

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

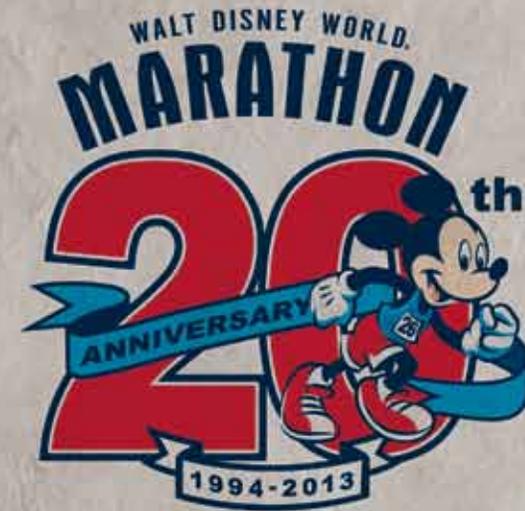
CALIFORNIA

Tinker Bell Half Marathon Weekend

January 18-20, 2013

Disneyland. Half Marathon Weekend

August 30-September 1, 2013



OFFICIAL EVENT PROGRAM

runDisney

FOR MORE INFORMATION,
VISIT RUNDISNEY.COM



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you're

ONE OF A KIND.

celebrate it.

You're fantastically, amazingly, remarkably unique. That's what makes you human. So, whether you're here to run, volunteer or support a loved one, celebrate what's brought you here this week. We do.

Cigna.com

GO YOUSM



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Welcome to the 2013 Walt Disney World® Marathon Weekend presented by Cigna®

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Welcome Runners,

Wow, how the times have changed! It was back in 1994 when the first *Walt Disney World*® Marathon welcomed 8,000 runners for a small expo, a two-mile fun run and a marathon that traversed through three of our parks (to be fair, *Disney's Animal Kingdom*® Theme Park wasn't built yet). Now fast forward TWENTY YEARS to this weekend where we will have over 65,000 runners toeing the line at a variety of races, from 5Ks to Kids Races...Diaper Dashes to the Goofy Challenge...the Half Marathon to the Full Marathon...when all combined making this the largest and most magical endurance weekend in the world!

Since we are all about CELEBRATIONS at the *Walt Disney World*® Resort, we are making this 20th running of the *Walt Disney World*® Marathon Weekend presented by Cigna the most supercalifragilisticexpialidocious running event on the planet. And for over 25,000 of you who are running in Sunday's "main event" through all four Theme Parks, the *Walt Disney World*® Speedway, AND the ESPN Wide World of Sports Complex, we have packed more Disney Pixie Dust into those 26.2 miles than ever before, including a little something special around Mile 20. But the fun doesn't stop there...we hope you will all join us on Sunday, from 4:00 p.m. – 10:30 p.m., for a 20th Anniversary Party in the *Downtown Disney*® Area featuring entertainment, music, food, shopping and more. It's a great time to show off your medal(s) and relive every mile of the race with your fellow runners.

So use this guide to make sure you don't miss a minute of the 2013 *Walt Disney World*® Marathon Weekend presented by Cigna. There are so many exciting activities to get the whole family into the spirit of running, starting with *Disney's Health & Fitness Expo* held at the ESPN Wide World of Sports Complex, the Family 5K which will take your family around *Epcot*®, Kids Races that are throughout the weekend at ESPN Wide World of Sports Complex, and the "big events" on Saturday and Sunday. Whew! I'm getting winded just thinking about it!

At *runDisney* our vision is simple, we want everyone to believe that they can run, and when they run, we will make every mile magical. This goes for those of you running your first 5K to our select group of PERFECT 20s who were a part of those original 8,000 back in 1994. We strive to make sure that our *runDisney* races are like nothing else you will ever experience and we are honored that you have put in the months and miles of training to come celebrate with us. We are confident this will be the weekend of a lifetime.

On behalf of the thousands of our Cast Members, volunteers, our presenting sponsor Cigna, and our race beneficiary, The Leukemia & Lymphoma Society... thank you for participating and celebrating with us during the 20th Anniversary 2013 *Walt Disney World*® Marathon Weekend presented by Cigna.

Here's to having all your running dreams come true!

Ken Potrock
Senior Vice President
Disney Sports Enterprises & Downtown Disney



Runners, Volunteers and Spectators:

Welcome to the 2013 *Walt Disney World*® Marathon Weekend presented by Cigna. You have certainly chosen an exhilarating way to start the New Year. And this year promises to be even more magical as Disney celebrates the 20th anniversary of this event.

At Cigna, we believe good health and a fit body are key to helping you achieve your goals – whether it's raising your family, succeeding at your career, making a difference in your community or completing a marathon. Our 35,000 colleagues around the world are focused on helping the people we serve reach their greatest health potential.

Your journey to marathon weekend may have started weeks, even months ago as you trained your body and mind. I commend you for being active, challenging yourself and serving as a role model for a healthy lifestyle.

This year marks Cigna's 5th year supporting this grand event. In keeping with our belief that health is unique to each individual, the *Walt Disney World*® Marathon Weekend offers many ways for participants to get involved and have fun based on their personal goals and abilities. From the Diaper Dash for crawlers and the Goofy Challenge for endurance runners to the volunteers and spectators whose support and encouragement inspire the runners to cross the finish line, all contribute to an unforgettable lifetime experience. And there is no more scenic landscape for this event than Disney's vast parks that bring fantasy and imagination to reality.

I look forward to sharing the weekend with you. I hope you have a wonderful time with your friends and family, and have a healthy year ahead.

David M. Cordani
President and Chief Executive Officer
Cigna Corporation



GO YOUSM

• • About Our Race Director • •



Jon Hughes

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

Jon ran competitively in both high school and college. He has completed over a dozen marathons including Boston, Berlin, Chicago and Marine Corps. Since the late 1970s, he has pioneered the organization of 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 29 years and have a daughter, Emma and a son, Christopher.

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2

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Disney's Health & Fitness Expo
ESPN Wide World of Sports Complex

9:00 a.m. – 7:00 p.m. on Thursday,
January 10, 2013
9:00 a.m. – 7:00 p.m. on Friday,
January 11, 2013
10:00 a.m. – 5:00 p.m. on Saturday,
January 12, 2013

runDisney Kids Races*

ESPN Wide World of Sports Track & Field Complex
3:00 p.m. on Thursday, January 10, 2013
11:00 a.m. on Friday, January 11, 2013
11:00 a.m. on Saturday, January 12, 2013

Mickey Mile*

ESPN Wide World of Sports Track & Field Complex
4:30 p.m. on Thursday, January 10, 2013
12:30 p.m. on Friday, January 11, 2013
12:30 p.m. on Saturday, January 12, 2013

Pasta in the Park Party*
Epcot®

6:30 p.m. on Thursday, January 10, 2013
6:30 p.m. on Friday, January 11, 2013
6:30 p.m. on Saturday, January 12, 2013

Disney Family Fun Run 5K*
Epcot®

6:30 a.m. on Friday, January 11, 2013

Walt Disney World® Half Marathon
presented by Cigna®**

Start/Finish: Epcot®
5:30 a.m. on Saturday, January 12, 2013

Walt Disney World® Marathon
presented by Cigna®**

Start/Finish: Epcot®
5:30 a.m. on Sunday, January 13, 2013

Tho Cool Down Party at Downtown Disney®
Downtown Disney® Westside

4:00 p.m. – 10:30 p.m. on Sunday,
January 13, 2013

**Advance purchase required.*

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

Thursday, January 10

<i>Magic Kingdom® Park</i>	9:00 a.m. – 8:00 p.m.
<i>Epcot®</i>	9:00 a.m. – 9:00 p.m.
<i>Disney's Hollywood Studios®</i>	9:00 a.m. – 7:00 p.m.
<i>Disney's Animal Kingdom® Park</i>	9:00 a.m. – 5:00 p.m.

Friday, January 11

<i>Magic Kingdom® Park</i>	9:00 a.m. – 8:00 p.m.
<i>Epcot®</i>	9:00 a.m. – 9:00 p.m.
<i>Disney's Hollywood Studios®</i>	9:00 a.m. – 7:00 p.m.
<i>Disney's Animal Kingdom® Park</i>	9:00 a.m. – 6:00 p.m.

Saturday, January 12

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

Sunday, January 13

<i>Magic Kingdom® Park</i>	9:00 a.m. – 8:00 p.m.
<i>Epcot®</i>	9:00 a.m. – 9:00 p.m.
<i>Disney's Hollywood Studios®</i>	9:00 a.m. – 7:00 p.m.
<i>Disney's Animal Kingdom® Park</i>	9:00 a.m. – 6:00 p.m.

Subject to change.

• • Disney's Health & Fitness Expo • •



Thursday, Jan. 10
9:00 a.m. - 7:00 p.m.

Disney's Health & Fitness Expo welcomes all Marathon Weekend participants to experience a three-day celebration focused on health and fitness. The event features celebrity runner appearances, the opportunity to experience the latest in running and fitness equipment, and seminars on training, racing, and nutrition. Each seminar, hosted by TV and radio race commentator Creigh Kelley, lasts 30 to 45 minutes and will include a Q&A session.

Packet Pick-Up and the world-class Speaker Series is located in the HP Field House. Shirt and gEAR bag Pick-Up and an expanded Expo floor will be just across the promenade in the Jostens® Center. There will be fabulous new *Walt Disney World*® Marathon Weekend merchandise and more exhibitors than ever before!

Friday, Jan. 11
9:00 a.m. - 7:00 p.m.

More Magic Happening During Marathon Weekend

Pick up pre-purchased More Magic and Commemorative Items at Disney's Health & Fitness Expo. The pick-up location will be located in the HP Field House. You will need to show your Photo ID to pick up your items:

- Commemorative Pins
- Commemorative Ears
- Commemorative Necklaces
- Race Retreat Packages
- ChEAR Squad Packages

Tickets will be available for purchase for the following functions at the ESPN Wide World of Sports Welcome Center during Disney's Health & Fitness Expo (subject to availability).

- Pasta in the Park Party Tickets

Saturday, Jan. 12
10:00 a.m. - 5:00 p.m.



- A HP Field House**
- Packet Pick-Up For All Races
 - Speaker Series
 - Cigna® Celebration Station
 - Official *runDisney* Merchandise

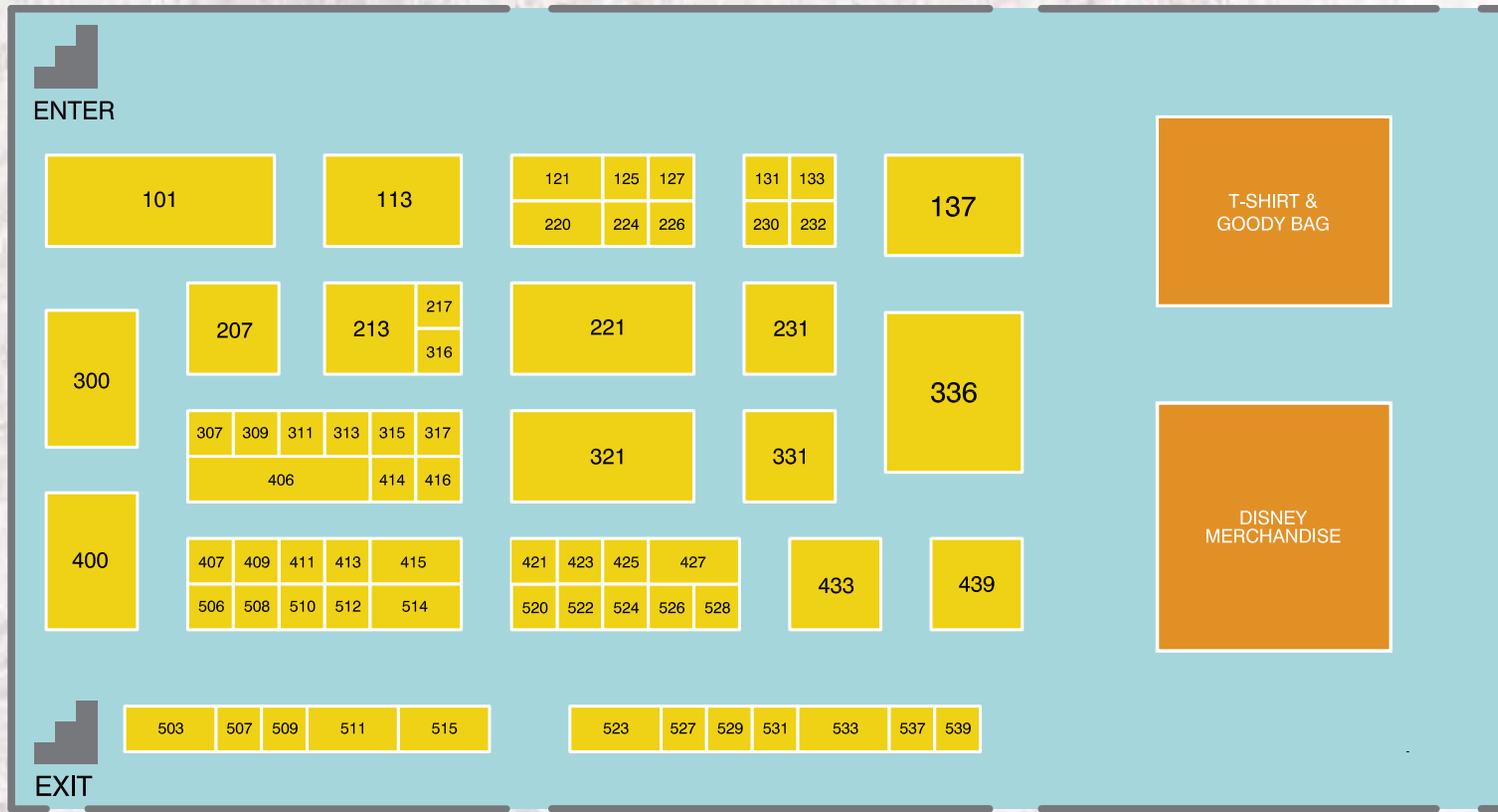
- D Welcome Center**
- Will Call pre-purchased tickets

