

Disney

november 8

2014

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run



half marathon weekend

official  
event guide

running 5 years

wine&dine

# EXPERIENCE THE HALF MARATHON MAGIC.



**THIS IS THE 890v4**  
A part of the limited edition 2014  
New Balance *runDisney* collection.

New Balance is proud to be the official running shoe of *runDisney*  
newbalance.com

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Welcome to the 2014 Disney Wine & Dine Half Marathon Weekend. We are honored to have you as our guest for the ultimate runner's night out! Nowhere else in the world can you run under the stars through three theme parks and then celebrate your accomplishment with our exclusive Finish Line Party at the Epcot® International Food and Wine Festival.

This will be a night to remember! Like every great athlete, you will start at the ESPN Wide World of Sports Complex. From there you will make the trek to Disney's Animal Kingdom® Theme Park winding past the Tree of Life, Expedition Everest™ and Dinosaur® at night. Then just like a super star you head straight toward Disney's Hollywood Studios down Sunset Boulevard past The Twilight Zone Tower of Terror™. Finally, you head across the boardwalk to Epcot® and the finish line!

There is plenty of fun and celebration for the whole family with the Disney Health & Fitness Expo, Kids Races, Mickey's Jingle Jungle 5k, the Pre Race Taste at Disney's Hollywood Studios and the Finish Line Party at Epcot®.

On behalf of the thousands of Cast Members and volunteers who make the Disney Wine & Dine Half Marathon Weekend possible, I thank you for being a part of this very special weekend.

runDisney... where every mile is magic!

*Maribeth*

Maribeth Bisienere  
Senior Vice President  
Downtown Disney, ESPN Wide World of  
Sports Complex, Water Parks and Mini Golf



# Time to Refuel



*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.



## meet our race director

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

Jon ran competitively in both high school and college. He has completed over a dozen marathons including Boston, Berlin, Chicago and Marine Corps. Since the late 1970s, he has pioneered the organization of athletic and community events, first in his home base of Central Florida and today throughout the world. Jon was one of the youngest inductees into the Florida Track & Field Hall of Fame, admitted in 1987 at the age of 29.

Road Race Management named him Race Director of the Year in 1999. In 2009, Jon and his wife Betsy were inducted into the Running USA Hall of Champions. USA Track & Field, the Pan American Junior Games, the Governor of Florida, and the Grand Bahamas Promotions Board have also recognized him for his outstanding leadership and organizational achievements. Jon is co-founder of the *Walt Disney World*® Marathon Weekend and has been its director since it began in 1994.

Jon and Betsy have been married for 31 years and have a daughter, Emma and a son, Christopher.



## weekend itinerary & park hours

### WEEKEND ITINERARY

#### Friday, November 7

##### **runDisney Health & Fitness Expo**

ESPN Wide World of Sports Complex  
10:00 a.m. – 7:00 p.m.

##### **Disney Wine & Dine Pre-Race Taste**

*Disney's Hollywood Studios*®  
6:30 p.m. – 8:30 p.m.

#### Saturday, November 8

##### **Mickey's Jingle Jungle 5K**

*Disney's Animal Kingdom*® Park  
7:00 a.m. Start

##### **runDisney Health & Fitness Expo**

ESPN Wide World of Sports Complex  
9:00 a.m. – 3:00 p.m.

##### **runDisney Kids Races**

New Balance Track & Field Complex  
Dashes – 10:00 a.m.  
Mile – 10:45 a.m.

##### **Disney Wine & Dine Half Marathon**

Start - ESPN Wide World of Sports  
Finish – *Epcot*®  
10:00 p.m. Start

##### **Finish Line Party\***

*Epcot*®  
Saturday, Nov. 8 at 10:00 p.m.  
Sunday, Nov. 9 at 4:00 a.m.

*\*Advanced purchase required for spectators. Finish Line Party tickets are non-refundable, non-deferrable, and non-transferrable.*

### PARK HOURS

#### November 8

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

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

#### November 9

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

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

#### November 10

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

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

*Times subject to change.*



## event transportation

### Host Resorts

Disney Wine & Dine Half Marathon Transportation has been arranged for participants staying at the host resorts listed below. Buses will be indicated by the *runDisney* signs placed in the front windows.

#### Notes:

- Half Marathon Weekend Transportation is only provided to and from the host resorts.
- Parking is limited at all Half Marathon Weekend venues. We strongly encourage the use of event transportation whenever possible.
- Please check with the respective resort front desks for race transportation pick up locations.

