

## SAVE THE DATE

### FLORIDA

Disney Princess Half Marathon  
Weekend presented by Children's  
Miracle Network Hospitals  
February 20-23, 2014

*Expedition Everest®* Challenge  
May 2-3, 2014

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

Disney Wine & Dine Half Marathon  
Weekend  
November 7-8, 2014

Walt Disney World® Marathon  
Weekend  
January 7-11, 2015

### CALIFORNIA

Tinker Bell Half Marathon Weekend  
January 16-19, 2014

*Disneyland®* Half Marathon Weekend  
August 28-31, 2014

FOR MORE INFORMATION,  
VISIT [RUNDISNEY.COM](http://RUNDISNEY.COM)



# WALT DISNEY WORLD® 2014 MARATHON WEEKEND

PRESENTED BY  Cigna.



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OFFICIAL EVENT GUIDE

# CELEBRATE YOU

Get inspired at [Cigna.com/GOYOU](http://Cigna.com/GOYOU)



**GO YOU®**



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Dear Runners,

Welcome to the 2014 *Walt Disney World*® Marathon Weekend presented by Cigna! You have trained hard to get here and we are thrilled to host you as you get to experience running at the most magical place on earth. We hope this weekend will bring you lots of excitement, entertainment and joy as you run Disney.

Our *runDisney* team has planned an amazing weekend for you and your loved ones traveling with you. The weekend of events opens Wednesday with our Health and Fitness Expo where you can gear up with the best and latest running gear as well as learn from our running and fitness experts. The weekend of races begins on Thursday with our Family Fun Run 5K, which is an entertaining run through *Epcot*® perfect for the whole family, while the Kids Races will kick off at the ESPN Wide World of Sports Complex. New to this year's event will be our inaugural *Walt Disney World*® 10K which takes place on Friday, starting and finishing at *Epcot*®. On Saturday our *Walt Disney World*® Half Marathon starts at *Epcot*® and runners travel around Cinderella's Castle at the *Magic Kingdom*, while Sunday brings our finale with the *Walt Disney World*® Marathon 26.2 miles spanning across the *Walt Disney World*® Resort. This challenging run takes you through all four *Walt Disney World*® theme parks plus the ESPN Wide World of Sports and the *Walt Disney World*® SPEEDWAY. All of our races will be filled with great music, entertainment and plenty of your favorite Disney Characters. There will be countless opportunities for photos and fun to make the miles fly by.

We commend those of you that are "Goofy" enough to take on Goofy's Race and a Half Challenge, 39.3 miles and two days of running in the middle of the magic. And for those of you who are taking on our inaugural Dopey Challenge, a combination of our 5K, 10K, Half Marathon and the Marathon for a total of 48.6 miles, we are amazed and hope you will enjoy the 6 pieces of "bling" you will receive for your accomplishments.

We applaud those of you who are running for a cause or in honor of a loved one - we know how hard you have worked. This weekend many of you will set a new personal record and many others will accomplish a lifetime goal or dream.

On behalf of our Cast Members, volunteers, our presenting sponsor Cigna, and our celebratory charity, The Leukemia & Lymphoma Society, thank you for participating in the 2014 *Walt Disney World*® Marathon Weekend.

*runDisney*... where every mile is magic!

Tom

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



Runners, Volunteers and Spectators:

Welcome to the 2014 *Walt Disney World*® Marathon Weekend presented by Cigna®. We are thrilled to be celebrating our sixth year supporting this magical event that keeps growing and growing each year with more runners, more races and more activities - making it one of the largest and most exciting running events in the world.

At Cigna, our team of 35,000 shares a passion for nurturing people's individual strengths and helping them achieve what matters most in their life. We appreciate that everyone has their own personal journey to health and well-being.

One of the great things about this weekend is that there's a course for everyone, from beginners to racing veterans, that will inspire all to lace up and run. Whether you are taking part in the Family Run 5K, running in the inaugural 10K or testing your endurance with the new four-day 48.6 mile Dopey Challenge, congratulations on making fitness your priority. You took the initiative to set a goal, trained your mind and body, and now are a role model for a healthy, active lifestyle.

The team at *runDisney*, along with hundreds of volunteers, has once again orchestrated an unforgettable experience for you. Whatever race you choose, you can count on encouragement and cheers from spectators to help you reach the finish line.

Thank you for joining us this weekend. Have a wonderful time with your friends and family, and let this be a jump-start to a healthy year ahead.

David M. Cordani

David M. Cordani  
President and Chief Executive Officer  
Cigna Corporation



GO YOU®



## About Our Race Director

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



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plants

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## Disney's Health & Fitness Expo

### ESPN Wide World of Sports Complex

10:00 a.m. – 8:00 p.m. on Wednesday, January 8, 2014

9:00 a.m. – 7:00 p.m. on Thursday, January 9, 2014

9:00 a.m. – 7:00 p.m. on Friday, January 10, 2014

10:00 a.m. – 4:00 p.m. on Saturday, January 11, 2014

## runDisney Kids Races\*

### New Balance Track & Field Complex

11:00 a.m. on Thursday, January 9, 2014

11:00 a.m. on Friday, January 10, 2014

11:00 a.m. on Saturday, January 11, 2014

## Mickey Mile\*

### ESPN Wide World of Sports Complex

12:30 p.m. on Thursday, January 9, 2014

12:30 p.m. on Friday, January 10, 2014

12:30 p.m. on Saturday, January 11, 2014

## Pasta in the Park Party\*

### Epcot®

7:00 p.m. on Thursday, January 9, 2014

7:00 p.m. on Friday, January 10, 2014

7:00 p.m. on Saturday, January 11, 2014

## Disney Family Fun Run 5K\*

### Start/Finish: Epcot®

6:15 a.m. on Thursday, January 9, 2014

## Walt Disney World® 10K\*

### Start/Finish: Epcot®

5:30 a.m. on Friday, January 10, 2014

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

### Start/Finish: Epcot®

5:30 a.m. on Saturday, January 11, 2014

## Walt Disney World® Marathon presented by Cigna®\*

### Start/Finish: Epcot®

5:30 a.m. on Sunday, January 12, 2014

## Tho Cool Down Party at Downtown Disney®

### Downtown Disney® Westside

4:00 p.m. – 8:00 p.m. on Sunday, January 12, 2014

\*Advance purchase required.

## WALT DISNEY WORLD® THEME PARK HOURS\*

### Wednesday, January 8

Magic Kingdom® Park

9:00 a.m. – 9:00 p.m.

Epcot®

9:00 a.m. – 9:00 p.m.

Disney's Hollywood Studios®

9:00 a.m. – 7:00 p.m.

Disney's Animal Kingdom® Park

9:00 a.m. – 6:00 p.m.

### Thursday, January 9

Magic Kingdom® Park

9:00 a.m. – 9:00 p.m.

Epcot®

9:00 a.m. – 9:00 p.m.

Disney's Hollywood Studios®

9:00 a.m. – 7:00 p.m.

Disney's Animal Kingdom® Park

9:00 a.m. – 6:00 p.m.

### Friday, January 10

Magic Kingdom® Park

9:00 a.m. – 9:00 p.m.

Epcot®

9:00 a.m. – 9:00 p.m.

Disney's Hollywood Studios®

9:00 a.m. – 8:00 p.m.

Disney's Animal Kingdom® Park

9:00 a.m. – 8:00 p.m.

### Saturday, January 11

Magic Kingdom® Park

9:00 a.m. – 11:00 p.m.

Epcot®

9:00 a.m. – 9:00 p.m.

Disney's Hollywood Studios®

9:00 a.m. – 7:00 p.m.

Disney's Animal Kingdom® Park

9:00 a.m. – 8:00 p.m.

### Sunday, January 12

Magic Kingdom® Park

9:00 a.m. – 8:00 p.m.

Epcot®

9:00 a.m. – 9:00 p.m.

Disney's Hollywood Studios®

9:00 a.m. – 7:00 p.m.

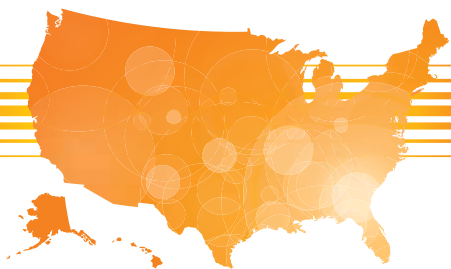
Disney's Animal Kingdom® Park

9:00 a.m. – 5:00 p.m.

\*Subject to change.



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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

Wednesday, January 8

- From Host Resorts to Expo 9:30 a.m. – 7:30 p.m.
- Transportation from Expo to Host Resorts concludes at 8:30 p.m.

Thursday, January 9

- From Host Resorts to Expo 8:30 a.m. – 6:30 p.m.
- Transportation from Expo to Host Resorts concludes at 7:30 p.m.

Friday, January 10

- From Host Resorts to Expo 8:30 a.m. – 6:30 p.m.
- Transportation from Expo to Host Resorts concludes at 7:30 p.m.

Saturday, January 11

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

### Pasta in the Park Party

Please utilize existing *Walt Disney World*® transportation.

### Disney Family Fun Run 5K

Bus Transportation

- 4:15 a.m. – 5:30 a.m. and 7:00 – 9:00 a.m.

Monorail Transportation will be available starting at 3:00 a.m.

Participants must board a bus or monorail no later than 5:30 a.m. in order to make it to their corrals on time.

### runDisney Kids Races

Please utilize Expo Transportation Schedule.

### Walt Disney World® 10K

Bus Transportation

- 3:30 a.m. – 5:00 a.m. and 7:00 – 10:00 a.m.

Monorail Transportation will be available starting at 3:00 a.m.

Participants must board a bus or monorail no later than 4:00 a.m. in order to make it to their corrals on time.

### Walt Disney World® Half Marathon

Bus Transportation

- 3:00 a.m. – 5:00 a.m. and 7:00 – 11:00 a.m.

Monorail Transportation will be available starting at 3:00 a.m.

Participants must board a bus or monorail no later than 4:00 a.m. in order to make it to their corrals on time.

### Walt Disney World® Marathon

Bus Transportation

- 3:00 a.m. – 5:00 a.m. and 7:00 – 2:00 p.m.

Monorail Transportation will be available starting at 3:00 a.m.

Participants must board a bus or monorail no later than 4:00 a.m. in order to make it to their corrals on time.

### The Cool Down Party at Downtown Disney®

Please utilize existing *Walt Disney World*® transportation.

## Driving Directions

### ARRIVING BY CAR

Guests who do not stay at a host resort will need to provide their own transportation to weekend events.

#### Directions to ESPN Wide World of Sports Complex (Expo and Kids Races)

Take 1-4 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, 10K and Half Marathon)

##### On Friday and Saturday:

Take I-4 to exit 64 (192 West) and follow the signs to Epcot®.

##### Directions to Epcot® (Marathon)

##### On Sunday:

Take I-4 to exit 65 (Osceola Parkway West) and follow the signs to Epcot®. Guests coming from (192) are strongly encouraged to take I-4 to exit 65 (Osceola Parkway West) because there will be SIGNIFICANT DELAYS starting at 3:30 a.m. due to road closures.

For Guests driving to Epcot® on Saturday and Sunday, EXPECT SIGNIFICANT DELAYS! Roads begin to close as early as 11:00 p.m. on the evenings before the Half Marathon and Marathon. GPS devices or other sources will be inaccurate due to road closures. Please use the provided directions and plan to arrive no later than 4:30 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 (Epcot® Wonder Lot) to the start line.

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at Epcot®. Runners who try to access the start corrals from any area other than the Explore Lot at Epcot® are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.



Check out these cool, neat, sweet, rad, groovy, gnarly, super fantastic facts about running!