- B Jostens Center**
- Race Shirt & gEAR Bag Pick-Up
 - Exhibitors
 - Runner Tracking - Live Results
 - Official *runDisney* Merchandise

- C Champion Stadium**
- Will Call pre-purchased tickets

- E Track & Field Complex**
- *runDisney* Kids Races

Expo Floorplan & Exhibitors



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
26.2 with Donna Finish Breast Cancer	315	Cigna Celebration Station	HP Field House	JOSTENS	415	Rock 'n' Roll Marathon Series	131
Active Sol Eyewear	133	Clif Bar	406	KT Tape	539	runDisney	439
Adventure Marathon	509	CURL by Sammy Duvall.com	226	Lasting Commemoratives	121	RunGirlRun	317
Aline Performance Insoles	407	CW-X	311	Lift Your Sole	230	RunningSkirts.com	514
St. Jude Children's Research Hospital	537	Dannon	127	Lynx Sportswear	409	Sheddable Shell	125
Armpocket	515	Endure	531	Marine Corps Marathon	508	SnuggBuds Headsets	224
ASICS	207	Fit2Run	221, 321	Mizuno USA	213	SPIbelt	520
Balega International	217	Feetures!	313	Nathan	316	SportHooks	524
BeeCause Charms	510	Florida Hospital	400	New Balance	101	Sweaty Bands	427
Bondi Band	232	FOND MEMORIES GRAPHICS, INC.	416	Nite Beams	522	TEAM 413	507
brightroom, Inc.	523	Full Sail University	413	Nova Retail	421	Team Sparkle	529
Brooks Sports	113	Garmin	309	One More Mile	231	TheStick.com - Self Massage	503
Cabot Creamery	527	H2O Plus	528	Ottawa marathon	414	Thorlos	307
Champion	137	HP	Jostens Corner	Polar Electro	506	Track Shack	300
Chiquita	220	iFitness	331	Quebec City Marathon	423	yurbuds Sport Earphones	425
Cigna	336	ING Miami Marathon	411	Raw Threads	433	Zoot	511

• • Expo Speaker Series Schedule • •

(All sessions moderated by Creigh Kelley)

THURSDAY, JANUARY 10, 2013

9:15 a.m.

Jeff Galloway, Official runDisney Training Consultant Strong to the Finish

Jeff will reveal tips from his training programs that have helped thousands of runners stay injury-free and enjoy the celebration afterward!

10:00 a.m.

Tara Gidus, Official runDisney Nutritionist Nutrition for Runners

Tara is a nationally recognized expert in sports nutrition and the Team Dietician for the NBA's Orlando Magic. She is the perfect person to provide last minute nutrition tips before your race because good nutrition is vital to sports performance!

11:00 a.m.

Dick Beardsley, Athlete, TV Host & Motivational Speaker Against The Wind

Dick will inspire and motivate you as he shares his surprising story of growth, reaching the pinnacle of running and overcoming challenges. Dick's message is not just for runners and his personable style and sense of humor will capture your attention.

Noon

Frank Shorter, Olympic Marathon Gold Medalist, TV Commentator and leader of the Sport of Running Creigh Kelley, Moderator & Host The Runner's Studio

Creigh will visit with Frank and explore his life as depicted in the heartfelt story described in the October '11 issue of Runner's World Magazine. You know Frank as the father of the modern running boom and now you'll discover what drove Frank to greatness!

1:00 p.m.

Lori Tubbs, Sports Dietician, Clif Bar Pace Team, 2X Ironman and 60+ Marathon Finisher Improve Your Athletic Performance with a Performance Nutrition Plan

Wondering how you can refine and define your optimal nutrition plan? This is your chance to get the inside secrets to crafting your best nutrition schedule. Let Lori help re-write your path to nutritional success!

2:00 p.m.

Jon Hughes, Race Director, Tom Ward, Course Director, Mary Ancona, Spectator Advisor Last Minute Tips & Information for Runners & Spectators

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

3:00 p.m.

Kim Jones, 3X World Marathon Team, top 3 New York, Boston & Berlin Marathons, Author & Coach Desiree Davila, 2012 US Olympian, and runner-up 2011 BAA Boston Marathon Janet Bawcom, 2012 US Olympian Bill Rodgers, 1976 US Olympian, 3X New York & Boston Marathon Champion

Jon Sinclair, Former US Champion, Author and Coach Greg Meyer, Former 15K and 10M World Record Holder, Former National Record Holder in 10 Events Keith Brantly, 1996 Marathon Olympian and, 7X National Road Racing Champion Panel of Amazing Road Racing Champions

Adding up their outright victories, these athletes have beaten the best of the best at over 100 world class road races. Learn their secrets to success and discover what common traits they share and what makes each athlete unique.

4:00 p.m.

John Bingham, The Leukemia & Lymphoma Society National Spokesperson Jenny Hadfield, National Coach

John will share his fascinating experiences gathered throughout his travels with Team In Training®, while Coach Jenny Hadfield will talk about last minute tips on how to best prepare for your race.

5:00 p.m.

Dave McGillivray, BAA Boston Race Director, Author, Athlete and Philanthropist Creigh Kelley, Moderator & Host The Runner's Studio

Creigh will interview this quiet and inspiring leader in the world of distance running. Prepare to be excited as you discover how he brought together inspiration, perspiration and determination to make a difference in thousands of lives across the United States!

6:00 p.m.

Frank Shorter, Olympic Gold Medalist Joan Benoit Samuelson, Olympic Gold Medalist Jim Ryun, Olympic Silver Medalist The Olympic Podium

Meet the superstars of our sport! What was it like to successfully represent your country on the biggest sporting platform in the world? This is your chance to visit in person with these sensational leaders in our sport!

FRIDAY, JANUARY 11, 2013

10:00 a.m.

Bart Yasso, Chief Running Officer, Runner's World Magazine Creigh Kelley, Moderator & Host The Runner's Studio

Creigh will visit with Bart and explore his life as an athlete (competed on all seven continents, raced Death Valley and been chased by a rhino), as an author (My Life On The Run) and as a coach (one of the principal designers of the 16-week training plan for the Runner's World Challenge), a special highlight of the *Walt Disney World*® Marathon Weekend!

11:00 a.m.

Eddie Mason, NY Jets & Washington Redskins linebacker, 8 years in NFL, 5X Nominee for Special Teams Pro Bowl Don Davey, Green Bay Packers & Jacksonville Jaguars defensive tackle, 9 years NFL, 4X Academic All-American Dr. Tony Massey, Behavioral Specialist, Cigna Mark Marsters, Senior VP, Cigna, Moderator The Physical and Mental Benefits of Staying Fit

How can the NFL and long distance running be in the same sentence? Bring your questions as Mark Marsters, senior vice president of Cigna's Disability Operations spotlights the surprising similarities between these two seemingly dissimilar groups of athletes! Like runners, NFL athletes follow a pre-season, during season and post-season regimen. Mental preparation, training and diet are just three of the topics Mark will explore!

Noon

Jon Hughes, Race Director, Tom Ward, Course Director, Mary Ancona, Spectator Advisor

Last Minute Tips & Information for Runners & Spectators Jon, Tom and Mary will provide helpful last minute tips and race

information for both runners and spectators including a course review and insightful tips for spectators. A question and answer session will be included.

1:00 p.m.

Jeff Galloway, Official runDisney Training Consultant Jenny Hadfield, Columnist for Women's Running Magazine and Coach Keith Brantly, 1996 Marathon Olympian, 7X National Road Racing Champion and Coach Jon Sinclair, Ranked by Runner's World Magazine as the "Best Road Racer in the World for a Decade!" and Coach Kim Jones, 3X World USA World Marathon Championship Team and Coach Kevin Hanson, Brooks-Hanson Olympic Development Coach The Best Running Coach's National Panel!

You've read their books, tried their training programs...now see them in person and bring your questions!

3:00 p.m.

Keith & Kevin Hanson, Coaches, Hanson-Brooks Olympic Distance Project Hanson-Brooks Olympic Distance Project

Kevin and Keith will introduce you to their team members of the Hanson-Brooks Olympic Distance Project, the remarkable team from Michigan that forms the nucleus of Hanson-Brooks development squad.

4:00 p.m.

Tara Gidus, Official runDisney Nutritionist Nutrition for Runners

Tara is a nationally recognized expert in sports nutrition and the Team Dietician for the NBA's Orlando Magic. She is the perfect person to provide last minute nutrition tips before your race because good nutrition is vital to sports performance!

5:00 p.m.

Bill Rodgers, Joan Benoit Samuelson, Kim Jones, Greg Meyer, Desiree Davila, Dick Beardsley Dave McGillivray, BAA Boston Marathon Race Director, Moderator

Panel of Past & Present Boston Marathon Leaders of the Pack Never before outside of Boston have so many unique and gifted Boston Marathon competitors been brought into a discussion on one panel. You're not going to want to miss this!

• • Expo Speaker Series Schedule • •

6:00 p.m.

**Jeff Galloway, Official runDisney Training Consultant
Pacing and Motivation**

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

SATURDAY, JANUARY 12, 2013

10:15 a.m.

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

Tara is a nationally recognized expert in sports nutrition and the Team Dietician for the NBAs Orlando Magic. She is the perfect person to provide last minute nutrition tips before your race because good nutrition is vital to sports performance!

11:00 a.m.

**Joan Benoit Samuelson, USA, Olympic Gold medalist
"and Former Marathon World Record Holder
Suzy Favor-Hamilton, USA 3X Olympian and former
U.S. Record holder 1000M and 800M
Desiree Davila, USA 2012 Marathon Olympian and
runner-up 2011 BAA Boston Marathon
Janet Bawcom, USA 2012 10,000M Olympian**

**The Olympic Dream: From the Debut of the Women's
Olympic Marathon to Present**

Meet the women who fought through the "impossible" Olympic barrier in 1984 and the present elite contenders from the United States. Explore what it takes to get there and stay in the top echelon of world class competition!

Noon

**Jon Hughes, Race Director, Tom Ward, Course Director,
Mary Ancona, Spectator Advisor**

**Dave McGillivray, BAA Boston Marathon Race
Director, Moderator**

Last Minute Tips & Information for Runners & Spectators

Dave will give you the chance to learn from Jon, Tom and Mary as they provide you with helpful last minute tips and race information for both runners and spectators including a course review and insightful tips for spectators. A question and answer session will be included.

