track Shack, a specialty running retail store.



Jon has been recognized for his outstanding leadership and organizational achievements by the Florida Athletics Congress (USATF), the Pan American Junior Games, the Governor of Florida, and the Grand Bahama Promotion Board. Jon was inducted into the Florida Track & Field Hall of Fame and named Race Director of the Year in 1999 at Road Race Management. In 2008, he and his wife Betsy Hughes (Track Shack Co-owner) were inducted into the Running Event Hall of Fame and the Running USA Hall of Champions in 2009. Track Shack, one of the first specialty running retail stores in the U.S., has been recognized four times as one of the '50 Best Running Stores in America' by two leading trade and consumer publications. Also in 2009, Jon became a member of the Running USA Board of Directors.

Jon has been the Race Director of the *Walt Disney World*® Marathon since 1994 and five other *runDisney* events between Florida and California. As president of Track Shack Events, he directs the overall marketing effort as well as operations and staff, and has positioned the organization to offer the best in technology, marketing and event management services. Track Shack Events produces more than 40 events per year.

Jon and Betsy have been married for 31 years and have a daughter Emma Hughes Perry and son Christopher Hughes who now works in the family business.



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Introducing **APEX by Sunglass Hut**™ the premier sport and active lifestyle sunglass retailer. Finding the right sunglasses for your sport and active lifestyle just got easier. Two of the most trusted names in the sunglass industry **OAKLEY**® and **SUNGLASS HUT**™ have joined forces to bring you the largest selection of sunglasses, where each and every sunglass is hand picked based on performance, protection, comfort and style from the best sunglass makers on the planet.

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runDisney Health & Fitness Expo ESPN Wide World of Sports Complex

Thursday, February 19, 2015
10:00 a.m. – 8:00 p.m.

Friday, February 20, 2015
9:00 a.m. – 7:00 p.m.

Saturday, February 21, 2015
9:00 a.m. – 5:00 p.m.

Disney Frozen 5K presented by Children's Miracle Network Hospitals

Epcot®
Friday, February 20, 2015
6:15 a.m.

Disney Princess Half Marathon Weekend Breakfast

Epcot®
Friday, February 20, 2015
7:00 a.m. - 9:00 a.m.

Saturday, February 21, 2015
6:30 a.m. - 8:30 a.m.

runDisney Kids Races **Epcot®**

Friday, February 20, 2015
8:45 a.m. – 1-Mile Run start
9:15 a.m. – Dashes start

Saturday, February 21, 2015
8:45 a.m. – 1-Mile Run start
9:15 a.m. – Dashes start

Pasta in the Park Party World Showplace Pavilion Epcot®

Friday, February 20, 2015
7:00 p.m. - 8:30 p.m.

Saturday, February 21, 2015
7:00 p.m. - 8:30 p.m.

Race Retreat **Epcot®**

Sunday, February 22, 2015
3:00 a.m. - 5:00 a.m. (Race Retreat
Runners Only)
5:30 a.m. - 10:00 a.m. (Race Retreat
Runners and Platinum ChEAR Squad)

Disney Princess Enchanted 10K presented by Children's Miracle Network Hospitals

Epcot®
Saturday, February 21, 2015
5:30 a.m.

Disney Princess Half Marathon presented by Children's Miracle Network Hospitals

Epcot®
Sunday, February 22, 2015
5:30 a.m.

Happily Ever After Party at Downtown Disney® Downtown Disney® Marketplace

Sunday, February 22, 2015
2:00 p.m. – 8:00 p.m.

Dates and times are subject to change.

Celebrate your accomplishments at a Walt Disney World® Theme Park!

PARK HOURS February 20

Magic Kingdom® Park	9:00 a.m. – 11:00 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. – 7:00 p.m.

February 21

Magic Kingdom® Park	9:00 a.m. – 11:00 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. – 7:00 p.m.

February 22

Magic Kingdom® Park	9:00 a.m. – 1:00 a.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.

February 23

Magic Kingdom® Park	9:00 a.m. – 11:00 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. – 7:00 p.m.

Times are subject to change.



TRANSPORTATION

Disney Princess Half Marathon Weekend transportation has been arranged for Guests staying at *Walt Disney World*® Resort hotels including *Shades of Green*® and *Walt Disney World*® Swan and Dolphin Resort. 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.

Transportation Hours for the *runDisney* Health & Fitness Expo ESPN Wide World of Sports Complex

- **Thursday, February 19**
 - 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.
- **Friday, February 20**
 - 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, February 21**
 - From Host Resorts to Expo: 8:30 a.m. – 4:30 p.m.
 - Transportation from Expo to Host Resorts concludes at 5:30 p.m.

Transportation Hours for the Disney Frozen 5K, *runDisney* Kids Races, and Disney Princess Half Marathon Weekend Breakfast* *Epcot*®

- Bus Transportation
 - 4:15 a.m. – 5:00 a.m. and 7:00 a.m. – 11:00 a.m.
- Monorail transportation will be available starting at 4:15 a.m.
- 5K participants must board transportation no later than 5:00 a.m. in order to make it to their corrals on time.
- Families with participants in the 1-Mile Run should be on buses by 8:00 a.m.
- Families with participants in the Dashes should be on buses by 8:30 a.m.

Transportation Hours for Disney Princess Enchanted 10K presented by Children's Miracle Network Hospitals

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

Transportation Hours for Disney Princess Half Marathon presented by Children's Miracle Network Hospitals

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

Transportation Hours for Pasta in the Park Party

Please utilize existing *Walt Disney World*® transportation.

Transportation Hours for Happily Ever After Party

Please utilize existing *Walt Disney World*® transportation.

For the safety of our Guests, we ask that you use provided transportation and do not opt to run or walk to *Epcot*®. For those Guests staying in the *Epcot*® Resort Area, International Gateway is not available for entry into *Epcot*® prior to 9:00 a.m. Guests must utilize event transportation located at the front of their resort.

DRIVING DIRECTIONS

Directions to ESPN Wide World of Sports Complex (Expo)

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*® (Kids Races, 5K, 10K and Half Marathon)

Friday through Sunday:

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

*DO NOT use the *Epcot* Exit 67 off I-4

For Guests driving to *Epcot*® on Sunday morning, EXPECT SIGNIFICANT DELAYS!

