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Welcome to the Walt Disney World® Resort

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Training Tips by Jeff Galloway

Spectator Information

Medical Information

About our Medical Director

Autism Speaks

Thank You Sponsors
Welcome Runners,

We are thrilled to have you here for The Twilight Zone Tower of Terror™ 10-Miler! This haunted nighttime run is filled with thrills and chills.

You will experience an exciting 10-mile course filled with Disney Villains and live entertainment that takes you from Disney’s Hollywood Studios® to the ESPN Wide World of Sports Complex and finishes at The Twilight Zone Tower of Terror™. Celebrate your frightening run with the Disney Villains Hollywood Bash. This spooky weekend features plenty of excitement for the entire family with Disney’s Health & Fitness Expo, runDisney Kids Races and the Disney Happy Haunted 5K Trail Run.

While you are here, we hope you check out the 2014 Epcot® International Food & Wine Festival presented by Chase® where you can taste your way around the world and experience great food, beverages, demonstrations and seminars. You can don your favorite costume and trick-or-treat at Mickey’s Not So Scary Halloween Party at the Magic Kingdom® Park or celebrate your accomplishment with great dining, shopping and entertainment at Downtown Disney®.

On behalf of our Cast Members, volunteers and our beneficiary Autism Speaks, we would like to thank you for taking on The Twilight Zone Tower of Terror™ 10-Miler and hope you have a thrilling time!

runDisney…where every mile is magic!

Maribeth Bisienere
Senior Vice President
Downtown Disney, ESPN
Wide World of Sports Complex, Water Parks & Mini-Golf
As president of Track Shack Events, Jon Hughes oversees the overall marketing effort and operations for his company. He has positioned the organization to offer the best in technology, marketing and management skills. Today, Track Shack Events produces over 40 events a year.

Jon ran competitively in both high school and college. He has completed over a dozen marathons including Boston, Berlin, Chicago and Marine Corps. Since the late 1970s, he has pioneered the organization of athletic and community events, first in his home base of Central Florida and today throughout the world. Jon was one of the youngest inductees into the Florida Track & Field Hall of Fame, admitted in 1987 at the age of 29.

Road Race Management named him Race Director of the Year in 1999. In 2009, Jon and his wife Betsy were inducted into the Running USA Hall of Champions. USA Track & Field, the Pan American Junior Games, the Governor of Florida, and the Grand Bahamas Promotions Board have also recognized him for his outstanding leadership and organizational achievements. Jon is co-founder of the Walt Disney World® Marathon Weekend and has been its director since it began in 1994.

Jon and Betsy have been married for 31 years and have a daughter, Emma and a son, Christopher.

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### Weekend Itinerary

**Friday, October 3**
- **runDisney Health & Fitness Expo**
  - Jostens® Center at ESPN Wide World of Sports Complex
  - 10:00 a.m. – 7:00 p.m.

**Saturday, October 4**
- **Disney Happy Haunted 5K Trail Run**
  - ESPN Wide World of Sports Complex
  - 7:30 a.m. Start
- **runDisney Kids Races**
  - New Balance Track & Field Dashes – 9:30 a.m.
  - Mile – 10:15 a.m.
- **runDisney Health & Fitness Expo**
  - Jostens® Center at ESPN Wide World of Sports Complex
  - 8:30 a.m. – 3:00 p.m.
- **The Twilight Zone Tower of Terror™ 10-Miler**
  - Disney’s Hollywood Studios®
  - 10:00 p.m. Start
- **Disney Villains Hollywood Bash**
  - Disney’s Hollywood Studios®
  - 10:00 p.m. – 3:30 a.m. (October 5)

* Advanced purchase required for spectators. Disney Villains Hollywood Bash party tickets are non-refundable, non-deferrable, and non-transferable.

**Friday, October 3**
- **Magic Kingdom® Park**
  - 9:00 a.m. – 7:00 p.m.
  - Epcot®
  - 9:00 a.m. – 10:00 p.m.
  - Disney’s Hollywood Studios®
  - 9:00 a.m. – 7:30 p.m.
  - Disney’s Animal Kingdom® Park
  - 9:00 a.m. – 5:00 p.m.

**Saturday, October 4**
- **Magic Kingdom® Park**
  - 9:00 a.m. – 10:00 p.m.
  - Epcot®
  - 9:00 a.m. – 10:00 p.m.
  - Disney’s Hollywood Studios®
  - 9:00 a.m. – 6:00 p.m.
  - Disney’s Animal Kingdom® Park
  - 9:00 a.m. – 5:00 p.m.