1:00 p.m.

**Eddie Mason, NY Jets & Washington Redskins linebacker,
8 years in NFL, 5X Nominee for Special Teams Pro Bowl
Don Davey, Green Bay Packers & Jacksonville Jaguars
defensive tackle, 9 years NFL, 4X Academic All -American
Dr. Tony Massey, Behavioral Specialist, Cigna
Mark Marsters, Senior VP, Cigna, Moderator
Giving Back to Your Community & Society: Impacting
Your Overall Health & Well-Being**

NFL players and long distance runners share common ground – giving back through charities! From the Leukemia & Lymphoma Society to NFL Play 60, both groups arrive at the same finish line. Learn why this is essential to reaching your full potential on and off the field and race course. Discover how both have reached out to "pay it forward"!

3:00 p.m.

**Joan Benoit Samuelson, USA, Olympic Gold medalist
and Former Marathon World Record Holder
Kim Jones, 3X World Marathon Team, Top 3 New York,
Boston & Berlin Marathons, Author and Coach
Desiree Davila, 2012 US Olympian, runner-up 2011
BAA Boston Marathon
Janet Bawcom, 2012 US Olympian
Bill Rodgers, 1976 US Olympian, 3X New York & Boston
Marathon Champion
Jon Sinclair, Former US Champion, Author and Coach
Greg Meyer, Former 15K and 10M World Record Holder,
Former National Record Holder in 10 Events
Keith Brantly, 1996 Marathon Olympian, 7X National
Road Racing Champion**

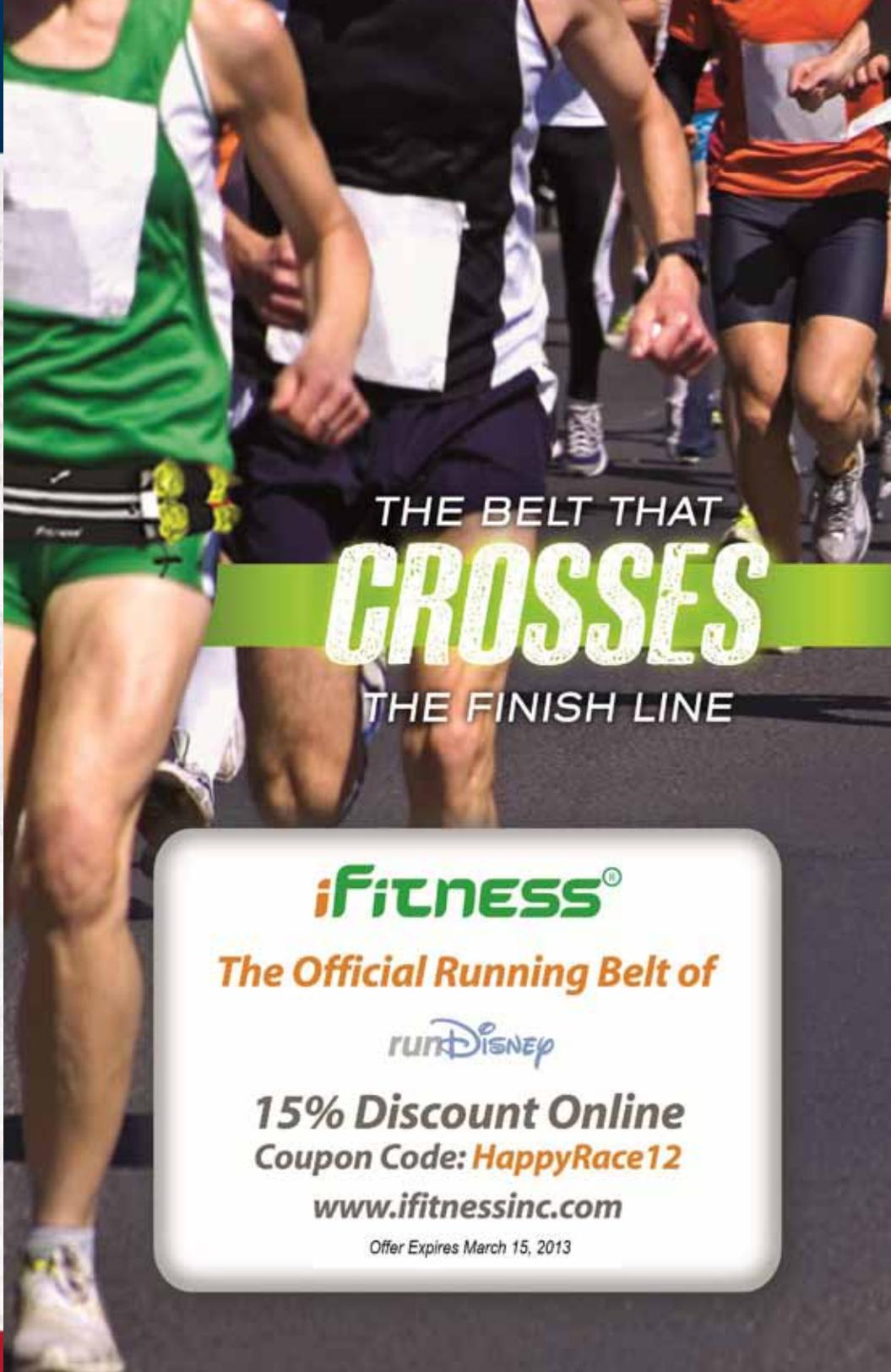
Panel of Amazing Road Racing Champions

Adding up their outright victories, these athletes have beaten the best of the best at over 100 world class road races. Learn their secrets to success and discover what common traits they share and what makes each athlete unique.

4:00 p.m.

**Jeff Galloway, Official runDisney Training Consultant
Strong to the Finish**

Jeff has a simple and proven method that can help you feel better, avoid injury and (best of all) enjoy the celebration afterward!



THE BELT THAT
CROSSES
THE FINISH LINE

iFITNESS[®]

The Official Running Belt of

runDisney

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www.ifitnessinc.com

Offer Expires March 15, 2013

• • Pasta in the Park Party • •



Kick off the 2013 Walt Disney World® Marathon Weekend at the Pasta in the Park Party at Epcot®! This is a great way to relax and be entertained before your big race. The party includes a buffet pasta dinner with self-seating, a live DJ and Disney Characters eager to meet you. Following dinner at the World ShowPlace Pavilion, you and your family will be escorted to Worldview Plaza to watch *IllumiNations: Reflections of Earth*, a mesmerizing fireworks, laser and water show put to music. Pasta In The Park Party buffet is available from 6:30 p.m. to 8:30 p.m. *IllumiNations: Reflections of Earth* begins at 9:00 p.m. and concludes at 9:30 p.m.

Pick-up or purchase your tickets at the ESPN Wide World of Sports Welcome Center for this function. Purchase of Pasta in the Park Party tickets is subject to availability.

Like Yogurt? Love Oikos.®



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

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

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ESPN Wide World of Sports Track & Field Complex

3:00 p.m. on Thursday, January 10, 2013

11:00 a.m. on Friday, January 11, 2013

11:00 a.m. on Saturday, January 12, 2013

Pre-registered children ages 13 and under can be a part of the *Walt Disney World*® Marathon Weekend at the runDisney Kids Races. Children can participate in the infant diaper dash, 100m, 200m, 400m, and the Mickey Mile.

The event will feature activities guaranteed to get you warmed up for the runDisney Kids Races.

Please refer to final race instructions for more information.

- 1** Don't ever skip pre run snack! Try to eat or drink small amounts of carbohydrates (15-30 grams) within the 30 minutes leading up to your run. Dry cereal never fails!
- 2** For a run longer than one hour, aim to eat a slice of toast with peanut butter or cereal/oatmeal and a banana. Eating before a long run will help sustain your energy and can help prevent "hitting the wall."
- 3** Pre-run food should be high in carbohydrates, which digest quickly and provide the primary fuel for working muscles. A small amount of protein will keep you feeling satisfied without slowing you down. Avoid excess fat, which digests very slowly, making you feel sluggish.
- 4** Practice race day nutrition on training days. That's what practice is for!
- 5** Ideally meals should be eaten 3-4 hours before your run and then you can top off with sports drink or a banana an hour before with something small.
- 6** Fueling before evening run: Avoid a lot of fat because it can sit in your stomach for a longer time and you may not be able to run at your best.
- 7** As a rule of thumb, eat a nice base of carbohydrates and balance your meal with a moderate amount of lean protein and low fat.
- 8** An hour before the race, stick to liquids like water, sports drinks and avoid beverages like soda, juice, drinks or "energy" drinks
- 9** The goal of fueling during a run is to maintain energy levels through adequate carbohydrate intake and to maintain hydration.
- 10** Drink full strength regular sports drinks and not reduced calorie versions or "fitness" waters for runs longer than one hour. If running less than one hour, water alone will hydrate just fine.
- 11** Sports drinks provide fluids, carbohydrates, and electrolytes to sustain both energy and hydration.
- 12** Losing as little as 2% of your body weight can mean dehydration that can affect performance and recovery.
- 13** Aim for a few gulps (1/2 to 1 oz per gulp) of sports drink or water at every break during runs. This will prevent under hydrating or over hydrating. (4-8 oz every 15-20 minutes)
- 14** Ensure hydration by checking urine color. You want it to be barely yellow!
- 15** Think the 3 R's for Recovery: Refuel with carbohydrates, Rebuild with protein, and Rehydrate with Fluid.
- 16** Aim for within 30 minutes of your run to refuel with food. 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.
- 17** If you know you struggle to eat a post-run meal due to a lack of time or appetite, drink a fluid replacement drink that has carbs and protein like chocolate milk, a smoothie, or recovery beverage.
- 18** The combination of not eating before a run followed by a lack refueling after your run will lengthen your recovery time and potentially lead to injury and fatigue.
- 19** Follow your liquid snack/meal with a recovery meal 1-2 hours after that to complete your refueling needs.
- 20** It is not uncommon for a run to suppress a hearty appetite. If you're not hungry, try to force yourself to get something down during that critical 30-minute window, especially after a hard run. When you want it the least is when you need it the most!



Invite the whole family and enjoy a great run the in the Shadow of Disney's spectacular Epcot® Theme Park during the Disney Family Fun Run 5K. You'll make your way through the amazing Future World and then on to international World Showcase and a thrilling finish. It's all part of the excitement during the Disney Family Fun Run 5K that's a perfect event for beginners, intermediates, or even racing veterans. Adults, teens, tweens - and everyone in between - is invited to join the family fun!

Please refer to final race instructions for more information.



Walt Disney World® Marathon & Half Marathon Information

Saturday, January 12

Walt Disney World® Half Marathon presented by Cigna®

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

The Start

The start zone for both the Half Marathon and the Marathon is located in the Wonder Parking Lot at Epcot®. Please plan on at least a 20-minute walk from the start zone to your corral. The letter on your race 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 runners from starting.

Finishing

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

Sunday, January 13

Walt Disney World® Marathon presented by Cigna®

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

Not Finishing

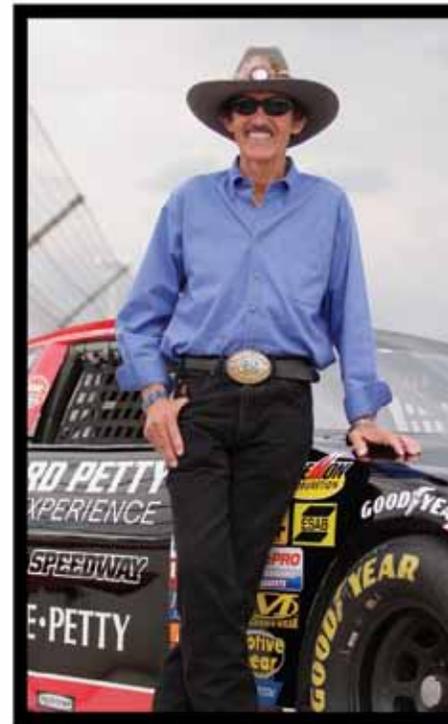
If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to Epcot®.

