

Save The Date

FLORIDA

**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 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

**FOR MORE INFORMATION,
VISIT RUNDISNEY.COM**



YouTube

Event and dates subject to change. ©Disney

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Disney's
Princess

1/2 MARATHON



FEBRUARY 22-24, 2013

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THE SCIENCE OF MARINE SKINCARE

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Welcome Royalty,

We are thrilled to host you for the **2013 Princess Half Marathon Weekend!** Disney's 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 tiara and push themselves to the limit. We also know there are a few princes (and maybe even a couple of frogs) who are joining in the fun. It's truly a magical experience that will give you memories to last a lifetime!

This year is our 5th anniversary of Disney's Princess Half Marathon Weekend and it promises to be our largest and most exciting weekend yet! This fairytale weekend kicks off at our Fit for a Princess Expo hosted this year at *Disney's Coronado Springs Resort*. The Expo will feature a celebrity Speaker Series with seminars on training, running, nutrition, and more. Plus you will be able to pick up your race packet, shop for official race merchandise and get geared up for your run. On Saturday, we have our Mickey Mouse and Minnie Mouse Royal Family 5k. This fun-filled race is for the whole family and winds through *Epcot*® with a storybook ending. The *runDisney Kids Races* are also held Saturday at *Epcot*® and give the little princesses and princes a chance to earn their finisher medals. Finally, the weekend culminates with Disney's Princess Half Marathon, our most royal event ever, with music, entertainment and all of your favorite Disney Princesses along the entire 13.1 mile race course that treads through *Magic Kingdom*® and *Epcot*® Parks.

While you are here we hope you will experience and enjoy all of the Disney magic we have to offer... from the New Fantasyland at the *Magic Kingdom*® Park to the reimagined Test Track at *Epcot*®. Or if you are looking for a fun break before the race enjoy boutique bowling at our newest *Downtown Disney*® addition... *Splitsville Luxury Lanes* or just relax and pamper yourself at our new Disney Spa at *Disney's Grand Floridian Resort*.

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 life-long dream. So on behalf of our 66,000 Cast Members, volunteers and the *runDisney* team, we applaud you and are proud to serve you royally. Thank you for choosing Disney's Princess Half Marathon to make all of your fairytale dreams come true!

May every mile be magical,

107
Tom Wolber
Senior Vice President
Disney Sports Enterprises & *Downtown Disney*

Downtown
DISNEY®

Shop.
Dine.
Play.



Do you dream of dining with dinosaurs? Perhaps you fancy blues with your brunch. Maybe just "Lego" your inhibitions and build something amazing. Whatever you're into, it's all here...and it's all just for you.

A magical place that revolves around you and your family.

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.

Weekend Itinerary

Friday, February 22

Disney's Fit for a Princess Expo

Disney's Coronado Springs Resort
9:00 a.m. to 7:00 p.m.

Pasta in the Park Party

Epcot®
6:30 p.m. to 8:30 p.m. Pasta Buffet
9:00 p.m. *IllumiNations: Reflections of Earth*

Saturday, February 23

Mickey and Minnie Mouse Royal Family 5K

Epcot®
6:30 a.m. – 5K Start

Disney's Princess Half Marathon

Weekend Breakfast

Epcot® Wonder Lot
7:30 a.m. – 9:30 a.m.

runDisney Kids Races

Epcot®
8:45 a.m. – Kids Race Start

Disney's Fit for a Princess Expo

Disney's Coronado Springs Resort
9:00 a.m. to 6:00 p.m.

Sunday, February 24

Race Retreat

Epcot® Wonder Lot
3:00 a.m. – Open to runners only
5:30 a.m. – Open to friends and family
10:30 a.m. – Retreat closes

Finish Line ChEAR Zone

Epcot® Imagine Lot
6:00 a.m. – ChEAR Zone opens at
Finish Line
10:30 a.m. – ChEAR Zone closes

Disney's Princess Half Marathon

Epcot®
5:30 a.m. – Wheelchair Start
5:35 a.m. – Start

*Advanced registration required for all events
except Disney's Fit for a Princess Expo. Dates
and times subject to change.*



Walt Disney World® Resort

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

Park Hours

February 22

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

February 23

<i>Magic Kingdom®</i> Park	9:00 a.m. – 10:00 p.m.
<i>Epcot®</i>	9:00 a.m. – 9:00 p.m.
<i>Disney's Hollywood Studios®</i>	9:00 a.m. – 8:30 p.m.
<i>Disney's Animal Kingdom®</i> Park	9:00 a.m. – 8:00 p.m.

February 24

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

Subject to change.



