

RACE ETIQUETTE

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy Disney's Princess Half Marathon Weekend 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. (Pictures will be available at marathonfoto.com 2-3 days following the race. You will need your race bib to access your photos.)
- 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. Please be courteous to those finishing behind you and take only one of each item.
 - Celebrate! Thank your volunteers and have a great race!

FLORIDA

Expedition Everest Challenge
May 3-4, 2013

The Twilight Zone Tower of Terror™
10 Miler Weekend
October 4-5, 2013

Disney Wine & Dine Half Marathon Weekend
November 8-9, 2013

Walt Disney World® Marathon Weekend
presented by Cigna®
January 9-12, 2014

Disney's Princess Half Marathon Weekend
February 21-23, 2014

CALIFORNIA

Disneyland® Half Marathon Weekend
August 30-September 1, 2013

Tinker Bell Half Marathon Weekend
January 17-19, 2014



Events and dates subject to change. All races are subject to age eligibility requirements and capacity limits. ©Disney
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Final Race Instructions

EXPO SCHEDULE & REMINDERS

Friday, February 22, 2013
Disney's Coronado Springs Resort
9:00 a.m. to 7:00 p.m.

Saturday, February 23, 2013
Disney's Coronado Springs Resort
9:00 a.m. to 6:00 p.m.

* There will be no parking and no Guest drop-off at Disney's Coronado Springs Resort during Expo hours. Please see Transportation and Driving Directions section for more details.

PACKET PICK-UP & WAIVERS

You are required to attend Packet Pick-Up at Disney's Fit for a Princess Expo in order to receive your B-Tag timing device, race bib, bag check sticker, gEAR bag, and race shirt. 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 at the Expo.

ABSENTEE PACKET PICK-UP

If you are unable to attend Packet Pick-Up, the individual picking up on your behalf must provide the following items as well as his/ her Photo ID:

1. Copy of your driver's license or Photo ID
2. Your signed waiver
3. Your signed Packet Pick-Up Authorization Form

The Packet Pick-Up Authorization Form and waiver will be available at runDisney.com. It is important that you download these forms and bring them with you to the Expo.

COMMEMORATIVE ITEMS

Pre-ordered commemorative items will be distributed when you pick up your race packet. Please remember that items not picked up will not be mailed or refunded.

RACE SCHEDULE & REMINDERS

Sunday, February 24, 2013
Disney's Princess Half Marathon
Start Location: Epcot® Center Drive
5:30 a.m. – Wheelchair Start
5:35 a.m. – Corral A Start
5:42 a.m. – Corral B Start
5:49 a.m. – Corral C Start
5:56 a.m. – Corral D Start
6:03 a.m. – Corral E Start
6:10 a.m. – Corral F Start
6:17 a.m. – Corral G Start
6:24 a.m. – Corral H Start

HALF MARATHON START

The start zone for the Half Marathon is located in the Wonder 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.

FOOD & BEVERAGE

Food and beverage will be available for purchase in the Wonder Lot and Imagine Lot at Epcot® from 3:00 a.m. to 10:30 a.m. on Sunday, February 24. Water will be available for registered participants in the "runner only" corral area prior to race start. Nine beverage stations will be set up along the course, offering both Dasani water and lemon-lime PowerAde. Clif product will be distributed at mile 8.7. At the conclusion of the race, participants will receive one bottle of Dasani water, one bottle of PowerAde, fruit, and various other food items.

RESTROOM FACILITIES

Portable restroom facilities will be available in the Family Reunion Area (Epcot® Wonder Lot) before participants enter the bag check tents, in the "runner only" corral area after participants check bags, near the start line, and on the course near the beverage stations.

BAG CHECK

If you plan to check personal items on race morning, you **MUST** use the clear bag provided to you at Disney's Fit for a Princess Expo. Please affix your bag check number to your clear bag prior to arriving at the Bag Check tents located in the Family Reunion Area at Epcot®.

All bags must be checked prior to 4:30 a.m. on race morning. Half Marathon bags must be claimed before 10:30 a.m. on Saturday. Unclaimed bags will be transferred to Epcot® Guest Relations, located to the right of the main park entrance. Please visit during park hours to claim lost items.

