

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



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Event and dates subject to change. ©Disney



REDEFINE GIRLS' NIGHT OUT.



Boston, MA. Thursday night. 9:15 P.M.
Some go out. Others go out and make
excellent happen. The night is yours.

THIS IS RUNNOVATION.

new balance.com

OFFICIAL RUNNING SHOE OF **runDisney**

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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 trail 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 has 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 2013 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 official charity 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!

Tom

Tom Wolber
Senior Vice President
ESPN Wide World Of Sports Complex
and Downtown Disney



TRY OUR
DELICIOUS
VARIETY
of FLAVORS



Possibly the Best Yogurt in the World.

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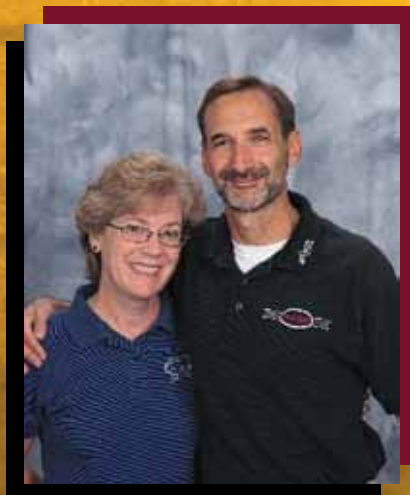
ABOUT OUR RACE DIRECTOR

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 30 years and have a daughter, Emma and a son, Christopher.



WEEKEND ITINERARY

Friday, October 4

Disney's Health & Fitness Expo

Jostens Center® at ESPN Wide World of Sports Complex
Noon – 8:00 p.m.

Saturday, October 5

Disney Happy Haunted 5K Trail Run

ESPN Wide World of Sports Complex
7:30 a.m. Start

runDisney Kids Races

ESPN Wide World of Sports Complex
9:30 a.m. Start

Disney's Health & Fitness Expo

Jostens Center® at ESPN Wide World of Sports Complex
10:00 a.m. – 4:00 p.m.

The Twilight Zone Tower of Terror™ 10-Miler

Start at Disney's Hollywood Studios®
10:00 p.m. Start

Disney Villains Hollywood Bash*

Disney's Hollywood Studios®
October 5, 10:00 p.m. – October 6, 4:00 a.m.

** Advanced purchase required for spectators. Based on availability, tickets will be available for purchase at the ESPN Wide World of Sports Welcome Center during Disney's Health & Fitness Expo. Tickets are non-refundable.*



PARK HOURS*

October 4

Magic Kingdom® Park
Epcot®
Disney's Hollywood Studios®
Disney's Animal Kingdom® Park

9:00 a.m. – 7:00 p.m.
9:00 a.m. – 10:00 p.m.
9:00 a.m. – 8:00 p.m.
9:00 a.m. – 5:00 p.m.

October 5

Magic Kingdom® Park
Epcot®
Disney's Hollywood Studios®
Disney's Animal Kingdom® Park

9:00 a.m. – 9:00 p.m.
9:00 a.m. – 10:00 p.m.
9:00 a.m. – 6:00 p.m.
9:00 a.m. – 5:00 p.m.

October 6

Magic Kingdom® Park
Epcot®
Disney's Hollywood Studios®
Disney's Animal Kingdom® Park

9:00 a.m. – 7:00 p.m.
9:00 a.m. – 9:00 p.m.
9:00 a.m. – 8:00 p.m.
9:00 a.m. – 5:00 p.m.

* Times subject to change.



HEALTH & FITNESS EXPO

Friday, October 4 • Noon – 8:00 p.m.

Saturday, October 5 • 10:00 a.m. – 4:00 p.m.

Disney's Health & Fitness Expo is a two-day celebration of fun, fitness and food located in the 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.