Please also note, directions from a GPS device or other source will be inaccurate on Sunday due to road closures. Some roads begin to close as early as 11:00 p.m. on the evening before the Half Marathon. Therefore, please use directions above 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. 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*®.

ESPN Wide World of Sports Complex

Thursday, February 19
10:00 a.m. – 8:00 p.m.

Friday, February 20
9:00 a.m. to 7:00 p.m.

Saturday, February 21
9:00 a.m. to 5:00 p.m.

The runDisney Health & Fitness Expo is a three-day celebration of women, focused on health and fitness! The Expo will be located at the ESPN Wide World of Sports Complex. This event will include seminars on training, racing, and nutrition, along with the opportunity to experience the latest in running and fitness equipment. Official Merchandise will be available for purchase at the Expo. You must attend Packet Pick-Up at the Expo to receive your race bib and ChronoTrack B-Tag, which will be used to record your official and net time. While you are at the Expo be sure to pick up your gEAR bag and Race Shirt.

Packet Pick-Up & 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
 - 5K
 - Kids Races
 - Disney Glass Slipper Challenge
- HP Field House – Lower Level
 - 10K
 - Half Marathon
 - Disney Princess Half Marathon Teams
 - Castaway Cay Challenge

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 & Pre-Purchased Items

Pick up pre-purchased and Commemorative Items at the HP Field House at ESPN Wide World of Sports Complex. You will need to show your Photo ID to pick up your items:

- Commemorative Pins*
- Commemorative Necklaces*
- Disney Princess Half Marathon Weekend Breakfast Tickets
- Commemorative Ears*
- Race Retreat Packages
- ChEAR Squad Packages*
- Commemorative Team

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

Theme park tickets will be available for purchase at the ESPN Wide World of Sports Welcome Center during the runDisney Health & Fitness Expo (subject to availability).



A HP Field House

- 5K, 10K & Half Marathon Packet Pick-Up
- Glass Slipper Packet, Race Shirt & gEAR Bag Pick-Up
- Kids Races Packet & Race Shirt Pick-Up
- Half Marathon Teams Packet Pick-Up
- Official runDisney Merchandise
- Commemorative & Pre-Purchased Items
- Runner Tracking
- Volunteer Check-In
- Exhibitors

B Jostens® Center

- 5K, 10K, & Half Marathon Race Shirt & gEAR Bag Pick-Up
- Speaker Series
- Inspiration Station
- Exhibitors
- Official runDisney Merchandise

C Welcome Center

- Will Call Pre-Purchased Pasta in the Park tickets and Theme Park Tickets

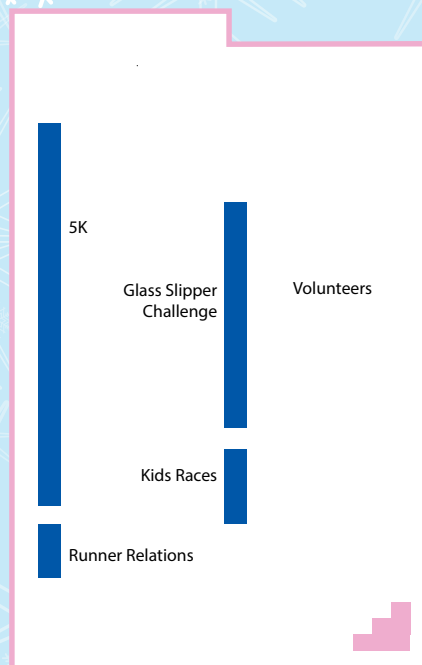
D New Balance Virtual Queue Check-In

Expo Floorplan - HP Field House

Be sure to stop by the HP Field House for the following:

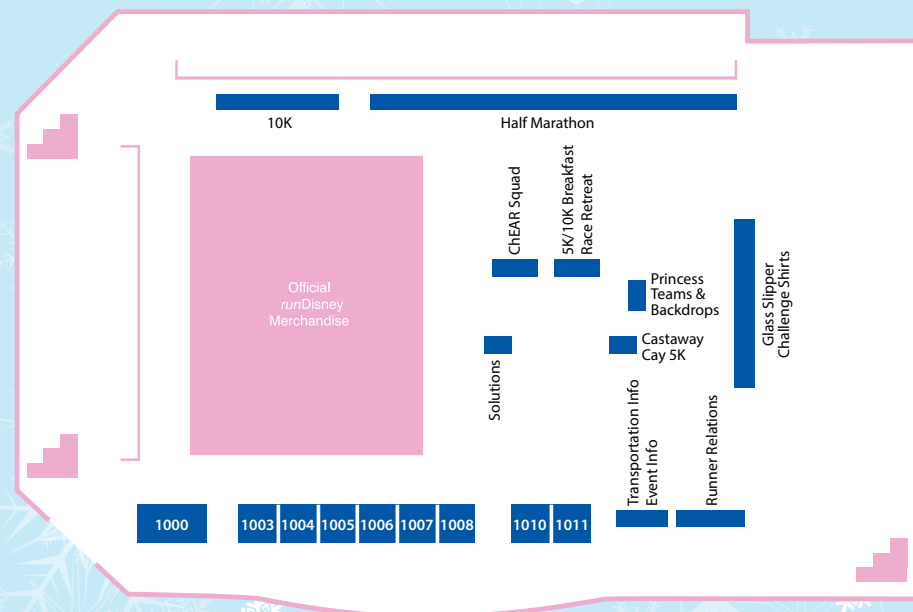
Entry Level

- 5K & Disney Glass Slipper Challenge Packet Pick-Up
- Kids Races Packet & Race Shirt Pick-Up
- Runner Relations
- Volunteer Check-In