Family Reunion

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

Tips for meeting up with Friends and Family

- Let your friends and family know your race number, anticipated finish time, and what you are wearing.
- Determine a location for meeting friends and family after the race.
- Have a back-up meeting location in place as well.
- Agree upon a phone number from which both parties can call and retrieve messages.



RIDE-ALONG IN A 600HP NASCAR RACE CAR!

Drive and Ride-Along at over 20 tracks nationwide, including **Walt Disney World® Speedway** in Orlando, FL!

Disney Marathon Special Offer: For only \$59 Ride-Along shotgun for three thrilling laps with one of our professional driving instructors at speeds up to 140mph at Walt Disney World Speedway. Simply come to the track during 1/7/13 - 1/14/13 and mention **MARATHON** to save!

RICHARD PETTY
DRIVING EXPERIENCE

at Walt Disney World **SPEEDWAY**

RULES AND RESTRICTIONS APPLY. For dates & times visit www.DrivePetty.com. Offer only valid at WDWS as a walk-up at-track the week of 1/7/13-1/14/13. Offer not available online or at any other RPOE location. Not valid on previous purchases, gift cards, group events or driving experiences. Ride participants must be at least 14 years old. If under 18 must be accompanied by parent or legal guardian.



DRIVE YOUR DREAM! Imagine driving the world's fastest and most exotic high performance cars on a real racetrack...no traffic...no stoplights...no law enforcement...just your dreams, your adrenaline and the wide-open asphalt!



Disney Marathon Special Offer:

For only \$59 take a Thrill Ride where you will ride with a professional for two heart pounding laps around The Exotics Course at Walt Disney World Speedway. Come out to the track 1/7/13-1/14/13 & mention **MARATHON to save!**

RULES AND RESTRICTIONS APPLY. For dates & times visit www.ExoticDriving.com. Offer only valid at WDWS as a walk-up at-track the week of 1/7/13-1/14/13. Offer not available online or at any other EDE location. Not valid on previous purchases, gift cards, group events or driving experiences. Ride participants must be at least 14 years old. If under 18 must be accompanied by parent or legal guardian.

CONGRATULATIONS

to all the runners who have completed 19 consecutive Walt Disney World® Marathons and will be attempting their 20th in 2013!

Omar J. Adams
Anita Allen
Bob Barnes
Dee Bays-Dean
Ronald Behlendorf
Jan Bellows
Laura Bender
Leon Roby Blue
John H. Bozung Jr.
Sue Briers
Michael Browning
Robert Cappadona
Rick Comoglio
Bill Coulter
Susan J. Daley
Pam Dickens
Joanna Digorio
Robert Dorr
Edward Dullmeyer
Steve Edwards
Seth Elsheimer

Robert Emery
Barbra Fagan
Steve Frey
Patrick Furlong
Jeff Galloway
Bob Gazzola
Jennifer Glassburn
Susan Glickman
Deborah Gobins
Lou Goetz
Miles Green
Don Gworek
Dieter Hannig
Alan J. Harvey
T. J. Hawk
Loretta Haycook
Bill Hillegonds
Patricia Hopkins
Earl Johnson
Patty Johnson
Ken Justice

Eric Kaplan
Tod A. Knudsen
R.C. Koontz
Kathryn Koontz
Al Kormesser
Ron Kuhn
Mark Lammert
Michele Laur
Steve Laur
Debbie Lazaroff
Ken Lehmker
Mike Lozano
Raymond Paul Marmaro
Linda McGovern
Robert McQuilkin
Rich Meigh
Christopher L. Mitchell
Alan Mitleider
Mark Monteyne
Rue Morgan
John Moyer

Mary Murphy
Jim Nickson
Ron Owens
Mary Owens
Alex Pfluger
Wheeler Ramey
David Reback
Sue Reinhardt
Tim Romain
Pierre Samaha
Laurita Samuels

Edson L. Sanches
Rudy Smith
Mark Smith
Brian Stewart
William Swanner
Bill Terlop
Bonnie Theall
M. Carol Thomason
Gary L. Thompson
Tom Torkildsen
Chris Twiggs

Andy Velazco
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Kathy Watkins
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Rick Whitaker
James Wyman
Jim Yeatts
Alan Young
Keith Zeitler

Thank you to our contributing sponsors!

Lady Foot Locker.

Coppertone®

Champion®

jostens®

Goofy's Race and a Half Challenge



There's nothing Goofy about Goofy's Race and a Half Challenge! It's 39.3 miles and two days of pure fun and Disney magic. Goofy's Race and a Half Challenge combines Saturday's Half Marathon – 13.1 miles through Disney's *Magic Kingdom*® Park and *Epcot*® - with Sunday's Full Marathon which covers 26.2 miles through all four *Walt Disney World*® Theme Parks including *Epcot*®, the *Magic Kingdom*® Park, *Disney's Animal Kingdom*® Park and *Disney's Hollywood Studios*®. Complete both races within the pacing requirements and you'll earn the coveted Goofy Medal in addition to your Donald Duck and Mickey Mouse finisher medals.

After completing the Marathon on Sunday, please check in at the Goofy's Race and a Half Challenge tent after the Finish Line. At the tent, if you have completed both the Half Marathon and the Marathon within the minimum requirements, you will receive the prestigious Goofy's Race and a Half Challenge medal to celebrate your accomplishment.

h2o+™

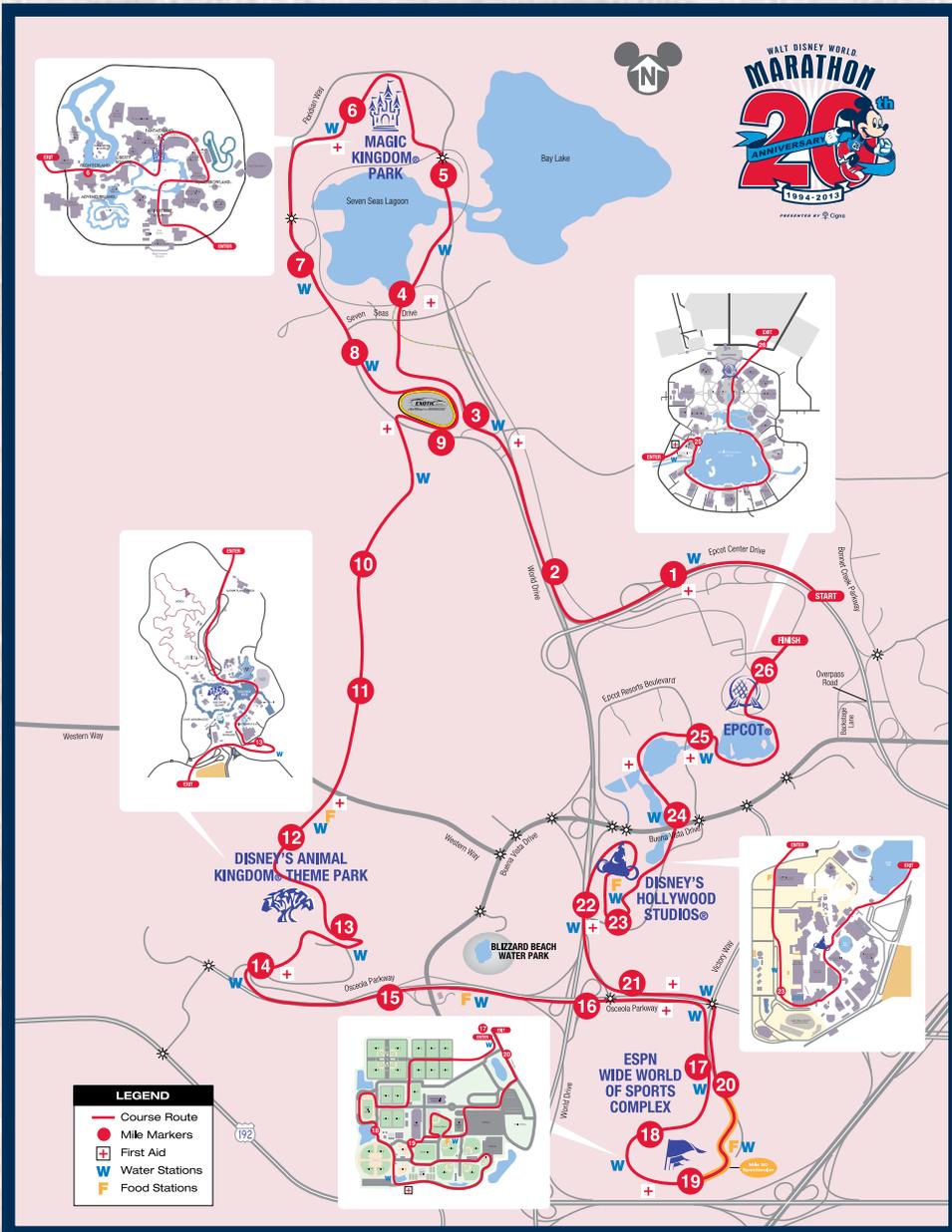
DISCOVER HYDRATION

CONGRATULATIONS ON GOING THE DISTANCE

KEEP YOUR SKIN HYDRATED WITH H2O PLUS SCIENTIFICALLY PROVEN FORMULAS WITH THE SKIN-CHANGING POWER OF MARINE-RICH INGREDIENTS



•• Walt Disney World® Marathon Course ••



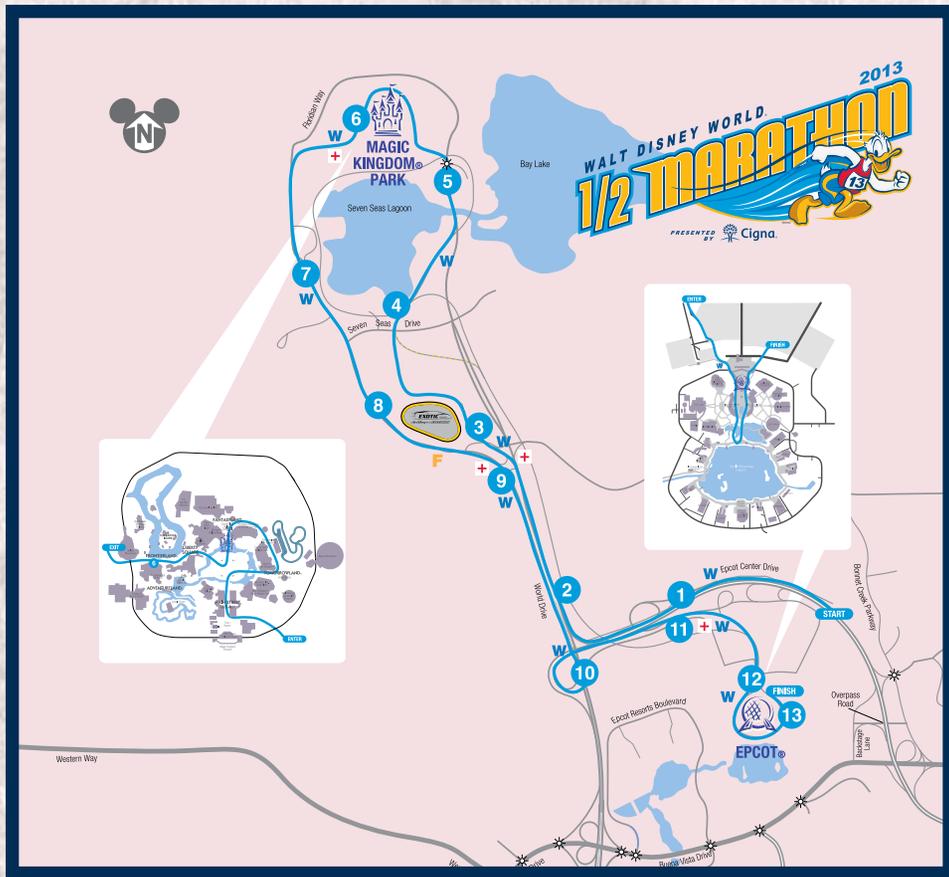
Marathon Course

Your starting location will be determined by your assigned corral. The new course will take Marathon participants to the *Magic Kingdom*® Park where they will pass through *Tomorrowland*® and Cinderella Castle before leaving the *Magic Kingdom*® Park. The course will then take the Marathon participants around the *Walt Disney World*® Speedway. Participants will then continue on to *Disney's Animal Kingdom*®, where they will run past the *Expedition Everest*® attraction. Participants will then continue towards the ESPN Wide World of Sports Complex and the Mile 20 Spectacular before entering the lights, camera, action of *Disney's Hollywood Studios*®. Participants will run through Washington Square Garden, get a taste of the Big Apple on New York Street and pass by the Sorcerer's Hat before exiting the park at the end of Hollywood Blvd. Finally, Marathon participants will run by the charming coastal village of *Disney's Yacht & Beach Club Resort* and through *Epcot*® for an unforgettable finish!