Commemorative Items at *The Twilight Zone Tower of Terror*™ 10-Miler Weekend

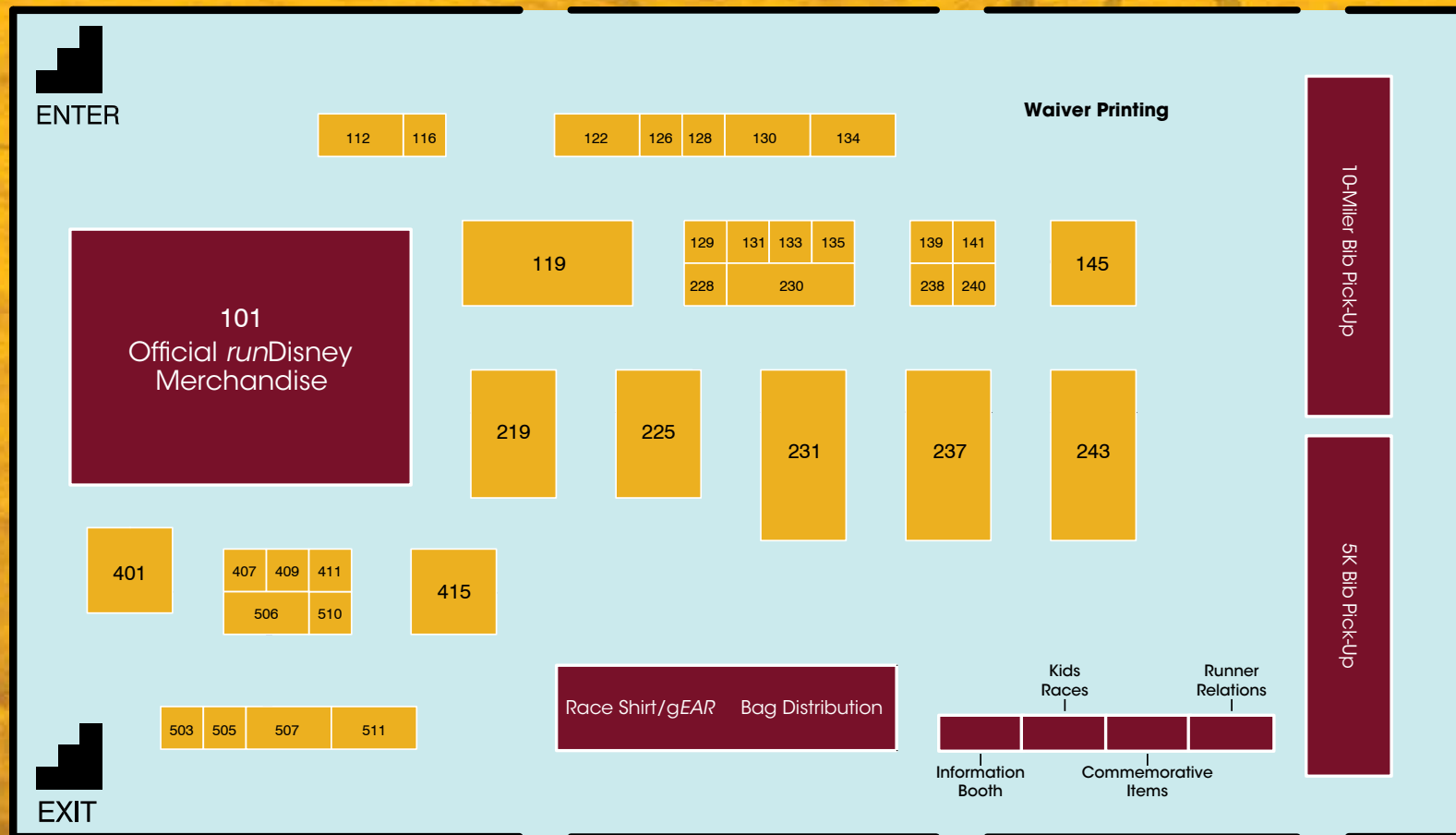
Pick up pre-purchased Commemorative Items at the Expo. You will need to show your ID to pick up your items:

- Commemorative Pins
- Commemorative Ears
- Commemorative Necklaces



EXPO MAP

EXPO EXHIBITORS



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
Active Sol Eyewear	240	Coolcore	505	MarathonFoto	112	Snuggbuds Sports Headsets	510
Apera	126	Dannon	135	MISSION ATHLETECARE	133	Sparkle Athletic	507
Armpocket	511	Fit2Run-The Runner's Superstore	231, 237, 243	New Balance	119	SparkleSkirts	130
Autism Speaks	116	Florida Hospital	401	Nite Beams	128	SPIbelt	238
BeeCause Charms	407	FOND MEMORIES GRAPHICS	228	One More Mile	145	SportHooks by Heavy Medalz	131
Bondi Band	506	Full Sail University	409	Raw Threads	219	Sweaty Bands	134
Champion	225	iFitness	129, 411	runDisney	415	The Stick for muscles - self massage	503
Clif Bar	230	Lasting Commemoratives	139	Running Skirts	122	Yurbuds Sports Earphones	141

THE TWILIGHT ZONE TOWER OF TERROR™ 10-MILER

Friday, October 4, 2013 Noon – 8:00 p.m.