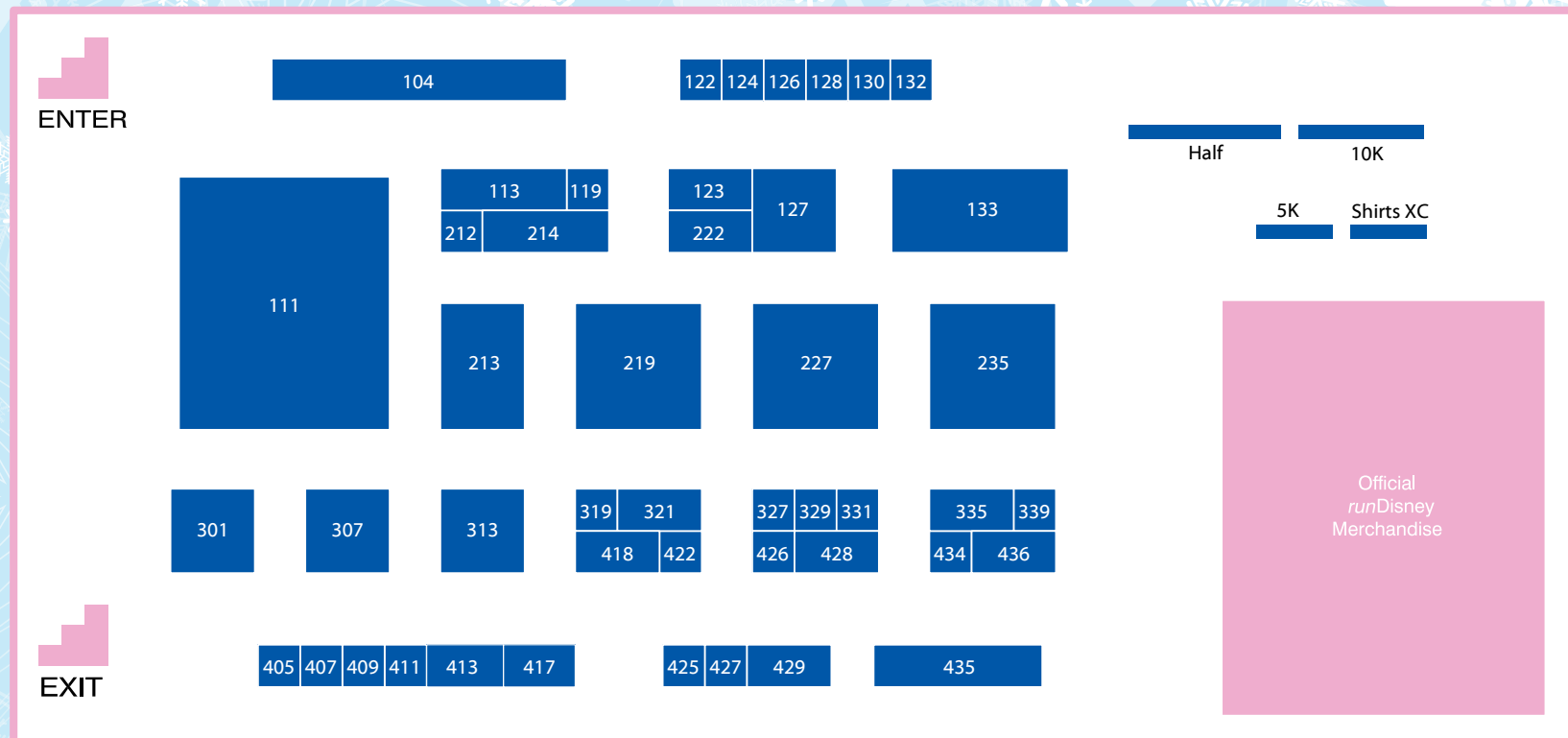


Lower Level

- 10K & Half Marathon Packet Pick-Up
- Disney Glass Slipper Challenge, Race Shirt & gEAR Bag Pick-Up
- Disney Princess Half Marathon Teams Pick-Up
- Castaway Cay Challenge Pick-Up
- Official runDisney Merchandise
- Commemorative & Pre-Purchased Items Pick-Up
- Runner Relations



Expo Floorplan - Jostens® Center



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
Active Sol Eyewear	128	Endure Jewelry	HP 1010	MarathonFoto	HP 1000	Sparkle Athletic	429
APEX by Sunglass Hut	436	Fellow Flowers	321	Milestones Sports Jewelry & Apparel	214	SparkleSkirts	113
Armpocket	428	Fit2Run	213, 219, 227	New Balance	111	Sparkly Soul Full-Elastic Headbands	335
BeeCause Charms	319	Fitletic	222	Noah's Light Foundation	427	SpiBelt	124
Bondi Band	307	FlipBelt	HP 1008	Nuu-Muu	HP 1011	SportHooks	426
Champion Apparel	133	Florida Hospital Celebration Health	301	One More Mile	413	St. Jude Heroes	411
Children's Miracle Network Hospitals	235	Fond Memories Graphics	339	Raw Threads	104	Success Rice	407
Chiquita	123	Girl Power 2 Cure	119	Rinse Bath & Body Co.	434	Sweaty Bands	127
compressport usa	HP 1007	GoodSense	417	runDisney	435	The RooSport	409
Coolcore	418	Handana Sweatbands for the Hand!	329	RunGirlRun	HP 1004	TheStick.com - amazing self massage	405
Coppertone	HP 1006	KT Tape	425	Running Buddy	HP 1005	yurbuds Powered by JBL	HP 1003
CURL by Sammy Duvall	212	Lasting Commemoratives	122	Running Skirts	331		
Dannon	132	Lift Your Sole	327	SIGVARIS	130		
Divas Half Marathon & 5K Series	126	LUNA Bar	313	SnuggBuds Sport Headsets	422		

HP = HP Field House

THURSDAY, FEBRUARY 19, 2015

1:00 p.m.

I Can Go the Distance!**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.

2:00 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 Disney Princess Half Marathon Weekend courses. We've lined up the race director, course director, spectator expert, and the new runDisney Mom 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.

3:00 p.m.

Tips and Tricks to Prepare for Race Day**Betsy Hughes, Co-Owner of Track Shack Events****Tara Gidus, Official runDisney Nutritionist****Leslie Kay, Disney Bound****Elizabeth Comeau, Editor of Zelle, Runner's World running site for Women**

Join our panel of princess experts as they discuss topics like what to wear, how to refuel, race strategy, and most important of all – looking great for your finish line photo! This session will prepare you for your best race day yet!