Due to safety regulations and limited storage space, the race staff cannot accommodate full-sized suitcases, paper bags, or clothing bundles. Please do not check valuables. The race staff is not responsible for any lost, stolen, or damaged items. We will make every effort to have your bag waiting for you after the race. Articles of clothing that are found on the course will be donated to charity.

RACE BIBS

Each participant 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.

HALF MARATHON TEAMS

Participants registered as a team are eligible for team awards. Each team member will receive commemorative a team bib at packet pick-Up. Please do not wear your commemorative bib in place of your race bib. Your official time **WILL NOT** be recorded if you wear your commemorative bib in place of your race bib.

PACING REQUIREMENTS

All athletes entering the Half Marathon must be able to maintain a 16-minute per mile pace throughout each 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.

SAFETY REMINDER

For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, and animals of any kind are prohibited on the course. If you are seen in violation of one of these you will be removed from the course and transported to the finish line area.

Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

COSTUMES

You are allowed to wear a costume during the Half Marathon. However, your costume cannot include a face mask. Anyone seen in violation of this will be removed from the course. If your costume is questionable or offensive to others, we reserve the right to either have you change into something more appropriate or remove you from the event.



WEATHER

The race will be held rain or shine. If there is lightning in the area the race will either have a delayed start or depending on the intensity of the weather, be cancelled. The determination will be made by the Event Management staff. As a reminder, the registration fees are non-refundable and nontransferable.

MEDALS & RESULTS

All finishers will receive a medal before exiting the finish chute. Results will be posted at runDisney.com following the conclusion of the race. Finisher certificates will be available for download approximately one week after the race at mydisneymarathon.com.

COAST TO COAST RACE CHALLENGE

If you are completing the 2013 runDisney Coast to Coast Race Challenge, you will receive a wristband at Disney's Fit for a Princess Expo that you will wear until you complete Disney's Princess Half Marathon. Once you receive your finisher's medal, you will trade your wristband for a runDisney Coast to Coast Race Challenge medal.

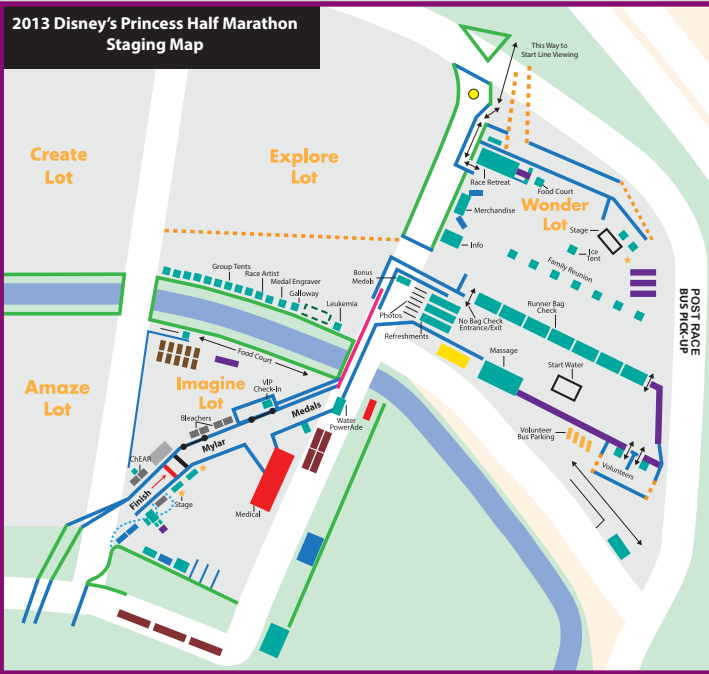
PARTICIPANT CHECKLIST

- o Race bib with ChronoTrack B-Tag and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)
- o Clear plastic drawstring gEAR bag with bag check sticker
- o 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.)

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 official time **WILL NOT** be recorded.