Beverage Stations and Food Stops

A total of 21 Dasani water and PowerAde stops will be located along the course. All stops offer water and lemon-lime PowerAde. There will be four food stops located along the course. Chiquita bananas will be available at Mile 11.5 and Mile 18.3. Clif products will be distributed at Mile 15.4 and Mile 19.4. Sponges will be provided at Mile 17.1, and candy will be available at Mile 22.5.

• • **Half Marathon Course** • •



Half Marathon Course

The Half Marathon Start will take place just outside of the Epcot® Parking Lot. Runners will proceed up World Drive towards the Magic Kingdom® Park. Upon entering the Magic Kingdom® Park, Half Marathon participants will pass through Tomorrowland® and Cinderella Castle. Half Marathon participants will go the opposite way down World Drive to make their return to Epcot®. The course will take participants through Future World on their way to an unforgettable finish!

Beverage Stations and Food Stops

Nine beverage stations will be set up along the course, offering Dasani water and lemon-lime PowerAde. Cliff products will be distributed at Mile 8.7.

Time to Refuel




1 Serving
of Craisins® Original
Dried Cranberries meets
25% of your daily
recommended
fruit needs*

Tastes good. Good for you.™

For more information visit www.oceanspray.com

*Each 1/4 cup serving of Craisins® Dried Cranberries provides 1/2 cup of fruit. The USDA My Plate recommends a daily intake of 2 cups of fruit for a 2000 calorie diet.

• • The Cool Down Party at Downtown Disney® • •



After all that training and mileage, it's time to indulge and unwind! Runners, join us at *Downtown Disney®* Westside to celebrate your finish with friends and family. Enjoy food, music and last minute commemorative merchandise shopping. Special offers are available at select location by showing your finisher medal!



Special Offers*! Sunday, January 13, 2012 — 4:00 p.m. - 10:30 p.m.

1	Bongos Cuban Café™	20% off food and non-alcoholic beverages for you and a Guest
2	Characters in Flight	20% off admission for you plus 3 Guests
3	DisneyQuest®	50% off admission after 4:00 p.m.
4	Earl of Sandwich®	10% off food and non-alcoholic beverages
5	Fulton's Crab House	10% off food and non-alcoholic beverages
6	House of Blues®	20% off food and non-alcoholic beverages
7	Paradiso 37	Themed Bar Area in Party Hub
8	Pollo Campero®	20% off food and non-alcoholic beverages for you and a Guest

9	Splitsville®	15% off food and non-alcoholic beverages for you and a Guest
10	Wetzel's Pretzels	20% off food and non-alcoholic beverages for you and a Guest
11	Ragland Road™	Live Band and Outdoor Bar Area
12	Wolfgang Puck Café	30% off food in the Café, Dining Room or Express
13	Wolfgang Puck Express-Marketplace	20% off food and non-alcoholic beverages

* Medal must be presented to receive discount. Discount valid only on January 13, 2012 from 4:00 p.m. - 10:30 p.m. All members of the party must be present at the time of purchase. Discounts and offerings are at the discretion of each operating participant. All offers are subject to change.

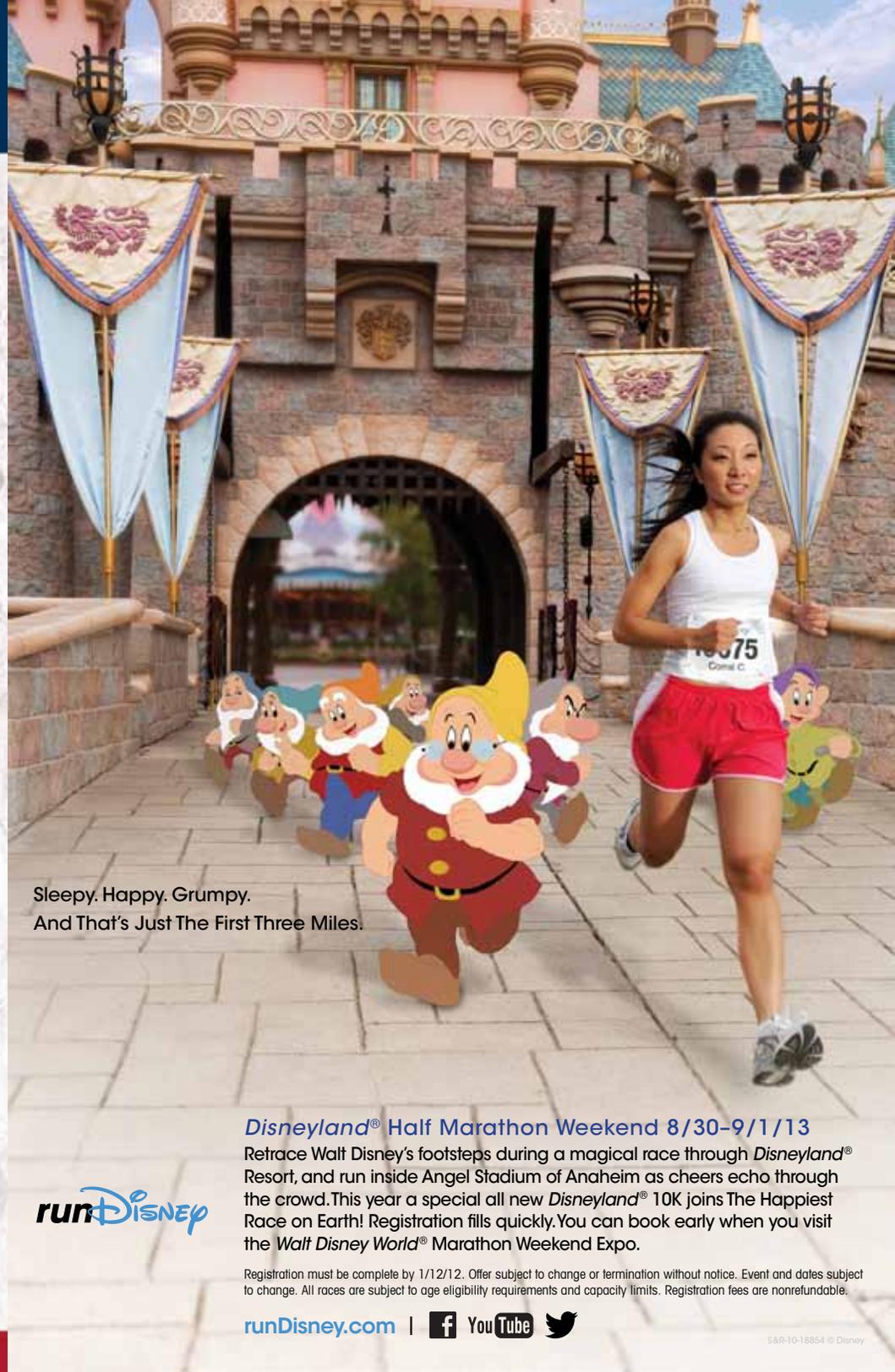
runDisney Coast to Coast Race Challenge



Do you want the ultimate test in endurance with a Disney twist? Then join the *runDisney* Coast to Coast Race Challenge! If you complete a marathon or half marathon at the *Walt Disney World*® Resort and the *Disneyland*® Resort in the SAME calendar year, then you will receive an additional medal commemorating your achievement.

You are automatically entered into the *runDisney* Coast to Coast Race Challenge when you register and complete the required combination of races. You must have an OFFICIAL TIME for each of the events that you complete and each event must be either a half marathon or marathon. You will receive your medal after completion of the second leg of your *runDisney* Coast to Coast Race Challenge.

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



Sleepy. Happy. Grumpy.
And That's Just The First Three Miles.



Disneyland® Half Marathon Weekend 8/30-9/1/13

Retrace Walt Disney's footsteps during a magical race through *Disneyland*® Resort, and run inside Angel Stadium of Anaheim as cheers echo through the crowd. This year a special all new *Disneyland*® 10K joins The Happiest Race on Earth! Registration fills quickly. You can book early when you visit the *Walt Disney World*® Marathon Weekend Expo.

Registration must be complete by 1/12/12. Offer subject to change or termination without notice. Event and dates subject to change. All races are subject to age eligibility requirements and capacity limits. Registration fees are nonrefundable.

runDisney.com |   

The Expanding Influence of the runDisney Events

By Olympian Jeff Galloway • Official Training Consultant for runDisney

During the 55 years that I've been running, I've run in many regions of the world, have participated in all of the *Walt Disney World*® Marathons and have been involved in over 1000 running events. From the first *Walt Disney World*® Marathon weekend, I noticed a special feeling not experienced in other events. As the *runDisney* series has expanded over the last two decades and I've processed the comments from runners, it's evident that there is a more profound effect on the way that Americans look at fitness and running. The following observations are based upon conversations with thousands who told me what the *runDisney* events mean to them.

A merger between running and fun. The empowerment received from crossing the finish line is pulling millions of inactive/semi active adults into 5K, 13.1 and 26.2 events. Disney injects fun with characters, lighting, displays, sound and music. Runners are entertained as they perform. The spectacular medals, finish photos, on course staging, and personal attention by race staff give more meaning to the satisfaction of achievement. Runners become a fitness parade through the parks, cheered by cast members and characters. "Behind the scenes" views are a special treat. Each run, when paced correctly, can trigger a sense of joy—with unexpected surprises that make the experience far more than a running/walking event.

Healthier Kids. One of childhood's greatest rewards is a visit to one of the Disney venues. I've heard thousands of wonderful stories about inactive kids who got hooked on running and fitness because they entered one of the kids races during a *runDisney* weekend event. Fit kids are smarter kids, have a better attitude, and don't

become obese. Disney's endorsement of fitness makes it more than OK to run—it's "cool".

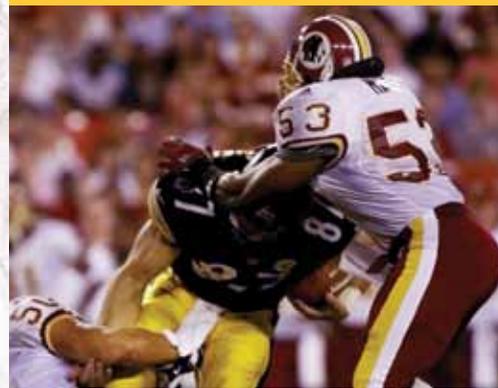
Family. I've not found any hospitality/entertainment company that promotes family participation and fun, as does the Disney team. The *runDisney* events not only help adults strive for better fitness through training: Kids watch, learn and repeat their parents behaviors. A child who has one or more exercising parents is very likely to become a regular exerciser. During the months leading to a *runDisney* event, kids watch adults get out there on the bad weather or low motivation days, see them wear the medal afterward and learn that sustained hard work pays off. They put up with the parent not being around for the hours of training over several months but receive a great reward: a trip to *Walt Disney World*® or *Disneyland*®! Once there, a significant percentage of parents report to me that their former sedentary kids either enter a running event or become a runner afterward.

Quality of life. Running has become a symbol of quality of life, with documented mental and physical improvements at any age. Thousands have reported that the *runDisney* event on the calendar got them off the couch and resulted in personal and family lifestyle health improvements. The *runDisney* training programs are gentle and allow almost anyone to train without pain. Endurance exercise has been shown to extend lifespan and inspire individuals to achievements they would not have done. Each finisher also influences an average of twenty others to improve their health/fitness/nutrition.

This is not just another race!

CIGNA AND THE NFL RUNNING AND LIFE LESSONS

With the super charged sprints or rough and tumble aspects of a contact sport, you may think there are few similarities between football and long-distance running. Linebacker Eddie Mason, former special teams captain and MVP for the New York Jets, who retired from the Washington Redskins in 2004, and Don Davey, former defensive tackle for the Green Bay Packers and the Jacksonville Jaguars, may convince you otherwise.