*Disney's All Star Movies Resort*  
*Disney's All Star Sports Resort*  
*Disney's Boardwalk Inn*  
*Disney's Pop Century Resort*  
*Disney's Port Orleans Resort—*  
*French Quarter*  
*Disney's Yacht Club Resort*

*Disney's All Star Music Resort*  
*Disney's Beach Club Resort*  
*Disney's Caribbean Beach Resort*  
*Disney's Saratoga Springs Resort & Spa*  
*Disney's Port Orleans Resort – Riverside*  
*Disney's Wilderness Lodge Resort*  
*Disney's Polynesian Resort*

### Transportation Hours for *runDisney* Health & Fitness Expo

#### Friday, November 7

- From Host Resorts to Expo: 9:30 a.m. – 6:30 p.m.
- Transportation from Expo to Host Resorts concludes at 7:30 p.m.

#### Saturday, November 8

- From Host Resorts to Expo: 8:30 a.m. – 2:30 p.m.
- Transportation from Expo to Host concludes at 3:30 p.m.

### Transportation Hours for Mickey's Jingle Jungle 5K

- 5:00 a.m. – 9:00 a.m.
- 5K participants must board buses no later than 5:30 a.m. in order to make it to their corrals by 6:15 a.m.

### Transportation Hours for *runDisney* Kids Races

- 8:30 a.m. – 3:30 p.m.
- Families with participants in the Kids Races must board buses no later than 9:00 a.m. in order to make it to their corrals by 9:45 a.m.



## driving directions

### Transportation Hours for Disney Wine & Dine Half Marathon & Finish Line Party

- Transportation begins at 7:00 p.m. on Saturday and concludes at 4:30 a.m. on Sunday
- Half Marathon participants must board buses no later than 8:00 p.m. in order to make it to their corrals by 9:15 p.m.
- Transportation will continue throughout the evening for spectators
- Finish Line Party admission to *Epcot*® begins at 7:00 p.m. and a party ticket is required.

### Arriving by Car (including Guests staying at Non-Host Resorts)

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

Take I-4 to exit 65 (Osceola Parkway West). Take a left onto Victory Way and park in the main lot. Proceed on foot to the main entrance.

#### Directions to *Disney's Animal Kingdom*® Theme Park (5K)

Please follow the signs to *Disney's Animal Kingdom*® Park. Pass through the toll plaza and you will be directed to park in the appropriate parking lot by Parking Cast Members. Parking at *Disney's Animal Kingdom*® Theme Park is complimentary before 7:00 a.m. If you arrive after 7:00 a.m. you will be charged the daily parking fee.

#### Directions to *Epcot*® (Half Marathon)

Take I-4 to exit 64 (192 West) and follow the signs to *Epcot*®. THERE WILL BE NO PARKING AND NO GUEST DROP-OFF AT ESPN WIDE WORLD OF SPORTS COMPLEX ON RACE EVENING. For guests driving to *Epcot*® on race evening, the race shuttle from *Epcot*® to the Sports Complex will begin at 7:00 p.m. The parking fee at *Epcot*® will be waived for participants and spectators arriving after 6:00 p.m. on race evening. All participants must board shuttles from *Epcot*® to the Sports Complex no later than 8:00 p.m. in order to make it to their corrals on time. **Event transportation will be suspended between 9:00 p.m. and 10:00 p.m. on Saturday due to road closures and race start.**