FAMILY REUNION AREA



TRANSPORTATION & DRIVING DIRECTIONS

Host Resorts

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 signs placed in the front windows. Please note, transportation is only provided to and from the host resorts. If you are staying at a host resort, please check with your front desk for a pick-up location. Because parking is extremely limited at event venues, Guests staying at host resorts are strongly encouraged to use provided transportation to all Princess Half Marathon Weekend events. Guests who do not stay at a host resort will need to provide their own transportation to weekend events.

Transportation Hours for Disney's Fit for a Princess Expo

Disney's Coronado Springs Resort

- **Friday, February 22**
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 23**
From Host Resorts to Expo: 8:30 a.m. – 5:30 p.m.
Transportation from Expo to Host Resorts concludes at 6:30 p.m.

Transportation Hours for Mickey and Minnie Mouse Royal Family 5K, runDisney Kids Races, and Disney's Princess Half Marathon Weekend Breakfast*

Epcot®

- **Saturday, February 23:** 4:30 a.m. – 6:00 a.m. and 7:30 a.m. to 10:30 a.m.
 - * 5K participants must board buses no later than 5:45 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.
 - * Please note, monorail transportation is not available on behalf of Princess Half Marathon Weekend events. Please check monorail schedule with your resort.

Transportation to and from Start Area for Disney's Princess Half Marathon on Sunday, February 24

Epcot®

Monorail transportation will be provided to the Start Area for those participants staying at Disney's Contemporary Resort, Disney's Grand Floridian Resort and Spa, and Disney's Polynesian Resort beginning at 3:00 a.m. The Monorail will transport you to the Transportation and Ticket Center where you will board a second Monorail that will transport you to Epcot®.

Event transportation will begin departure from all other Walt Disney World® Resort hotels, Shades of Green®, and Walt Disney World® Swan and Dolphin Resort at 3:00 a.m. Buses will be indicated by runDisney Transportation signs placed in the front windows.

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.

Participants must board buses and monorails no later than 4:00 a.m. in order to make it to their corrals on time. You must be in your corral at the start line by 5:00 a.m. or you will not be allowed to start. Please note, it takes 20 minutes to walk from the Family Reunion Area (Epcot® Wonder Lot) to the start line.

Event transportation will continue throughout the morning for spectators. Bus transportation will be suspended between 5:00 a.m. and 7:00 a.m. on Sunday due to road closures.

After the race, bus stops will be set up in the Family Reunion Area (Epcot® Wonder Lot) for all Walt Disney World® Resort hotels, Shades of Green®, and Walt Disney World® Swan and Dolphin Resort. Event transportation from Epcot® to host resorts concludes at 10:30 a.m. on Sunday.

ARRIVING BY CAR

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

Transportation Hours for Disney's Fit for a Princess Expo Shuttle* Downtown Disney® West Side

- **Friday, February 22**
From Downtown Disney® to Expo: 8:30 a.m. – 6:30 p.m.
Transportation from Expo to Downtown Disney concludes at 7:30 p.m.
- **Saturday, February 23**
From Downtown Disney® to Expo: 8:30 a.m. – 5:30 p.m.
Transportation from Expo to Downtown Disney® concludes at 6:30 p.m.
 - * There will be no parking and no Guest drop-off at Disney's Coronado Springs Resort during Expo hours.

Directions to Downtown Disney® West Side (Expo)

Traveling on I-4, exit 67 (536 West). Continue on 536 West and exit for Downtown Disney®. At the traffic signal, turn right (Buena Vista Drive). Continue on Buena Vista Drive to Downtown Disney®. Turn left at the first traffic light for Downtown Disney® and follow signs to parking and bus pick-up locations.

Directions to Epcot® (Half Marathon, 5K, Kids Races, and Breakfast)

Take I-4 to exit 64 (Highway 192) and follow the signs to Walt Disney World® and Epcot®.

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.

From approximately 5:00 a.m. to 7:30 a.m. on Sunday, the Epcot® auto plaza will be closed to all traffic. During this period, traffic will be redirected to the Magic Kingdom® and Guests will be transported to Epcot® via monorail.