# KIDS!



the number of pints of sweat human feet can produce per day

1



the distance in feet the human heart has enough pressure to squirt blood

30



the % of calories running burns more than walking

50



the amount of miles per hour nerve impulses travel to and from the brain when we run

170



the amount of muscles it takes to take a step

200



the number of runners in the USA

75,000,000



the number of pairs of running shoes sold worldwide each year

1,000,000,000

Did you know these animals are **FASTER** than humans?



Did you know these animals are **SLOWER** than humans?



**GO YOU.**

 **Cigna.**

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# Disney's Health & Fitness Expo

Wednesday, Jan. 8  
10:00 a.m. - 8:00 p.m.

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

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

Saturday, Jan. 11  
10:00 a.m. - 4:00 p.m.

Disney's Health & Fitness Expo welcomes all Marathon Weekend participants to experience a four-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 & WAIVERS

All event weekend participants are required to attend Packet Pick-Up in order to receive your race bib, bag check sticker, gEAR bag, and race shirt.

Packet Pick Up is located in the following locations:

### Champion Stadium Expo

- Kids Races

### HP Field House – Entry Level

- 5K
- Half Marathon
- Marathon

### HP Field House – Lower Level

- 10K
- Goofy's Race and a Half Challenge
- Dopey Challenge

Packet Pick-Up will not be available on race morning. A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. A link to the waiver will be available at [runDisney.com](http://runDisney.com). If you do not have access to the internet or lose your waiver, onsite waiver printing will be available.

## ABSENTEE PACKET PICK-UP

If you are unable to attend Packet Pick-Up, the

individual picking up on your behalf must provide the following items as well as his/her Photo ID:

1. Copy of your driver's license or Photo ID
  2. Your signed waiver
  3. Your signed Packet Pick-Up Authorization Form
- The Packet Pick-Up Authorization Form and waiver will be available at [runDisney.com](http://runDisney.com). It is important that you download these forms and bring them with you to the Expo.

## COMMEMORATIVE ITEMS

Pick up Commemorative and pre-purchased items at the HP Fieldhouse. You will need to show your ID to pick up your items:

- Commemorative Pins\*
- Commemorative Ears\*
- Commemorative Necklace\*
- ChEAR Squad\*
- Race Retreat
- Family Reunion Breakfast

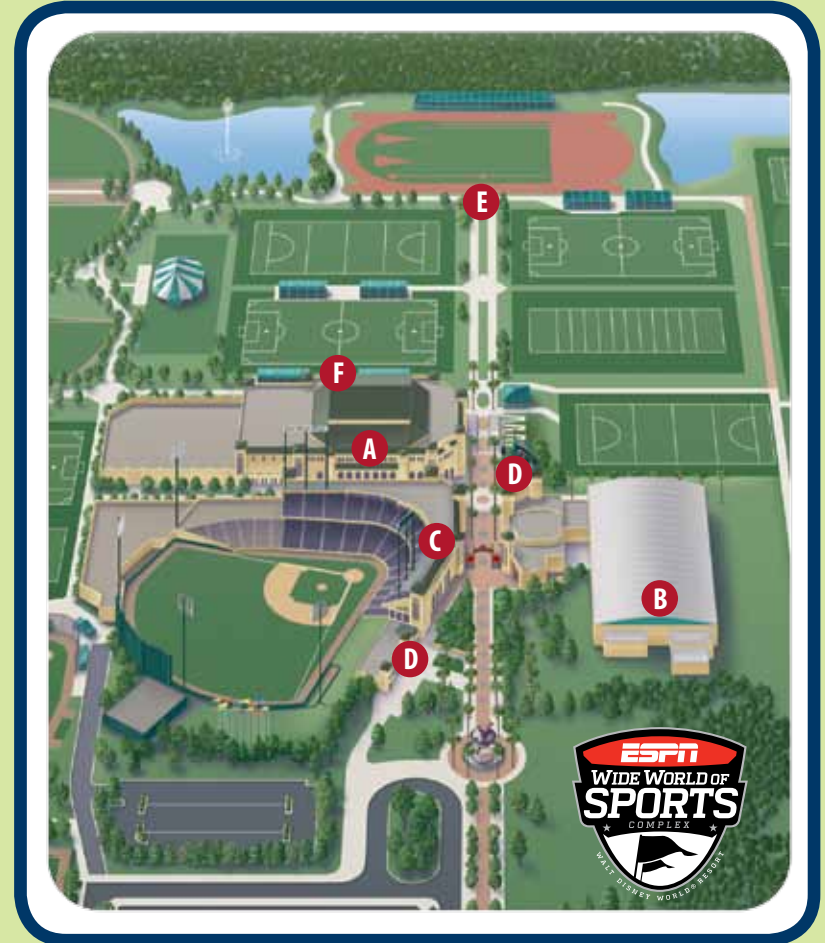
\* Please remember that items not picked up will not be mailed or refunded.

## DOPEY CHALLENGE

You are required to attend Packet Pick-Up on Wednesday in order to receive your race materials. You will receive the following materials: two race bibs with two B-Tags, one bag check sticker, one gEAR bag, and six race shirts. You will have one race bib for the 5K and 10K distance races. You will have a second race bib for the Half Marathon and Marathon distances. Your bag check sticker and gEAR bag are to be used on all four days.

## GOOFY'S RACE AND A HALF CHALLENGE

You are required to attend Packet Pick-Up on Wednesday, Thursday, or Friday in order to receive your race materials. You will receive the following materials: one race bib with B-Tag, one bag check sticker, one gEAR bag, and three race shirts. Your race bib, bag check sticker, and gEAR bag are to be used on both days.



### A HP Field House

- 5K, 10K, Half & Full Marathon Packet Pick-Up
- Dopey & Goofy Packet, Race Shirt & gEAR Bag Pick-Up
- Official runDisney Merchandise
- Commemorative & Pre-Purchased Items

### D Welcome Center

- Will Call pre-purchased tickets

### B Jostens® Center

- 5K, 10K, Half & Full Marathon Race Shirt & gEAR Bag Pick-Up
- Speaker Series
- Exhibitors
- Official runDisney Merchandise

### E New Balance Track & Field Complex

- runDisney Kids Races

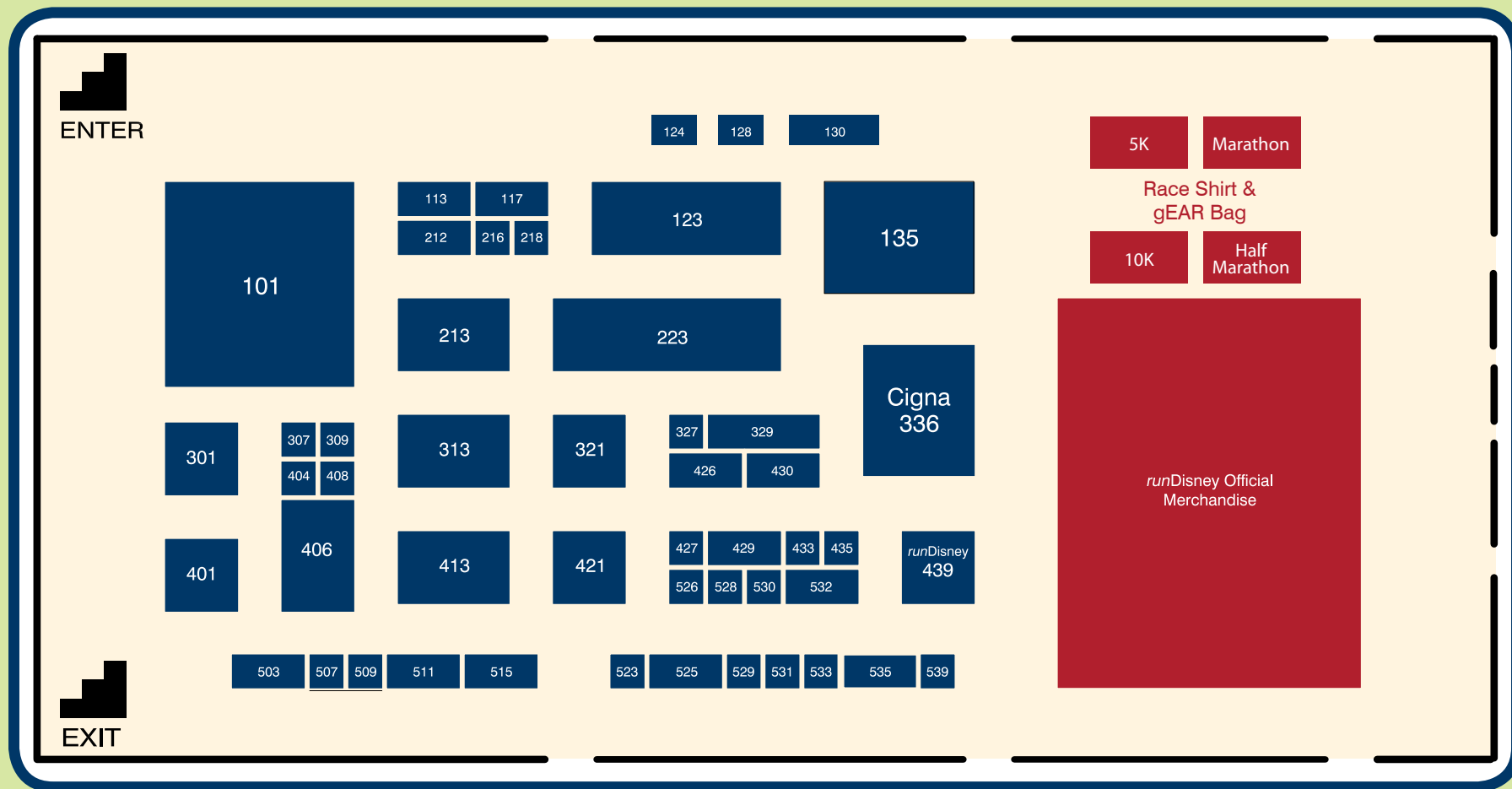
### C Champion® Stadium

- Kids Races Packet, Race Shirt & gEAR Bag Pick-Up
- Cigna Inspiration Station
- Runner Tracking
- Exhibitors
- Dooney & Bourke Items
- Florida Hospital Celebration Health