**Sunday, October 5**
- **Magic Kingdom® Park**
  - 9:00 a.m. – 7:00 p.m.
  - Epcot®
  - 9:00 a.m. – 9:00 p.m.
  - Disney’s Hollywood Studios®
  - 9:00 a.m. – 7:30 p.m.
  - Disney’s Animal Kingdom® Park
  - 9:00 a.m. – 5:00 p.m.

* Times subject to change.
Host Resort Transportation

The Twilight Zone Tower of Terror™ 10-Miler Transportation has been arranged for participants staying at the host resorts listed below. Buses will be indicated by the runDisney signs placed in the front windows.

Notes:
- 10-Miler Weekend Transportation is only provided to and from the host resorts.
- Parking is limited at all Twilight Zone Tower of Terror™ 10-Miler Weekend venues. We strongly encourage the use of event transportation whenever possible.
- Please check with the respective resort front desks for race transportation pick up locations.

Disney’s All-Star Movies Resort
Disney’s All-Star Music Resort
Disney’s All-Star Sports Resort
Disney’s BoardWalk Villas Resort
Disney’s Old Key West Resort
Disney’s Pop Century Resort
Disney’s Port Orleans Resort - Riverside
Disney’s Saratoga Springs Resort & Spa
Disney’s Yacht Club Resort

Disney’s Beach Club Villas Resort
Disney’s Caribbean Beach Resort
Disney’s Polynesian Resort
Disney’s Port Orleans Resort - French Quarter
Disney’s Wilderness Lodge Resort

runDisney Health & Fitness Expo

Friday, October 3
- From Host Resorts to Expo: 9:30 a.m. – 6:30 p.m.
- Transportation from Expo to Host Resorts concludes at 7:30 p.m.

Saturday, October 4
- From Host Resorts to Expo: 8:00 a.m. – 2:30 p.m.
- Transportation from Expo to Host Resorts concludes at 3:30 p.m.

Disney Happy Haunted 5K Trail Run

- Transportation begins at 5:30 a.m.
- 5K participants must board buses no later than 6:30 a.m. in order to make it to their corrals by 7:15 a.m.

runDisney Kids Races

- Families with participants in the Kids Races must board buses no later than 8:30 a.m. in order to make it to their corrals by 9:15 a.m.

The Twilight Zone Tower of Terror™ 10-Miler

- Transportation begins at 7:15 p.m. on Saturday and concludes at 4:00 a.m. on Sunday
- 10-Miler participants must board buses no later than 8:15 p.m. in order to make it to their corrals by 9:15 p.m.
- Transportation will continue throughout the evening for spectators. Finish Line Spectator admission to Disney’s Hollywood Studios® begins at 10:00 p.m. and a party ticket is required.
Transportation

As president of Track Shack Events, Jon Hughes oversees the overall marketing effort and operations for his company. He has positioned the organization to offer the best in technology, marketing and management skills. Today, Track Shack Events produces over 40 events a year.

Jon ran competitively in both high school and college. He has completed over a dozen marathons including Boston, Berlin, Chicago and Marine Corps. Since the late 1970s, he has pioneered the organization of athletic and community events, first in his home base of Central Florida and today throughout the world. Jon was one of the youngest inductees into the Florida Track & Field Hall of Fame, admitted in 1987 at the age of 29.

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Jon and Betsy have been married for 31 years and have a daughter, Emma and a son, Christopher.

Treat Your Body Well

YOU KNOW THERE’S NO SPECIAL TRICK TO BEING HEALTHY. Use Chiquita® bananas and snacks and Fresh Express® salads to help fuel your active lifestyle.

For more information visit www.chiquita.com and www.freshexpress.com

Driving Directions

Non-Host Resorts and Driving Directions

Race Transportation is only provided to and from the Host Resorts. GUESTS NOT STAYING AT A HOST RESORT WILL NEED TO PROVIDE THEIR OWN TRANSPORTATION TO ESPN WIDE WORLD OF SPORTS COMPLEX FOR ALL EVENTS. For Guests driving personal vehicles or traveling by taxi to ESPN Wide World of Sports on race evening, the race shuttles from ESPN Wide World of Sports to Disney's Hollywood Studios® will begin at 7:15 p.m. THERE WILL BE NO PARKING AND NO GUEST DROP-OFF AT DISNEY’S HOLLYWOOD STUDIOS® ON RACE EVENING. Parking is free at ESPN Wide World of Sports for participants and spectators. All participants must board shuttles from ESPN Wide World of Sports to Disney’s Hollywood Studios® no later than 8:15 p.m. in order to make it to their corrals by 9:15 p.m.  