4:00 p.m.

Change your Life One Step at a Time**Biggest Loser Season 14 Winner Danni Allen****Presented by Florida Hospital Celebration Health**

Biggest Loser Season 14 Winner, Danni Allen, and Florida Hospital Celebration Health have teamed up to share some helpful tips on overcoming mental hurdles, weight loss, and how to maintain a healthy lifestyle. This is a session you will not want to miss!

5:00 p.m.

Always In Training**Elizabeth Comeau, Editor of Zelle, Runner's World running site for Women**

"Train for nothing while training for everything." Join Runner's World Editor, Mother, marathoner, and triathlete Elizabeth Comeau as she talks finding your balance between family, work, and running. Elizabeth will also share some tips on how to work through Marathon Mom Guilt.

6:00 p.m.

Fit Dreams Come True and Running at your Ideal Weight Isn't a Fairytale!**Presented by GoodSense**

Putting in mega miles on the road without seeing the scale budge? Fitz Koehler has the answers you're looking for! You'll learn how to create a well-rounded exercise routine along with how to balance the right amounts of the right foods for the size you'd like to be. This workshop is about being HEALTHY and running in a body you feel great about.

FRIDAY, FEBRUARY 20, 2015

11:00 a.m.

Change your Life One Step at a Time**Biggest Loser Season 14 Winner Danni Allen****Presented by Florida Hospital Celebration Health**

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Noon

13.1 Dream Come True Tips for a Magical Race Day**Presented by Luna**

The Luna Pace Team will share their secrets to help athletes of all abilities run or walk their best half marathon before turning into a pumpkin at midnight.

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 Disney Princess Half Marathon Weekend courses. We've lined up the race director, course director, spectator expert, and the new runDisney Mom 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.

2:00 p.m.

Go for the Gold!**Olympian Jennifer (Jenny) Simpson**

Olympian, World Champion and Florida Hero Jennifer Simpson will motivate you and discuss running techniques that can enhance your performance.

4:00 p.m.

Tips and Tricks to Prepare for Race Day**Betsy Hughes, Co-Owner of Track Shack Events****Tara Gidus, Official runDisney Nutritionist****Leslie Kay, Disney Bound****Elizabeth Comeau, Editor of Zelle, Runner's World running site for Women**

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Speaker Series

SATURDAY, FEBRUARY 21, 2015

11:00 a.m.

Change your Life One Step at a Time

Biggest Loser Season 14 Winner Danni Allen

Presented by Florida Hospital Celebration Health

Biggest Loser Season 14 Winner, Danni Allen, and Florida Hospital Celebration Health have teamed up to share some helpful tips on overcoming mental hurdles, weight loss, and how to maintain a healthy lifestyle. This is a session you will not want to miss!

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Elizabeth Comeau, Editor of Zelle, Runner's World running site for Women

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3:00 p.m.

Go for the Gold!

Olympian Jenny Simpson

Olympian, World Champion and Florida Hero Jennifer Simpson will motivate you and discuss running techniques that can enhance your performance.

4:00 p.m.

I Can Go the Distance!

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.

FIT2RUN
THE RUNNER'S SUPERSTORE



Fit2Run wishes you an
awesome experience
@runDisney!



Come by our booth at the Expo and get great savings
on your favorite running merchandise.

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

- Best selection of running gear in the country
- Top footwear brand names
- Performance apparel
- Sunglasses, GPS wrist personal trainers
- ...and much more!

Present this ad for a
FREE GIFT

at our Fit2Run store located
in **Downtown Disney®**
West Side.

One per person. While supply lasts.



OFFICIAL RUNNING RETAILER

runDisney

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www.fit2run.com

Maximum potential.

