

**RACE ETIQUETTE**  
The race staff would like to thank you in advance for considering these etiquette tips as you enjoy *The Twilight Zone Tower of Terror*™ 10-Miler 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! Brightroom photographers will be taking pictures of you throughout the race. (Pictures will be available at MarathonFoto.com 2-3 days following the race. You will need your race bib to access your photos.)
- Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.
- Run or walk no more than two abreast. Other participants 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 participants. You will hear words of encouragement in return.
- When you are approaching the finish line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the race course and finish area is for registered participants and staff only.
- Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too. Please be courteous to those finishing behind you and take only one of each item.
- Celebrate! Thank your volunteers and have a great race!



## SAVE THE DATE

### FLORIDA

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

Walt Disney World®  
Marathon Weekend  
presented by Cigna®  
January 8-12, 2014

Disney Princess Half  
Marathon Weekend  
February 20-23, 2014

Expedition Everest®  
Challenge  
May 2-3, 2014

*The Twilight Zone Tower  
of Terror*™ 10-Miler Weekend  
October 3-4, 2014

### CALIFORNIA

Tinker Bell Half Marathon  
Weekend  
January 16-19, 2014

Disneyland® Half Marathon  
Weekend  
August 28-31, 2014

For more information,  
visit [runDisney.com](http://runDisney.com)



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## FINAL RACE INSTRUCTIONS

Welcome to *The Twilight Zone Tower of Terror*™ 10-Miler Weekend.  
Below are important reminders for your race weekend.

### EXPO SCHEDULE & REMINDERS

**Friday, October 4, 2013**

ESPN Wide World of Sports Complex  
12:00 p.m. to 8:00 p.m.

**Saturday, October 5, 2013**

ESPN Wide World of Sports Complex  
10:00 a.m. to 4:00 p.m.

### PACKET PICK-UP & WAIVERS

You are required to attend Packet Pick-Up at Disney's Health & Fitness Expo in order to receive your B-Tag timing device, race bib, race shirt, and gEAR bag. **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. 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](http://runDisney.com). If you do not have access to the internet or lose your waiver, onsite waiver printing will be available at the Expo.

### ABSENTEE PACKET PICK-UP

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

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

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

### COMMEMORATIVE ITEMS

Pre-ordered commemorative items will be distributed when you pick up your race packet. Please remember items that are not picked up will not be mailed or refunded. Additional merchandise will be available at Disney's Health & Fitness Expo.

### STROLLER POLICY

For the safety of our Guests, strollers are not allowed inside the Jostens® Center at ESPN Wide World of Sports Complex. Designated stroller parking will be available at the entrance.

### RACE DAY SCHEDULE & REMINDERS

**Saturday, October 5, 2013**

Start Location: Disney's Hollywood Studios®  
9:58 p.m. – Wheelchair Start  
10:00 p.m. – Corral A Start  
10:02 p.m. – Corral B Start  
10:04 p.m. – Corral C Start  
10:06 p.m. – Corral D Start  
10:09 p.m. – Corral E Start  
10:12 p.m. – Corral F Start  
10:15 p.m. – Corral G Start  
10:19 p.m. – Corral H Start  
10:23 p.m. – Corral I Start  
10:27 p.m. – Corral J Start

### BAG CHECK

Disney's Hollywood Studios®

Check Bags at Film Lot  
• 7:00 p.m. to 9:00 p.m.  
Retrieve Bags at Indiana Jones Epic Stunt Spectacular Theatre  
• 11:00 p.m. to 2:30 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.

### CHANGING TENTS

Changing Tents will be available outside the Indiana Jones Epic Stunt Spectacular Theatre for participants who would like to change clothes during the Disney Villains Hollywood Bash.

### RESTROOM FACILITIES

Portable restroom facilities will be available at Disney's Hollywood Studios® near the bag check area, near the start lines, and on the course near the beverage stations. Guest restrooms will also be available inside Disney's Hollywood Studios®.



10-MILER START

The start zone for the 10-Miler is located in the Film Lot at Disney’s Hollywood Studios®. The letter on your race bib will correspond with your assigned corral. For safety reasons, and as a courtesy to others, please line up in the appropriate corral. Measures will be taken to prevent unofficial participants from starting.