Directions to the ESPN Wide World of Sports Complex for the Expo, 5K and Kids Races
Take I-4 to exit 65 (Osceola Parkway West). Take a left onto Victory Way and park in the main lot. Proceed on foot to the main entrance.

Directions to the ESPN Wide World of Sports Complex for the 10 Miler
Take I-4 to exit 65 (Osceola Parkway West). Take a left onto Victory Way. You will be directed where to park. THERE WILL BE NO PARKING AND NO GUEST DROP-OFF AT DISNEY’S HOLLYWOOD STUDIOS® ON RACE EVENING. Therefore, please use directions to ESPN Wide World of Sports above and plan to arrive no later than 8:15 p.m. in order to catch the shuttle to the Start at Disney’s Hollywood Studios®.
runDisney Health & Fitness Expo

Friday, October 3 • 10:00 a.m. – 7:00 p.m.
Saturday, October 4 • 8:30 a.m. – 3:00 p.m.

runDisney Health & Fitness Expo is a two-day celebration of fun, fitness and food located in the HP Field House and Jostens® Center at ESPN Wide World of Sports. 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.

Packet Pick-Up and Waivers

All event weekend participants are required to attend Packet Pick-Up at the runDisney Health & Fitness Expo in order to receive your race bib, bag check sticker, gEAR bag, and race shirt.

Packet Pick-Up will not be available on race evening. 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. NO EXCEPTIONS. 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 event waiver.
3. Your signed Packet Pick-Up Authorization Form

The Packet Pick-Up Authorization Form and event waiver are available at runDisney.com. It is important that you download these items and bring them with you to packet pick up. NO EXCEPTIONS!

Commemorative Items

Pick up pre-purchased Commemorative Items at the HP Field House. You will need to show your ID to pick up your items:
• Commemorative Pins*
• Commemorative Ears*
• Commemorative Necklaces*

*Please remember that items not picked up will not be mailed or refunded.
runDisney Health & Fitness Expo

A HP Field House
- Kids Races Packet, Race Shirt & gEAR Bag Pick-Up
- 5K & 10-Miler Packet Pick-Up
- Runner Tracking
- Speaker Series
- Inspiration Station

B Jostens® Center
- 5K & 10-Miler Race Shirt & gEAR Bag Pick-Up
- Official runDisney Merchandise
- Exhibitors

C Welcome Center
- Will Call pre-purchased tickets
- Disney Villains Hollywood Bash Tickets

D New Balance Track & Field Complex
- runDisney Kids Races

E Field 20
- Disney Happy Haunted 5K Trail Run
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- **Official runDisney Merchandise**
- **runDisney Health & Fitness Expo**
runDisney Health & Fitness Expo

Friday, October 3  •  10:00 a.m. - 7:00 p.m.

11:00 a.m.—1 hour

How to Survive the 5th Dimension
Jeff Galloway, runDisney Official Training Consultant
Come prepared with questions as Jeff will discuss how to survive the 5th dimension and discover what lies beyond the darkest corner of imagination. Jeff will give you tips on how to run in warm weather and how to stay hydrated so you can make it back to the real world and not become a permanent resident of…The Twilight Zone Tower of Terror™ 10-Miler!

Noon—30 minutes

SparkStart: Inspiring a Lifetime of Movement Presented by New Balance
The shoe experts from New Balance have a new mission: to improve the health, well-being and self-esteem of children through movement. Come learn how to ignite your spark and find what moves you! New Balance will also have a few surprises up their sleeve, so don’t miss this fun interactive session.

1:00 p.m.—1 hour

Information For Runners and Spectators
Our panel of experts will tell you everything you need to know about The Twilight Zone Tower of Terror™ 10-Miler. We’ve lined up the race director, course director and spectator experts to share all the important details. They’ll also take some time to answer questions from the crowd in an interactive Q&A session.