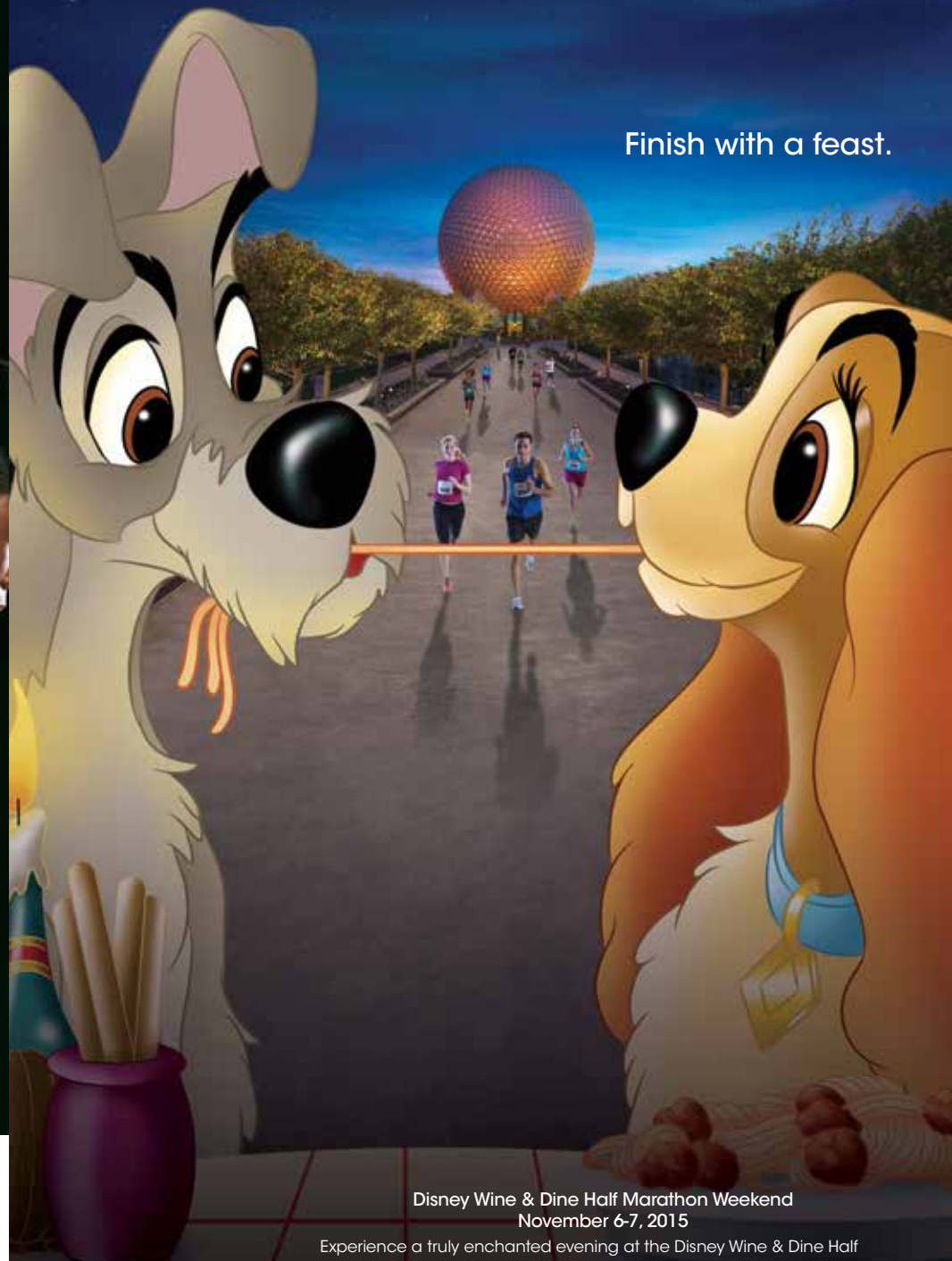


www.dannon.com



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Finish with a feast.



Disney Wine & Dine Half Marathon Weekend
November 6-7, 2015

Experience a truly enchanted evening at the Disney Wine & Dine Half Marathon. Run through three Walt Disney World® Theme Parks at night as you enjoy world-class Disney entertainment along the way. Finish with an exclusive, epicurean, after-hours party inside the Epcot® International Food & Wine Festival. Registration opens March 17, and fills quickly.

Race to runDisney.com to register and learn more.



Pasta in the Park Party

Friday, February 20, 2015
Saturday, February 21, 2015

Buffet Dinner: 7:00 p.m. – 8:30 p.m.
***IllumiNations: Reflections of Earth*: 9:00 p.m.**
World ShowPlace Pavilion inside Epcot®

Start off your 2015 Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals 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 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 wrist band 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 Disney Princess Half Marathon Weekend features:

- Buffet pasta dinner and dessert at the World ShowPlace Pavilion inside Epcot®
- Cash Bar
- Disney character appearances
- Live DJ
- 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 6:00 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.*



Get Social

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

 **Become a Fan at:**
[facebook.com/runDisney](https://www.facebook.com/runDisney)

 **Follow Us at:**
[instagram.com/runDisney](https://www.instagram.com/runDisney)

 **Follow Us at:**
[@runDisney](https://twitter.com/runDisney)
#PrincessHalf
#Enchanted10K
#GlassSlipperChallenge
#Princess5K

 **Subscribe to our Channel:**
[youtube.com/runDisney](https://www.youtube.com/runDisney)



Weekend Breakfast

Breakfast Packet Pick-Up

Pick up your 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

Friday, February 20, 2015

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

Epcot®

Saturday, February 21, 2015

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

Epcot®

Location & Access

The Breakfast Tent is a very large, white tent located in the Imagine Lot near the Finish Line. When you pick up your 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 Breakfast on Friday and Saturday.

Tickets are non-refundable. The above menu items are subject to change without notice. All the above is subject to availability. Children under 3 are free.

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*® Resorts after the 5K 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

Sunday, February 21, 2015

Epcot®

- 3:00 a.m. to 10:00 a.m.
- 3:00 a.m. to 5:30 a.m. – Runners Only with a continental breakfast
- 5:30 a.m. to 10:00 a.m. – Tent Opens to Platinum ChEAR Squad guests
- 5:30 a.m. to 6:30 a.m. – Platinum ChEAR Squad continental breakfast
- 7:30 a.m. to 10:00 a.m. – Breakfast Service

Location & Access

The Race Retreat is a very large, white tent located in the Imagine Lot near the Finish Line. 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 5:30 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.

gEAR Bag Check

Private bag check will be available inside Race Retreat. Please be sure to use the clear plastic gEAR bag given to you at Packet Pick-Up for your bag check. Please affix your bag check number to your clear bag prior to arriving at Race Retreat. All participants' bags are subject to search. Please do not check any valuable items. The event staff is not responsible for any lost, damaged, or stolen items.

Stretching Area

A padded stretching area will be available before the race.

Race Start

All runners are expected to be in their corrals no later than 5:00 a.m. Please plan on a 20-minute walk from Race Retreat to the corral area.

Restrooms & Changing Tents

Private port-o-lets 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 Stations

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.