### F Field 17

- Mickey Mile Start and Staging Area

# Expo Floorplan & Exhibitors - Jostens® Center



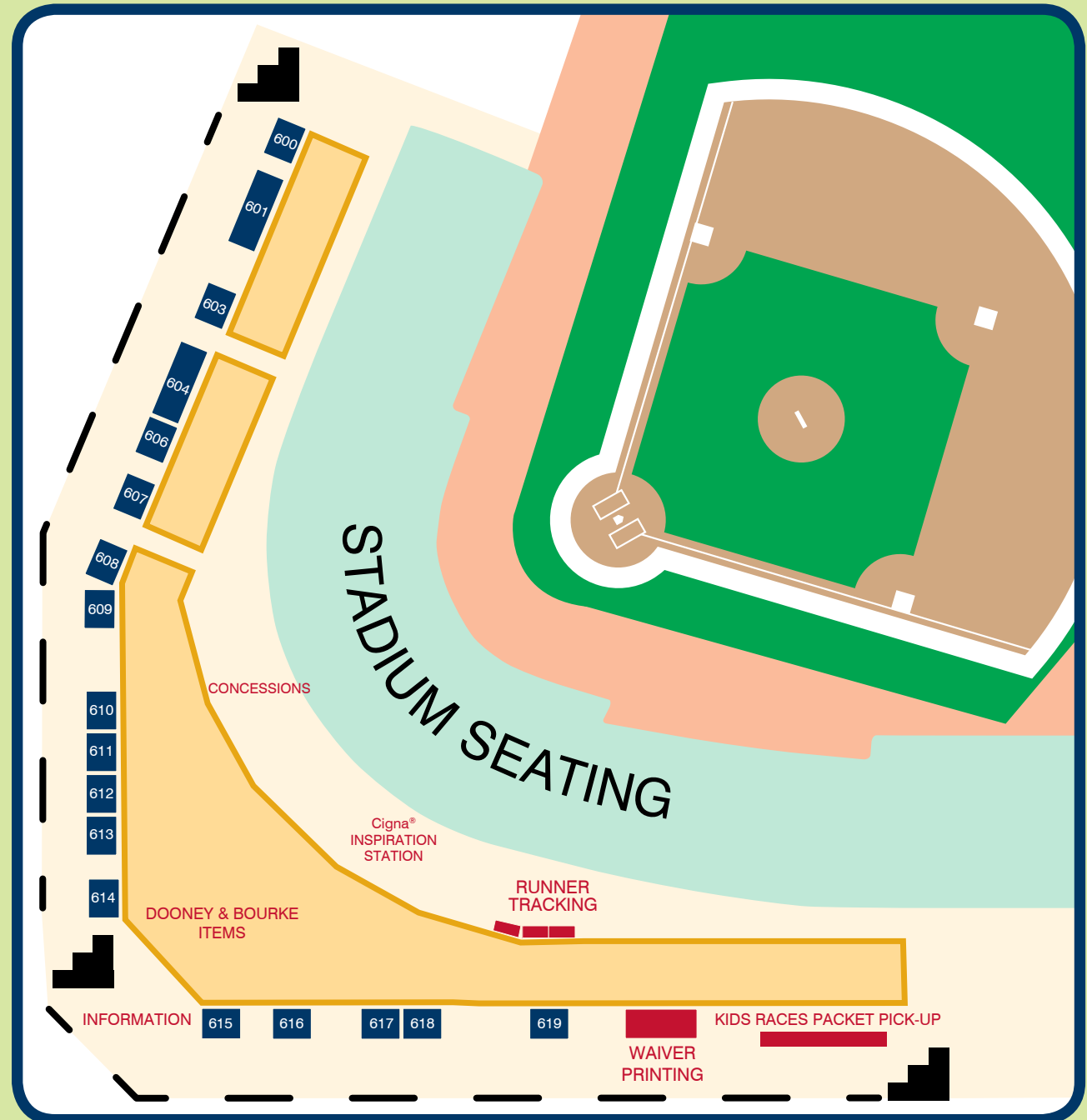
EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
Active Sol Eyewear	327	Clif Bar	421	KT Tape	523	Snuggbuds Sports Headsets	433
AllWhites	533	Coolcore / Mission Athletecare	511	Lasting Commemoratives	113	SPIbelt	529
Armpocket	515	Curl by Sammy Duvall	218	Lift Your Sole	128	Sport Hooks	530
ASICS	406	CW-X	507	MarathonFoto	130	Sweaty Bands	212
AT&T	430	Dannon	539	Mizuno USA	301	The Stick	503
Balega International	307	Disney Vacation Club	532	New Balance	101	Thorlo	509
BeeCause Charms	528	Feetures!	309	One More Mile	321	Track Shack	313
Bondi Band	427	Fit2Run	123 & 223	Polar Electro	124	Transitions	426
Brooks Running	413	Fitletic	329	Raw Threads	213	yurbuds	216
CEP Compression	404	Florida Hospital Celebration Health	401	Rock 'n' Roll Marathon Series	531	Zoot	535
Champion	135	Fond Memories	435	runDisney	439		
Chiquita	117	Garmin	408	RunGirlRun	429		
Cigna	336	INKnBURN	525	Running Skirts	526		

## Expo Floorplan & Exhibitors - Champion® Stadium

### Be sure to visit the Champion® Stadium Expo for:

- Kids Races Packet & Race Shirt Pick Up
- Cigna® Inspiration Station – make a cheer card to support your runner
- Runner Tracking – sign up to receive live results for the full and half marathon
- Dooney & Bourke items
- Florida Hospital Celebration Health (upper level)
- And to check out the Exhibitors listed below

EXHIBITOR	BOOTH
ACE Brand (3M Company)	609
Altra	601
Bondi Band	619
Daytona Beach Half Marathon	618
Düsseldorf Marathon	606
Flip Belt	608
Mexico City Marathon	612
Power Crunch	610
Racer USA	603
RooSport	617
Runner's World Race Series	613
Sparkle Athletic	611
Sparkly Soul	616
TEAM 413	614
US Road Sports	604





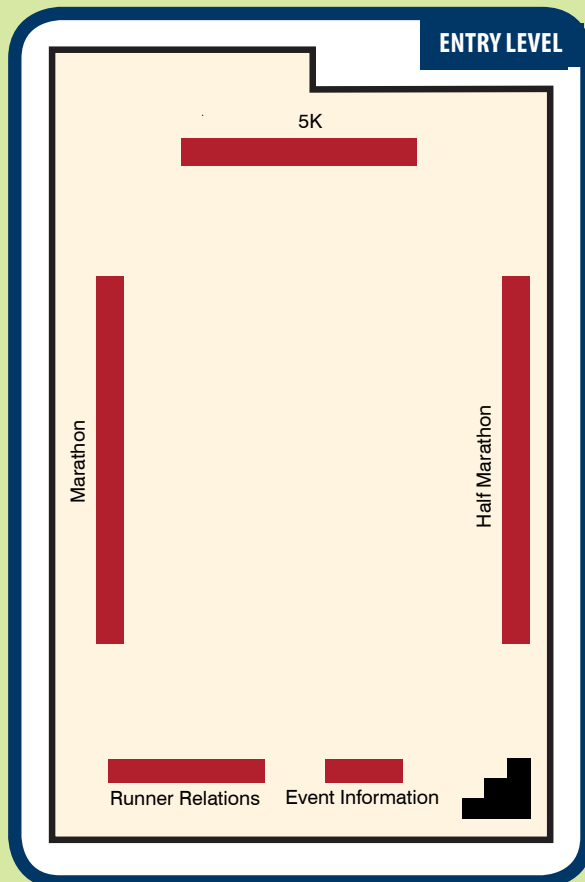
# Expo Floorplan - HP Field House

## Be sure to visit the HP Field House Expo for:

- Packet Pick-Up
- Goofy's Race and a Half Challenge Shirt & gEAR Bag Pick-Up
- Dopey Challenge Shirt & gEAR Bag Pick-Up
- ChEAR Squad Package Pick-Up
- Breakfast Package Pick-Up
- Commemorative & Pre-Purchase Item Pick-Up
- runDisney Official Merchandise

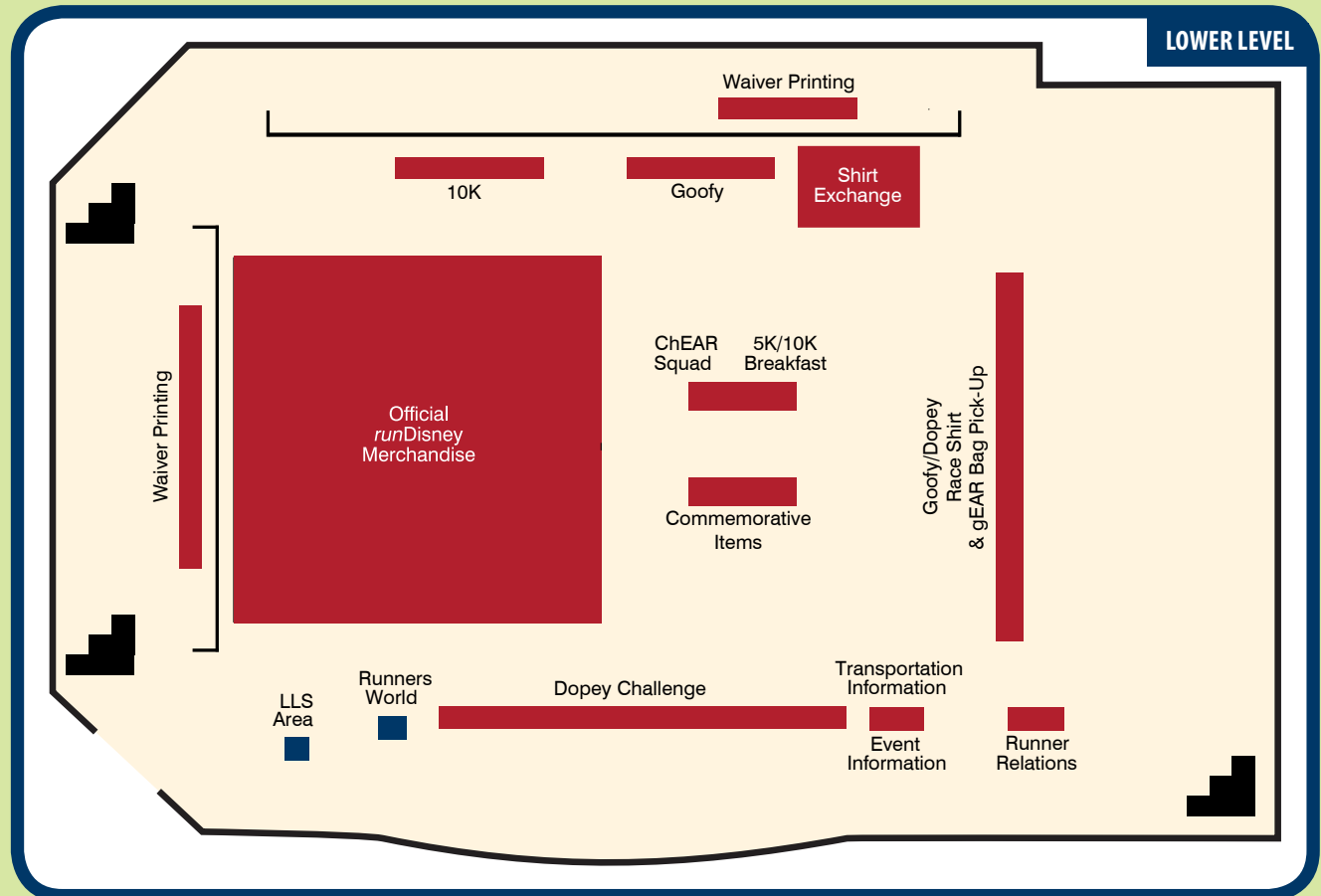
## ENTRY LEVEL

- 5K Packet Pick-Up
- Marathon Packet Pick-Up
- Half Marathon Packet Pick-Up
- Runner Relations Booth



## LOWER LEVEL

- 10K Packet Pick-Up
- Goofy's Race and a Half Challenge Packet Pick-Up
- Dopey Challenge Packet Pick-Up
- runDisney Official Merchandise
- Goofy's Race and a Half Challenge and Dopey Challenge Race Shirt & gEAR Bag
- ChEAR Squad Package Pick-Up
- Breakfast Package Pick-Up
- Commemorative & Pre-Purchase Item Pick-Up



# Expo Speaker Series

(All sessions moderated by Creigh Kelley)

## WEDNESDAY, JANUARY 8, 2014

### Noon

#### **Train Your Brain Presented by Cigna®**

They say success is part perspiration and part inspiration. Flex your mental muscle in this session led by Dr. Tony Massey and Dr. Stuart Lustig, who will teach you how to use distraction and mental visualization techniques to reach your endurance goals.

### 1:00 p.m.

#### **Good Form Running Clinic Presented by New Balance**

In this Good Form Running Clinic, a New Balance expert will teach you the four crucial elements to turn running into a more enjoyable (and less painful) experience. Bring your running shoes because this session involves some “feet on” learning.

### 2:00 p.m.

#### **Dopey Challenge Information For Runners and Spectators**

##### **runDisney Panel**

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the Dopey Challenge. We've lined up the race director, course director and spectator experts to share all the important details and they'll also take some time to answer questions from the crowd in an interactive Q&A session.