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CROSSES
THE FINISH LINE

iFITNESS®

The Official Running Belt of

runDisney

15% Discount Online

Coupon Code: *HappyRace12*

www.ifitnessinc.com

Offer Expires March 15, 2013

Race Director, Jon Hughes

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 amateur athletic 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 29 years and have a daughter, Emma and a son, Christopher.



THE FIRST MILE IS MENTAL. THE REST ARE ALL HEART.

— Summer Sanders

SEE YOU AT THE FINISH LINE.

#GoRun

ESPN **W.**

espnW.com



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9 MILLION
READERS
CHEERING
YOU ON!



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REDBOOK is proud to be the official media sponsor of Disney's Princess Half Marathon Weekend. Visit our booth at the Expo to make your own cheer card.

5 Common Race Day Nutrition Mistakes

By Tara Gidus, MS, RD, CSSD, LD/N • Official Dietitian for runDisney

- 1 Skipping pre-race meal or not fueling with enough food or fluid.** Pre race jitters or fear of having to make a pit stop during the race may shy runners away from eating before the event. Don't make this common mistake, as your body needs fuel before the race. Try to eat something even if you have to nibble over time on dry cereal, granola bar, or banana. Give yourself enough time to digest your meal, typically 1-3 hours depending on your routine. Always eat what works for you! Common running-friendly foods are cereal or oatmeal with milk and a banana, eggs with toast and sports drink, or a bagel with peanut butter.
- 2 High fat overload the night before.** The week of the race your diet shouldn't change that much as you continue to eat your high-carb diet during training make sure you aren't overloading the fat, especially the night before the race. It's not the time to chow on a mountain of cheese fries, greasy pizza, or load up on creamy alfredo sauce on pasta. Keep fat to a minimum, as a high fat meal can lead to sluggish muscles and tummy troubles come race morning. Go for the tomato sauce instead of cheesy or oily sauces and skip the butter and sour cream the day before. You still need protein, just don't fry it. Go lean with fish, poultry, lean beef, or tofu.
- 3 Eating something new.** This is a nutrition no-no. Make sure you stick to your tried-and-true training diet and avoid new foods the day before or day before the race. If you have a sensitive stomach to spicy, dairy, or gassy foods like beans, broccoli, or carbonated beverages avoid them! Don't try anything new pre-race or during race--stick to the same gels, beans, and fluids you used during training. If you're not a coffee drinker pre-training run, don't be tempted with a cup of Joe race morning. Coffee is a stimulant in more ways than one!
- 4 Drinking only water during the race.** During the race the goal is to prevent dehydration and to keep your blood sugar from dropping. When you run, not only are you burning carbohydrates, you also lose electrolytes like sodium, potassium, and magnesium through sweat. Sports drinks are formulated to give your body the right amount of carbs and electrolytes to help prevent dehydration and low blood sugar. Aim to drink 4-8oz or "gulps" (1oz= 1 gulp) sports drink every 15-20 minutes during the race.
- 5 Not eating after the race.** Whether you are super smiley or feel like you want to collapse at the finish line, make sure to recover with good nutrition. The aim is to get fluids, carbs and sodium into your body as soon as possible and definitely within 30 minutes after the race. Grab some post-race eats at the finish line or ask your cheering squad if they would carry your faves so that you have them ASAP after the race. Aim to have protein within two hours of your finish to supply your muscles with the protein it needs to heal, and don't forget to power up with antioxidant-rich fruits and vegetables to speed up your recovery time.

Disney's Fit for a Princess Expo

Disney's Fit for a Princess Expo

Disney's Coronado Springs Resort

Friday, February 22

9:00 a.m. to 7:00 p.m.

Saturday, February 23

9:00 a.m. to 6:00 p.m.

Disney's Fit for a Princess Expo is a two-day celebration of women, focused on health and fitness! The Expo will be located at *Disney's Coronado Springs Resort*. This event will include seminars on training, racing, and nutrition, along with the opportunity to experience the latest in running and fitness equipment. Official Merchandise will be available for purchase at the Expo. You must attend Packet Pick-Up at the Expo to receive your race bib and ChronoTrack B-Tag, which will be used to record your official and net time. While you are at the Expo be sure to pick up your gEAR bag and participant shirt.

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.