12:15 p.m.

Jeff Galloway, runDisney Official Training Consultant

Pacing Prep for the 10-Miler

Come prepared with questions as Jeff will discuss proper pacing in warm weather with tips on staying hydrated so you can enjoy *The Twilight Zone Tower of Terror™ 10-Miler*!

2:00 p.m.

Event Weekend Info for Runners and Spectators

This *runDisney* panel will include the race director, course director and spectator experts to provide detailed race weekend information to runners and spectators. This session wouldn't be complete without a question and answer session!

3:00 p.m.

Tara Gidus, runDisney Official Nutritionist

Nutrition for a Night Race

Tara will teach you how to maintain proper nutrition while training and what to eat before, during and after *The Twilight Zone Tower of Terror™ 10-Miler*.

5:00 p.m.

Stretching and Recovery

Join Betsy Hughes for an interactive clinic to learn great tips on how to recover after *The Twilight Zone Tower of Terror™ 10-Miler*.

6:00 p.m.

Jeff Galloway, runDisney Official Training Consultant

Strong to the Finish!

In this session, Jeff will teach you how to build endurance and improve their finish time while staying injury free!

SPEAKER SERIES SCHEDULE

Saturday, October 5, 2013 10:00 a.m. – 4:00 p.m.

11:00 a.m.

Jeff Galloway, runDisney Official Training Consultant

Pacing Prep for the 10-Miler

Come prepared with questions as Jeff will discuss proper pacing in warm weather with tips on staying hydrated so you can enjoy *The Twilight Zone Tower of Terror™ 10-Miler*!

Noon

Stretching and Recovery

Join Betsy Hughes for an interactive clinic to learn great tips on how to recover after *The Twilight Zone Tower of Terror™ 10-Miler*.

2:00 p.m.

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3:00 p.m.