2:00 p.m.—30 minutes

Core Work and Cross Training for Runners
Fitz Koehler, Personal Trainer
A runner’s legs get lots of attention and praise, but to be a quality runner - you’d be wise to spread the love. Learn an elite core training routine which targets your abs, back, hips and glutes along with complimentary cross-training techniques to make you a stronger, more powerful and injury-free runner overall.

3:00 p.m.—30 minutes

The Mystery of Nutrition for a Night Race
Tara Gidus, Official runDisney Nutritionist
Don’t know what to eat for a night race? Don’t shriek! Tara will teach you how to maintain proper nutrition while training and what to eat before, during and after your trip to…The Twilight Zone™.

4:00 p.m.—30 minutes

Ensemble Inspiration for a Night Run
Leslie Kay, DisneyBound
Planning your outfit for The Twilight Zone Tower of Terror™ 10-Miler? Leslie Kay of DisneyBound will give you tips on how to put together the picture-perfect spooky ensemble designed after the icons of the weekend.

5:00 p.m.—30 minutes

Stretching and Recovery for a Night Race
Join Florida Hospital’s expert to learn great stretching tips and how to recover after The Twilight Zone Tower of Terror™ 10-Miler.

Saturday, October 4  •  8:30 a.m. - 3:00 p.m.

9:00 a.m.—30 minutes

SparkStart: Inspiring a Lifetime of Movement Presented by New Balance
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Disney Happy Haunted 5K Trail Run

Saturday, October 4 • 7:30 a.m.
ESPN Wide World of Sports Complex

GEAR Check

5:30 a.m. to 9:30 a.m.

Please consider not bringing a bag to check on race day. All items may 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 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 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.

Corrals

All participants will be assigned a starting-corral, which will be designated on your bib. You must pick up your race bib at Packet Pick-Up and wear the race bib centered on the front of your shirt. Participants without a race bib will be removed from the course for security and safety reasons. Please report to your assigned corral before the race.

Water And Medical Stops

There will be two water stops along the course (mile 1.5 and mile 2.25) and medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

Timing and Results

This 5K is a fun run. No race results will be posted and awards will not be given out. Every finisher will receive a finisher medallion. Please note there is a 16-minute per mile time limit. Anyone not able to maintain that pace may be picked up and transported to the finish line area.

Safety

Guests with strollers are not allowed to participate in the 5K. For more safety information, please see page 24.
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 start line, which will be color-coded for all parents to easily find. Each participant’s bib number matches the starting flag for their distance. Make sure to wear the color-coded Kids Dash or 1-Mile bib on your assigned race day! Each start line will have feather banners that match the color of the numbers on the race bibs—green for 100m, yellow for 200m, blue for 400m, and white for the 1-Mile. 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 order to leave the secure finish area with your child.

**Schedule**

9:30 a.m. – 100m Dash participants (1-3 years old) meet at green start flags 9:45 a.m. – 200m Dash participants (4-6 years old) meet at yellow start flags 10:00 a.m. – 400m Dash participants (7-8 years old) meet at blue start flags 10:15 a.m. – 1-Mile participants (13 & under) meet at white start flags 10:45 a.m. – Diaper Dash participants (12 months & under) meet at finish line

**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.
Saturday, October 4
Start: Disney's Hollywood Studios®
9:58 p.m. – Wheelchair Start
10:00 p.m. – Start

The Start

The start zone for The Twilight Zone Tower of Terror™ 10-Miler is located at Disney's Hollywood Studios®. 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 participants from starting.

Restroom Facilities

Portable restroom facilities will be available near the start line, on the course near the beverage stations, and in the finish area.

gEAR Check

gEAR Check at Disney's Hollywood Studios®
• 7:00 p.m. to 3:00 a.m.

Please consider not bringing a 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 bag, you MUST use the clear bag and gEAR Check sticker provided to you at Packet Pick-Up. NO EXCEPTIONS. Place the sticker on your gEAR bag and make sure it matches your bib number. Once you finish, your race number will be used to verify your bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Race Bibs

Each runner will be issued a race bib at Packet Pick-Up. Please wear your assigned race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be in the gEAR bag.