More Magic Happening During Disney's Princess Half Marathon Weekend

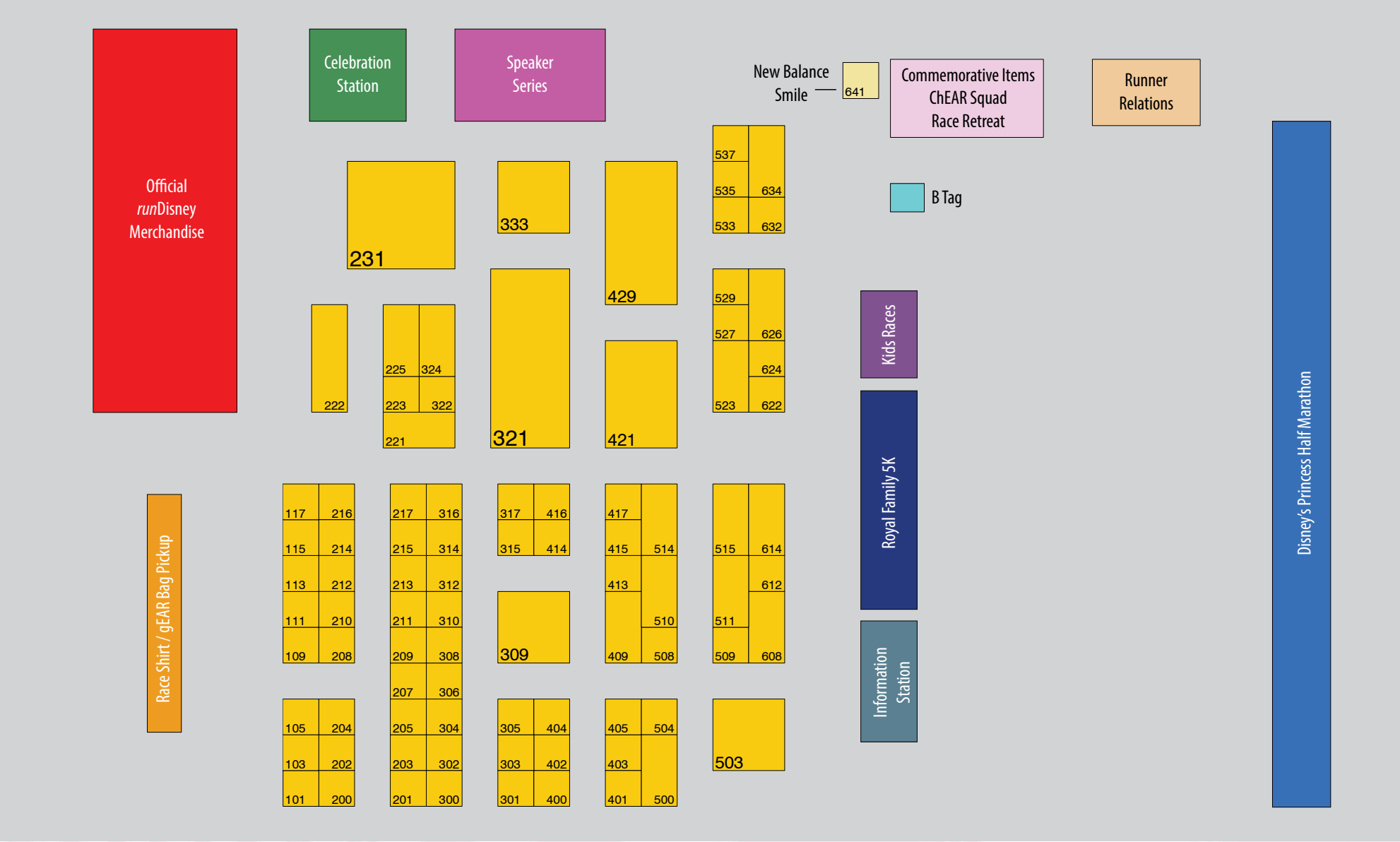
Pick up pre-purchased More Magic and Commemorative Items at Disney's Fit for a Princess Expo. The pick-up location will be located inside *Disney's Coronado Springs Resort*. You will need to show your Photo ID to pick up your items:

- Commemorative Pins
- Commemorative Ears
- Commemorative Necklaces
- Race Retreat Packages
- ChEAR Squad Packages
- Princess Breakfast Tickets

Theme park tickets will be available for purchase at the ESPN Wide World of Sports Welcome Center Carts during Disney's Fit for a Princess Expo (subject to availability).



Expo Floor Plan



Expo Speaker Series Schedule

Friday, February 22 9:00 a.m. - 7:00 p.m.

9:15 a.m.

**Jeff Galloway
How to Enjoy Every Mile**

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

10:00 a.m.

**Tara Gidus, RD, CSSD, runDisney
Official Nutritionist
Nutrition for Runners**

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

11:00 a.m.

**Ali Vincent, First Female Winner of
"The Biggest Loser"**

Ali will discuss her weight loss journey, how she has maintained her new healthy lifestyle, and her goal for 2013: to complete 13 half marathons in 2013. She will also talk about her show, "Live Big with Ali Vincent," which is on the Disney/ABC Owned Live Well Network.

1:00 p.m.