### 3:00 p.m.

#### **Sports Bra Science 101 Presented by Champion®**

Every woman knows finding the perfect sports bra is one of life's greatest challenges. You'll be able to beat the bounce and banish chafing after attending this session with LaJean Lawson, PhD - global sports bra guru. She'll show you how to select the right bra for your body type and take you on a tour of the high-performance Champion® Athleticwear line.

### 4:00 p.m.

#### **Dopey Challenge Strategy Panel**

If you're running the inaugural Dopey Challenge, this is a session you would be Dopey to miss. Come get tips from our professional Dopey Challenge panel including our runDisney nutritionist, seasoned runner Bart Yasso, as well as running coach Jenny Hadfield...the only one missing is Snow White!

### 5:00 p.m.

#### **Don't Make Dopey Mistakes Presented by Clif**

We want you to make your way to the finish line Happy – not Sleepy, Grumpy or Bashful. The Clif Bar Pace Team will help you get there by sharing some Dopey pacing mistakes and what you can do to avoid them.

### 6:00 p.m.

#### **Stay Strong to the Finish**

##### **Jeff Galloway, Official runDisney Training Consultant**

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

## THURSDAY, JANUARY 9, 2014

### 10:00 a.m.

#### **Good Form Running Clinic Presented by New Balance**

In this Good Form Running Clinic, a New Balance expert will teach you the four crucial elements to turn running into a more enjoyable (and less painful) experience. Bring your running shoes because this session involves some “feet on” learning.

### 11:00 a.m.

#### **Catch up with Technology presented by Cigna**

How can video games, social networks and technology tools improve your running? Join Cigna's team of exercise technology experts to find out. They'll share the latest virtual toys and techniques being used to help real runners stay motivated and reach their goals - then they'll answer questions from the crowd, so be sure to bring yours!

### Noon

#### **Information For Runners and Spectators**

##### **runDisney Panel**

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the 10K, Half Marathon, and Marathon Courses. We've lined up the race director, course director and spectator experts to share out all the important details; they'll also take some time to answer questions from the crowd in an interactive Q&A session.

### 1:00 p.m.

#### **Tips and Tricks to Prepare for Race Day**

Join Betsy Hughes, Jenny Hadfield, and John Bingham as they discuss topics like what to wear, how to refuel, and race strategy, this session will prepare you for your best race day yet!

### 2:00 p.m.

#### **Sports Bra Science 101 Presented by Champion®**

Every woman knows finding the perfect sports bra is one of life's greatest challenges. You'll be able to beat the bounce and banish chafing after attending this session with LaJean Lawson, PhD - global sports bra guru. She'll show you how to select the right bra for your body type and take you on a tour of the high-performance Champion® Athleticwear line.

# Expo Speaker Series

(All sessions moderated by Creigh Kelley)

**3:00 p.m.**

## **Fuel Your Run**

**Tara Gidus, Official *runDisney* Nutritionist**

Tara will teach you how to maintain proper nutrition during your training – as well as and what to eat before, during and after your *runDisney* race.

**4:00 p.m.**

## **Change Your Life One Step at a Time**

**Ali Vincent, First Female Winner of “The Biggest Loser”**

Maybe some of your habits could use some fine tuning. To change the equation and create a different result is not changing who you are, but simply shifting or changing one thing. Who you are is perfect!

**5:00 p.m.**

## **A Reason to Run**

**Dick Beardsley, Dave McGillivray, & John Bingham**

Boston Marathon Race Director Dave McGillivray and American long-distance runner Dick Beardsley have some serious experience under their belt. Join them as they share their inspirational stories and take away some extra motivation to help you cross the finish line.

**6:00 p.m.**

## **Stay Strong to the Finish**

**Jeff Galloway, Official *runDisney* Training Consultant**

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

**FRIDAY, JANUARY 10, 2014**

**10:00 a.m.**

## **Stay Strong to the Finish**

**Jeff Galloway, Official *runDisney* Training Consultant**

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

**11:00 a.m.**

**Learn from an Olympian Presented by Cigna® featuring Hunter Kemper**

Four-time Olympic Triathlete Hunter Kemper will discuss running techniques that can enhance your performance and expedite your recovery time.

**Noon**

## **Information For Runners and Spectators**

***runDisney* Panel**

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the Half Marathon and Marathon Courses. We've lined up the race director, course director and spectator experts to share out all the important details; they'll also take some time to answer questions from the crowd in an interactive Q&A session.

**1:00 p.m.**

**Sports Bra Science 101 Presented by Champion®**

Every woman knows finding the perfect sports bra is one of life's greatest challenges. You'll be able to beat the bounce and banish chafing after attending this session with Lajeane Lawson, PhD - global sports bra guru. She'll show you how to select the right bra for your body type and take you on a tour of the high-performance Champion® Athleticwear line.

**2:00 p.m.**

**Good Form Running Clinic Presented by New Balance**

In this Good Form Running Clinic, a New Balance expert will teach you the four crucial elements to turn running into a more enjoyable (and less painful) experience. Bring your running shoes because this session involves some “feet on” learning.

**3:00 p.m.**

## **Fuel Your Run**

**Tara Gidus, Official *runDisney* Nutritionist**

Tara will teach you how to maintain proper nutrition during your training – as well as and what to eat before, during and after your *runDisney* race.

**4:00 p.m.**

**Runner's World Challenge Strategy Session**

**Bart Yasso, Jen Van Allen, and Jeff Dengate**

Runner's World and *runDisney* have teamed up to put together some helpful tips to make your race day Magical! Covering topics such as what to wear, how to refuel and race strategy, this session will prepare you for your best race day yet!

**5:00 p.m.**

## **A Reason to Run**

**Dave McGillivray, Dick Beardsley, John Bingham, & Ali Vincent**

American long-distance runners Dick Beardsley and Dane Rauschenberg, author and Columnist John Bingham, along with “Biggest Losers,” first female winner Ali Vincent have some serious experience under their belt. Join them as they share their inspirational stories, and take away some extra motivation to help you cross the finish line.



SATURDAY, JANUARY 11, 2014

11:00 a.m.

### Sports Bra Science 101 Presented by Champion®

Every woman knows finding the perfect sports bra is one of life's greatest challenges. You'll be able to beat the bounce and banish chafing after attending this session with LaJean Lawson, PhD - global sports bra guru. She'll show you how to select the right bra for your body type and take you on a tour of the high-performance Champion® Athleticwear line.

Noon

### Information For Runners and Spectators runDisney Panel

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the Marathon Course. We've lined up the race director, course director and spectator experts to share out all the important details; they'll also take some time to answer questions from the crowd in an interactive Q&A session.

1:00 p.m.

### Stay Strong to the Finish

#### Jeff Galloway, Official runDisney Training Consultant

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

2:00 p.m.

### A Reason to Run

#### Dave McGillivray, Dick Beardsley, John Bingham, and Ali Vincent

Boston Marathon Race Director Dave McGillivray, American long-distance runner Dick Beardsley, the 2004 winner of the Walt Disney World® Marathon Matt Dobson, with author and columnist John Bingham have some serious experience under their belt. Join them as they share their inspirational stories, and take away some extra motivation to help you cross the finish line.

3:00 p.m.

### Fuel Your Run

#### Tara Gidus, Official runDisney Nutritionist

Tara will teach you how to maintain proper nutrition during your training – as well as and what to eat before, during and after your runDisney race.

By Tara Gidus, MS, RD, CSSD, LD/N • Official Dietician for runDisney

1

Training isn't just a way to log miles; it's the perfect time to practice your race day nutrition strategy. Find what works and stick with it, wherever your running shoes take you!

2

A heavy meal the night before the race can weigh you down. Research your dining options before you go to pick a restaurant that meets your needs and will help you meet your race day goals.

3

Start race morning right with a well-balanced pre-race meal consisting mostly of carbohydrates for fuel, some protein to keep you full and limit fat, which can make you feel sluggish.

4

Know your corral start time so you can time your pre-run snack for an optimal boost of energy before you cross the start line!

5

Make those miles extra magical with proper refueling during the run. This will keep you hydrated and give you the energy to finish smiling!

6

You're Goofy if you don't hydrate properly. Aim for 4 to 8 oz of fluid every 15-20 minutes. Check out a race map ahead of time to familiarize yourself with hydration locations.

7

"Hitting the wall" happens when your body has used up its glycogen stores and your blood sugar starts to drop. Replenish your glycogen on the course with sports drinks, gels, beans, blocks or other forms of simple sugars regularly so that you can power through that wall.

8

Don't be Dopey and forget to refuel after your race. Proper recovery rebuilds muscles and prevents soreness, which becomes even more essential if you're running multiple days in a row!

9

Pamper yourself after you log the long miles by filling your plate with anti-inflammatory foods like salmon, tuna, kale, spinach, oranges, strawberries, and blueberries.

10

Stay hydrated after the race, eat carbohydrates to refuel and add in some protein to rebuild your muscles so you have the energy needed for an evening trip into your favorite Disney Park, wearing your finishers medal of course!



## Pasta in the Park Party

### PASTA IN THE PARK PARTY

Thursday, January 9, 2014

Friday, January 10, 2014

Saturday, January 11, 2014

**Buffet Dinner 7:00 p.m. – 8:30 p.m.**

***IllumiNations: Reflections of Earth***

**9:00 p.m.**

**Location: World ShowPlace Pavilion  
inside Epcot®**

Start off your 2014 *Walt Disney World®* Marathon Weekend by joining us for the Pasta in the Park Party at *Epcot®*! This event is a great way to relax and be entertained before your big race. Tickets are not interchangeable by day; date purchased must be the date attended.

### **Pasta Party Ticket Pick Up Information for Guests who selected Will Call Pick Up**

Tickets will be mailed to you prior to the event unless you selected Will Call Pick Up. If you purchased Pasta Party Ticket and selected Will Call Pick up, you will need to pick up your Pasta Party ticket at the ESPN Wide World of Sports Welcome Center during Disney's Health & Fitness Expo hours. Upon arrival, at the ESPN Wide World of Sports, look for signs labeled Will Call.

You need the below in order to receive your tickets at the Disney's Health & Fitness Expo:

- A printed copy of your order confirmation
- A valid photo ID (i.e. driver's license, passport, or Military I.D.).

If you selected a shipping option, your tickets cannot be picked up as a Will Call order.

### **Directions to World ShowPlace Pavilion and Reserved Viewing Location for *IllumiNations: Reflections of Earth***

- The World ShowPlace Pavilion is located directly between the Canada and United Kingdom Pavilions inside *Epcot®*. Between the two

Pavilions a gate will be open that will take you to World ShowPlace Pavilion. Please show the attendant at the entrance to the Pasta Party your ticket. The attendant will give you a wrist band that you will need to wear for the remainder of the party. At 8:30 p.m., you will be lead to a reserved viewing location for *IllumiNations Reflection of Earth*. This wristband will also serve as your ticket into the reserved viewing location.

### **The Pasta in the Park Party at the *Walt Disney World®* Marathon Weekend features:**

- Buffet pasta dinner and dessert at the World ShowPlace Pavilion inside *Epcot®*
- Cash Bar
- Disney character appearances
- Live DJ
- Reserved viewing location of *IllumiNations: Reflections of Earth*, a mesmerizing fireworks, laser and water show

Tickets do not include activities/events separately priced. Tickets are subject to availability. All prices are in US dollars. Ticket orders are not accepted until confirmed with confirmation number. All prices are subject to change without notice before acceptance of your order. Pasta in the Park Party elements, including but not limited to participating locations, menus, attractions and entertainment are subject to availability, and may change or be canceled without notice. Standard *Epcot®* Theme Park admission tickets will not allow Guests to attend the Pasta in the Park Party. Entry into *Epcot®* before 7:00 p.m. will require a Theme Park ticket. Tickets are valid only during the specific event date and hours for ticket purchased and are not interchangeable. Tickets are non-transferable and non-refundable.