# runDisney health & fitness expo

**Friday, November 7**  
10:00 a.m. – 7:00 p.m.

**Saturday, November 8**  
9:00 a.m. – 3:00 p.m.

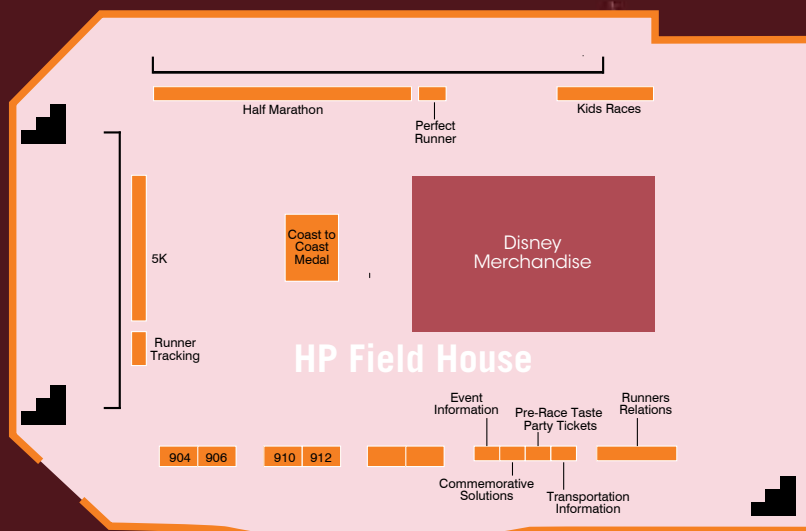
runDisney Health & Fitness Expo is a two-day celebration of fun, fitness and food located in the Jostens® Center and HP Field House at ESPN Wide World of Sports. After picking up your race packet, shirt and gEAR bag, see the latest in athletic shoes, apparel, accessories and gadgets.

## 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, Gift Card and race shirt.

Packet Pick-Up will not be available on race evening. A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. No exceptions. 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.

Once you pick up your packet and commemorative items at the HP Field House, please proceed to the Jostens® Center to pick up your race shirt and gEAR bag.



## 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. **No exceptions will be made.**

## Registration Packet Contents

Please make every effort to confirm that your registration packet includes the following items before you leave the runDisney Health & Fitness Expo. Your signature in the receipt book will serve as acknowledgement that you have received all items.

- Race bib number - B-Tag attached for Half Marathon only
- gEAR Bag check sticker
- Finish Line Party wristband\*
- \$10 Disney Gift Card\*
- Pre-purchased Commemorative pin and/or necklace (if applicable)

*\*In order to replace a lost Finish Line Party wristband, please bring your Photo ID to the Runner Relations booth at the runDisney Health & Fitness Expo. Lost \$10 Disney Gift Cards WILL NOT be replaced.*

## Commemorative Items

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

- Commemorative Pins\*
- Commemorative Ears\*
- Commemorative Necklace\*

Once you pick up your packet and commemorative items at the HP Field House, please proceed to the Jostens® Center to pick up your race shirt and gEAR bag.

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

# Refuel with Flavor.



## CranApple Bleu Salad

### Salad Ingredients:

- 1 pkg (6.5 oz) Fresh Express<sup>®</sup> Sweet Butter<sup>™</sup> Lettuce
- 1 bag Chiquita<sup>®</sup> Juicy, Red Apple Bites<sup>™</sup>
- 1/2 cup pecans, halved
- 1/4 cup dried cranberries
- 1/2 cup Bleu cheese, crumbled
- Your favorite Vinaigrette dressing

### Make The Salad:

Place greens into a large salad bowl. Top with desired amount of pecans, apple, & cranberries. Add Bleu cheese crumbles. Drizzle dressing over salad.

Visit us at [Chiquita.com](http://Chiquita.com) and [FreshExpress.com](http://FreshExpress.com) for more flavorful recipes.



## ESPN wide world of sports complex map



### A HP Field House

- a. Kids Races Packet, Race Shirt & gEAR Bag Pick-Up
- b. 5K & Half Marathon Packet Pick-Up
- c. Official runDisney Merchandise
- d. Exhibitors
- e. Runner Tracking
- f. Speaker Series
- g. Inspiration Station

### C Welcome Center

- a. Will Call pre-purchased tickets
- b. Finish Line Party Tickets

### B Jostens<sup>®</sup> Center

- a. 5K & Half Marathon Race Shirt & gEAR Bag Pick-Up
- b. Official runDisney Merchandise
- c. Exhibitors

### D New Balance Track & Field Complex

- a. runDisney Kids Races

### E 2014 Limited Edition New Balance runDisney Collection Queue





Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth
Active Sol Eyewear	615	Excalibur 10 Miler	600	New Balance	109	SparkleSkirts	415
APEX by Sunglass Hut	516	Fit2Run	421, 621, 715	nitebeams	515	Sparkly Soul Non-Slip	519
Armpocket	606	Fitletic	614	Noah's Light Foundation	602	Full-Elastic Headbands	
BeeCause Charms	321	FlipBelt	500	Nuu-Muu	416	SPIbelt	223
Bondi Band	628, Field House 912	Florida Hospital Celebration Health	121	One More Mile	714	Sport Hooks	323
Champion	706	Fond Memories Graphics	619	Polar Electro	422	St. Jude Heroes	517
Chiquita	506	GoodSense	428	Raw Threads	307	Sweaty Bands	601
Clif Bar	221	Happy Puppies	508	runDisney	629	The RooSport	514
Compressport USA	501	Harvest Snaps	322	RunnerBox	617	The Stick - amazing self	228
Coolcore	229	KT Tape	529	RunningSkirts	420	massage tool	
COOLMAX® Socks	418	Lasting Commemoratives	400	SLS3	Field House 910	Transitions Adaptive Lenses	315
Disney Vacation Club	320	MarathonFoto	Field House 904	Snuggbuds Sports Headsets	319	yurbuds Sport Earphones	414
Enovative Technologies	301	Milestones Sports Jewelry & Apparel	608	Sparkle Athletic	329		