Tara Gidus, Official runDisney Nutritionist

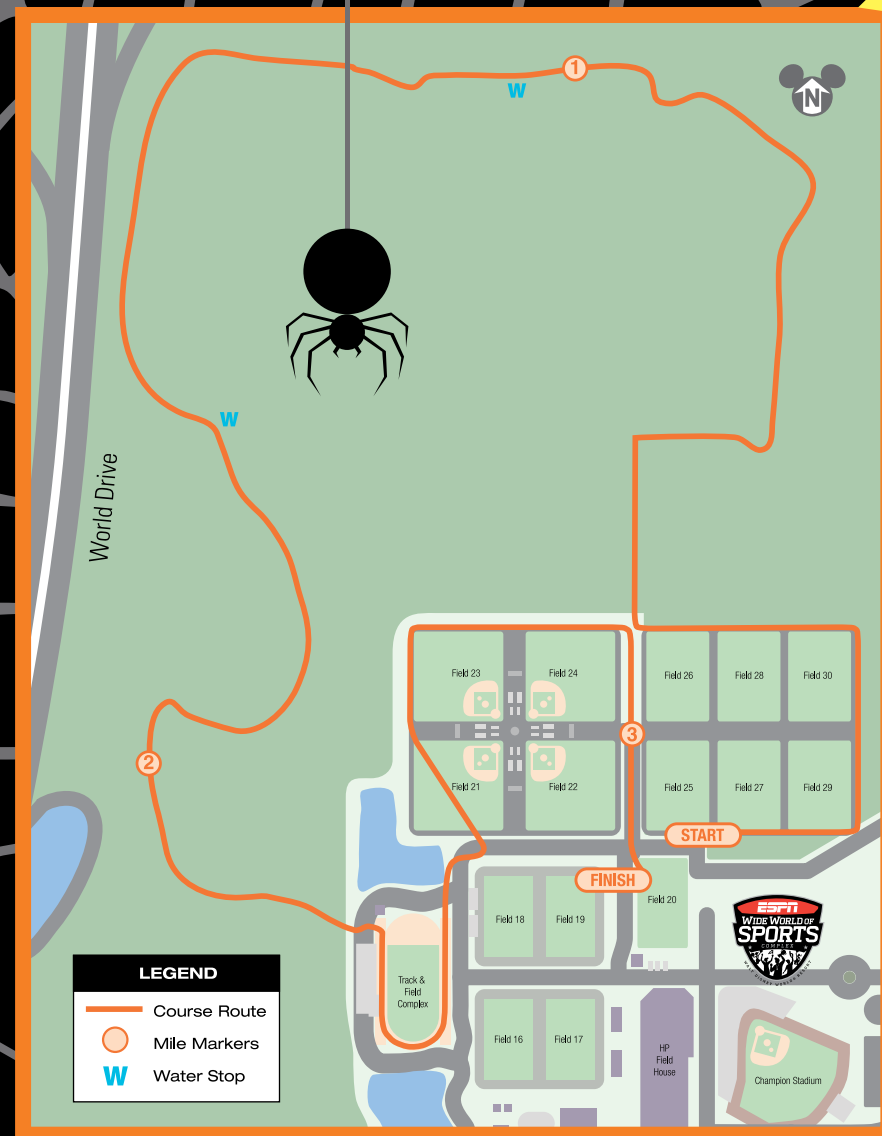
Nutrition for a Night Race

Tara will teach you how to maintain proper nutrition while training and what to eat before, during and after *The Twilight Zone Tower of Terror™ 10-Miler*.



Disney Happy Haunted 5K Trail Run
Saturday, October 5, 2013 • 7:30 a.m.
ESPN Wide World of Sports Complex

This 5K will take you on a one-of-a-kind Halloween themed course through the ESPN Wide World of Sports Complex. Adults, teens and tweens can be immersed in the fantasy of Halloween and dress up as their favorite character or villain! This is the ultimate race around the neighborhood - race to the finish to receive your "trick or treat bag of refreshments".





Saturday, October 5 • 9:30 a.m.

ESPN Wide World of Sports Complex

Pre-registered children ages 13 and under can be a part of the Kids Races and earn a finisher medallion just like Mom or Dad. The races include the Diaper Dash, 100m, 200m, and 400m and One-mile run. Packet Pick-Up will take place Friday in the Jostens Center® during Expo hours.



Mickey's *Not-So-Scary* Halloween Party

Don't miss your chance to trick-or-treat in the ultimate Halloween neighborhood with exclusive fireworks, Disney Characters in their best Halloween costumes and a spooktacular parade!

Buy early and save on select dates now through Nov. 1.



Scan this QR code to scare up some mobile fun.

disneyworld.com/halloween
407-W-DISNEY

Tickets subject to availability. Entertainment subject to change without notice. For safety, please choose costumes that are not obstructive or offensive. Admission to this event requires a separately priced ticket. Tickets valid only during specific event dates and hours.

10-MILER INFORMATION

Saturday, October 5

The Twilight Zone Tower of Terror™ 10-Miler

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.

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. Bag Claim will be located at the Indiana Jones™ Epic Stunt Spectacular! These areas are restricted to participants only.