*\*Subject to availability and subject to change without notice*



## Load up. Maintain. Replenish.

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

## Family Reunion Breakfast

### Breakfast Packet Pick-Up

Pick up your Family Reunion Breakfast package on the main floor of the HP Field House at Disney's Health & Fitness Expo. Look for the booth labeled Family Reunion Breakfast. If you do not pick up your package at the Expo, you will not be able to access the Family Reunion Breakfast on race day. You will need to show your Photo ID to pick up your package. For additional packet pick-up information, please view page 12.

### Schedule & Reminders

#### 5K Family Reunion Breakfast

Thursday, January 9, 2014  
7:00 a.m. – 9:00 a.m.  
Epcot®

#### 10K Family Reunion Breakfast

Friday, January 10, 2014  
7:00 a.m. – 9:00 a.m.  
Epcot®

### Location & Access

The Family Reunion Breakfast Tent is a very large, white tent located in the Family Reunion (Wonder Lot) area at Epcot®. When you pick up your Family Reunion Breakfast package at the Expo, you will receive a wristband. The wristband must be worn at all times to gain entry into the tent.

### Character Greetings

Disney characters will make appearances in designated photo locations throughout the Family Reunion Breakfast on Thursday and Friday.

*Tickets are non-refundable and can only be used for date of purchased event. Menu items are subject to change without notice. All the above is subject to availability. Children under 3 are free.*

Walt Disney World® Marathon Weekend Event Transportation has been arranged for those staying at select Event Host Resorts. Buses will be indicated by event transportation signs placed in the front windows and will run every 20 minutes from Walt Disney World® Resort Hotels after the 5K and 10K from 7:00 a.m. – 9:00 a.m. Any Guests leaving after 9:00 a.m. can use existing Epcot® transportation to return to their Event Host Resort. **Guests not staying at an Event Host Resort will need to provide their own transportation.**

*\*Subject to availability and subject to change without notice*

## Race Retreat

### Schedule & Reminders

**Saturday, January 11, 2014**  
**Epcot®**

**3:30 a.m. to 10:30 a.m.**

- 3:00 a.m. to 5:00 a.m. – Runner's Only with a continental breakfast
- 5:30 a.m. – Tent Opens to Platinum ChEAR Squad guests
- 7:30 a.m. – 10:00 a.m. – Brunch service

**Sunday, January 12, 2014**  
**Epcot®**

**3:00 a.m. to 2:30 p.m.**

- 3:00 a.m. to 5:00 a.m. – Runner's Only with a continental breakfast
- 5:30 a.m. – Tent Opens to Platinum ChEAR Squad guests
- 9:30 a.m. – 2:00 p.m. – Brunch service

The Race Retreat will be open to Platinum level ChEAR Squad members during the above timeframes.

### Location & Access

The Race Retreat is a very large, white tent located in the Family Reunion (Wonder Lot) area at Epcot®. When you pick up your Race Retreat package at the Expo, you will receive a wristband. The wristband must be worn at all times to gain entry into the tent.

Only race participants will be allowed in the tent from 3:00 a.m. to 5:30 a.m. If your friends and family purchased the Platinum level of the ChEAR Squad, they will be able to gain access to the Race Retreat at 5:30 a.m.

### Live Results

Computers will be available for you to check your results after the race.

### Information Station

Looking for information about the race? An Information Volunteer will be stationed inside Race Retreat and will be able to answer your questions about Marathon Weekend.

### Character Greetings

Disney characters will make appearances at Race Retreat in designated photo locations throughout the day on Saturday and Sunday.

### Restroom & Changing Tents

Private portable restroom facilities and hand wash stations are available to runners who purchased Race Retreat package. Changing tents will also be available and are located in the restroom area.

### Massage & Self-Treatment Station

Florida Hospital will be in The Race Retreat providing post-race massages and a self-treatment station with ice and other medical supplies for treatment of minor injuries. A post-race massage is available on a first-come, first-served basis and is \$10 for 10 minutes. Cash or check only please. In addition, a padded stretching area will be available before the race.

*\*Subject to availability and subject to change without notice*





## Schedule

- 10:00 a.m. New Balance Track and Field opens, warm up begins
- 10:50 a.m. 100m Dash participants (1-3 years old) meet at green start flags
- 11:00 a.m. 100m Dash Starts
- 11:10 a.m. 200m Dash participants (4-6 years old) meet at yellow start flags
- 11:20 a.m. 200m Dash Starts
- 11:30 a.m. 400m Dash participants (7-8 years old) meet at blue start flags
- 11:40 a.m. 400m Dash Starts
- 12:00 p.m. Diaper Dash Starts
- 12:15 p.m. Mickey Mile participants (13 & under) meet at white start flags
- 12:30 p.m. Mickey Mile Starts

Pre-registered children ages 13 and under can be a part of the runDisney Kids Races so they can earn a finisher medallion just like Mom or Dad. The races include the infant Diaper Dash, 100m, 200m, 400m, and the Mickey Mile.

Each age group will have its own start line, which will be color-coded for all parents to easily find. Each participant's bib number matches the starting flag for their distance. Make sure to wear the color-coded Kids Dash or 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. Any parents who wish to run with their children are encouraged to do so.

There will be multiple wave starts for all of the Dashes and Mickey Mile.

### Parent Claim Process

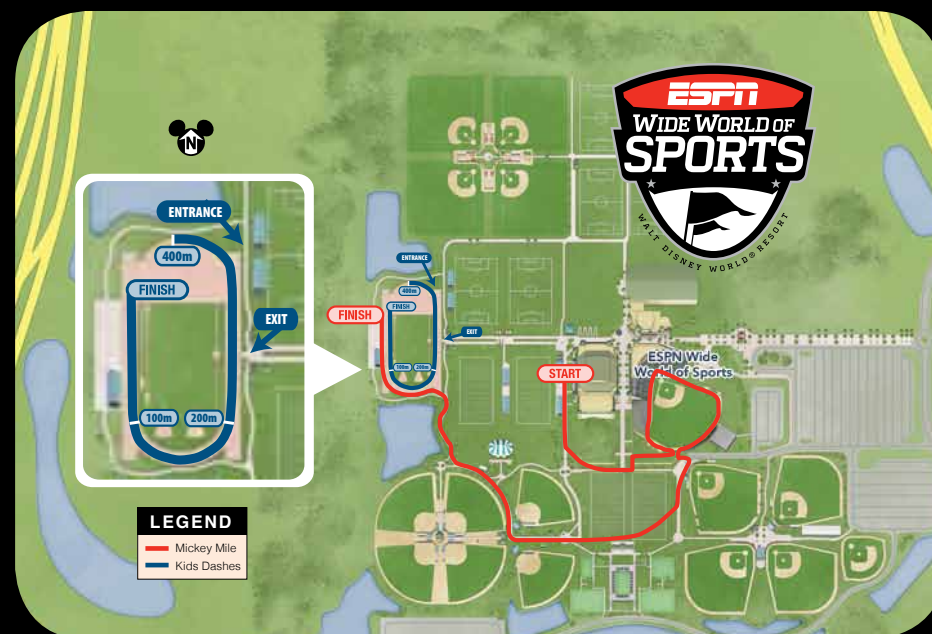
Each race bib will include a tear off tag with your child's race number on it. Please remove this tag from your child's bib prior to their race. Present this tag at the conclusion of the race in order to leave the secure finish area with your child.

### Timing/Race Results

Since everyone is a winner, none of the runDisney Kids Races will be scored. There will be no Race Results for the 400m, 200m, 100m, or Diaper Dash. The Mickey Mile will be timed and participants can view their race times online at [rundisney.com](http://rundisney.com).

### New Balance Track & Field Complex

11:00 a.m. on Thursday, January 9 • 11:00 a.m. on Friday, January 10  
11:00 a.m. on Saturday, January 11



# Disney Family Fun Run 5K & Walt Disney World® 10K

## DISNEY FAMILY FUN RUN 5K

**Thursday, January 9**

Start: *Epcot*®

6:15 a.m. – Start

## WALT DISNEY WORLD® 10K

**Friday, January 10**

Start: *Epcot*®

5:30 a.m. – Start

### gEAR Bag Check

#### Disney Family Fun 5K

- Wonder Lot – *Epcot*®
- 5:00 a.m. to 9:00 a.m.

#### Walt Disney World® 10K

- Wonder Lot – *Epcot*®
- 4:15 a.m. to 9:00 a.m.

Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

### Corrals

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

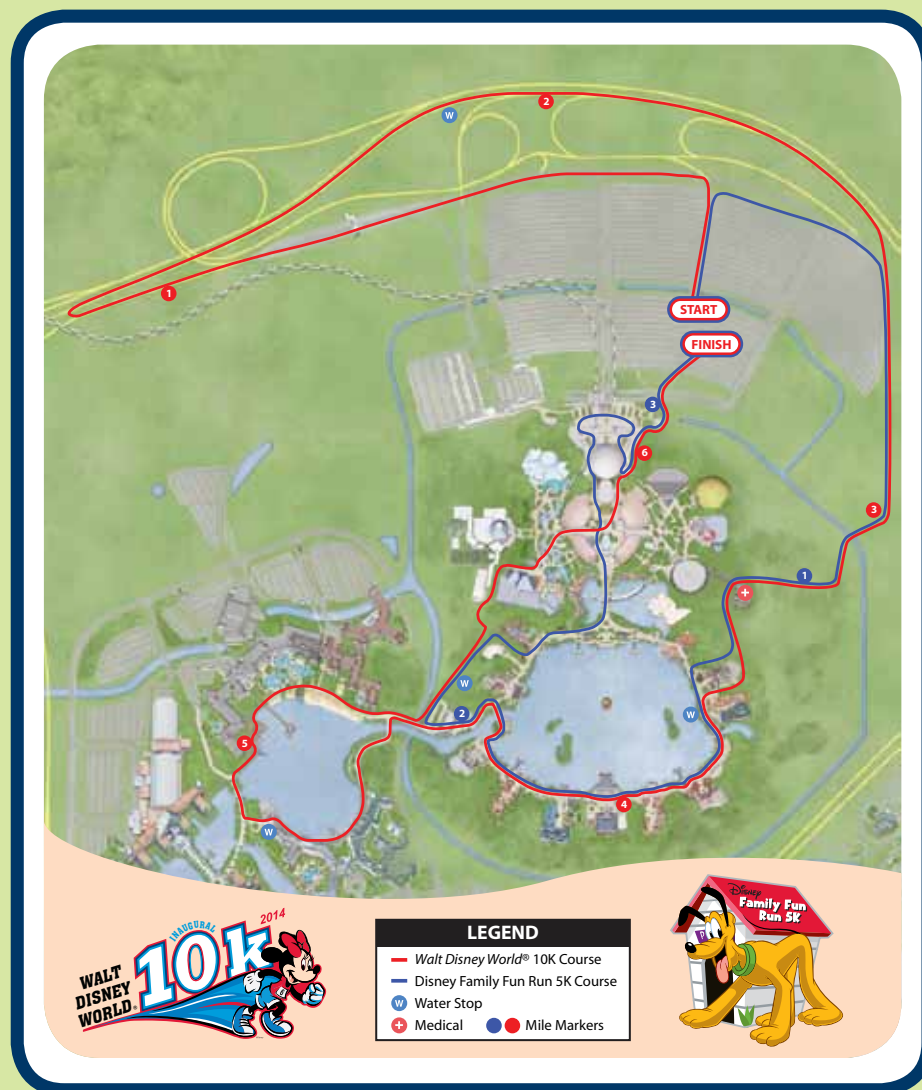
### Timing

Clocks will be located at every mile marker along the course. 10K participants will receive a race bib with your chronotrack B-Tag will be attached to the back. Do not remove, bend or break the chronotrack B-Tag. The chronotrack B-Tag records your official and net time. The net time is the time it takes you to get from the start line mats to the finish line mats and will be used to determine the scoring for awards. Please do not alter the chronotrack B-Tag in any way. Without the B-Tag, your time WILL NOT be recorded.