**FRIDAY, NOVEMBER 7, 2014 10:00 A.M. – 7:00 P.M.**

**11:00 a.m.—1 hour**

## **Save the Best For Last: Tips and Tricks to Make it Around the World!**

**Jeff Galloway, runDisney Official Training Consultant**

Come prepared with questions as Jeff will discuss how to enjoy the Disney Wine & Dine Half Marathon with enough energy to celebrate at the Finish Line Party. Jeff will give you tips on how to run in warm weather and how to stay hydrated so you can make it back for a trip around the world!

**Noon.—30 minutes**

## **Behind the Scenes: runDisney Shoes' Design Process Presented by New Balance**

The shoe experts from *New Balance* are going to give you a behind the scenes look at what it takes to bring the magic of Disney to life on a running shoe. *New Balance* Senior Footwear Designer, Kyle Strek, will share what it is like to collaborate with Disney, explore characters, bring a cartoon to life on a technical product and much more. *New Balance* will also be kicking off their Instagram challenge, which will be your all-access pass into clues behind the 2015 *New Balance* runDisney footwear collection; this is a session you will not want to miss!

**1:00 p.m.—1 hour**

## **Information For Runners and Spectators**

Our panel of experts will tell you everything you need to know about the Disney Wine & Dine Half Marathon. We've lined up the race director, course director and spectator experts to share all the important details. They'll also take some time to answer questions from the crowd in an interactive Q&A session.

**2:00 p.m.—30 minutes**

## **Best Strength Training Exercises and Stretches for Runners**

**Fitz Koehler, M.S.E.S.S. Fitness Expert**

Being a healthy runner requires more than just running. Learn a runner-specific training program you can incorporate throughout your week to build strength, flexibility and balance. This will help increase your pace while preventing common injuries like shin splints, plantar fasciitis, IT Band Syndrome, piriformis syndrome (sciatica) and more.

**3:00 p.m.—30 minutes**

## **Food For Thought**

**Tara Gidus, Official runDisney Nutritionist**

Don't know what to eat for a night race? Tara will share appetizing tips on how to maintain proper nutrition while training and what to eat before, during and after your trip around the world!

**4:00 p.m.—30 minutes**

## **Costume Inspiration for a Night Run**

**Leslie Kay, DisneyBound**

Planning your outfit for the Disney Wine & Dine Half Marathon? Leslie Kay of DisneyBound will give you tips on how to put together the picture-perfect ensemble designed after the icons of the weekend.

**5:00 p.m.—30 minutes**

## **Prep and Recovery for a Night Race**

Join Florida Hospital's expert to learn tips on how to prepare and recover from the Disney Wine and Dine Half Marathon.

**SATURDAY, NOVEMBER 8, 2014 8:30 A.M. – 3:00 P.M.**

**10:00 a.m.—30 minutes**

## **Best Strength Training Exercises and Stretches for Runners**

**Fitz Koehler, M.S.E.S.S. Fitness Expert**

Being a healthy runner requires more than just running. Learn a runner-specific training program you can incorporate throughout your week to build strength, flexibility and balance. This will help increase your pace while preventing common injuries like shin splints, plantar fasciitis, IT Band Syndrome, piriformis syndrome (sciatica) and more.

**11:00 a.m.—1 hour**

## **Information For Runners and Spectators**

Our panel of experts will tell you everything you need to know about the Disney Wine & Dine Half Marathon. We've lined up the race director, course director and spectator experts to share all the important details. They'll also take some time to answer questions from the crowd in an interactive Q&A session.

**Noon.—30 minutes**

## **Costume Inspiration for a Night Run**

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Planning your outfit for the Disney Wine & Dine Half Marathon? Leslie Kay of DisneyBound will give you tips on how to put together the picture-perfect ensemble designed after the icons of the weekend.