**Jon Hughes, Race Director, Tom Ward,
Course Director, Mary Ancona,
Sales Manager
Last Minute Tips & Information for
Runners & Spectators**

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

3:00 p.m.

**Jeff Galloway, Tara Gidus and Libby James
Running to 100!**

Jeff, Tara and Libby will discuss how running and nutrition has changed over the years and they will provide insight on how to train as you age.

4:00 p.m.

**Dimity McDowell and Sarah Bowen Shea,
Authors of Run Like a Mother
Training Tips for Women On-The-Go**

Dimity and Sarah will share practical tips to women who love to run, but are constantly on the go. This session is for ladies of all training levels who want to get advice from runners that are just like them!

6:00 p.m.

**Jeff Galloway
Strong to the finish line!**

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

Saturday, February 23 9:00 a.m. – 6:00 p.m.

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2:00 p.m.

**Jeff Galloway, Tara Gidus and Libby James
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**Dimity McDowell and Sarah Bowen Shea,
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5:00 p.m.

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runDisney Kids Races

Saturday, February 23

Epcot®

8:45 a.m. — runDisney Kids Races Start

Kids are royalty too! The 2013 Disney's Princess Half Marathon Weekend includes runDisney Kids Races fit for all princes and princesses!

Kids Races Age Groups (all dashes will be run once):

- 12 months and under - Diaper Dash for crawlers
- 1-3 years old - 100m dash
- 4-6 years old - 200m dash
- 7-8 years old - 400m dash
- 13 years old and under - 1-Mile Run



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





Mickey and Minnie Mouse Royal Family 5K
Saturday, February 23
Epcot®
6:30 a.m. – 5K Start

Mickey and Minnie Mouse Royal Family 5K is a fun-filled event that the whole family can participate in! Discover all eleven nations of the World Showcase before an exciting finish just outside of Epcot®.

5K Course Map



Disney's Princess Half Marathon

Sunday, February 24
Disney's Princess Half Marathon

Start: Epcot®

5:30 a.m. – Wheelchair Start

5:35 a.m. – Start

The Start

The start zone for 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 bib will correspond with your assigned corral. Signs and event personnel will help you find your corral. For safety reasons and as a courtesy to others, please line up in the appropriate corral. Measures will be taken to prevent unofficial runners from starting.

Finishing

After you cross the finish line, where your time is automatically recorded, proceed through the finisher's chute. Volunteers will present you with your 2013 Disney's Princess Half Marathon Finisher Medal. After the finish, you will be directed to the refreshment and bag check areas. These areas are restricted to runners only. Please move promptly towards the Family Reunion Area to claim your bag.

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®.

Family Reunion

The Family Reunion Area at Epcot® will have tents arranged alphabetically with large signs for easy identification. Entertainment will be provided at this location.

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 after the race.
- Have a back-up meeting location in place as well.
- Make note of where you have parked.
- Agree upon a phone number from which both parties can call and retrieve messages.
- Leave a message at the Family Reunion tents.