Cigna, presenting sponsor of the *Walt Disney World*® Marathon Weekend, has invited both players to share their insights on improving health and well-being through physical fitness, mental strength and giving back.

In the Friday speaker series, Mason and Davey will tackle the physical and mental benefits of staying active and fit.

Here are some of the discussion points the players will cover:

- Whether it's preseason, midseason or postseason, success starts and ends with training
- Learn how to prepare yourself mentally to avoid hitting the "training wall"
- Achieving fitness goals can help you reach your full potential in other areas of your life

In the Saturday speaker series, Mason and Davey will discuss how giving back to your community also gives you an improved sense of well-being and accomplishment.

They'll share the why's and how's to make it happen:

- Pinpointing ways to align your interests with opportunities to help others
- Addressing the importance of a support team and connecting with others
- Applying lessons learned from football in their own lives and in their volunteer work

Whether on the gridiron, the running trail or in our everyday lives, determination and collaboration create championship-level happiness and success that last a lifetime.

GO YOUSM



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Pacing Requirements, Results, Runner Tracking & Timing



Explore Moments. Add your Walt Disney World® Marathon Moment at www.meetthemoment.com

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Pacing Requirements

All athletes entering the Marathon and the Half Marathon must be able to maintain a 16-minute per mile pace throughout the race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to the Family Reunion Area at Epcot®. You may be picked up at any point along the course for not maintaining a 16-minute per mile pace. It is suggested that athletes train for a 15-minute per mile pace or faster to allow time for breaks (restroom breaks, photo opportunities, etc.).

Pace Cyclists will be on the course indicating when runners are behind pace by waving orange flags at mile markers according to the official pace time. If you reach a mile marker with an orange flag waving, please note you are behind the required 16-minute per mile pace and can be picked up at any time.

Results and Runner Tracking

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

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

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.

• • Awards • •



Overall Awards

Overall Half Marathon Male and Female winners and Push Rim Wheelchair winners will receive their awards at a presentation to be held in the Family Reunion area at 8:30 a.m. on Saturday. On Sunday, the Overall Marathon Male and Female winners and Push Rim Wheelchair winners will receive their awards at a presentation to be held in the Family Reunion area at 9:30 a.m. Please note that overall awards are based on Official Gun Time.

Individual Awards

The following awards for both the Half Marathon and the Marathon will be mailed approximately three weeks after the event. Because of the number of people who participate in both the Marathon and Half Marathon, it can often take several minutes to cross the start line. In the interest of fairness, Masters 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 runner will not receive two awards for the same race result.

2nd and 3rd Place Male Push Rim Wheelchair Winners

2nd and 3rd Place Female Push Rim Wheelchair Winners

Male Masters Champion

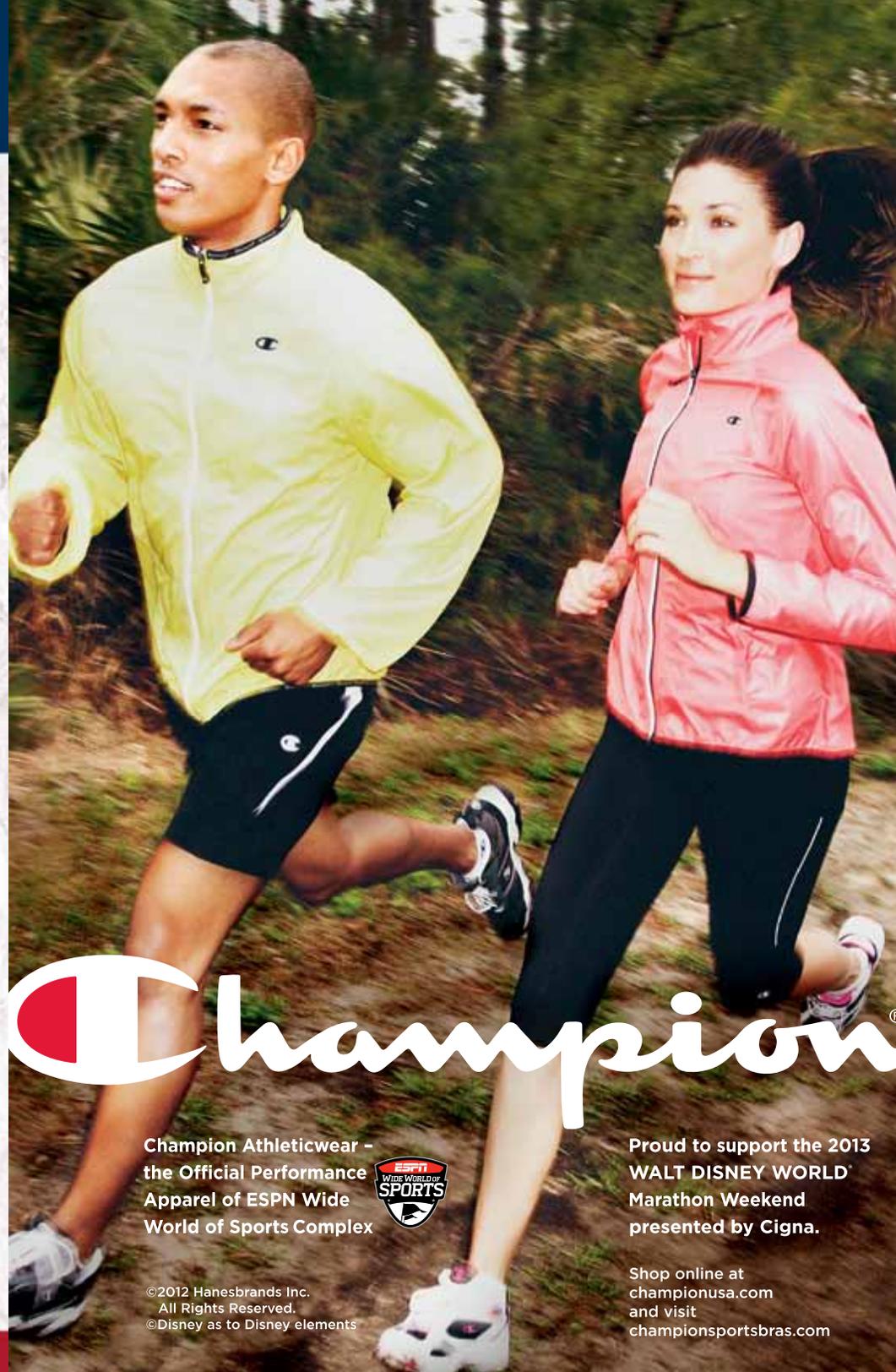
Female Masters Champion

Military Male and Female Top 5

Age Groups (Male and Female)

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

*Half Marathon only



Champion

Champion Athleticwear -
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Proud to support the 2013
WALT DISNEY WORLD®
Marathon Weekend
presented by Cigna.

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RUNNING IS MORE THAN JUST CHILD'S PLAY FOR THESE KIDS.

Whether it's on a playground or around your house, kids running and playing is great to see. But running can be more than fun and games for some kids. There are two special groups of kids running in the 2013 *Walt Disney World*® Marathon Weekend who are perfect examples of the confidence, camaraderie and sense of achievement that can be gained through running.



As a sponsor of **Achilles International** organization, which helps people with disabilities compete in mainstream athletic events,

Cigna is bringing five **Achilles Kids** athletes for the very first time to run in Friday's Disney Family Fun Run 5K. For kids with disabilities, physical activity can be life-changing. The Achilles Kids running-walking-rolling programs give these young athletes a way to measure achievement, gain confidence and, of course, have fun.

The benefits of physical activity exist for all kids, and can be especially helpful to teens who are seeking to learn more about themselves and their own potential. For this reason, Cigna sponsors six teens from the **Students Run Philly Style** program to compete in the Donald Duck Half Marathon on Saturday. The organization connects kids, 12 to 18, with adult mentors, called Running Leaders, to help the students take up competitive running with the end goal of completing a full marathon. In the process, the organization helps teens make healthier choices and create constructive ways to channel energy away from the potential pitfalls which can plague inner-city youths.

We hope the inspiration you gain from witnessing the passion and determination of the Achilles Kids and Students Run Philly Style athletes helps you achieve your personal goals for the 2013 *Walt Disney World*® Marathon Weekend.

The Cigna Foundation's sponsorship of these two amazing organizations is part of our strong commitment to child wellness. Our mission is to help those we serve improve their health, well-being and sense of security. One of the ways we do that is through Cigna Connects, our unique approach to corporate responsibility, connecting our expertise and resources to create positive change on four critical health issues: child wellness, health literacy, senior care and health equity. If you'd like to learn more about Cigna Connects, visit us online at Cigna.com/CorporateResponsibility.

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Top 20 Tips For The 20th

By Olympian Jeff Galloway
Official Training Consultant for *runDisney*

- | | |
|---------------|--------------------------------|
| I can do it | I'm in control |
| Don't give up | I have the strength inside |
| One more step | Or...the mantra of your choice |
- 1** Don't eat too much the night before: After 2:00 p.m., eat light snacks that digest easily.
 - 2** Pack your bag and check it twice.
 - 3** Avoid alcohol the night before. Drink about 20 oz of electrolyte beverages the day before, and an additional 6 glasses of water, spread throughout the day.
 - 4** Fluid and potty stops. Arise early enough on race morning so that you can consume 6 oz of water or a cup of coffee, right away. You want to leave plenty of time to hit the bathroom before the start. Drinking too much or too close to the start will mean more stops during the race.
 - 5** Put on your clothes with the race number pinned to the front of the shirt you plan to wear during the second half of the race. If you aren't sure whether you'll use one or two layers, put the number on the one next to your body, low on the front. Roll up the outside shirt so that the number is visible at the start and the finish.
 - 6** On race morning, don't over-eat. Consume the foods that you have used successfully before. Most of the runners I've worked with on this issue have eaten little or nothing.
 - 7** Get to the shuttle stop early (As instructed by the race information). Upon arrival, get your bearings, check your clothing, see how you will walk to the start. Choose a side of the road for taking walk breaks, and line up on that side of the corral.
 - 8** If you want the first few miles to be less crowded, line up at the back of your corral, walk slowly to the start and cross the timing field when your group has spread out.
 - 9** Bring some positive mantras such as the following. Read them while you are in your corral waiting or when challenged during the race.
 - 10** Make sure your timer is set for the run-walk-run ratio that you will be using. There will be some timers (beep and vibrate modes) available at the *runDisney*/Galloway table at the expo (\$20)
 - 11** Move over to the side of the road to take a walk break.
 - 12** Start the race more slowly than you believe you can run. Avoid the temptation to go a bit too fast when others are doing this. Whatever you save in resources during the first few miles will help you be strong during the last few miles.
 - 13** During the race, stick with your plan of pacing and walk breaks unless you want to go slower.
 - 14** At the finish, cross in the upright position, have a smile on your face and celebrate afterward. This can set the stage for a good finish picture!
 - 15** Remember to slow down by 30 seconds a mile for every 5 degrees of temperature increase above 60F during the race.
 - 16** Drink—but not too much. My rule of thumb for fluids is 2-4 oz of water every 2 miles.
 - 17** Eat a blood-sugar-boosting snack to feed the brain: 30-40 calories every 2 miles.
 - 18** It's best to bring your snacks in your iFitness® or other belt. Use snacks you've used successfully before.
 - 19** Stay positive! Have a positive thought and several strategies (see my book *MENTAL TRAINING*)
 - 20** Smile and wave at each Disney character. Bring your camera and enjoy the experience. I can't wait!

TIPS ON SHARING THE COURSE

Important ways to recognize and respect your fellow athletes with disabilities

As a runner, you likely enjoy the sense of freedom and privacy you gain when you set out by yourself on a run. But, being a part of an organized race is a very different experience. It brings a terrific sense of support and energy, but also brings a few challenges even experienced runners may not anticipate, such as running with disabled athletes.



Cigna is sponsoring 20 amazing adult Achilles athletes and five incredible Achilles Kids runners in the 2013 *Walt Disney World*® Marathon Weekend. Achilles International is an organization that helps people with disabilities compete

in mainstream athletic events. Cigna believes in supporting and nurturing one's unique strengths and helping people achieve their full potential.