**1:00 p.m.—30 minutes**

## **Food For Thought**

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Don't know what to eat for a night race? Tara will share appetizing tips on how to maintain proper nutrition while training and what to eat before, during and after your trip around the world!

**2:00 p.m.—30 minutes**

## **Save the Best For Last: Tips and Tricks to Make it Around the World!**

**Jeff Galloway, runDisney Official Training Consultant**

Come prepared with questions as Jeff will discuss how to enjoy the Disney Wine & Dine Half Marathon with enough energy to celebrate at the Finish Line Party. Jeff will give you tips on how to run in warm weather and how to stay hydrated so you can make it back for a trip around the world!

# Maximum potential.



[www.dannon.com](http://www.dannon.com)



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## top ten tips for success

### Jeff Galloway, Official runDisney Training Consultant

1. Practice and fine-tune your race day routine. Write down your schedule, with time in the parks, meals and downtime before you board the buses to the start.
2. Get your race gear ready in the morning before leaving for your activities. Affix your race number, and lay out everything you will need. Stash some extra \$ to sample various snacks after the race.
3. Drink an eight-ounce glass of water about every 1.5-2 hours until about 6:00 p.m. Have another glass or two before 8:30 p.m. To avoid potty stops during the race, cut fluid intake at that time—ingesting at the race water tables.
4. Most find that it's OK to spend most of the morning in the parks—if you take a 10 minute "sit down" break every hour.
5. During the afternoon, it's best to get off your feet from about 4:00 p.m. until you head to the bus. Relax around your room, take a nap, read a book, watch a movie, etc.
6. Morning Nutrition. Could be similar to most mornings but avoid large meals and foods that could cause problems: fried or fatty foods, too much protein, and high fiber foods.
7. Afternoon Eating: Eat regularly—but not too much quantity at one time: light snacks of 150-250 calories, about every 2 hours.
8. Most find it best to stop eating 2-3 hours before the run. Adjust to your needs. If your blood sugar starts to drop, have a light snack, such as an energy bar.
9. If your energy level tends to drop after 9:00 p.m., and you drink coffee, bring a cup of coffee with you to the staging area and drink it during the hour before the start.
10. Start slowly, enjoy every character and...wine and dine!







## pre-race taste

### Pre-Race Taste Pick-Up

Friday, November 7, 2014

6:30 p.m. – 8:30 p.m.

**Lights, Motors, Action!® Extreme Stunt Show® Theater inside Disney's Hollywood Studios®**

All Participants of the Pre Race Taste are required to pick up their packet for the event at the Disney Wine & Dine Health and Fitness Expo. Look for the "Pre-Race Taste Pick Up" booth located on the main floor of the HP Field House. Packets will be listed by the last name of the purchaser, and the below items are required in order to pick up:

- Photo ID
- Signed Waiver (a waiver must be completed and signed by each participant, or a parent or legal guardian if the participant is under 18 years old). To save time print your waiver from **runDisney.com** and bring it to the Expo.

Pre-Race Taste Pick-Up will not be available at the event.

### Disney Wine & Dine Pre-Race Taste will feature:

- Early entry into *Disney's Hollywood Studios®* at 6:00 p.m.
- Private party at *Lights, Motors, Action!® Extreme Stunt Show®*
- Four tastes from the Epcot International Food & Wine Festival
- One "signature sip" drink coupon
- Cash bar
- Disney character meet & greets

### Admission

Each Pre-Race Taste Guest will receive a wristband, a "signature sip" drink coupon, and ticket in their packet. The ticket will allow you access into *Disney's Hollywood Studios®* starting at 6:00 p.m. The wristband is required for entry into the party area at *Lights, Motors, Action!® Extreme Stunt Show®*. Pre-Race Taste begins promptly at 6:30 p.m. and ends at 8:30 p.m.

### Transportation

Please note, Disney Wine & Dine Half Marathon Weekend Transportation is only provided to and from *Walt Disney World® Resorts*. If you are staying at a Resort on property, please check with your front desk for a pick-up location.

Guests not staying at a *Walt Disney World® Resort* will need to provide their own transportation to race weekend activities.