Staging Map



LEGEND

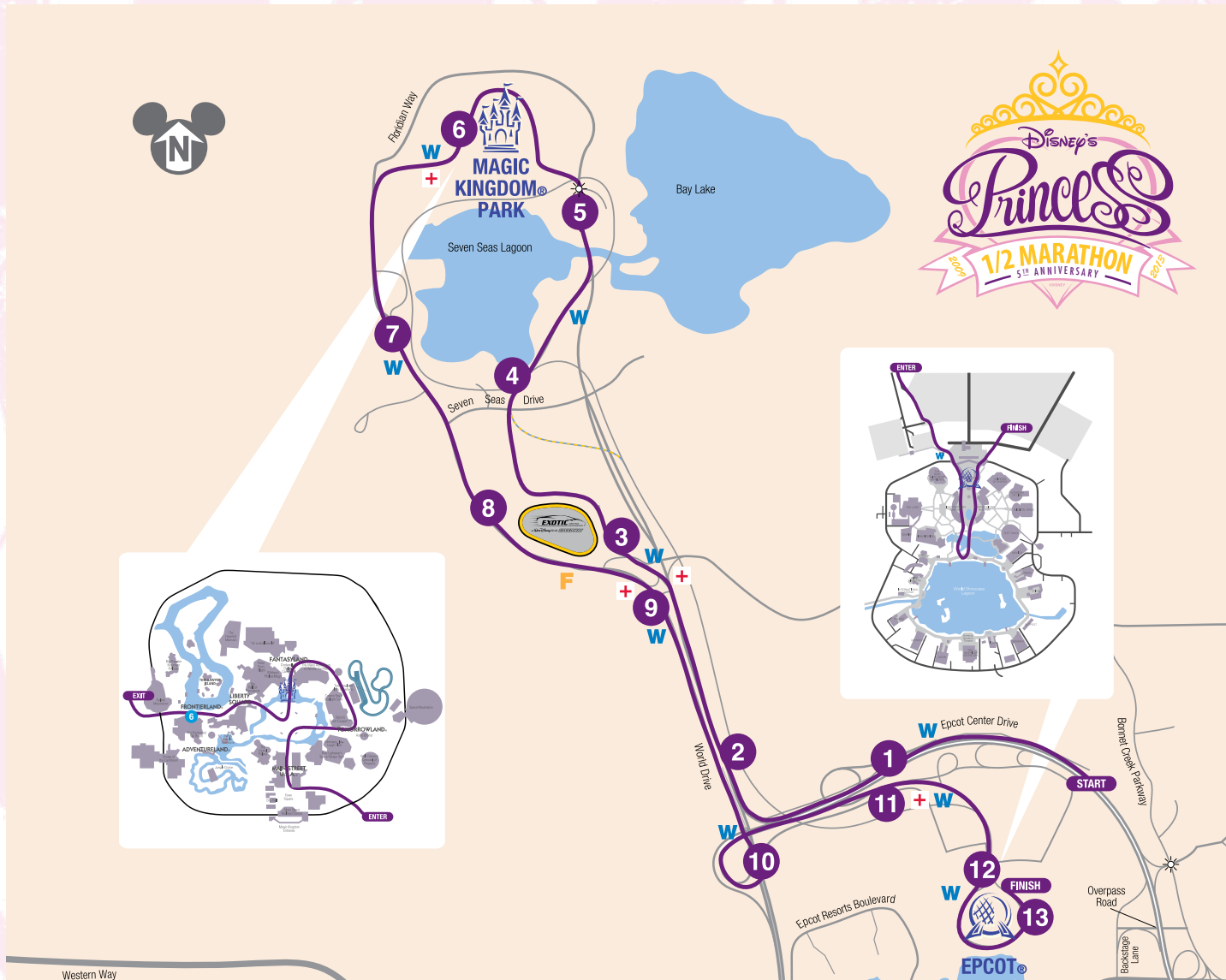
: Woods

: Canals

: Roads

Map is not to scale.

Disney's Princess Half Marathon Course Map



Course Description

Disney's 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 lemon-lime PowerAde. Clif product will be distributed at mile 8.7.

LEGEND	
	Course Route
	Mile Markers
	First Aid
	Water Stations
	Food Stations

Feed Your Strength

SNACKS TO KEEP YOU MOVING



LUNABAR.COM

While other nutrients are also essential for human nutrition, the CORE 4 nutrients are listed because of their importance to many women seeking to maintain their health. †Contains 5–6g total fat

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 Race Challenge! If you complete a *runDisney* 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 commemorating your achievement!

Complete one of the following *runDisney* Races at the *Walt Disney World*® Resort:

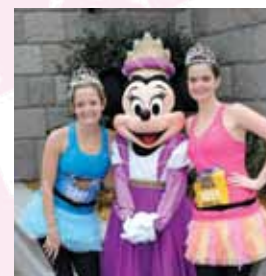
- *Walt Disney World*® Marathon
- *Walt Disney World*® Half Marathon
- Goofy's Race and a Half Challenge
- Disney's Princess Half Marathon
- Disney Wine & Dine Half Marathon

Complete one of the following *runDisney* Races at *Disneyland*® Resort:

- Tinker Bell Half Marathon
- *Disneyland*® Half Marathon

You are automatically entered into the *runDisney* Coast to Coast Race Challenge when you register and complete the required combination of races. Travel West to East or East to West, you choose how to earn your Coast to Coast Race Challenge medal, but you must complete one race at the *Walt Disney World*® Resort and one race at the *Disneyland*® Resort. You must have an official time for each of the events that you complete and each event must be either a half marathon or marathon. You will receive your medal after completing the second leg of your *runDisney* Coast to Coast Race Challenge.

Restrictions apply. Limit one medal per runner per calendar year. See website for details.



Pacing, Results, Runner Tracking & ChronoTrack B-Tag

Pacing Requirements

All athletes entering the Half Marathon 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 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, please note you are behind the required 16-minute per mile pace and can be picked up at any time.