### Water And Medical Stops

There will be two water stops along the 5K course and three water stops along the 10K course, plus medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.



# Walt Disney World® Half Marathon & Marathon

**WALT DISNEY WORLD® HALF MARATHON  
PRESENTED BY CIGNA®**

## Saturday, January 11

Start: *Epcot*® Center Drive  
5:33 a.m. – Wheelchair Start  
5:35 a.m. – Start

**WALT DISNEY WORLD® MARATHON  
PRESENTED BY CIGNA®**

**Sunday, January 12**

Start: *Epcot*<sup>®</sup> Center Drive  
5:33 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.

## Restroom Facilities

Portable restroom facilities will be available in the staging area, on the course near the beverage stations and in the finish line area at *Epcot*®.

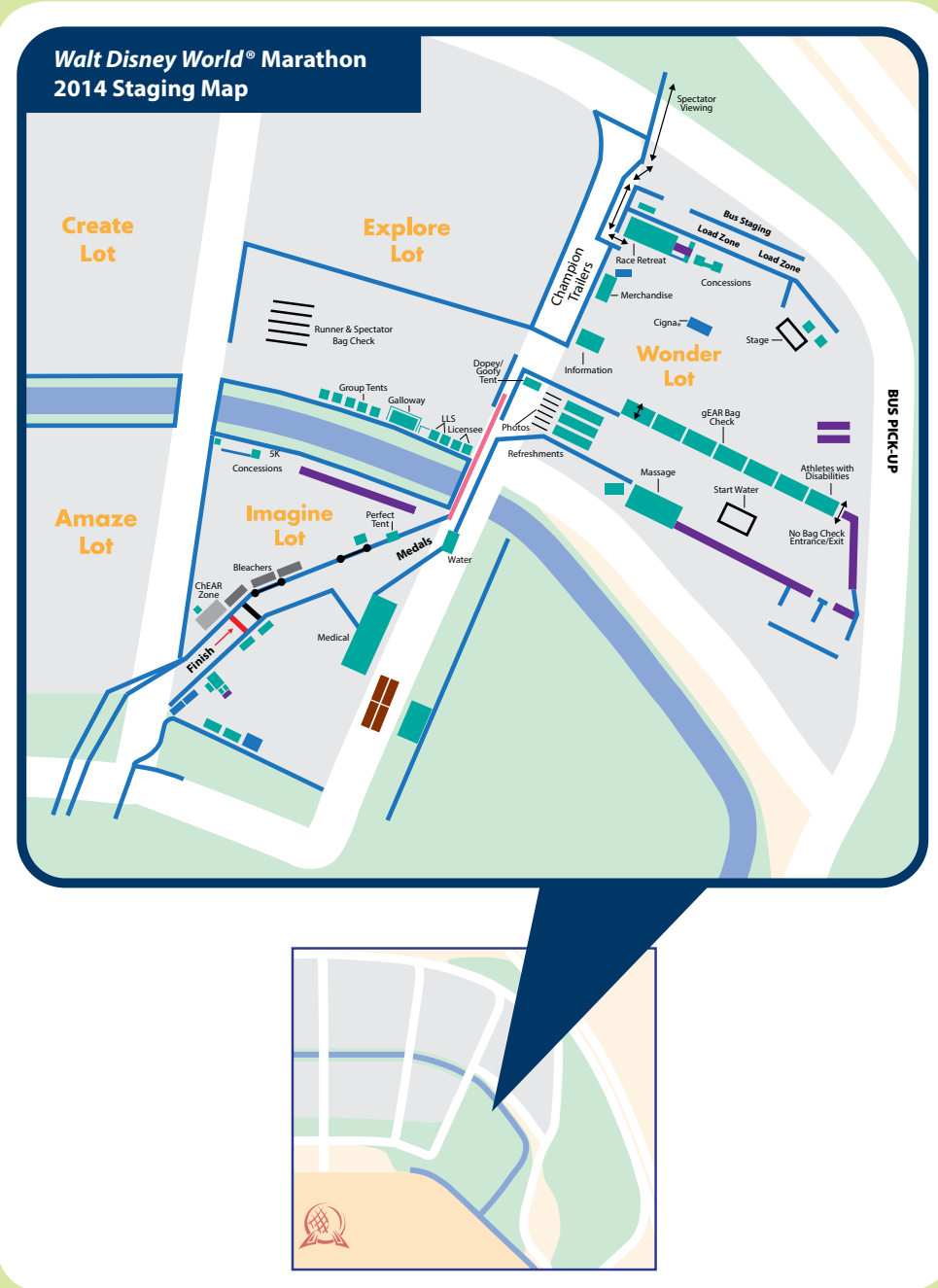
## gEAR Bag Check Half Marathon

- Wonder Lot – *Epcot*®
- 2:30 a.m. to 10:30 a.m.

## Marathon

- Wonder Lot – *Epcot*®
- 2:30 a.m. to 1:30 p.m.

Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.



# Walt Disney World® Half Marathon & Marathon

## Race Bibs

Each runner 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.

In order to receive an accurate time, please confirm that your bib is:

- Clearly visible on the front of the torso
- Unaltered and unmodified (do not fold or wrinkle)
- Pinned in all four corners
- Not covered with shirts, jackets, winter wear, etc

## Timing

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

## Participant Checklist

- Race bib with ChronoTrack B-Tag and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)
- Clear plastic drawstring gEAR bag with bag check sticker
- Pre-determined reunion location at Epcot® (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)

## 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®.

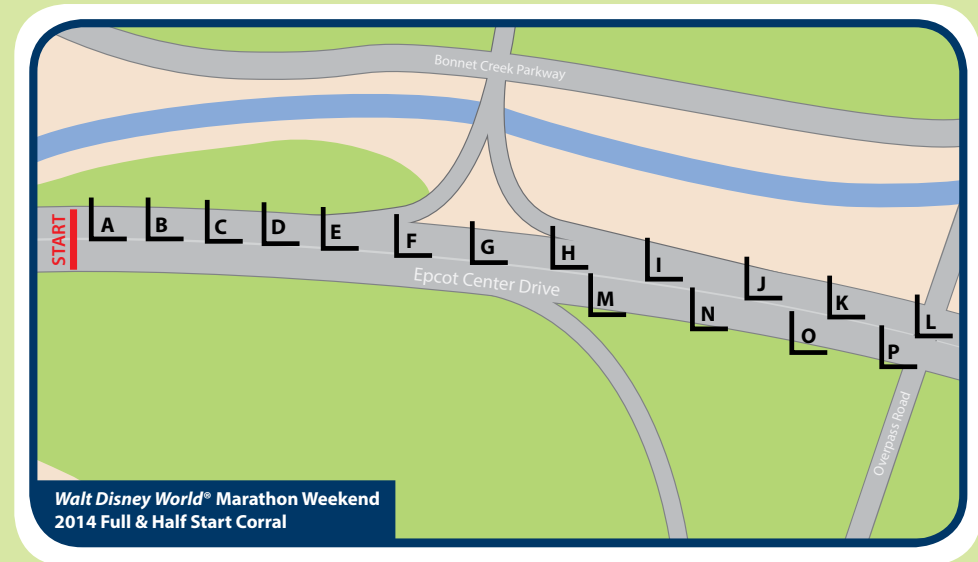
## Perfect Marathon

If you are a "Perfect Marathon" participant, please pick up your commemorative lanyard at the Perfect Tent located on the left side of the finish chute after you receive your finisher's medal.

## Corral

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at Epcot®. Runners who try to access

the start corrals from any area other than the Explore Lot at Epcot® are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.





## Challenges

### DOPEY CHALLENGE

After completing the 5K on Thursday, 10K on Friday, Half Marathon on Saturday, and Full Marathon on Sunday, please check in at the Dopey Challenge tent located after the Finish Line.

#### 5K

After completing the 5K, Dopey participants must visit the Dopey Challenge tent with your Dopey Challenge Bib to receive your "5K Finisher" wristband.

*\*Dopey Challenge Bib must be presented in order to receive the "5K Finisher" wristband.*

#### 10K

After completing the 10K, Dopey participants must visit the Dopey Challenge tent with your Dopey Challenge Bib and your "5K Finisher" wristband to receive your "10K Finisher" wristband.

*\*Both Dopey Challenge Bib and "5K Finisher" Wristband must be presented in order to receive the "10K Finisher" wristband.*

### Half Marathon

After completing the Half Marathon, Dopey Participants must visit the Dopey Challenge tent with their Dopey Challenge Bib and "10K Finisher" wristband to receive their "Half Marathon Finisher" wristband. \*Both Dopey Challenge Bib and "10K Finisher" wristband must be presented in order to receive the "Half Marathon Finisher" wristband.

### Full Marathon

After completing the Full Marathon, Dopey participants must visit the Dopey Challenge tent with their Dopey Challenge Bib and "Half Marathon Finisher" wristband to receive the prestigious Goofy Challenge medal AND the first ever Dopey Challenge medal to celebrate their accomplishment.

*\*Both Dopey Bib and "Half Marathon Finisher" wristband must be presented in order to receive the Goofy Challenge medal and Dopey Challenge medal.*

### GOOFY'S RACE AND A HALF CHALLENGE

After completing the Half Marathon on Saturday and the Full Marathon on Sunday, please check in at the Goofy Race and a Half Challenge tent located at the Finish Line.

### Half Marathon

After completing the Half Marathon, Goofy Participants must visit the Goofy Challenge tent with their Goofy Challenge Bib to receive their "Half Marathon Finisher" wristband.

*\*Goofy Challenge Bib must be presented in order to receive the "Half Marathon Finisher" wristband.*

### Full Marathon

After completing the Full Marathon, Goofy participants must visit the Goofy Challenge tent with their Goofy Challenge Bib and "Half Marathon Finisher" wristband to receive the prestigious Goofy Challenge medal and to celebrate their accomplishment.

*\*Both Goofy Bib and "Half Marathon Finisher" wristband must be presented in order to receive the Goofy Challenge medal.*

### Perfectly Goofy Participants

If you are a "Perfectly Goofy" participant, please pick up your commemorative lanyard at the Perfect Tent located on the left side of the finish chute after you receive your finisher's medal.

# 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

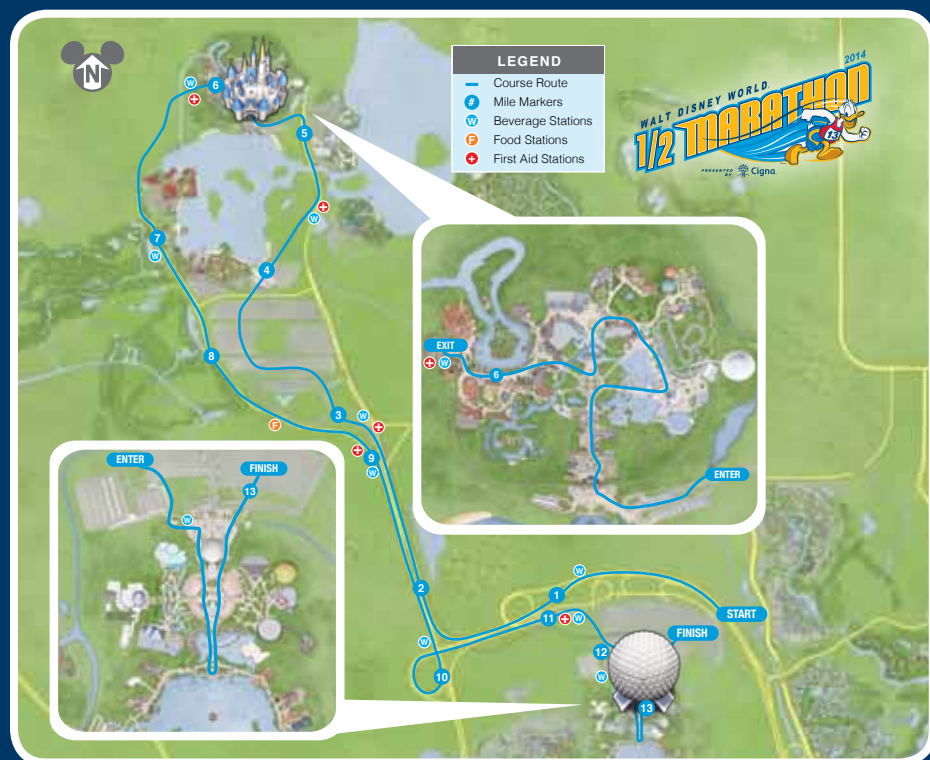
Your starting location will be determined by your assigned corral. The course will take Marathon participants to the *Magic Kingdom*® Park where they will pass through *Tomorrowland*® and *Cinderella Castle* before leaving the *Magic Kingdom*® Park. The course will then take the Marathon participants 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 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.