Not Finishing

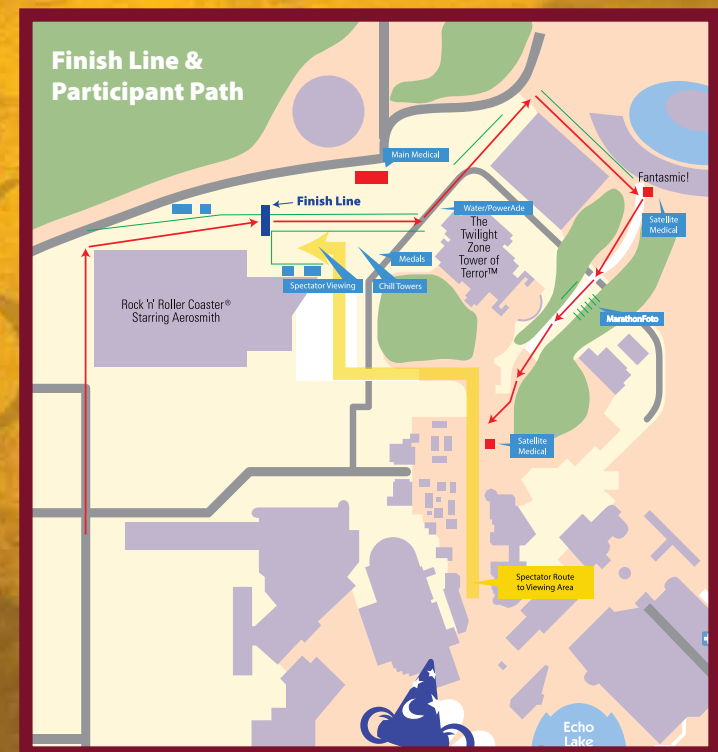
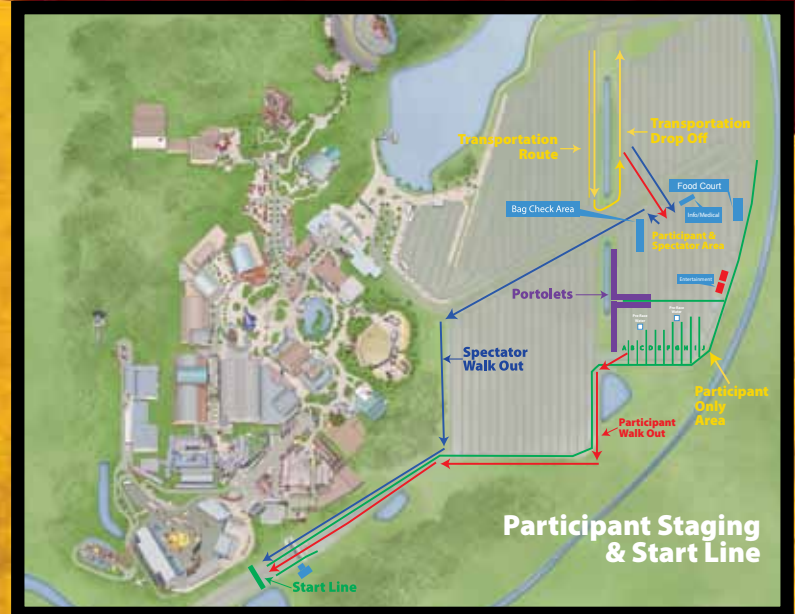
If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to *Disney's Hollywood Studios®*.

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.

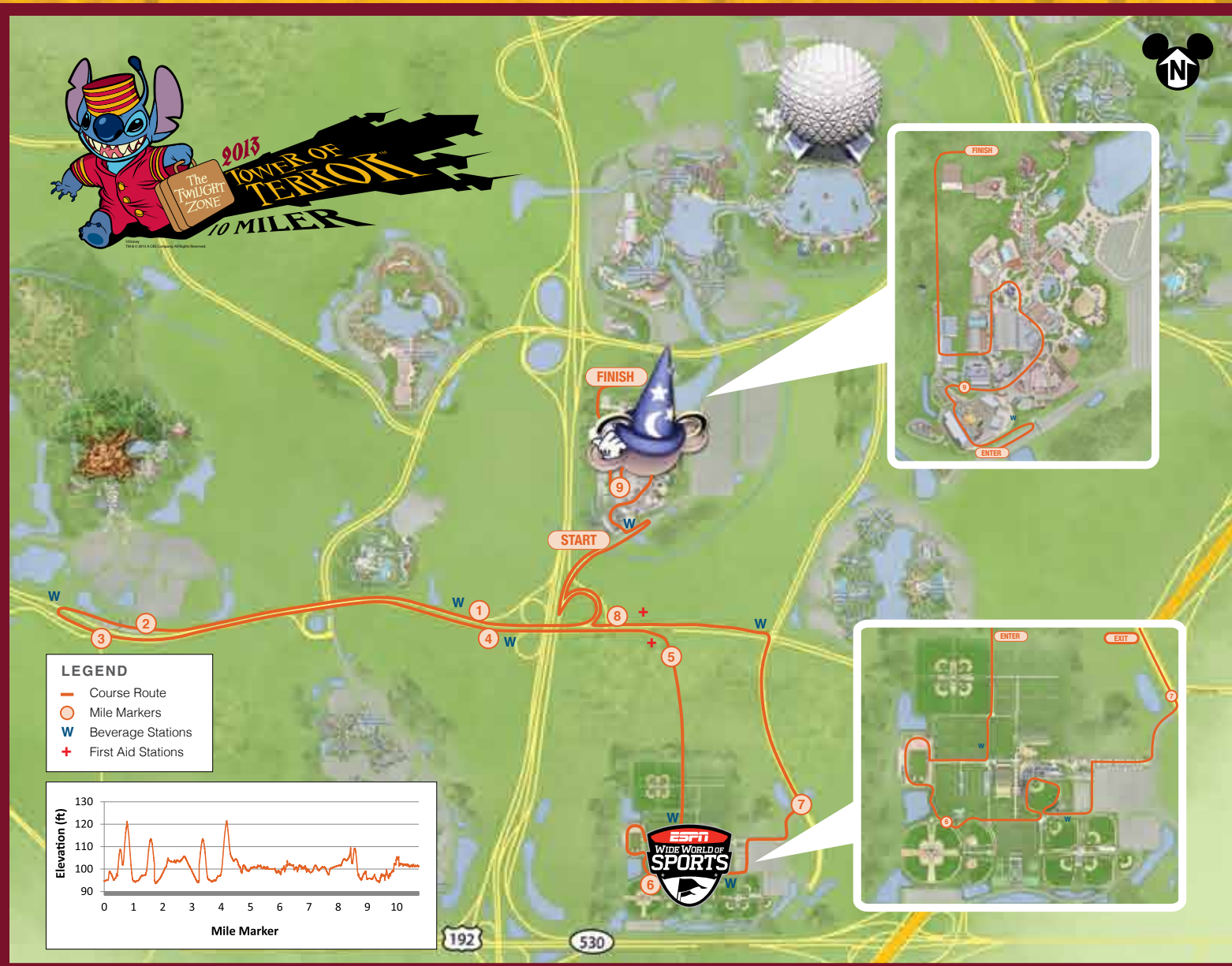
Tips for meeting up with Friends and Family