Results and Runner Tracking

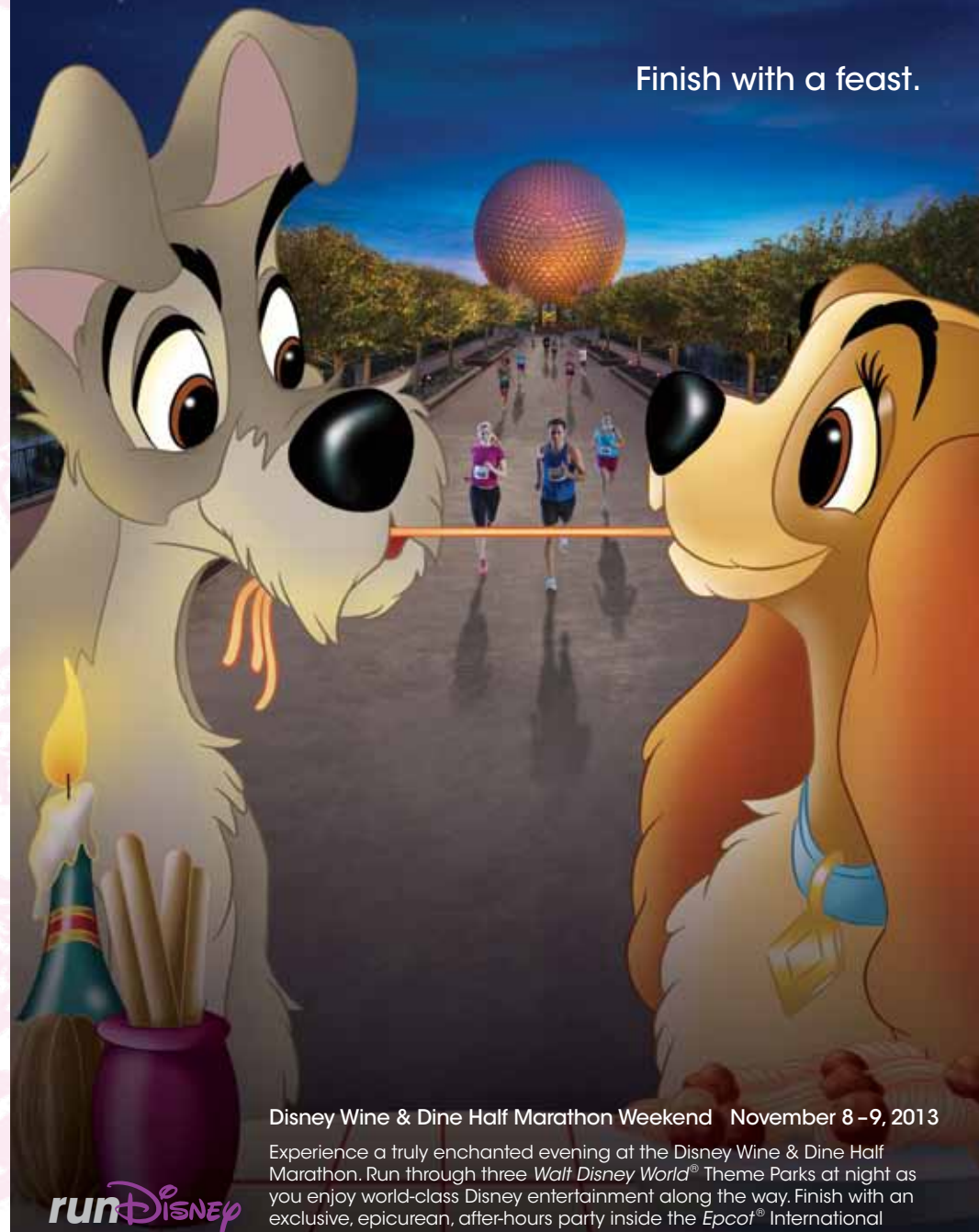
The complete list of results for the Half Marathon will be posted on Sunday evening at runDisney.com.

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

ChronoTrack B-Tag

When you receive your race bib, your ChronoTrack B-Tag will be attached to the back. Please do not bend or break the ChronoTrack B-Tag. Instructions for wearing the B-Tag will be printed in your final race instructions and there will be an instructional video and volunteers to assist you at the Expo. The ChronoTrack B-Tag records your official and net time. The net time is the time that 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. Without the B-Tag, your official time WILL NOT be recorded.

Finish with a feast.



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

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 begins March 12 and fills quickly. Sign up at runDisney.com for your reminder to register.

Register at runDisney.com   

Jeff Galloway - runDisney Training Consultant

Your Race Day Checklist

By Olympian Jeff Galloway

Official Running Consultant, runDisney

By focusing on the following items you can reduce the pre-race jitters—and gain control over your motivation.

- Don't eat too much the night before the race: After 2 p.m., eat snacks that digest easily and don't have a lot of bulk.
- Pack your bag and check it twice. Use the checklists at the bottom of this page and include anything else that you need.
- Avoid alcohol the night before. Drink about 20-30 oz of electrolyte beverages the day before, and an additional 4-5 glasses of water, spread throughout the day.
- Fluid and potty stops. Arise early enough on race morning so that you can consume 6-8 oz of water or a cup of coffee, right away. You want to leave plenty of time to hit the bathroom before the start. Drinking too much or too close to the start will mean more stops during the race.
- Put on your clothes with the race number pinned to the front of the shirt you plan to wear during the second half of the race. If you aren't sure whether you'll use one or two layers, put the number on the one next to your body, low on the front. Roll up the outside shirt so that the number is visible at the start and the finish.