In order to receive an accurate time, please confirm that your bib is:
• Clearly visible on the front of the torso
• Unaltered and unmodified (do not fold or wrinkle)
• Pinned in all four corners
• Not covered with shirts, jackets, winter wear, etc

Timing

Clocks will be located at every mile marker along the course. When you receive your race bib, your ChronoTrack B-Tag will be attached to the back. Do not remove, bend or break the ChronoTrack B-Tag. The ChronoTrack B-Tag records your official and net time. The net time is the time it takes you to get from the start line mats to the finish line mats and will be used to determine the scoring for awards. Please do not alter the ChronoTrack B-Tag in any way. Without the B-Tag, your time WILL NOT be recorded.

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 Disney's Hollywood Studios®. (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)
Finishing

After you cross the finish line, where your time is automatically recorded, proceed through the finish chute. Volunteers will present you with The Twilight Zone Tower of Terror™ 10-Miler Finisher Medal. After the finish, you will be directed to refreshments. Gear Bag Claim will be located at the Indiana Jones™ Epic Stunt Spectacular. These areas are restricted to participants only.

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 Disney’s Hollywood Studios®.

The Twilight Zone Tower of Terror™ 10-Miler Course Description

The Twilight Zone Tower of Terror™ 10-Miler is a nighttime road race that will end in the shadows of The Twilight Zone Tower of Terror™ attraction at Disney’s Hollywood Studios®. Your run into the fifth dimension will also take you to ESPN Wide World of Sports Complex before returning to Disney’s Hollywood Studios® where the course will feature the Lights, Motors, Action™ Extreme Stunt Show, then turn down New York Street, wind past the Sorcerer’s Hat and return you to an unforgettable finish at The Twilight Zone Tower of Terror™.

Beverage Stations and Food Stops

A total of 7 PowerAde and water stops will be located along the course. Stops are placed approximately every 1.5 miles along the course and both lemon-lime PowerAde and water will be available at all 7 stops.
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.

Costumes

- Costumes are allowed and encouraged.
- Face masks are NOT ALLOWED for security and safety reasons. Violators will be removed from the course.
- Questionable or offensive costumes will result in the participant being asked to change or be removed from the event.

Pacing Requirements

All athletes must be able to maintain a 16-minute per mile pace throughout the race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to Disney's Hollywood Studios®. 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 light wands at mile markers according to the official pace time. If you reach a mile marker with a light wand waving, please note you are behind the required 16-minute per mile pace and can be picked up at any time.

Weather

The race will be held rain or shine. If there is lightning in the area the race will either have a delayed start or depending on the intensity of the weather, be canceled. All medical stations will have the appropriate flag color displayed according to existing heat conditions:

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

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

Note: Please consider not bringing unnecessary bags with you on race day. All items will be inspected.
Fit2Run wishes you an awesome experience @runDisney!

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

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

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

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the 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! Photographers will be taking pictures of you throughout the race.
- Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.
- Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, please start in the last corral.
- If you want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.
- If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.
- Move to the side if someone behind you says “Excuse Me” or “Coming Through”.
- Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.
- When you are approaching the finish line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the race course and finish area is for registered participants and staff only.
- Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too.
- Celebrate! Thank your volunteers and have a great race!
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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THE LARGEST SELECTION OF SPORT AND ACTIVE LIFESTYLE SUNGLASSES ON THE PLANET

Disaster Villains Hollywood Bash

Participants and Guests can party in the shadow of The Twilight Zone Tower of Terror™ at the Disney Villains Hollywood Bash where you will enjoy exclusive access to some of your favorite Disney attractions, in addition to DJs and character meet & greets with your favorite Disney Villains.

Spectators can purchase tickets in advance at runDisney.com. Based on availability, tickets will be available at the ESPN Wide World of Sports Complex Welcome Center during Expo hours. Party ticket entitlements include:

• Early entry to Disney’s Hollywood Studios® at 10:00 p.m. on Saturday, October 4
• Exclusive access to some of your favorite Disney attractions, live DJs and character meet & greets with some of your favorite Disney Villains

Attractions and entertainment subject to change. Disney Villains Hollywood Bash party tickets are non-refundable, non-deferrible, and non-transferable.

Results

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

Photos

Photographers will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt. 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 10-Miler will be able to download a finisher certificate at MyDisneyMarathon.com approximately two weeks after the race.
Every athlete who competes in the Kids Races, 5K and 10-Miler will receive a commemorative medal upon finishing the race.

**Overall Awards**

Top 3 Overall Male & Female 10 Mile Finishers (based on gun time) and top Overall Male & Female Wheelchair Winner (push rim only) (based on gun time) will receive their awards at a presentation to be held outside The American Idol Experience at 12:30 a.m. on Sunday, October 5. Time subject to change.