REFRESHMENTS

Food and beverage will be available for purchase in the Film Lot at Disney’s Hollywood Studios® from 7:00 p.m. to 10:00 p.m. on Saturday, October 5. Water will be available for registered participants in the “runner only” corral area prior to race start. Seven beverage stations will be set up along the course, offering both Dasani water and lemon-lime PowerAde. At the conclusion of the race, participants will receive one bottle of Dasani water, one bottle of PowerAde, fruit, and various other food items.

RACE BIBS

Each participant will be issued a race bib at Packet Pick-Up. Please wear the race bib centered on the front of your shirt. 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 included 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.

PACING REQUIREMENTS

All athletes entering the 10-Miler must be able to maintain a 16-minute per mile pace throughout the entire race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to the finish line at 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 participants are behind pace by waving orange flags at mile markers according to the official pace time. If you reach a mile marker with an orange flag waving, please note you are behind the required 16-minute per mile pace and can be picked up at any time. Participants unable to finish the race due to injury or fatigue may stop at any medical station for assistance and transport to the finish line.

SAFETY REMINDER

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

COSTUMES

You are allowed to wear a costume during the 10-Miler. However, your costume cannot include a face mask. Anyone seen in violation of this will be removed from the course. If your costume is questionable or offensive to others, we reserve the right to either have you change into something more appropriate or remove you from the event.

MEDICAL SUPPORT

Medical personnel will be available to give emergency care as well as tend to non-critical injuries in the start area, along the course, at the finish line, and within the party.

WEATHER

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

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

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

MEDALS & RESULTS

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

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®.
- There are three designated locations near the Sorcerer’s Hat divided alphabetically by last name (A-G, H-O, P-Z). Please do not choose a location along Sunset Boulevard or near *The Twilight Zone Tower of Terror*™ attraction due to potential congestion. (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)
- Party essentials: Photo ID and extra spending cash

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 *The 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.**

<i>Disney’s All-Star Movies</i> Resort	<i>Disney’s All-Star Music</i> Resort
<i>Disney’s All-Star Sports</i> Resort	<i>Disney’s Beach Club Villas</i> Resort
<i>Disney’s Caribbean Beach</i> Resort	<i>Disney’s Old Key West</i> Resort
<i>Disney’s Polynesian</i> Resort	<i>Disney’s Pop Century</i> Resort
<i>Disney’s Port Orleans</i> Resort - French Quarter	<i>Disney’s Port Orleans</i> Resort - Riverside
<i>Disney’s Saratoga Springs</i> Resort & Spa	<i>Disney’s Wilderness Lodge</i> Resort
<i>Disney’s Yacht Club</i> Resort	

**TRANSPORTATION HOURS FOR DISNEY’S HEALTH & FITNESS EXPO**  
**ESPN Wide World of Sports Complex**  
*Transportation from Host Resorts to the Expo begins one half hour prior to Expo opening and will continue until one half hour BEFORE the Expo closes.*

- Friday, October 4**
- From Host Resorts to Expo: 11:30 a.m. – 7:30 p.m.
  - Transportation from Expo to Host Resorts concludes at 8:30 p.m.

- Saturday, October 5**
- From Host Resorts to Expo: 9:30 a.m. – 3:30 p.m.
  - Transportation from Expo to Host Resorts concludes at 4:30 p.m.

**TRANSPORTATION HOURS FOR DISNEY HAPPY HAUNTED 5K TRAIL RUN AND RUNDISNEY KIDS RACES**  
**ESPN Wide World of Sports Complex**

- Saturday, October 5**
- 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.

- 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.

**TRANSPORTATION HOURS FOR THE TWILIGHT ZONE TOWER OF TERROR® 10-MILER AND DISNEY VILLAINS HOLLYWOOD BASH**  
**Disney’s Hollywood Studios®**

- Saturday, October 5 – Sunday, October 6**
- Transportation begins at 7:00 p.m. on Saturday and concludes at 4:30 a.m. on Sunday
  - 10-Miler participants must board buses no later than 8:00 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

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 7:00 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 8:00 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 ESPN Wide World of Sports Complex for the 10 Mile**  
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 8:00 p.m. in order to catch the shuttle to the Start at Disney’s Hollywood Studios®.