As a fellow runner, you can follow a few important guidelines to help support these inspiring athletes have a safe and successful run:

- **Never tap a disabled runner, like an amputee, on the shoulder**, even to congratulate them, as it can lead to falls.
- **Be aware of athletes with disabilities** on the course and take caution not to swerve or stop suddenly in front of them.
- **Respect the tether.** If you see a rope (tether) connecting two athletes or see an athlete with a shirt that says "Guide" closely leading another runner they are likely visually impaired. Do NOT break through the tether or cut the pair off.
- Many handcycles will have fluorescent orange or yellow flags to identify them. The majority of handcyclists will be well ahead of the lead runners; however some beginners may be mixed in with the pack. **Wheelchairs should pass on the left, so keep to the right** if you see one approaching.
- It's important that you can hear announcements from wheelchair athletes or blind or mobility impaired athletes. If wearing headphones is part of your routine, please **reduce the volume** so you can be aware of your surroundings.
- It's important to **be alert and aware that you are sharing the course** with athletes who share the same drive, determination and love of running, but need an extra degree of mindfulness!

We wish all the runners an enjoyable, safe run. We support your effort to reach your full potential with every step.

GO YOUSM



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Celebration | Kissimmee

Florida Hospital Celebration Health Medical Stations are located along the course approximately every two (2) miles and will be marked with medical flags. With prior training, you should be prepared for the physical demands of the marathon. Nevertheless, you may suffer cold or heat stress, or become dehydrated. The following can help you prepare for a safe and enjoyable race.

What to Know About Fluid Intake

- Drink enough before the race so that your urine is clear to light straw colored (this will vary per person).
- Limit fluids to approximately 4-6 ounces every 20 minutes during the race.
- At least every other water stop, you should have some form of electrolyte replacement (PowerAde, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.
- Runners and walkers who are interested in the endurance “experience” rather than pursuing a “personal best” performance, must resist the tendency to over-drink. Runners/walkers planning to spend between 4-6 hours or longer on the course are at risk for developing fluid-overload (hyponatremia) and usually do not need to ingest more than one cup (4-6 oz) of fluid every 20 minutes (3 oz if you weigh approximately 110 lbs. and 6 oz if you weigh approximately 200 lbs).

Tips For Race Day

- Check your urine a half hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are

well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!

- DO NOT take any product with ephedra in it. Ephedra increases your risk of “heat illness.” It should not be used while training or on race day!
- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

Pain Relievers / Supplements

- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners’ kidney function if taken within 24 hours of running. Only acetaminophen (Tylenol®) has been shown to be safe.
- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt. Therefore it is recommended that on race day (specifically beginning midnight before you run) you DO NOT use anything but acetaminophen (Tylenol®) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, a NSAID would be beneficial in preventing post-event muscle soreness.
- Narcotics should be avoided within 48 hours of race day due to the harmful effect on performance, perception, and mental status.

- Vitamin supplements (Vitamin A, C & E) can alter urine color so be wary of hydration status if taking these supplements.
- Caffeine and other amphetamine-like compounds containing pseudophedrine, such as Sudafed and most sinus and cold preparations, taken within 24- hours of race time can also raise core temperature; increase blood pressure and heart rate and should be drastically limited during this time.

Warning Signs

- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical station located throughout the course.
- Dizziness, confusion, loss of peripheral vision or general tingling – are more concerning and greater precautions should be taken. Find a course representative and ask for assistance immediately.
- Chest Pain – stop all activity and ask another participant to assist with locating a course representative or medical volunteer.
- Dry Skin – a sign of significant dehydration and loss of normal regulatory systems. Proceed directly to a medical station located throughout the course.

For Your Own Safety

- Complete the medical history on the back of your race number.
- Drink plenty of fluids.
- Know the symptoms of heat illness. Run responsibly and don’t be afraid to ask for help.

- Help your fellow runners. If you see someone in distress, tell him or her what we have told you. If they refuse to stop, report their race number to one of the volunteers along the route.
- Let your friends and family know your race number so they can find you if you are in a medical tent.
- Listen to the weather forecast and plan accordingly. Both heat-related injuries and hyponatremia are life-threatening conditions.
- Skin in high friction areas (nipples, thighs, armpits, etc.) should be well lubricated with a non-water soluble lubricant (petroleum jelly).
- Make sure your shoes and clothes are appropriate for the event and environmental conditions.

Questions

The Medical Team is here to help! On race day, there will be sports medicine professionals at the finish line tent and in the parking lot on bicycles. Remember, on the course we will have medical staff at each and every tent to help you along the way.

About Our Medical Director

James G. Scelfo, MD 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.



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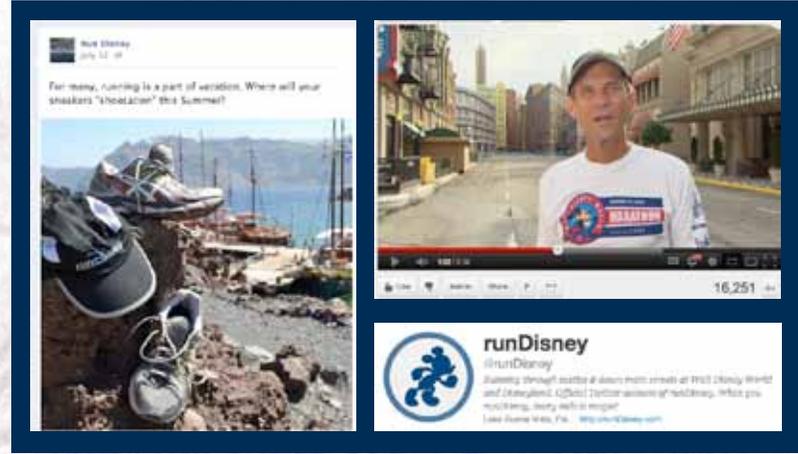
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Run Your Best Walt Disney World® Marathon

There's plenty you can do in the final days before a race to make or break your event. Here's a collection of tips and tricks that will prepare your body – and ease your mind – before, during, and after the marathon, courtesy of Runner's World, the experts on training and racing for more than 40 years.

BEFORE YOUR RACE

Stick to Your Training Plan

In the final weeks prerace, resist the urge to cram in extra miles or bouts of faster running. It can do more harm than good. Instead, trust your training plan and stick to it. Pour the time you'd normally spend running into reading, connecting with family or friends you haven't had as much time for during training or catching up on gardening and housework.

Don't Do Anything New

Race week isn't the time to try new shoes, exotic foods, cool new gear, or anything else you haven't used on several training runs. The key is to stick with what has worked for you during training. This is also not the time to try yoga or Pilates or any other new activity that may tax your body or lead to new aches and pains.

Read Your Log

Look over your training log, add up all the miles you've logged, and draw confidence from all that you've already accomplished just to get to this point. Remember all the times you ran when you rather would have slept in. Acknowledge the strength and fitness you've gained through your training. Know that you're ready for this!

Rest Up

The closer you get to race day, the tougher it can be to get good sleep. Try to prioritize sleep early in the week, when you're not so nervous. "Banking" quality rest in this way will serve you well the night before the event, when prerace jitters will likely mean a fitful night's sleep.

Double-Check Logistics

Decide where you're going to eat the night before the race and make a reservation. Verify your hotel reservation. Make a packing list and double-check it before you leave home. The less you have to worry about these details, the better.

Get Your Bib, and Get Out

When you arrive in town, pick up your race number as soon as possible. But try not to linger at the expo. Walking endless aisles of booths and dealing with the crowds can drain you and leave your feet aching.

Review Your Strategy

The night before the race, think about your fueling and pacing strategy, settle on a "mantra" (a positive phrase you might repeat to get you through rough patches), and envision yourself finishing strong. But after dinner, give it a rest. Rehashing scenarios late into the night will make it difficult to get to sleep.

Eat Right

There is a myth that runners need to binge on pasta the night before a big race. No! Instead enjoy a normal-sized dinner, featuring carbohydrate-rich foods that you're used to. Eat slowly and avoid gorging yourself. Leaving the dinner table bloated will do more harm than good.

Prep Your Race Gear

Before bedtime, lay out your gear, pin your bib number on your race shirt, and attach your timing chip to your clothing or shoes so you don't forget them.

Pack a Bag

You'll have the option of taking a bag to the start to check and pick up at the finish line. Make sure you clearly label it with your name, bib number, and cell phone number. Consider packing...

- A trash bag (to sit on before the start and/or to wear if it's raining)
- Tissues or TP (in case your porta-potty is out)
- Reading material
- Extra fuel, such as gels, and drink
- Dry clothing to change into post-race
- A post-race snack (in case the provided food doesn't appeal to you)

Set Multiple Alarms

If you don't set a backup alarm, you risk waking up every few hours out of fear of oversleeping. If you're staying at a hotel, don't rely solely on a wake-up call.

RACE DAY

Stick to Your Morning Routine

Eat a small breakfast—again, full of carb-rich foods that you're accustomed to eating before a long run. If you're a habitual coffee drinker, go ahead and have your usual cup. (The claim that it will "dehydrate" you is another myth.)

Arrive Early

Plan to get to the race a bit early, so you'll have time to check your bag, use the porta-potty, and warm up. You don't want to be running to the starting line!

Warm Up

A proper warmup increases heart rate, rate of breathing, and blood flow to the muscles. Skip it and you risk poor performance and injury. Be sure to practice your warmup during training.

Here are some suggested warmups:

5K	Walk or jog 15 minutes, then do eight 100-meter strides.*
Half Marathon	Walk or jog 10 minutes, then do four to six 100-meter strides.*
Marathon	Walk or jog 5-10 minutes, then do four 100-meter strides.* OR... Use first mile of the race to warm up.

* Strides are 60-to-100-meter "pickups" that get fast-twitch muscle fibers firing and improve neuromuscular coordination. To perform a stride, gradually accelerate to a smooth, "fast but comfortable" pace, hold it for several seconds, then gradually slow to a jog.

Stay Loose and Positive

As you wait for the start, shake out your arms and legs. Relax your shoulders. Review your pacing strategy and reflect on a mental highlight reel of all the great training runs you've logged.

Don't Go Out Too Fast

If you remember nothing else, remember this. When the gun goes off, you will want badly to pass everyone you possibly can—and you'll have the energy and eagerness to do so. Resist that urge. You will regret it later. Instead, be patient. Use the first mile or so of your race to find a rhythm.

Fuel Up Without Fouling Up

Getting through a water stop requires both agility and grace. If you're not careful, you could end up getting fluid up your nose, missing the cup entirely, or causing a pileup. Here's how to do it right:

- Check the race website ahead of time so you know where the water stations are.
- Be mindful of other runners. Don't cut someone off to grab a cup, or stop suddenly to drink. Look around you and be considerate.
- Skip the first table. Most water stops are many tables long. Avoid the crush at the first table and grab a cup farther down.
- If you just took an energy gel, you'll want water. Chasing gel with sports drink can cause G.I. distress.
- As you grab your cup, pinch the top to form a spout. This will keep the contents from spilling. Then sip; don't gulp.
- Once you have your cup, move away from the water station—again, look out for other runners—then jog or walk in order to get your fluids down.

Manage Midrace Mishaps

Here's how to conquer some common problems if they strike during your race:

- **Chafing:** Most races offer Vaseline, adhesive bandages, or sports lubricants at aid and medical stations. Or carry your own. Lip balm is easy to carry and neater than Vaseline. In a pinch, it can ease the rubbing that leads to chafing.
- **Muscle Cramps:** Stop running and apply pressure to the muscle. Press firmly for 15 seconds— don't massage. Then gently stretch the muscle. Repeat the pressure/stretch cycle until the cramp subsides. Walk at first, then slowly increase your pace.
- **Side Stitch:** Notice which foot is striking the ground when you inhale and exhale, then switch the pattern. If that doesn't help, stop running and reach both arms above your head. Bend at the waist, leaning to the side opposite the stitch until it subsides. Resume running slowly.
- **Stumble and Fall:** Assess your injuries. Road rash or minor scrapes can be patched up later, but heavy bleeding needs immediate treatment. Running might feel difficult at first because you'll be shaken up. Take a deep breath, do an honest assessment of yourself, and if you are all right, refocus on your goals and keep running.
- **Stiffness After a Pit Stop:** Keep your breaks brief— 2 minutes at most. Walk while taking water rather than coming to a complete stop. Start back up slowly; don't resume your prior pace right away.