**Individual Awards**

The following awards will be distributed by mail after the event. Please allow 4-6 weeks for these awards to arrive. Because of the number of people who participate in the 10-Miler race, it can often take several minutes to cross the start line. In the interest of fairness, masters, military, 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 participant will not receive two awards for the same race result.

- **Overall Male & Female Masters Champion**
- 2nd & 3rd Place Wheelchair Winners (Push rim only, based on gun time)
- Top 3 Male & Female Military
- Top 3 Age Groups (Male & Female)

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**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.
- Have a meeting location in place. There are designated locations near the Sorcerer’s Hat. Please do not choose a location along Sunset Boulevard or near The Twilight Zone Tower of Terror™ attraction due to potential congestion.
- Agree upon a phone number from which both parties can call and retrieve messages.

**Family Reunion**

Celebrate your race finish and reunite with family and friends at the Disney Villains Hollywood Bash. Family and friends must purchase a Disney Villains Hollywood Bash ticket to enter Disney’s Hollywood Studios® for the after-hours party.
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
Follow Us at: twitter.com/runDisney or @runDisney
Subscribe to our Channel: youtube.com/runDisney
Follow Us at: instagram.com/runDisney

See them run in the best light.

With so many choices that enhance the view from the sidelines, Transitions® adaptive lenses™ offer something for the champion in everyone. They are clear indoors and adjust to changing light conditions outdoors, so you always see every race in the best light.

Learn about new Transitions® Signature™ lenses at Transitions.com
PREPARING FOR A NIGHT RACE
By Olympian Jeff Galloway, Official Training Consultant, runDisney

I love the night events at Walt Disney World®. But there are several major differences that can be challenging for those who don’t prepare well: 1) running in the dark, 2) starting the run at 10pm, and 3) learning what to eat leading up to a nighttime run. Here are some tips to get you ready for race weekend.

Schedule at least two runs during August/September, which start after 9pm. This will allow you to gear up for running (when the body tends to naturally wind down) while you adapt to running in the dark. Look at the training schedule I designed on runDisney.com and plan for the two (or more) late-night runs. It’s best if one of the night runs is a longer run (8+ miles). Plan ahead to select a safe course and arrange family activities. Get some friends together and have a “reloading party” afterward.

Practice and fine-tune your race day routine. Morning activities are usually not a problem. On October 4, many will spend the morning in the parks with family or friends. If you’re not used to being on your feet for several hours on a regular basis, I recommend spending no more than 1 hour at a time walking around, with an hour of resting between. During the afternoon, it’s best to have some quiet time. Some take a nap, others read a book, watch a movie, etc.

An eating plan. As you adjust your eating before the long runs, you will be setting up the race day eating schedule. Bottom line is to find out what foods digest easily, leading up to an evening event. You can then be ready to enjoy the run and the food and beverages afterward. Here are my suggestions, based on the eating success of many runners under similar situations:

In General: 1) Avoid snacks that are high in fat, or high in fiber. 2) Choose foods that are easy to digest. 3) Drink 4-6 oz of water with each snack.

Morning: eat a normal diet for you, but avoid large meals. Drink 6-8 oz of water every hour.

Afternoon: light snacks of 150-250 calories, about every 2 hours, with 4-6 oz of water.

Evening: Most find it best to stop eating 2-3 hours before the run. Eat minimally to maintain blood sugar level. Adjust to your needs. 2-4 oz of water every hour. If you drink a lot during the 2 hours before the start you will probably have to take more potty stops.

Blood sugar insurance. Carry a baggie of blood sugar booster snacks such as gummy bears, hard candies, sugar cubes or the sugar source of your choice, during the half hour before the start. If your blood sugar needs a boost during that 30 minute countdown before running, consume no more than 100 calories.

Blood sugar boost during the long runs/race. The rule of thumb is 30-40 calories every 2 miles. Try this and fine-tune to your needs during long runs. Bring a baggie of the snacks that you have used successfully during the run, and you will have control over low blood sugar at the end.