Information Station & Live Results

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

Character Greetings

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

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



Fuel Your Inner Princess



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



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





Friday, February 20
Saturday, February 21

Epcot®

8:45 a.m. – 1-Mile Run Race Start

9:15 a.m. – runDisney Kids Races Start

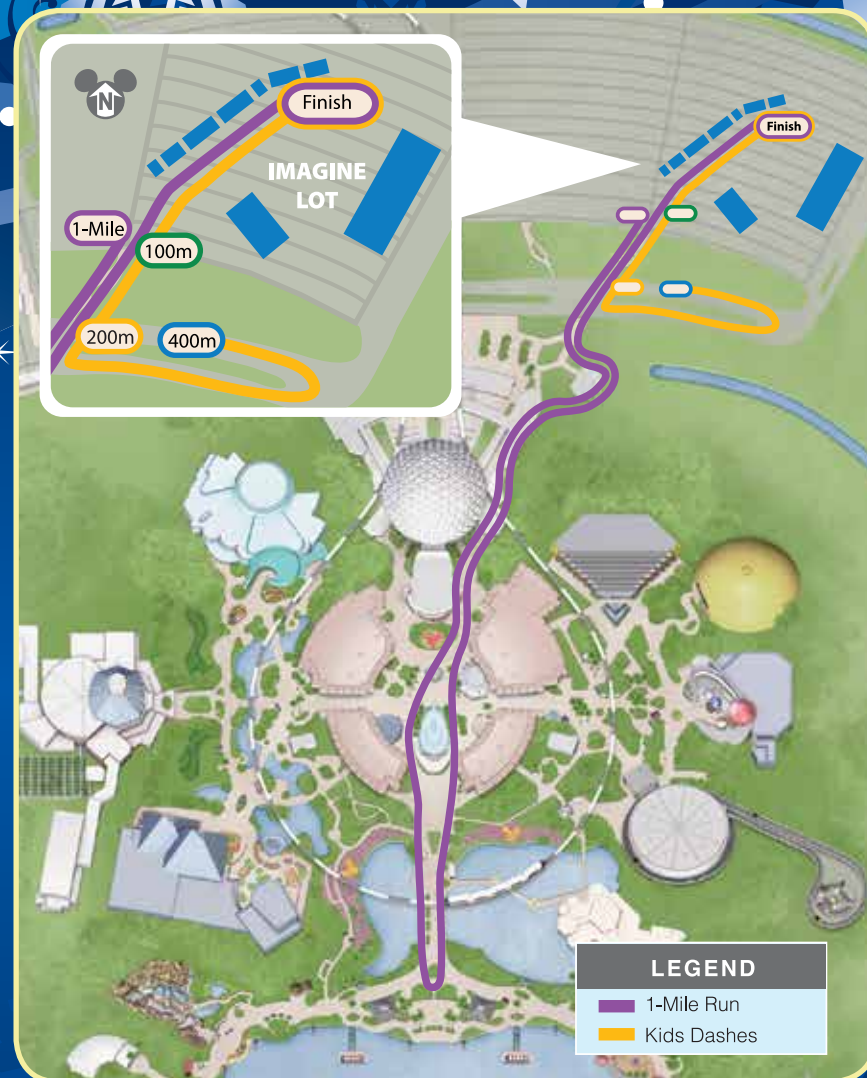
Pre-registered children ages 13 and under can be a part of the runDisney Kids Races so they can earn a finisher medallion just like Mom or Dad. The races include the infant Diaper Dash, 100m, 200m, 400m, and 1 Mile Run. Each age group will have its own corral area which will be color-coded for all parents 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 1-Mile Run 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 1-Mile Run. Diaper Dash will take place at the finish line. Any parents who wish to run with their children are encouraged to do so.

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 the Imagine Lot 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 1-Mile Run will be timed and participants can view their race times online at rundisney.com.



Schedule

8:35 a.m.	1-Mile participants meet in designated finish line bleacher area
8:45 a.m.	1-Mile Race Starts*
9:00 a.m.	Dashes participants meet in designated finish line bleacher area
9:15 a.m.	Dashes Start

**Parents that are running with their child are allowed in the Mile corrals.*

**Disney Frozen 5K presented
by Children's Miracle Network
Hospitals**

Friday, February 20, 2015

Epcot® 6:15 a.m. – Start

**Disney Princess Enchanted 10K
presented by Children's Miracle
Network Hospitals**

Saturday, February 21, 2015

Epcot® 5:30 a.m. – Start

gEAR Bag Check

Disney Frozen 5K

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

Disney Princess Enchanted 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, 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 40 and 41.

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.



Disney Princess Half Marathon presented by Children's Miracle Network Hospitals

Sunday, February 22

Start: *Epcot*®

The Start

The start zone for both the Half 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

Private 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.

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 the race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be in the 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.

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.)



Disney Princess Half Marathon

presented by Children's Miracle Network Hospitals

Perfect Princess

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

Princess Teams

If you purchased a Princess Half Marathon Team Package, one team member will need to pick up your team packet at the Princess Half Marathon Teams counter located in the HP Field House. At that location, you will receive your commemorative bib as well as have access to a Team Photo Area to kick off the weekend. A copy of one Team Member's photo ID is required in order to pick up your team package.

Please note: Commemorative bibs do not have timing chips on them. You must wear your regular Princess Half Marathon Bib (which you will pick up separately at the Princess Half Marathon Counters) in order to be timed for the race.

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®.

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®.

Staging Map



Half Marathon Course



Course Description

Disney Princess Half Marathon will start just outside of the Epcot® Parking Lot. Runners will proceed up World Drive towards the Magic Kingdom® Park. Upon entering the Magic Kingdom® Park, participants will pass through Tomorrowland, Cinderella Castle, and Frontierland. Participants then proceed down World Drive to make their return to Epcot®. The course will take participants through Future World and past Spaceship Earth on their way to an unforgettable finish!

Beverage Stations and Food Stops

Nine beverage stations will be set up along the course, offering both Dasani water and Powerade. Clif product will be distributed at mile 8.7.

Nutritious Meets Delicious



LUNABAR.COM

Race Challenges

Disney Glass Slipper Challenge

In an effort to enhance our runners' check-in process, we ask that all Glass Slipper 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.

After completing the 10K on Saturday and the Half Marathon on Sunday, please check in at the Disney Glass Slipper Challenge tent located in the Finish Line chute.

10K

After completing the 10K, Glass Slipper participants' official results will be reviewed by race staff at the Glass Slipper Challenge tent.

Half Marathon

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

runDisney Coast to Coast Race Challenge

Do you want the ultimate test in endurance with a Disney twist? Then join the runDisney Coast to Coast Challenge! If you complete a half marathon or marathon at the Walt Disney World® Resort and the Disneyland® Resort in the same calendar year, then you will receive an additional medal to commemorate your achievement.

After completing the Half Marathon on Sunday, runDisney Coast to Coast participants must visit the Challenge tent with their runDisney Coast to Coast wristband to receive their runDisney Coast to Coast medal and to celebrate their accomplishment.

**runDisney Coast to Coast wristband must be presented to receive the runDisney Coast to Coast medal.*

Time to Refuel



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.

Safety Reminder

- For everyone's safety, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized 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 their race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to the Family Reunion Area at 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 cancelled. 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.