Try to Smile

Really! Take a moment to thank a volunteer. Tell another runner, "Good job, keep it up." And, yes, smile. After all, the fact that you're out there running your race is really a pretty awesome thing. A positive outlook just might help you through a tough mile or two.

AFTER YOUR RACE

Walk

Get your medal, food, and water, and keep walking for at least 10 minutes to prevent blood from pooling in your legs and to gradually bring your heart rate back to its resting state. Sitting too soon can make you stiff and tight, which can delay recovery.

Get a Massage

It is okay to get a light massage after the race if it's offered—just make sure the practitioner steers clear of any strained areas. Once race-induced muscle soreness has subsided (two to six days), a deep-tissue massage can help release tension.

The Next Day, Keep Moving

Regardless of how you might feel the day after the race, do a low-impact activity like swimming, cycling, or just walking. The movement will increase circulation to your sore muscles and help you bounce back. Just keep the effort level easy.

Celebrate

Have some reward, or rewards, planned that you can look forward to during the race. Maybe it's a meal at your favorite restaurant or a day at the spa. No matter how you feel about your race performance, you trained hard for months, and reached a goal. Make sure to celebrate the occasion.

Roughly 250 marathon, half-marathon, and Goofy Challenge participants will run as members of the Walt Disney World® Runner's World Challenge, the magazine's training and VIP racing program. As Challengers, they received training plans to prepare for their events, (including exclusive Goofy Challenge plans), weekly emails, VIP treatment on race weekend, plus access to the Runner's World experts on training, nutrition, and injury prevention, a Runner's World book, t-shirt, and more. To learn more about the challenge, go to runnersworldchallenge.com.

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• • 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. Staff in yellow shirts will be onsite at the resorts and event locations to assist.

Disney's Health & Fitness Expo

Special Marathon Weekend Transportation will depart from *Walt Disney World*® Resort Hotels to ESPN Wide World of Sports Complex approximately every 20 minutes. Transportation to the Expo will begin half an hour prior to opening and will continue until half an hour after closing.

Disney Family Fun Run 5K

Special Marathon Weekend Transportation is available from *Walt Disney World*® Resort Hotels to *Epcot*® between 4:30 a.m. and 5:30 a.m. Special Marathon Weekend Transportation will resume after 7:00 a.m. Transportation concludes at 9:00 a.m.

runDisney Kids Races

Please utilize transportation to Disney's Health & Fitness Expo for the Kids Races.

Walt Disney World® Marathon and Half Marathon

Monorail transportation will be provided for those participants staying at *Disney's Contemporary* Resort, *Disney's Grand Floridian* Resort and Spa, and *Disney's Polynesian* Resort beginning at 3:00 a.m. The Monorail will transport you to the Ticket

and Transportation Center where you will board a second Monorail that will transport you to *Epcot*®.

Special Marathon Weekend Transportation will begin departure from all other *Walt Disney World*® Resorts at 3:00 a.m. Buses will be indicated by *runDisney* Transportation signs placed in the front windows.

Participants must board Buses and Monorails no later than 4:00 a.m. in order to make it to their corrals by 5:00 a.m. You must be in your corral at the start line by 5:00 a.m. or you will not be allowed to start. Please note, it takes 20 minutes to walk from the Family Reunion (*Epcot*® Wonder Lot) area to the start line.

Special Marathon Weekend Transportation will continue throughout the morning for spectators. Marathon Weekend Transportation will be suspended between 5:00 a.m. and 7:00 a.m. on Saturday and Sunday due to race start and road closures.

After the race, bus stops will be set up in the Family Reunion (*Epcot*® Wonder Lot) area. Special Marathon Weekend Transportation from *Epcot*® to *Walt Disney World*® Resort Hotels concludes at 10:30 a.m. on Saturday and at 2:30 p.m. on Sunday.

• • Driving Directions • •

Arriving by car for the Half Marathon and Marathon

Guests not staying at a Walt Disney World® Resort will need to provide their own transportation. For participants driving to Epcot® on race morning, expect significant delays! Some roads begin to close as early as 11:00 p.m. on the evenings before the Half Marathon and Marathon. Therefore, please use directions provided and plan to arrive no later than 4:00 a.m. You must be in your corral at the start line by 5:00 a.m. or you will not be allowed to start. Please note, it takes 20 minutes to walk from the Family Reunion area to the start line. Please use the directions provided. Directions from a GPS device or other sources will be inaccurate.

Directions to Epcot® (Saturday and Sunday)

Take I-4 to exit 64 (192 West) and follow the signs to Epcot®. Once you have arrived at the Epcot® auto plaza you will be directed where to park. On Saturday and Sunday from approximately 5:00 a.m. to 7:30 a.m., the main entrance to Epcot® from World Drive will be closed to all traffic. During this period, all traffic will be directed to the Magic Kingdom® Parking Lot and guests will be transported to Epcot® via Monorail.

Directions to ESPN Wide World of Sports Complex

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.



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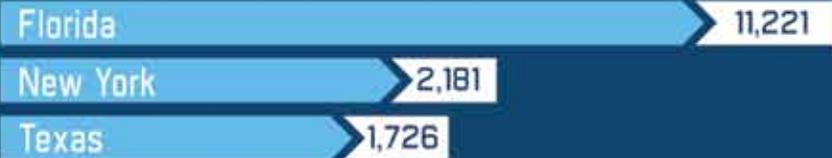
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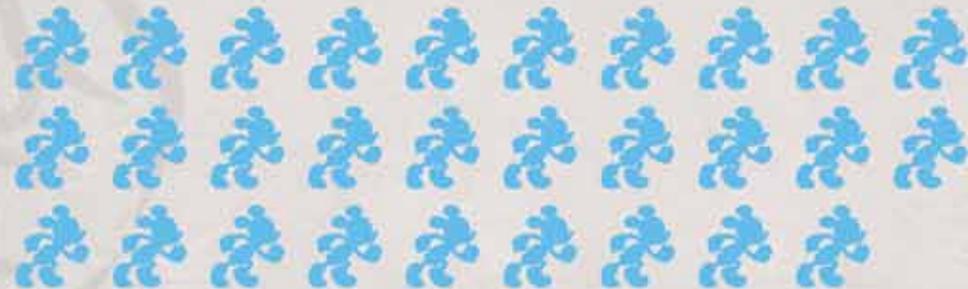


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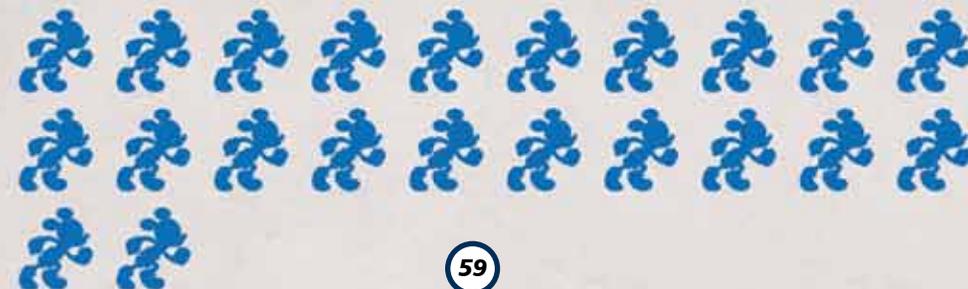
2012 FEMALE RUNNERS

29,597



2012 MALE RUNNERS

22,637



• • Spectator Information • •

Spectators are encouraged to share in the *Walt Disney World*® Half Marathon and *Walt Disney World*® Marathon excitement. To increase the possibility of seeing your friends and family run, be aware of their pace, expected time at each mile marker and anticipated finish time. Please make sure to allow extra time for transportation to any viewing area. Expect delays on the roadways due to road closures.

Runner Tracking

Family and friends will be able to track Half Marathon and Marathon participants with runner tracking available on runDisney.com. Participants will have the opportunity to send split times via email, text messaging and PDAs by registering for this service on the website. You can also sign up for runner tracking at Disney's Health & Fitness Expo.



Half Marathon and Marathon Spectator Viewpoints

Start	<i>Epcot</i> ® Center Drive	5:35 a.m. - 6:30 a.m.	Accessible ONLY by foot from <i>Epcot</i> ® Parking Lot
Mile 4	Ticket & Transportation Center	5:49 a.m. - 7:34 a.m.	Take monorail from <i>Epcot</i> ® to Ticket & Transportation Center
Mile 4.9	<i>Disney's Contemporary Resort</i>	5:52 a.m. - 7:48 a.m.	Accessible to guests staying at <i>Disney's Contemporary Resort</i>
Mile 5.3	<i>Magic Kingdom</i> ® Park - Main Street, U.S.A.®	5:54 a.m. - 7:55 a.m.	Take monorail from <i>Epcot</i> ® to Ticket and Transportation Center, exit monorail and walk down ramp, follow overhead signs and take the monorail to <i>Magic Kingdom</i> ®
Mile 7.2	<i>Disney's Grand Floridian Resort</i>	6:01 a.m. - 8:25 a.m.	Accessible to guests staying at <i>Disney's Grand Floridian Resort</i>
Mile 7.7	<i>Disney's Polynesian Resort</i>	6:04 a.m. - 8:50 a.m.	Accessible to guests staying at <i>Disney's Polynesian Resort</i>

Half Marathon Only Spectator Viewpoints

Finish - Mile 13.1	<i>Epcot</i> ®	6:26 a.m. - 10:00 a.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot
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Marathon Only Spectator Viewpoints

Mile 12.4 - 12.9	<i>Disney's Animal Kingdom</i> ®	6:23 a.m. - 9:58 a.m.	Accessible to guests who purchase theme park tickets that are valid on race day
Mile 19.3 - 20	Champion Stadium and ESPN Wide World of Sports Complex	6:48 a.m. - 11:50 a.m.	Take bus from <i>Epcot</i> ® to ESPN Wide World of Sports Complex or drive to ESPN Wide World of Sports Complex
Mile 23.1 - 23.5	<i>Disney's Hollywood Studios</i> ®	7:02 a.m. - 12:48 p.m.	Accessible to guests who purchase theme park tickets that are valid on race day
Mile 24.5 - 24.8	<i>Disney's Boardwalk</i>	7:08 a.m. - 1:08 p.m.	Accessible via <i>Disney's Boardwalk</i>
Mile 25 - 26	<i>Epcot</i> ®	7:10 a.m. - 1:28 p.m.	Accessible to guests who purchase theme park tickets that are valid on race day
Finish - Mile 26.2	<i>Epcot</i> ®	7:15 a.m. - 1:30 p.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot

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The Leukemia & Lymphoma Society Sports Enthusiasts

Weekend Beneficiary

The *Walt Disney World*® Marathon Weekend benefits The Leukemia & Lymphoma Society® (LLS), an organization dedicated to the fight against blood cancers. With the support of thousands of volunteers and participants in LLS's Team In Training program, the *Walt Disney World*® Marathon Weekend will help blood cancer patients live better, longer lives.

The Leukemia & Lymphoma Society® (LLS), uses the *Walt Disney World*® Marathon Weekend as a platform to create awareness of this life saving cause, as well as to raise much needed funds for research. Participants and volunteers have the opportunity to make donations directly at the point of registration or by visiting runDisney.com. Each year, roughly \$7 million is raised through participant and volunteer donations along with the Team in Training fundraising program.

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

leukemia, lymphoma and myeloma. Last year alone, LLS made 5.1 million contacts with patients, caregivers and healthcare professionals.

Sports Enthusiasts

Over 7,000 volunteers will assist throughout the *Walt Disney World*® Marathon Weekend on behalf of The Leukemia & Lymphoma Society.

- Approximately 1,200 volunteers will assist with packet pickup during Disney's Health & Fitness Expo
- Over 150 volunteers will assist with the Disney Family Fun Run 5K
- 900 medical volunteers will staff Florida Hospital's medical stations during the Half Marathon and Marathon
- Over 2,000 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half Marathon on Saturday
- Approximately 3,000 volunteers will staff the Marathon on Sunday

Information Team

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

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