

EXPO SCHEDULE & REMINDERS

Thursday, January 10, 2013
ESPN Wide World of Sports Complex
9:00 a.m. to 7:00 p.m.

Saturday, January 12, 2013
ESPN Wide World of Sports Complex
10:00 a.m. to 5:00 p.m.

Friday, January 11, 2013
ESPN Wide World of Sports Complex
9:00 a.m. to 7:00 p.m.

PACKET PICK-UP & WAIVERS

For the 5K, packet Pick-Up will not be available on race morning. For the Kids Races, Packet Pick-Up will not be available at the track. We encourage everyone who is participating in the *runDisney* Kids Races to pick up their packets the day prior to the race. (For those participating on Thursday, please plan to pick up your packets prior to 2:00 p.m. on Thursday.)

A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. A link to the waiver will be available at runDisney.com. If you do not have access to the internet or lose your waiver, onsite waiver printing will be available at the Expo.

ABSENTEE PACKET PICK-UP

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

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

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

COMMEMORATIVE ITEMS

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

STROLLER POLICY

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

SAVE THE DATE

FLORIDA

Disney's Princess Half Marathon Weekend
February 22-24, 2013

Expedition Everest® Challenge
May 4, 2013

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

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

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

CALIFORNIA

Tinker Bell Half Marathon Weekend
January 18-20, 2013

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



Disney Family Fun Run 5K & runDisney Kids Races Final Race Instructions



FOR MORE INFORMATION,
VISIT RUNDISNEY.COM



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TRANSPORTATION & DRIVING DIRECTIONS

TRANSPORTATION

Special Marathon Weekend Transportation has been arranged for participants staying at *Walt Disney World*® Resort Hotels. Buses will be indicated by *runDisney* Transportation signs placed in the front windows. Please note, there is no monorail service to the start of the 5K race. Staff in yellow shirts will be onsite at the resorts and event locations to assist.

Transportation Hours for Disney's Health & Fitness Expo and the *runDisney* Kids Races

- Thursday, January 10: 8:30 a.m. – 7:30 p.m.
- Friday, January 11: 8:30 a.m. – 7:30 p.m.
- Saturday, January 12: 9:30 a.m. – 5:30 p.m.

Transportation Hours for Disney Family Fun Run 5K*

- Friday, January 11: 4:30 a.m. – 9:00 a.m.

* All participants must arrive at *Epcot*® by 5:45 a.m. Please note, monorail transportation is not available to the start of the 5K race.

ARRIVING BY CAR (INCLUDING GUESTS STAYING AT NON-HOST RESORTS)

Directions to ESPN Wide World of Sports Complex

(Expo & 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 *Epcot*® (5K)

Take I-4 to exit 64 (192 West) and follow the signs to *Epcot*®. The parking fee at *Epcot*® will be waived for participants and spectators arriving before 7:00 a.m. on race morning. If you arrive after 7:00 a.m. you will be charged the daily parking fee. All participants must arrive at *Epcot*® by 5:45 a.m.



EVENT SCHEDULE

Thursday, January 10, 2013

runDisney Kids Races (Pre-race warm-ups with the DJ) - 2:00 p.m.
ESPN Wide World of Sports Track & Field Complex

runDisney Kids Races (100m, 200m, 400m, Diaper Dash) - 3:00 p.m.
ESPN Wide World of Sports Track & Field Complex

Mickey Mile - 4:30 p.m.
ESPN Wide World of Sports Track & Field Complex

Friday, January 11, 2013
Disney Family Fun Run 5K - 6:30 a.m. Start
Epcot®

runDisney Kids Races (Pre-race warm-ups with the DJ) - 10:00 a.m.
ESPN Wide World of Sports Track & Field Complex

runDisney Kids Races (100m, 200m, 400m, Diaper Dash) - 11:00 a.m.
ESPN Wide World of Sports Track & Field Complex

Mickey Mile - 12:30 p.m.
ESPN Wide World of Sports Track & Field Complex

Saturday, January 12, 2013
runDisney Kids Races (Pre-race warm-ups with the DJ) - 10:00 a.m.
ESPN Wide World of Sports Track & Field Complex

runDisney Kids Races (100m, 200m, 400m, Diaper Dash) - 11:00 a.m.
ESPN Wide World of Sports Track & Field Complex

Mickey Mile - 12:30 p.m.
ESPN Wide World of Sports Track & Field Complex

RACE START

Disney Family Fun Run 5K

The race will start promptly at 6:30 a.m. in the Imagine Parking Lot at *Epcot*®. All participants must arrive at *Epcot*® by 5:45 a.m.

Disney Family Fun Run 5K Stroller Division

All strollers should line up in Corral D. Please remember for the safety of your child and other participants, each child must be buckled into the stroller and participants in the stroller division must walk the course. Running with the stroller will not be allowed. Please note, for safety reasons strollers will have a controlled pace that may be slower than a 16-minute per mile. Participants in the stroller division will receive two medallions and one t-shirt for the 5K.

runDisney Kids Races

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. Race staff will group all dash participants into waves at each starting flag. The dashes will follow a rolling schedule beginning with the 1-3 year old competitors, followed by the 4-6 year olds, the 7-8 year olds, and the Diaper Dash. Any parents who wish to run with their children are encouraged to do so.