*\*Tickets are non-refundable. Menu options subject to change without notice. Disney Wine & Dine Pre-Race Taste Party is subject to availability. Children under 3 do not need to purchase a Pre-Race Taste Ticket.*

# stay the course.



**GOODSENSE®**  
The Official Pain Reliever of the 2014 Disney  
Wine & Dine Half Marathon Weekend  
[www.goodsense.com](http://www.goodsense.com)

Disney 2014  
**wine&dine**  
half marathon weekend  
65 YEARS RUNNING



**Saturday, November 8**  
**New Balance Track & Field Complex**  
**Dashes – 10:00 a.m.**  
**Mile – 10:45 a.m.**

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 1 Mile Run.

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 1-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 1-Mile. Diaper Dash will take place at the finish line. Any parents who wish to run with their children are encouraged to do so.

#### 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 1-Mile Run will be timed and participants can view their race times online at [rundisney.com](http://rundisney.com).

#### Schedule

- 9:00 a.m. ESPN Wide World of Sports Track Open
- 9:50 a.m. 100m Dash participants (1-3 years old) meet at green start flags
- 10:00 a.m. 100m Dash start
- 10:05 a.m. 200m Dash participants (4-6 years old) meet at yellow start flags
- 10:15 a.m. 200m Dash start
- 10:20 a.m. 400m Dash participants (7-8 years old) meet at blue start flags
- 10:30 a.m. 400m Dash start
- 10:35 a.m. Mile participants (13 & under) meet at white start flags on Field 27
- 10:45 a.m. Mile Start
- 11:15 a.m. Diaper Dash participants Start (12 months & under meet at finish line)





## mickey's jingle jungle 5K

**Saturday, November 8**

**7:00 a.m.**

**Disney's Animal Kingdom® Park**

**gEAR Bag Check**

**Disney's Animal Kingdom® Park**

**5:30 a.m. to 9:00 a.m.**

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

### 5K Start

The start zone for the 5K is located in the parking lot of *Disney's Animal Kingdom®*. The letter on your race bib will correspond with your assigned corral. For safety reasons, and as a courtesy to others, please line up in the appropriate corral 30 minutes prior to the start of the race. Measures will be taken to prevent unofficial runners from starting.

### Race Bibs

Each runner will be issued a race bib at Packet Pick-Up. Please wear your assigned 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.

### Water And Medical Stops

There will be two water stops along the course (mile 1.5 and mile 2.25) and medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

### Safety

Guests with strollers are not allowed to participate in the 5K. For more safety information, please see pages 32 and 33.

### Timing and Results

This 5K is a fun run. No race results will be posted and awards will not be given out. Every finisher will receive a finisher medallion. Please note there is a 16-minute per mile time limit. Anyone not able to maintain that pace may be picked up and transported to the finish line area.



### Mickey's Jingle Jungle 5K Course Description

Start out Mickey's Jingle Jungle 5K by venturing into *Disney's Animal Kingdom®* Park through The Oasis Exhibits. Race towards Discovery Island Trails where you will run past The Tree of Life while racing towards Africa and on to Asia. Once in Asia you will run past Flights of Wonder and *Expedition Everest - Legend of the Forbidden Mountain™*. Continue racing past Finding Nemo – The Musical on your way to DinoLand U.S.A. Once in DinoLand U.S.A., you will run past DINOSAUR on your way to an unforgettable finish.



**Saturday, November 8**

**Disney Wine & Dine Half Marathon**

**Start: ESPN Wide World of Sports Complex**

**9:58 p.m. – Wheelchair Start**

**10:00 p.m. –Start**

## Half Marathon Start

The start zone for the half marathon is located in the Touchdown Lot at ESPN Wide World of Sports Complex. The letter on your race bib will correspond with your assigned corral. For safety reasons, and as a courtesy to others, please line up in the appropriate corral 30 minutes prior to the race start. Measures will be taken to prevent unofficial runners from starting.



## Restroom Facilities

Portable restroom facilities will be available at ESPN Wide World of Sports Complex near the start line, on the course near the beverage stations, and in the finish area at Epcot®.

## gEAR Bag Check

Check gEAR Bags at ESPN Wide World of Sports Complex

- 7:00 p.m. to 9:00 p.m.

Retrieve Bags at Epcot® Imagine Lot

- 11:00 p.m. to 2:30 a.m.

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

## Race Bibs

Each runner will be issued a race bib at Packet Pick-Up. Please wear your assigned 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.