## Walt Disney World® 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. Clif 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](http://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.





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**STRONGHER**  
**FASTER**  
**LONGHER**

NEW CHAMPION® MARATHON SPORTS BRA.  
NO CHAFE. NO BULK. NO SWEAT.  
SO YOU CAN GO THE DISTANCE.  
VISIT [CHAMPIONUSA.COM/MARATHONSPOSBRA](http://CHAMPIONUSA.COM/MARATHONSPOSBRA)

PLAY LIKE A  
**Champion**

## Safety

### Safety Reminder

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

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at Epcot®. Runners who try to access the start corrals from any area other than the Explore Lot at Epcot® are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.

### Costumes

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

### Pacing Requirements

All participants must be able to maintain a 16-minute per mile pace throughout their 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.

### Weather

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

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

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

**Note:** Please consider not bringing unnecessary bags with you on race day. All items will be inspected.

## Race Etiquette

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the **Walt Disney World® Marathon Weekend** events.

- Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course but will keep you safe.
- Wear your race bib on the front of your shirt and SMILE! MarathonFoto photographers will be taking pictures of you throughout the race.
- Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.
- If you want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.
- Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, please start in the last corral.
- If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.
- Move to the side if someone behind you says “Excuse Me” or “Coming Through”.
- Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.
- When you are approaching the finish line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the race course and finish area is for registered participants and staff only.
- Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too. Please be courteous to those finishing behind you and take only one of each item.
- Celebrate! Thank your volunteers and have a great race!

## GAMING & HEALTH.

### In for the long run.

**Pac-Man, Donkey Kong, Mario Bros.** For those of us who grew up in the 80's and 90's, video games became a fun way to pass the time. But did they teach people to make healthy choices? Not so much.



Today, Americans live in the growing world of “gamification,” which in essence, turns something generally considered boring into a fun experience. Judging by growing statistics, most Americans don't like to exercise<sup>1</sup> and obesity has reached epidemic proportions.<sup>2</sup> If the health industry can make exercise and healthy choices fun and rewarding, big changes could be on the horizon.

For many, health-related gamification first came on the scene in 2006 with the entrance of the Nintendo Wii gaming system, namely Wii Fit. Today, mobile app makers and video game designers have helped expand this healthy revolution of gaming for people in all stages of health.

Some noteworthy players Cigna works with are Audax Health, BodyMedia, FitBit, MyFitnessPal and SocialWellth. Cigna's health partners focus on making health a fun and rewarding part of people's lives through fitness trackers and online mobile apps. In some instances, these tools can lead to healthy rewards – physical, mental and in the wallet.

But gamification is only just warming up. During the Walt Disney World® Marathon Weekend, be sure to check out the speaker series topic on gamification for fun, interactive activities that showcase this technology in action.

1. *Adult Participation in Aerobic and Muscle-Strengthening Physical Activities – United States, 2011*, Morbidity and Mortality Weekly Report, May 3, 2013, Centers for Disease Control and Prevention [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6217a2.htm?s\\_cid=mm6217a2\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6217a2.htm?s_cid=mm6217a2_w)
2. *Overweight and Obesity*, August 16, 2013, Centers for Disease Control and Prevention <http://www.cdc.gov/obesity/data/adult.html>

**GO YOU.**



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## runDisney Coast to Coast Race Challenge

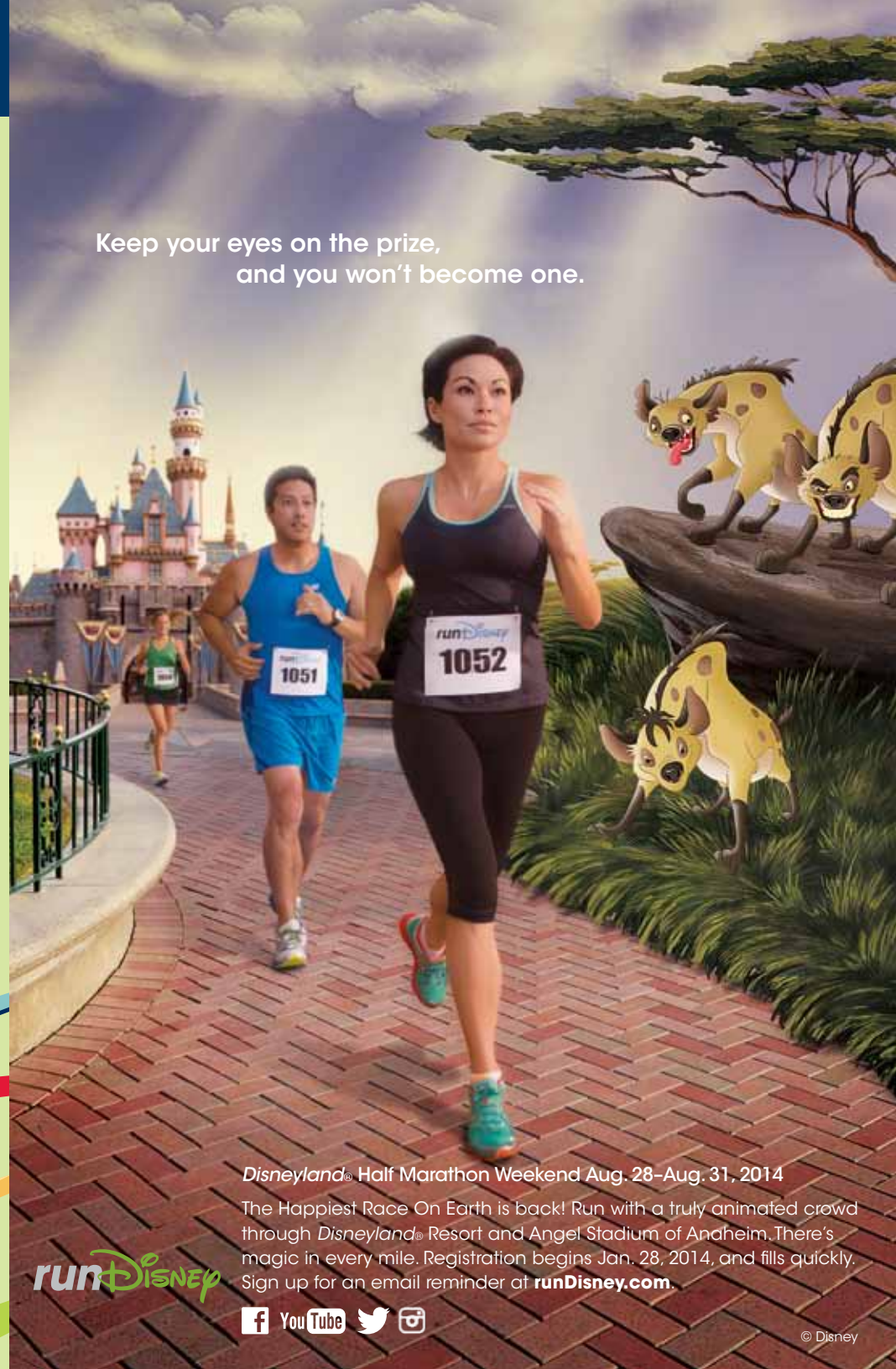
Do you want the ultimate test in endurance with a Disney twist? Then join the *runDisney* Coast to Coast Race Challenge! If you complete a marathon or half marathon at the *Walt Disney World*® Resort and the *Disneyland*® Resort in the SAME calendar year, then you will receive an additional medal commemorating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



Keep your eyes on the prize,  
and you won't become one.



*Disneyland*® Half Marathon Weekend Aug. 28–Aug. 31, 2014

The Happiest Race On Earth is back! Run with a truly animated crowd through *Disneyland*® Resort and Angel Stadium of Anaheim. There's magic in every mile. Registration begins Jan. 28, 2014, and fills quickly. Sign up for an email reminder at [runDisney.com](http://runDisney.com).

runDisney



© Disney



# Doing More Than One Event? Are You Goofy...or Dopey?

## Pacing and recovery strategy can help you outsmart fatigue and pain

By Olympian Jeff Galloway

Official training consultant, *runDisney*

There's a growing interest in entering more than one event during a race weekend. It started with "the Goofy" in which *Walt Disney World*® marathoners were offered the chance to run a half marathon the day before. *runDisney* awarded a medal for each event plus a special Goofy Medal for those who finished both. Because of the amazing interest in multi events in the same weekend, *runDisney* expanded the event offerings with a 5K on Thursday Jan. 9, a 10K on Friday Jan. 10, with the 13.1 on Saturday and the marathon on Sunday. Runners could enter one or all four. Those who decided to enter the "Dopey" (all 4) and finish all 4 will receive a medal for each plus the Goofy medal plus a "Dopey" medal for completing all of the above. Thousands who have only run one event per weekend have decided to run at least one other event.

So it's now race weekend and reality sets in. How do you minimize fatigue, aches and pains when you're running two or more events? (not to mention walking miles in the parks). By having a strategy, you can maintain control over your pacing and recovery. This can allow you to be strong to the end and enjoy all of the *Walt Disney World*® magic.

Plan your weekend. Note the days you will be running and then schedule your trips to the parks, meals and family time. Be sure to insert some quiet time in your room to savor the day's experiences and let the body re-charge, each day.

Most runners find that 2-3 hours of walking through parks is a good limit when you have a race (or races) to run. Taking 1-2 hours of rest breaks for meals or downtime, has allowed *runDisney* runners to achieve their goal while enjoying the various parks.

Last day. Focus on how you want to feel during your last race. Then, look at the other events you will be running and set up a pacing strategy for each. If you save resources early, you can have the energy you need on the last day. Being too aggressive early in the week can leave you feeling like you are "running on empty" at the end.

First Day: First timers should walk most of the event with a few easy running segments each mile. Keep telling yourself that you are saving energy to be strong later. Competitive runners take note: It is normal to run too fast without feeling that the pace is too fast.

### Dopey:

1. Running a 5K on Thursday is usually not a problem for most runners—but some walk breaks are recommended. Those entering their first multi event weekend should insert liberal walk breaks even in the 5K.
2. Experienced runners who run almost every day can probably run most of the 10K also, but with more walk breaks than during the 5K. Those who are used to 3 running days a week should walk most of the 10K.
3. Saturday's 13.1: I recommend walking as much as you can. Many runners have recorded personal records in the marathon the next day when they mostly walked on Saturday.
4. Sunday's Marathon: Be conservative during the first half. The resources you save will be available during the last 10K.

- Run/walk/run: The insertion of strategic walk breaks from the beginning has been the best way to lower fatigue buildup from one event to the other. Here's a guideline noting running segment first and walking segment second.