- 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 three designated locations near the Sorcerer's Hat divided alphabetically (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.
- Agree upon a phone number from which both parties can call and retrieve messages.



10-MILER COURSE MAP

10-MILER COURSE DESCRIPTION



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 at The Twilight Zone Tower of Terror™ attraction at Disney's Hollywood Studios®. Elevating the fun even more this year are a series of four gentle slopes dotting the course, and timing mats that let your friends and family track your progress. The course begins at Disney's Hollywood Studios® Auto Plaza entrance, then heads away from the park towards the Osceola Parkway westbound ramp, past Disney's Animal Kingdom®, back along the eastbound lanes of Osceola Parkway, and through Champion Stadium at the ESPN Wide World of Sports Complex as Disney entertainers and characters cheer participants along. The course returns to Disney's Hollywood Studios®, past Lights, Motors, Action™ Extreme Stunt Show, along the New York Street, past Mickey Sorcerer's Hat, and on to a spectacular finish at The Twilight Zone Tower of Terror™.

Timing mats are located at the 5K (3.1 mile) and 10K (6.2 mile) splits. Medical tents are located at 4.7 and 8 miles along the course.

Beverage Stations and Food Stops

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

DISNEY 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 Rock 'n' Roller Coaster® Starring Aerosmith, *The Twilight Zone Tower of Terror*™, Star Tours, Muppet*Vision 3D, The Great Movie Ride, and Toy Story Mania!, 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 5
- Rock 'n' Roller Coaster® Starring Aerosmith, *The Twilight Zone Tower of Terror*™, Star Tours, Muppet*Vision 3D, The Great Movie Ride, Toy Story Mania! and other attractions

Attractions and entertainment subject to change.



GOING SOCIAL

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



Become a Fan at:
facebook.com/runDisney



Follow Us at:
twitter.com/runDisney or @runDisney

#Tower10Miler
#DisneyVillainsBash

#HappyHaunted5k



Subscribe to our Channel:
youtube.com/runDisney



PREPARING FOR A NIGHT RACE

BY OLYMPIAN JEFF GALLOWAY
OFFICIAL RUNDISNEY TRAINING CONSULTANT

Like most of you, I am very excited about the newest of the *runDisney* events: *The Twilight Zone Tower of Terror™ 10-Miler*. Above all, I want you to be prepared in all ways for October 5th so that you are ready to run through the night. By following the suggestions below you will be ready to have fun on race night.