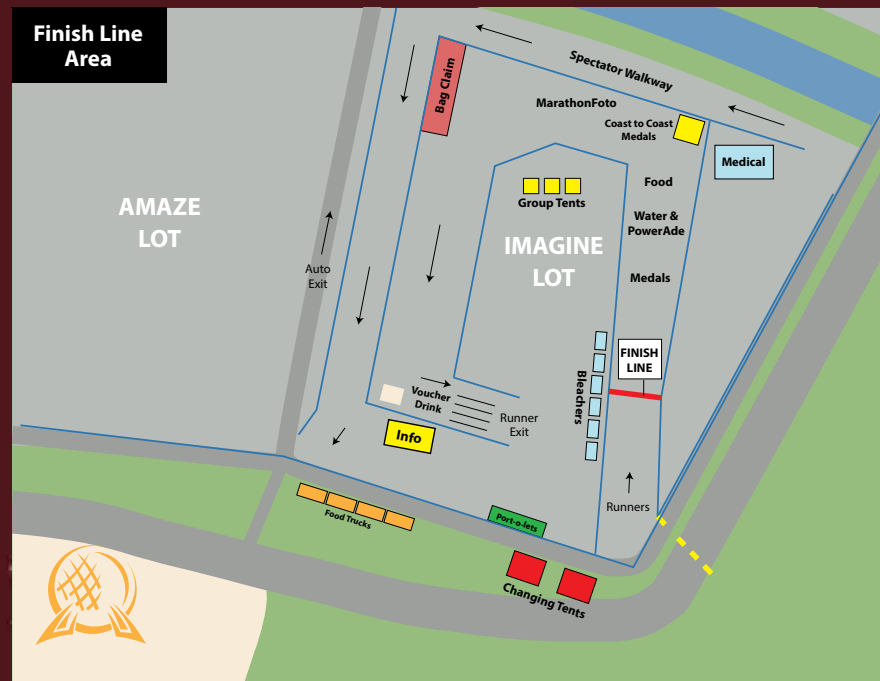


## Changing Tents

Changing Tents will be available in the finish line area at *Epcot*® for participants who would like to change clothes prior to attending the Finish Line Party.

## 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.)



## Finishing

After you cross the finish line, where your time is automatically recorded, proceed through the finish chute. Volunteers will present you with your Finisher Medal. After the finish, you will be directed to refreshments. gEAR Bag Claim will be located in the *Epcot*® Imagine Lot. These areas are restricted to participants only.

## Not Finishing

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

## Perfect Wine & Dine Half Marathon Participants

If you are a "Perfect Wine & Dine" participant, please stop by the Disney Wine & Dine Half Marathon Perfects registration counter at the *runDisney* Health & Fitness Expo to pick up your special commemorative item in celebration of 5 Years Running.

Also, please pick up your commemorative lanyard at the Perfect Tent located on the right side of the finish chute after you receive your finisher's medal.







### Disney Wine & Dine Half Marathon Course Description

Start at the ESPN Wide World of Sports Complex running down Victory Way and then west on Osceola Parkway toward Disney's Animal Kingdom® Theme Park. Make your way past the Tree of Life, Expedition Everest™, Dinosaur® and then race back to Osceola Parkway and head toward Disney's Hollywood Studios®. You will enter the park in the shadow of The Twilight Zone Tower of Terror™, run down Sunset Boulevard through Pixar Place, past Toy Story Mania!, then through the Costuming Tunnel in the Backlot on your way to Lights, Motors, Action!® for your big debut! Race through the Streets of America, past Star Tours and Indiana Jones Stunt Spectacular on your way to Epcot®! The course will wind through the idyllic village of Disney's Yacht & Beach Club Resorts and lead you to a finish just outside of Epcot®!

### Beverage Stations and Food Stops

A total of 9 water and PowerAde stops will be located along the course. Stops are placed approximately every 1.5 miles along the course and both water and lemon-lime PowerAde will be available at all 9 stops. One food stop with Clif Shots will be available at Mile 8.4.



# be safe to and from the race!

Don't text and drive.  
#ItCanWait



@ATT wants you to take the pledge to never text and drive because no text is worth a life.

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runDisney

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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.

Participants completing their second leg of the 2014 *runDisney* Coast to Coast Race Challenge on Saturday, having an official finish time for the 2014 Tinker Bell Half Marathon or the 2014 *Disneyland*® Half Marathon, will have their photo taken at the *runDisney* Health & Fitness Expo. Once you cross the finish line, please immediately visit the *runDisney* Coast to Coast Tent where your photo will be used to award your *runDisney* Coast to Coast Race Challenge medal.