9 min/mi—4 min/1min or 2 min/30 sec,  
or 80 sec/20 sec, or 60 second/15 second

10 min/mi—3 min/1 min, or 90 sec/30 sec,  
or 60 sec/20 sec, or 45 sec/15 sec

11 and 12 min/mi—2 min/1min or  
60 sec/30 sec, or 40 sec/20 sec, or 30 sec/15 sec

13 and 14 min/mi—1 min/1 min or  
30 sec/30 sec, or 20 sec/20 sec, or 15/15

15 and 16 min/mi—30 sec/60sec, or  
20 sec/40 sec, or 15 sec/30 sec or 10 sec/20 sec

- Hydration: During every run, my "rule of thumb" is 2-4 oz of water every 2 miles. After each race, drink about 8 oz of water, juice or a sports drink, every hour for at least the first 6 hours.
- Blood sugar boosting during the run: 30-40 calories of sugar every two miles
- Reloading: Within 30 minutes of finishing a race, ingest some simple carbohydrates in the form of soft drinks, juice, sports drinks, sugar candy (gummi bears, lifesavers, sugar mints) or starch: bread, potatoes, rice. For 60 minutes after a race, avoid fat, or large ingestions of protein.

100 calories after a 5K

200 calories after a 10K

300 calories after a half or full marathon

- Eating throughout the day: Try to eat small or moderate, easily digestible snacks, about every 2-3 hours. Avoid fatty foods, high fiber, or any foods that have caused digestive issues.
- Blood sugar booster within 30 min before the start—if needed: Bring an extra portion of the blood sugar booster you use during the race. If you feel a drop in your blood sugar level, eat about 100 calories. If you have a belt pack that carries water, take 2-3 sips of water as you eat the sugar snack.

Subscribe to Jeff's free newsletter at [JeffGalloway.com](http://JeffGalloway.com)



## Post Race

### **The Cool Down Party at Downtown Disney®** **4:00 p.m. – 8:00 p.m. on Sunday,** **January 12**

You've worked hard and did your best during this year's Marathon weekend. Now, it's time to join family and friends for an evening of fun, relaxation, and good times at the Cool Down Party at *Downtown Disney*®. Enjoy delicious food, great music, and get a chance to pick up some last minute keepsake merchandise to remember the weekend. Admission to the Cool Down Party at *Downtown Disney*® is open to race participants, their guests and the public. Check out special offers\* from the following locations during the party:

BabyCakes	Paradiso 37
Blink	Planet Hollywood
Bongos Cuban Café™	Portobello
Curl	Raglan Road
Characters in Flight	Something Silver
<i>DisneyQuest</i> ®	Splitsville Luxury Lanes™
Earl of Sandwich	Sunglass Icon
Fit2Run	Wetzel's Pretzels
Fulton's Crab House	Wolfgang Puck®
Little MissMatched	

*\*Medals must be presented to receive discount. Discount and offers are valid only January 12, 2014 from 4:00 p.m. – 8:00 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. Check your i-Gift bag for more information about the offerings. Offer for medal holder only unless otherwise noted.*

### **Results**

All results will be posted on [runDisney.com](http://runDisney.com) the evening of the race.

### **Photos**

MarathonFoto photographers will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt. Please visit: **MarathonFoto.com** after the race to view your race photos. Photos usually take between 2-3 days to be loaded onto the website. You will need your race number to access your photos.

### **Finisher Certificates**

Participants who finish the Half Marathon or Marathon will be able to download a finisher certificate at **MyDisneyMarathon.com** approximately two weeks after the race.

### **Family Reunion Area**

The Family Reunion Area will have tents arranged alphabetically with large letter signs for easy identification.

### **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. We recommend the Family Reunion Area tents in alphabetical order.
- Have a back-up meeting location in place as well.

## Awards

### **Awards**

#### **Overall Half Marathon male, female and wheelchair winners**

Family Reunion Area  
Saturday, January 11, 2014  
8:30 a.m.

#### **Overall Marathon male, female and wheelchair winners**

Family Reunion Area  
Sunday, January 12, 2014  
9:30 a.m.

The following awards will be presented on-site at the Awards Ceremony. Please note, overall awards are based on Gun Time.

- **Top 3 Overall Male & Female Marathon/Half Marathon Finishers**
- **Top Overall Male & Female Marathon/Half Marathon Wheelchair Winners (push rim only)**

### **Individual Awards**

The following awards for both the 10K, 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)

*\*There are no individual awards for the 5K.*

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.



# YOU'RE ON A MAGICAL RUN

WE'RE HERE TO KEEP YOU IN THE RACE



You love sports. You love the thrill of competition, the sense of personal accomplishment and the simple joy of exercising with your family and friends. Unfortunately, injuries can sometimes knock you out of the race.

Florida Hospital Celebration Health delivers elite sports medicine to you and your family when you need it the most. As the official medical provider of runDisney, we know what it takes to help you overcome your injuries and bounce back stronger than before. You won't find a finer orthopaedic team of specialists offering the most advanced surgical techniques and state-of-the-art rehab and therapy services anywhere in the state of Florida.

**From first-time runners to first place finishers, we're here for you through every magical mile you run.**

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# RUNNING FOR GOLD

At Cigna, we nurture your individual strengths so you can achieve what matters most to you. To help you reach your full potential, we invited Hunter Kemper, four-time Olympic triathlete, to share his thoughts on running techniques.



## BY HUNTER KEMPER, four-time Olympic triathlete

The running portion of the triathlon in the Olympics has become the most important segment of the event. In fact, most of the races come down to the run. The saying in our sport has now become "running for gold." After competing in four Olympic triathlons, I've learned a lot about how to run more efficiently.

## HUNTER KEMPER'S RUNNING TIPS

### 1. Run with a high cadence.

It is very important that you have a high cadence, or quick leg turnover, when you run. Longer strides are less efficient and can lead to injury, particularly in the knees. When cycling, you need to have a cadence of 90 rpms or higher; the same goes for running. Even when you go for a slow jog, it is important to try and maintain 90 rpms.

### 2. Don't heel-strike, but instead, mid-foot strike.

The longer your foot is on the ground the slower your turnover will be. A good way to experience the proper way to strike the ground is to run barefoot on hard pavement for a short distance. When you run barefoot, I guarantee that you will run on the front halves of your feet, because it is painful to strike the pavement with your heel.

Make slow improvements with your foot strike because your calves will be very sore at first if you are doing this correctly.

### 3. Relax your shoulders.

A lot of runners tighten their shoulders, which takes up a lot of energy. Periodically, give yourself a mental reminder to relax your upper body. Practice by doing some shoulder shrugs before your run and during your run.

*I hope you can "run for gold" in whatever race you're training for.*

*May all your transitions be fast and smooth!*

— Hunter Kemper



Please be sure to visit Hunter Kemper at the Cigna booth at the Walt Disney World Marathon Weekend Expo on Friday, January 10 and Saturday, January 11 to learn more. GO YOU!

## GO YOU.®



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## Get Social

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



Become a Fan at:  
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## ChEAR Squad

### CHEAR ZONE SCHEDULE & REMINDERS

Only ChEAR Squad members who purchased a Gold or Platinum ChEAR Squad package will have access to the ChEAR Zones. You must wear the wristband you picked up with your package at the Expo. You will not be admitted into the ChEAR Zones without the wristband. The ChEAR Zones will be open to Gold and Platinum level members only during the following times:

#### ChEAR Zone #1

*Magic Kingdom®* Park at Cinderella Castle  
(Mile 5.7 for the Half Marathon / Mile 5.7 for the Full Marathon)

#### Saturday, January 11 & Sunday, January 12, 2014

5:30 a.m. – ChEAR Zone #1 opens  
8:15 a.m. – Approximate time ChEAR Zone #1 closes

ChEAR Zone #1 is a reserved viewing location only. It does not include seating, beverages, or private portable restroom facilities. You will NOT need a theme park ticket to access *Magic Kingdom®* Park. You will, however, need to show your wristband to access the ChEAR Zone.

Directions to ChEAR Zone #1 from *Epcot®*:

Note: The travel time to the *Magic Kingdom®* Park from *Epcot®* is approximately 42 minutes.

Walk from the start area to the monorail station at *Epcot®* and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp and follow the overhead signs for the

monorail to *Magic Kingdom®* Park. After arrival at the *Magic Kingdom®* Park/Main Street U.S.A. exit the platform. Proceed through the Main entrance of *Magic Kingdom®* Park and once inside, proceed down Main Street U.S.A. toward Cinderella Castle.

#### ChEAR Zone #2

*Epcot®* Imagine Lot  
(Finish Line for the Half Marathon / Finish Line for the Full Marathon)

#### Saturday, January 11, 2014

6:00 a.m. – ChEAR Zone #2 opens  
10:30 a.m. – ChEAR Zone #2 closes

#### Sunday, January 12, 2014

6:00 a.m. – ChEAR Zone #2 opens  
2:30 p.m. – ChEAR Zone #2 closes

ChEAR Zone #2 is a reserved viewing location at the Finish Line. It includes seating, beverages, private portable restroom facilities, and hand washing stations. You will need to show your wristband to access the ChEAR Zone.

Directions from ChEAR Zone #1 to ChEAR Zone #2 at *Epcot®*:

Note: The estimated travel time from *Magic Kingdom®* Park to *Epcot®* is 42 minutes.

After your runner has passed by, make your way back to the Transportation and Ticket Center. Walk up the ramp for the monorail to *Epcot®* and ride the monorail to the monorail platform at *Epcot®*. Upon arriving at *Epcot®*, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on your right.



# Spectator Viewpoints

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 10K, Half Marathon and Marathon participants with runner tracking available on [runDisney.com](http://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.

## Disney Family Fun Run 5K Only Spectator Viewpoints

Start	<i>Epcot</i> ®	6:14 a.m. - 6:45 a.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot
Finish - Mile 3.1	<i>Epcot</i> ®	6:26 a.m. - 8:02 a.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot

## Walt Disney World® 10K Only Spectator Viewpoints

Start	<i>Epcot</i> ®	5:28 a.m. - 6:15 a.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot
Finish - Mile 3.1	<i>Epcot</i> ®	5:53 a.m. - 7:54 a.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot

## 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. Buses will depart from and return to the Disney Resorts Bus Facility located near the <i>Epcot</i> ® Main Entrance. It is strongly suggested that guests use event transportation to get to Champion Stadium.)
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

**Note:** Please consider not bringing unnecessary bags with you on race day. All items will be inspected.

# The Leukemia & Lymphoma Society / Sports Enthusiasts

## Celebratory Charity

The *Walt Disney World*® Marathon Weekend celebrates 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.



In 1988, Bruce Cleland assembled a team for the NYC marathon to raise money in honor of his daughter, a leukemia survivor. 38 runners raised \$322,000 for The Leukemia & Lymphoma Society's (LLS) funding of blood cancer treatments.

25 years and 570,000 participants later, Team In Training (TNT) has helped fund targeted therapies that zero in on cancer cells and kill them and immunotherapies that use a patient's own immune system to kill cancer.

Today, a new TNT generation continues to fund treatments that save lives every single day.

Celebrating 25 years of Team In Training is just the beginning.  
Join us! [www.teamintraining.org](http://www.teamintraining.org)



TEAM IN TRAINING®  
CELEBRATING 25 YEARS



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



Get ready to #MeetTheMoment.

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# WORK YOUR MAGIC

Maybe you're running to keep life's stress from catching up to you. Or cheering your 18-year-old daughter through her first marathon. Or maybe, you're volunteering to help others realize their dreams.

Whoever you are, you're an original. And at Cigna, we find your uniqueness magical. Thanks to everyone for coming out to support health and happiness. You're making magic happen. Keep working it.

**Get inspired at**  
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**GO YOU.**



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