- On race morning, eat the foods that you have used successfully before. Most of the runners I've worked with on this issue have eaten little or nothing.
- Get to the shuttle stop early (As instructed by the race information). Upon arrival, get your bearings, check your clothing, see how you will walk to the start. Choose a side of the road for taking walk breaks, and line up on that side of the corral.
- If you use calf compression sleeves for better blood flow and quicker recovery, put them on if you didn't do this earlier.
- Make sure your timer is set for the run-walk-run ratio that you will be using. There will be some timers with vibration available at the runDisney/Galloway table at the expo (\$20)
- Move over to the side of the road to take a walk break.



- Start the race more slowly than you believe you can run. Line up at the back of your corral and walk slowly to the starting line. This will give you greater freedom of movement during the first few miles.
- During the race, stick with your plan of pacing and walk breaks unless you want to go slower.

PACKING LIST—prepare the night before

- ☐ Your watch or timer, set for the appropriate run-walk-run ratio
- ☐ A pace chart or wrist band, with mile times for your goal
- ☐ A spare pair of socks
- ☐ An extra long sleeve top, in case you are cool
- ☐ A garbage bag, in case of rain
- ☐ A hat, if you wear one (take it off if the temperature is above 60F)
- ☐ A post race drink, if desired
- ☐ A post race snack, if desired
- ☐ Your storage bag with race number attached, to insert extra items for pickup after the race



Whatever you save in effort by going slower, you can use during the last 3 miles.

- At the finish, cross in the upright position, have a smile on your face and celebrate afterward.
- Remember to slow down by 30 sec a mile for every 5 degrees of temperature increase above 60F during the race.

WAIST PACK LIST—prepare the night before

- ☐ Bandages and other first aid items
- ☐ Skin lubricant
- ☐ Blood sugar booster food
- ☐ Money for refreshments afterwards
- ☐ Medication for afterward (only if your doctor instructs)*
- ☐ Mantras: upbeat statements you can use when motivation starts to stagnate

MANTRAS—that work at any time

- | | |
|------------------|------------------------|
| • Don't Give Up | • I'm getting it done |
| • I can do it | • I feel confident |
| • This is my day | • I'm running smooth |
| • I feel good | • I will prevail |
| • I am strong | • The spirit is strong |
| • I have control | |

(mantras from
MENTAL TRAINING, at
www.JeffGalloway.com)

Note: taking anti inflammatory medication before or during the run is not recommended—check with your doctor.

Awards

Overall Awards

Top 3 Overall Half Marathon winners and Top Overall Push Rim Wheelchair winner will receive their awards at a presentation to be held in the Family Reunion area at 8:30 a.m. on Sunday. Please note that overall awards are based on Gun Time. Only female athletes are eligible for awards.

Division Awards (based on Net time)

The following awards will be mailed approximately 4 - 6 weeks after the event. Because of the number of people who participate in the Half Marathon, it can take several minutes to cross the start line. In the interest of fairness, individual and team award winners will be based on B-Tag (net) time. Masters that place in the overall division will receive that overall award only. An individual runner will not receive two awards for the same race result, however, a team member is eligible to receive individual awards in addition to a team award.

Only female athletes are eligible for awards. Male athletes are eligible for Open Co-Ed Team awards only. Co-Ed Teams consist of one male and one female athlete.

- Overall Masters Champion
- 2nd and 3rd Place Wheelchair Female Winners (Push rim only, based on gun time)
- Top 3 Mother Daughter Teams
- Top 3 Sister Sister Teams
- Top 3 Open Women's Division Teams
- Top 3 Co-ed Teams
- Top 5 Female Military

Top 5 Age Groups (Female):

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



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New Balance Team athlete Stephanie Garcia © 2015 New Balance Athletic Shoe, Inc.

BY THE NUMBERS



HALF RUNNERS

23,866

BIRTHDAY RUNNERS

98

YOUNGEST RUNNER

14

OLDEST RUNNER

96

INTERNATIONAL RUNNERS

837



BANANAS

36,420

COUNTRIES

34 PARTICIPATING

ANNIVERSARY

5TH YEAR

TOP 3 STATES REGISTERED

Florida 7,996

Georgia 1,575

Virginia 968

PARTICIPATING COUNTRIES

Canada 545

Mexico 61

Costa Rica 46

2013 FEMALE RUNNERS

22,525



2013 MALE RUNNERS

1,341





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I WANT TO BE A COILED SPRING.