Schedule at least two runs during August or September which start at 8-10 p.m. This will allow you to adjust your body clock, set up a successful eating pattern and help your body relax after the run. Look at the training schedule I designed on the *runDisney* site and plan for the two (or more) runs you will run after dark. It's best if one of the night runs is a longer run (8+ miles). Planning ahead is always better because you may need to arrange some family activities. It's fun to run with one or more friends on these runs.

Safety: Be sure to run in safe areas.

Practice and fine-tune your raceday routine. Morning activities are usually not a problem. On October 5th, 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 sitting between. During the afternoon, it's best to have some quiet time. Some take a nap, others read a book, watch a movie, etc. To prepare for race weekend, it's best to

get yourself moving around from 8 p.m. until 10 p.m. This is good practice for getting to the start on raceday.

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 works for you, 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:

Morning: eat somewhat normally but avoid large meals.

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. Adjust to your needs. If your blood sugar starts to drop, have a light snack, such as an energy bar.

Avoid snacks that are high in fat, or high in fiber. Choose foods that are easy to digest.

Drink 4-6 oz of water with each snack.

Blood sugar insurance. Carry a baggie of blood sugar booster snacks such as gummi 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.

Fluids: On the days when you have a "rehearsal night run" scheduled, read the suggestions below and fine-tune to your needs.

Morning: 6-8 oz of water or electrolyte beverage every hour.

Afternoon: Drink 4-6 oz of water or electrolyte beverage every 2 hours

Drink 4-6 oz of water with each snack.

During the 2-3 hours before long runs or the race, it's best to stop drinking or minimize fluid intake (so that you can

take your potty stop before the start of the run, instead of during the run).

Don't drink alcohol on day of the long runs or race. Caffeine is generally okay if you are used to having it. Generally it's best to drink your last caffeinated beverage about 2 hours before the start—but do what works for you.

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 race day 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!

runDisney is proud to have Jeff Galloway on the team as an Official Training Consultant. Jeff's simple and proven training method has made finishing marathons and half marathons possible for almost everyone – and best of all – without injury or pain.

An Olympian, Jeff ran with Steve Prefontaine, Bill Rodgers, Frank Shorter, and Amby Burfoot when the United States was a leading power in marathoning. He has become the nation's leading running author (over one million books sold), leading coach (over 350,000 runners), and has a

monthly page in the world's leading running publication *RUNNER'S WORLD*. Galloway training programs are in more than 80 cities, and Jeff individually advises an average of 100 runners/walkers a day.

Residents of Atlanta, GA, Jeff and his wife Barbara have two adult sons, Brennan and Westin. Jeff and Barbara run an average of seven marathons together each year, including the *Walt Disney World® Marathon*, a race Jeff has run in every year since its inception in 1994.

PACING REQUIREMENTS, RESULTS, & PARTICIPANT TRACKING

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.).

Results and Participant Tracking

A complete list of results for *The Twilight Zone Tower of Terror*™ 10-Miler will be posted on Sunday at runDisney.com

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 the website before 4:00 p.m. on Saturday, October 5.

ChronoTrack B-Tag

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



SUDDENLY, IT'S THE SCENERY
THAT TAKES YOUR BREATH AWAY.



Get ready to #MeetTheMoment.

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AWARDS

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 6. Time subject to change.

Individual Awards

The following awards will be distributed by mail after the event. Because of the number of people who participate in the 10 mile 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)

12-17	30-34	45-49	60-64	75-79
18-24	35-39	50-54	65-69	80 & Over
25-29	40-44	55-59	70-74	

SPECTATOR VIEWPOINTS

The Twilight Zone Tower of Terror™ 10-Miler Viewing Locations

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.

Please consider not bringing a bag on race day. All items may be inspected. We suggest that you do not bring any unnecessary articles with you including cold packs or gel packs. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Runner Tracking

Family and friends will be able to track 10-Miler 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 Health & Fitness Expo.