• Don’t drink alcohol on the day of the long runs or race. Caffeinated beverages are generally okay if you normally consume them. Generally it’s best to drink your last caffeinated beverage about 2 hours before the start—but do what works for you. Your night runs can help you adjust caffeine intake.
• The rule of thumb during long runs/the race is 2-4 oz of water, every 2 miles. Try this out on long runs and fine-tune to what works for you.
• Logistics: Read over the raceday instruction sheet several times, during the 4 weeks before the race. This will help you mentally prepare and rehearse what you will be doing on October 1st.

Enjoy every mile!
Jeff Galloway
Official Training Consultant, runDisney
Family and friends will be able to track the participants with live online 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 runDisney.com.

_The Twilight Zone Tower of Terror™ 10-Miler Viewing Locations_

Limited spectator viewing will be available of the race start from the Film Lot at Disney’s Hollywood Studios®.

Spectators can also view their participant at Champion® Stadium at ESPN Wide World of Sports Complex. Entry into Champion® Stadium is free for race spectators. Those wishing to view from Champion® Stadium will need to take an event bus from Disney’s Hollywood Studios® to ESPN Wide World of Sports Complex. Event buses will run continuous loops for spectators from Disney’s Hollywood Studios® to ESPN Wide World of Sports Complex from 9:30 p.m. to 12:30 a.m. Champion® Stadium is at mile 6.5 therefore spectators should plan for their participant’s pace and anticipated finish time. Spectators who opt to view their participant at Champion® Stadium and the finish line at Disney’s Hollywood Studios® should allow 10 minutes to walk from the stadium to the bus, 20 minutes of transportation time and 10 minutes to walk to the finish line.

Spectator viewing will be available along the course and at the finish line at Disney’s Hollywood Studios®. Spectators must purchase a Disney Villains Hollywood Bash ticket to enter Disney’s Hollywood Studios® to view the course and the finish line and for the after-hours party.

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.

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

The Medical Team is here to help! On race day, there will be sports medicine professionals at the information tent in the start area, at the finish line medical tent, and at various locations within the post race party. There will be two (2) Florida Hospital Celebration Health Medical Stations located along the course that will be marked with medical flags. Remember, on the course we will have medical staff at each tent and also bike medical personnel to help you along the way.

With prior training, you should be prepared for the physical demands of the 10-mile race; however, 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 15-20 minutes during the race depending on pace and weather.
- 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 30 minutes 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 medicines 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 except 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.

- Narcotics should be avoided within 48 hours of race day due to harmful effects 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 pseudoephedrine, such as Sudafed and most sinus and cold formulas, 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.
- 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.

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 participants. 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.
Celebratory Charity

The Twilight Zone Tower of Terror™ 10-Miler Weekend will be celebrating Autism Speaks, an organization dedicated to funding global biomedical research into the causes, prevention, treatments, and cure for autism; to raising public awareness about autism and its effects on individuals, families, and society; and to bringing hope to all who deal with the hardships of this disorder. With the support of volunteers and participants in Autism Speaks Team Up program, The Twilight Zone Tower of Terror™ 10-Miler Weekend will help bring the autism community together as one strong voice to urge the government and private sector to listen to our concerns and take action to address this urgent global health crisis. It is Autism Speaks firm belief that, working together, we will find the missing pieces of the puzzle. We are committed to raising the funds necessary to support these goals.

Participants and volunteers have the opportunity to make donations to Autism Speaks at the point of registration or by visiting our web site at runDisney.com or visiting their website directly at autismspeaks.org.

Autism Speaks

Autism Speaks was founded in February 2005 by Bob and Suzanne Wright, grandparents of a child with autism. Since then, Autism Speaks has grown into the nation’s largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families. We are proud of what we’ve been able to accomplish and look forward to continued successes in the years ahead. To learn more, visit autismspeaks.org.

Sports Enthusiasts

Over 1,700 volunteers will assist throughout The Twilight Zone Tower of Terror™ 10-Miler Weekend on behalf of Autism Speaks.

- Approximately 460 volunteers will assist with packet pickup during the runDisney Health & Fitness Expo
- Over 100 volunteers will assist with the Disney’s Happy Haunted 5K Trail Run
- Over 340 medical volunteers will staff Florida Hospital’s medical stations during the 10-Miler
- Over 870 volunteers will staff Start Line, Course Monitor, Water Stop, and Finish Line locations during the 10-Miler on Saturday

Meet 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.
Thank You Sponsors

@DisneyAlliances
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Thank you for your participation!

AND BEST OF LUCK
You are making a difference in the lives of everyone affected by autism.

www.autismspeaks.org