I WANT TO WIN A MATCH WITH JUST MY SERVE.

I WANT TO COVER THE COURT WITH CAT-LIKE REFLEXES.

I WANT MY OPPONENT TO **FEEL THE LOVE.**

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Medical Information

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 enriched fluid after the race.

Tips For Race Day

- Check your urine a ½ hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!
- **DO NOT** take any product with ephedra in it. Ephedra increases your risk of "heat illness." It should not be used while training or on race day!

- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

Pain Relievers / Supplements

- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners' kidney function if taken within 24 hours of running. Only acetaminophen (Tylenol®) has been shown to be safe.
- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt. Therefore it is recommended that on race day (specifically beginning midnight before you run) you **DO NOT** use anything but acetaminophen (Tylenol®) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, an NSAID would be beneficial in preventing post-event muscle soreness.

Medical Information

- 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.

About Our Medical Director

James G. Scelfo, MD, FAAFP was born and raised in New Iberia, Louisiana as the youngest of eight children to Sam and Sidney Mae Scelfo. As the son of a football coach and a high school teacher, he was raised in a small town environment with a strong sense of family and community. Through Personalized Primary Care, he is bringing these ideals to the health care community of Celebration and Central Florida.



Dr. Scelfo graduated from Northeast Louisiana University and Louisiana State University Medical Center. He completed his medical residency in Orlando in family medicine with a special interest in sports medicine. Dr. Scelfo is an active member of the American Medical Association (AMA), American Academy of Family Practice (AAFP), Florida Academy of Family Practice (FAFP) and the American College of Sports Medicine (ACSM). He is currently the Medical Director of the Disney Endurance Sports, runDisney and Florida Citrus Sports. In addition he serves as the medical director for the cholesterol & Coumadin clinics at Florida Hospital Celebration Health. Dr. Scelfo remains on the cutting edge of medical technology to focus on prevention, diagnosis and management of disease. Dr. Scelfo and his wife Bae have a son Torr and twin girls Alon and Alafair and in his free time, Dr. Scelfo maintains an active lifestyle and enjoys jogging, cycling, reading and playing a poor game of golf.

runDisney Social Media

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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Good luck to all the women participating in this year's
Disney's Princess Half Marathon.



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Transportation

Transportation 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.



Driving Directions

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.



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 Disney's Fit for a Princess Expo.

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</i> Resort	5:56 a.m. - 7:50 a.m.	Accessible to guests staying at <i>Disney's Contemporary</i> Resort
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</i> Resort	6:10 a.m. - 8:33 a.m.	Accessible to guests staying at <i>Disney's Grand Floridian</i> Resort
Mile 7.7	<i>Disney's Polynesian</i> Resort	6:15 a.m. - 8:40 a.m.	Accessible to guests staying at <i>Disney's Polynesian</i> Resort
Finish - Mile 13.1	<i>Epcot</i> ®	6:39 a.m. - 10:05 a.m.	Accessible ONLY by foot from <i>Epcot</i> ® Parking Lot

Weekend Beneficiary

Weekend Beneficiary

Disney's Princess Half Marathon Weekend benefits 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, Disney's Princess Half Marathon Weekend will help blood cancer patients live better, longer lives.

LLS uses Disney's Princess Half 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 to The Leukemia & Lymphoma Society directly at the point of registration or by visiting our web site at runDisney.com.

The Leukemia & Lymphoma Society® (LLS), headquartered in White Plains, NY, with 68 chapters in the United States and Canada, is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, LLS has invested more than \$550 million in research specifically targeting leukemia, lymphoma and myeloma. Last year

alone, LLS made 5.1 million contacts with patients, caregivers and healthcare professionals.

Sports Enthusiasts

Over 1,900 volunteers will assist throughout Disney's Princess Half Marathon Weekend on behalf of The Leukemia & Lymphoma Society.

- Approximately 400 volunteers will help with Packet Pick-Up during Disney's Fit for a Princess Expo
- Over 140 volunteers will assist with the Mickey and Minnie Mouse Royal 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

Information Team

Information Team Volunteers will be available to answer race-related questions for participants and guests. These volunteers can be identified by a colorful hat and an apron that says "Ask Me". Information Team Volunteers will staff the Information Booths at Disney's Fit for a Princess Expo. They will also staff the Information Tent in the Family Reunion area at *Epcot*® during the Half Marathon.

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- Creamy Thick
- 2X More Protein Than Regular Lowfat Yogurt*

*10% more of the DV of protein than regular lowfat yogurt. Oikos Greek Nonfat yogurt: 12g Protein (24%DV), Regular lowfat yogurt: 5g protein (10%DV) per 5.3oz

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