10-Miler Spectator Viewpoints

Start	Disney's Hollywood Studios®	10:00 p.m. – 10:30 p.m.	Limited viewing, accessible ONLY by foot from Hollywood Studios Parking Lot. Guests not staying at a Host Resort must park at ESPN Wide World of Sports Complex and board an event shuttle to Disney's Hollywood Studios®.
Mile 6.15-6.35	Champion Stadium at ESPN Wide World of Sports Complex*	10:50 p.m. – 12:00 a.m.	Take event shuttle from Hollywood Studios to ESPN Wide World of Sports Complex. Event shuttles will depart from Charter Bus Load Zones located near the Hollywood Studios Main Entrance every 20 minutes.
Finish - Mile 10	Disney's Hollywood Studios®*	11:25 p.m. – 1:10 a.m.	Accessible to guests who purchase Disney Villains Hollywood Bash ticket to enter Disney's Hollywood Studios®. Guests not staying at a Host Resort must park at ESPN Wide World of Sports Complex and board an event shuttle to Disney's Hollywood Studios®.

* Spectators who opt to view their participant at Champion Stadium at ESPN Wide World of Sports Complex 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 from the bus to the finish line.

10 TIPS FOR TOWER OF TERROR 10-MILER

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

- 1 Hydrate all day! Don't let dehydration creep up on you on your spooky night run!
- 2 When water stations are available, aim for three or four gulps of water or a sports drink per station. Even a 2% dehydration level can affect your performance!
- 3 Don't let the fear of fueling haunt you! For this 10 p.m. run, eat your regular meals and snacks throughout the day (including dinner around 6 p.m.) and have a snack of quick digesting carbs an hour before the race.
- 4 Don't overdo the carbs the night before the race. Many runners think that "carbo-loading," or eating as much pasta as you possibly can the night before the race, will increase endurance. In reality, too much food will leave you feeling sluggish in the morning. Simple eat your normal amount.
- 5 Think the 3 R's for Recovery: Refuel with carbohydrates, Rebuild with protein, and Rehydrate with Fluid.
- 6 Refuel with food within 30 minutes after you're finished running from the villains! This is the short window after a workout in when storage of fuel is maximized. It is critical that you re-fuel as quickly as possible to prepare for your next run and to prevent injury.
- 7 Fueling before your night run: Avoid too much fat because it can sit in your stomach for a longer time and you may not be able to run at your best, and can cause stomach cramps. Stomach cramps for ten miles? Talk about terror!
- 8 After a race that requires so much endurance, you need to repair with protein. Eating this late at night may feel odd, but it is essential to eat protein rich foods after your run such as chicken, lean beef, or eggs to prevent soreness and repair your depleted muscle tissue.
- 9 Don't let your body be spooked at about mile 7 or 8 because you're feeling tired. Drink sports drinks or your favorite quick digesting carbs (like gels or sport beans) for quick energy to carry you through until the finish line.
- 10 Have fun participating in such a thrilling race! Remind yourself of the benefits your hard work and training has on your health. Be proud that you completed *The Twilight Zone Tower of Terror™* 10-Miler and are healthier for doing so!



Load up. Maintain. Replenish.

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

TRANSPORTATION

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.**

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

DRIVING DIRECTIONS

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®*.

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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 20 minutes during the race.
- At least every other water stop, you should have some form of electrolyte replacement (PowerAde, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.

Tips For Race Day

- Check your urine 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.

MEDICAL INFORMATION

OFFICIAL RACE EVENT CHARITY & SPORTS ENTHUSIASTS

- 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.

About Our Medical Director

James G. Scelfo, MD is a primary care physician practicing in the Orlando area. Dr. Scelfo is also a regular medical consultant with the local NBC affiliate, WESH Channel 2. Through his close association with Florida Hospital Celebration Health, Dr. Scelfo remains on the cutting edge of medical technology to focus on prevention, early diagnosis and management of disease.

Official Race Event 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 website 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 1,100 volunteers will assist throughout *The Twilight Zone Tower of Terror™* 10-Miler Weekend on behalf of Autism Speaks.

- Approximately 320 volunteers will assist with packet pickup during the Health & Fitness Expo
- Over 100 volunteers will assist with the Disney Happy Haunted 5K Trail Run
- Over 223 medical volunteers will staff Florida Hospital's medical stations during the 10-Miler
- Over 740 volunteers will staff Start Line, Course Monitor, Water Stop, and Finish Line locations during the 10-Miler on Saturday

Information Team

Information Team Volunteers will be available to answer race-related questions for participants and guests. These volunteers can be identified by a bright orange apron that says "Ask Me". Information Team Volunteers will staff the Information Booths at the Health & Fitness Expo. They will also staff the Information Tent in the Start and Family Reunion, and Party areas during the 10-Mile.

TEAM UP

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