Once upon a time...
She chose sneakers over heels.
She chose training over the chariot.
She chose the medal over the tiara.
&
She ran like it was midnight.



Race Etiquette

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals 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 any one to join you in the finish line stretch. Your support team is very important, but please communicate that the race course and finish area is for registered participants and staff only.
- Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too. Please be courteous to those finishing behind you and take only one of each item.
- Celebrate! Thank your volunteers and have a great race!

How To Stay Motivated

By Olympian Jeff Galloway

Official Training Consultant, *runDisney*

As race day approaches, the anticipated challenge of the distance, goal pressure, and self-imposed expectations combine to increase your overall stress level. As the overall level rises before or during a race to what it believes to be overload, the subconscious, emotional brain, triggers the release of anxiety hormones and then negative attitude hormones. You don't have to eliminate the stress to stop the negative hormones. By having a cognitive strategy, you'll shift control to the conscious brain which takes mental command over the subconscious brain. As you use this executive brain to focus on one cognitive thought at a time, the negative attitude hormones will wash out of your system. Here are the key cognitive acts that have been most successful in giving you control over your thoughts and can keep you going under the stress of the race.

- Eat a blood sugar boosting snack if needed—Low blood sugar is a major stress on the brain. A simple snack of about 100 calories can often change attitude in 20-30 minutes. Some runners have had a rebound by taking a sip or two of a sugar beverage and spitting it out.
- Drink a cup of coffee—if you drink coffee and have no problems doing so. Caffeine is a central nervous system stimulant, and engages the “focus” circuits of the brain.
- Start Walking. The gentle motion of walking and then running will stimulate secretion of the most powerful positive attitude human hormones: endorphins. To stay in the conscious brain, recite a mantra like the following: “I’m moving forward,” “I’m in control!”
- Smile—Smiles not only activate endorphins. A smile stimulates positive attitude circuits in the brain. Focus on this thought: “Smiles bring joy.”
- Breathe in cadence with your steps—Rhythmical breathing has been shown to reduce stress and improve attitude. Take a lower lung breath every 3rd or 4th breath. Counting keeps the conscious brain in control.
- Believe that you will feel better, and that you are doing something positive for yourself. Your positive belief in what you are doing activates positive attitude hormones.
- Lower the adversity of the workout/race—if you are feeling stress/pressure when considering a pace of 9 min/mi, shift to 10 min/mi. If a 3-1 ratio seems challenging, use a 1-1. Shorter running segments often leave you feeling so strong that you increase speed at the end.
- If the going gets tough use one or more positive mantras as you focus on continuing—not giving up.

- Mantras—Talk to yourself. Use these or create your own.
I’m moving—I feel good
I know I can do this
I’m feeling better
The positive peptides are being received—I feel better
I’m changing my attitude
My exertion is making me feel better
One more minute
30 more seconds
10 more seconds
One more step, one more step, one more step

Taken with permission from Jeff’s book MENTAL TRAINING: JeffGalloway.com



Post Race

Happily Ever After Party at Downtown Disney® Marketplace

February 22, 2015

2:00 p.m. – 8:00 p.m.

You've worked hard and did your best during this year's Disney Princess Half Marathon Weekend. Now, it's time to join family and friends for an evening of fun, relaxation, and good times at the Happily Ever After 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 Happily Ever After 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
- Disney Design-a-Tee presented by Hanes®
- DisneyQuest® Indoor Interactive Theme Park
- Disney's Days of Christmas
- Disney's Wonderful World of Memories
- Disney Truck Shop
- Downtown Disney Food Trucks
- Fit2Run, The Runner's Superstore
- Fulton's Crab House
- Forty Thirst Street
- House of Blues
- Little MissMatched™
- Marketplace Co-Op
- Paradiso 37, Taste of the Americas
- PLANET HOLLYWOOD®
- Portobello Country Italian Trattoria
- Raglan Road™ Irish Pub & Restaurant
- Rainforest Café®
- Something Silver®
- STARBUCKS®
- Sunglass Icon®
- T-REX™
- Wolfgang Puck® Express Marketplace
- Wolfgang Puck® Grand Café
- Wetzel's Pretzels

**All offers subject to change and are at the discretion of the individual locations. Runner must present medal to receive offer. Offer for medal holder only unless otherwise noted. Offer valid February 20-22, 2015 unless otherwise noted. While supplies last.*

Results

All results will be posted online at **runDisney.com** the evening of the race.

Photos

MarathonFoto photographers will be on the course and at the finish line taking pictures 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 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 feather banners arranged alphabetically 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 tents in alphabetical order.
- Have a back-up meeting location in place as well.

Awards

Overall Awards

Overall Half Marathon male, female and wheelchair winners
Family Reunion Area
Sunday, February 22, 2015
8:30 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 Female Half Marathon Finishers
- Top Female Half Marathon Wheelchair Winners (push rim only)

Individual Awards

The following awards for both the 10K and Half Marathon will be mailed approximately three weeks after the event. Because of the number of people who participate in both the 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 Female Push Rim Wheelchair Winners
- 2nd and 3rd Place Male Push Rim Wheelchair Winners*
- Female Masters Champion
- Male Masters Champion*
- Military Male* and Female Top 5
- Age Groups (Male* and Female)

14-17	35-39	55-59	75-79
18-24	40-44	60-64	80 +
25-29	45-49	65-69	
30-34	50-54	70-74	

**Male awards only available in the 10K.
There are no individual awards for the 5K.*



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 before the race so that your urine is clear to light straw colored (this will vary per person).
- Limit fluids to approximately 4-6 ounces every 20 minutes during the race.
- At least every other water stop, you should have some form of electrolyte replacement (PowerAde, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.

Tips For Race Day

- Check your urine a ½ hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!
- DO NOT take any product with ephedra in it. Ephedra increases your risk of “heat illness.” It should not be used while training or on race day!
- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

Pain Relievers / Supplements

- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners’ kidney function if taken within 24 hours of running. Only acetaminophen (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 you 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 & E) can alter urine color so be wary of hydration status if taking these supplements.
- Caffeine and other amphetamine-like compounds containing pseudophedrine, such as Sudafed and most sinus and cold preparations, taken within 24-hours of race time can also raise core temperature; increase blood pressure and heart rate and should be drastically limited during this time.