Thursday, January 10, 2013

- 2:45 p.m. – 100m Dash participants (1-3 years old) meet at green start flags
- 3:00 p.m. – Kids Dashes start
- 3:10 p.m. – 200m Dash participants (4-6 years old) meet at yellow start flags
- 3:20 p.m. – 400m Dash participants (7-8 years old) meet at blue start flags
- 3:30 p.m. – Diaper Dash participants (12 months & under) meet at finish line
- 4:15 p.m. – Mickey Mile participants (13 & under) meet at white start flags
- 4:30 p.m. – Mickey Mile

Friday, January 11 & Saturday, January 12, 2013

- 10:45 a.m. – 100m Dash participants (1-3 years old) meet at green start flags
- 11:00 a.m. – Kids Dashes Start
- 11:15 a.m. – 200m Dash participants (4-6 years old) meet at yellow start flags
- 11:30 a.m. – 400m Dash participants (7-8 years old) meet at blue start flags
- 11:40 a.m. – Diaper Dash participants (12 months & under) meet at finish line
- 12:15 p.m. – Mickey Mile participants (13 & under) meet at white start flags
- 12:30 p.m. – Mickey Mile

RACE RESULTS & TIMING

Disney Family Fun Run 5K

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.

runDisney Kids Races

Since everyone is a winner, none of the dashes will be scored. There will be no race results for the 400m, 200m, 100m, or Diaper Dash.

The Mickey Mile will be timed. 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 time. Please do not alter the ChronoTrack B-Tag in any way. Without the B-Tag, your official time will not be recorded. Mickey Mile participants can view their race times online at runDisney.com.

WAVE STARTS

Disney Family Fun Run 5K

There will be wave starts for this 5K. All runners will be assigned a start corral, which will be designated on your bib. Please report to your assigned corral before the race.

runDisney Kids Races

There will be wave starts for each of the dashes. Announcements will be made on race morning to help direct you to the correct location.

BAG CHECK

Disney Family Fun Run 5K

If you plan to check personal items on race morning, you **MUST** use the clear bag provided to you at Disney's Health & Fitness Expo. Please affix your bag check number to your clear bag prior to arriving at the Bag Check tents located in the Family Reunion area at *Epcot*®. For participants using wheelchairs, please utilize the Bag Check tent labeled "Wheelchairs" to check your clear bag as well as your extra wheelchair.

Bag Check will be open from 5:00 a.m. to 9:00 a.m. on race morning. Unclaimed bags will be transferred to *Epcot*® Guest Relations, located to the right of the main park entrance. Please visit during park hours to claim lost items.

Due to safety regulations and limited storage space, the race staff cannot accommodate full-sized suitcases, paper bags, or clothing bundles. Please do not check valuables. The race staff is not responsible for any lost, stolen, or damaged

items. We will make every effort to have your bag waiting for you after the race. Articles of clothing that are found on the course will be donated to charity.

runDisney Kids Races

There is no bag check for the *runDisney Kids Races*.

RACE BIBS

Disney Family Fun Run 5K

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

runDisney Kids Races

Make sure to wear the color-coded Kids Dash or Mickey 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 Mickey Mile. Diaper Dash will take place at the finish line.

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.

COURSE DESCRIPTION

Disney Family Fun Run 5K

Starting outside *Epcot*®, participants will enjoy a fun 5K that takes them through the 11 countries of World Showcase, the Fountain of Nations, Spaceship Earth, and the Leave a Legacy monument. The 5K will finish outside of *Epcot*® in the Imagine Parking Lot.

Disney Family Fun Run 5K Water and Medical Stops

There will be two water stops along the course (mile 1.5 and mile 2.5) and medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

Disney Family Fun Run 5K Spectator Viewing

Spectators are encouraged to view the 5K start and finish from the Imagine Lot at *Epcot*®. There will be no viewing areas along the course or from within *Epcot*®.

runDisney Kids Races

All *runDisney Kids Races* will utilize the same finish line.

PHOTOGRAPHERS

Brightroom photographers will be on the course and at the finish lines taking pictures of you during the races. Please wear your bib number on the front of your shirt.

Please visit: <http://www.brightroom.com/runDisneyphotos> after the race to view your race photos. Photos usually take between 2-3 days to be loaded onto the web site. You will need your race number to access your photos.

SAFETY REMINDERS

All participants should be able to complete the race under their own power unless registered in the stroller division. For everyone's safety, walkers, walking sticks, crutches, canes, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, and animals of any kind are prohibited from 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 when participating. However, your costume cannot include a 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 have you change into something more appropriate or remove you from the event completely.

WEATHER

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