Warning Signs

- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical aid station located throughout the course.
- Dizziness, confusion, loss of peripheral vision or general tingling – are more concerning and greater precautions should be taken. Find a course representative and ask for assistance immediately.
- Chest Pain – stop all activity and ask 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 number.
- Drink plenty of fluids.
- Know the symptoms of heat illness. Run responsibly and don’t be afraid to ask for help.
- Help your fellow runners. If you see someone in distress, tell him or her what we have told you. If they refuse to stop, report their race number to one of the volunteers along the route.
- Let your friends and family know your race number so they can find you if you are in a medical tent.
- Listen to the weather forecast and plan accordingly. Both heat-related injuries and hyponatremia are life-threatening conditions.
- Skin in high friction areas (nipples, thighs, armpits, etc.) should be well lubricated with a non-water soluble lubricant (petroleum jelly).
- Make sure your shoes and clothes are appropriate for the event and environmental conditions.

Questions

The Medical Team is here to help! On race day, there will be sports medicine professionals at the finish line tent and in the parking lot on bicycles. Remember, on the course we will have medical staff at each and every tent to help you along the way.

YOU'RE ON A MAGICAL RUN

WE'RE HERE TO KEEP YOU IN THE RACE



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.

**OFFICIAL MEDICAL
PROVIDER OF** runDisney

To schedule a priority appointment, visit
CelebrationHealth.com or call (407) 303-4204.



**CELEBRATION
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The skill to heal. The spirit to care.®

Meet our Medical Director

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.



ChEAR Squad

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 Zone without the wristband. The ChEAR Zones will be open to Gold and Platinum level members only during Disney Princess Half Marathon on Sunday, February 22.

ChEAR Zone 1

Magic Kingdom® Park near Cinderella Castle (Mile 5.7 for the Half Marathon)

Sunday, February 22, 2015

5:30 a.m. – ChEAR Zone #1 opens
8:15 a.m. – Approximate time ChEAR Zone #1 closes

Note: ChEAR Zone #1 will not be open during the 10K on Saturday

ChEAR Zone #1 is a reserved viewing location only. It does not include seating, beverages, or private portable restrooms. 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. At approximately 8:15 a.m. this area will be closed.

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)

Sunday, February 22, 2015

6:00 a.m. – ChEAR Zone #2 opens
10:30 a.m. – ChEAR Zone #2 closes

ChEAR Zone #2 is a reserved viewing location at the Finish Line.

Half Marathon ChEAR Zone #2 Amenities:

Reserved Finish line seating, beverages, private portable restrooms, 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.

Spectator Viewpoints

Spectators are encouraged to share in the 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.

Runner Tracking

Family and friends will be able to track Half 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.

Cinderella Royal Family 5K Only Spectator Viewpoints

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

Disney Princess Enchanted 10K Only Spectator Viewpoints

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

Disney Princess Half Marathon Spectator Viewpoints

Start	<i>Epcot</i> ® Center Drive	5:30 a.m. - 6:35 a.m.	Accessible ONLY by foot from <i>Epcot</i> ® Parking Lot
Mile 4	Ticket & Transportation Center	5:53 a.m. - 7:39 a.m.	Take monorail from <i>Epcot</i> ® to Ticket & Transportation Center
Mile 4.9	<i>Disney's Contemporary Resort</i>	5:56 a.m. - 7:50 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.®	6:05 a.m. - 8:05 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>	6:10 a.m. - 8:33 a.m.	Accessible to guests staying at <i>Disney's Grand Floridian Resort</i>
Mile 7.7	<i>Disney's Polynesian Resort</i>	6:15 a.m. - 8:40 a.m.	Accessible to guests staying at <i>Disney's Polynesian Resort</i>
Finish - Mile 13.1	<i>Epcot</i> ® Imagine Lot	6:39 a.m. - 10:05 a.m.	Accessible ONLY by foot from <i>Epcot</i> ® Parking Lot

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

be safe to and from the race!

Don't text and drive.
#ItCanWait



@ATT wants you to take the pledge to never text and drive because no text is worth a life.

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runDisney

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Celebratory Charity & Sports Enthusiasts

Celebratory Charity

The Disney Princess Half Marathon Weekend benefits Children's Miracle Network Hospitals, a charity raising funds and awareness for 170 children's hospitals across the United States and Canada.

Each year, local member CMN Hospitals provide more than 32 million treatments for kids facing a range of illnesses and injuries. Donations stay local to fund treatment and healthcare services, pediatric medical equipment and to help offset billions in charitable care provided each year to families in need.

Since 1983, Children's Miracle Network Hospitals has raised funds, mostly \$1 at a time, through the charity's Miracle Balloon icon. Its national retail programs support the nonprofit's mission to save and improve the lives of as many children as possible.

The Disney Princess Half Marathon Weekend is an ideal platform to create awareness and support for Children's Miracle Network Hospitals. Headquartered in Salt Lake City, Children's Miracle Network Hospitals has raised more than \$5 billion since its first fundraising event in 1983.

Find out why children's hospitals need community support, and learn more about your member hospital, www.CMNHospitals.org.

Sports Enthusiasts

Over 1,900 volunteers will assist throughout Disney Princess Half Marathon Weekend on behalf of the Children's Miracle Network Hospitals.

- Approximately 400 volunteers will help with Packet Pick-Up during the runDisney Health & Fitness Expo
- Over 140 volunteers will assist with the Cinderella Family 5K & runDisney Kids Race
- 300 medical volunteers will staff Florida Hospital's medical stations during the Half Marathon
- Over 1,100 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half Marathon on Sunday



**GIRL TALK
STARTED THREE
MILES AGO.**



LET'S MAKE
EXCELLENT
HAPPEN.

6:22 P.M. You don't have to
sit still to catch up. Set your
own time limit and pound the
pavement together. This is a
new tradition.
THIS IS #RUNNOVATION.



Thank You Sponsors

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