Restrictions apply. Visit [runDisney.com](http://runDisney.com) for more information.



### Safety Reminder

- For everyone's safety, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Violators will be removed from the course and transported to the finish line area.
- Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

### Costumes

Disney reserves the right to deny admission to or remove any person wearing attire that we consider inappropriate or attire that could detract from the experience of other Guests. All participants and their Guests may dress as their favorite character, but must follow these guidelines as determined solely by Disney:

- Costumes must be family-friendly and may not be obstructive, offensive, objectionable or violent
- Guests may not wear masks of any kind
- Guests who dress like Characters may not pose for pictures or sign autographs for other Guests
- Costumes may not drag on the ground
- Costumes may not contain sharp objects, pointed objects or materials that may accidentally strike another Guest
- Costumes may not contain any weapons which resemble or could easily be mistaken for an actual weapon
- Guests who do not adhere to these guidelines may be refused entry into, and/or removed from, a race or any race related event/activity unless his or her costume can be modified to meet the above standards

### Pacing Requirements

All athletes must be able to maintain a 16-minute per mile pace throughout the race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to 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.



The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the Disney Wine & Dine Half 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.
- 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 want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.
- If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.
- Move to the side if someone behind you says "Excuse Me" or "Coming Through".
- Feel free to shout words of encouragement to other 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.
- Celebrate! Thank your volunteers and have a great race!



## Finish Line Party

After you run around the park, dine around the world at the Finish Line Party at the *Epcot*® International Food & Wine Festival which takes place inside *Epcot*®. More than 29 international marketplaces are serving up tapas-sized portions of regional specialties. Explore countries on six continents through their most mouth-watering foods and beverages!

Once you enter the Finish Line Party, you will be directed to the approved crosswalks so that you are able to cross the course and not interrupt the race.

## Results

A complete list of results for the Half Marathon will be posted on Sunday at [runDisney.com](http://runDisney.com).

## Finisher Certificates

Participants who finish the Half Marathon will be able to download a finisher certificate at [MyDisneyMarathon.com](http://MyDisneyMarathon.com) approximately two weeks after 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](http://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.





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*runDisney*

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## awards

### Awards

Every athlete who completes the Kids Races, Mickey's Jingle Jungle 5K and Disney Wine & Dine Half Marathon will receive a commemorative medal upon finishing the race.

### Overall Awards

Top 3 Overall Male & Female Half Marathon Finishers (based on gun time), and top Overall Male & Female Wheelchair Winner (Push rim only, based on gun time) will receive their awards at a presentation to be held at the Fountain Stage at 12:45 a.m. on Sunday, November 10.

### Individual Awards

The following awards for the Half Marathon will be distributed by mail after the event. Please allow 4-6 weeks for these awards to arrive. Because of the number of people who participate in the 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.

### Overall Male & Female Masters Champion

2nd & 3rd Place Wheelchair Winners (Push rim only, based on gun time)

Top 5 Male & Female Military

Top 5 Age Groups (Male & Female)

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





## spectator viewing

There is very limited spectator viewing at the race Start. Spectator viewing is available at the race Finish at the *Epcot*® Imagine Lot. To increase the possibility of seeing your friends and family, be aware of their pace and anticipated finish time. Expect delays on the roadways due to road closures.

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

### Runner Tracking

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

### Make a plan to reunite with your runner after the race.

Tips for meeting up with Friends and Family after the race:

- Know your runner's race number, anticipated finish time, and what they are wearing.
- Have a meeting location in place. (There are 29 marketplaces and 10 pavilions to choose from.)
- Agree upon a phone number from which both parties can call and retrieve messages.

If you decide not to stay for the Finish Line Party, meet your family and friends in the finish line area at *Epcot*®.

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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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To schedule a priority appointment, visit [CelebrationPerformance.com](http://CelebrationPerformance.com) or call (407) 303-4204.

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 half 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 water before the race so that your urine is clear to light straw in color (this will vary per person).
- During the race, limit fluids to approximately 4-6 ounces every 20 minutes.
- At least every other water stop, you should have some form of electrolyte replacement (Powerade, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.

## Tips For Race Day

- Check your urine a ½ 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 your 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, an NSAID would be beneficial in preventing post-event muscle soreness.

- Narcotics should be avoided within 48 hours of race day due to harmful effect on performance, perception, and mental status.
- Vitamin supplements (Vitamin A, C and E) can alter urine color so be wary of hydration status if taking these supplements.
- Caffeine and other amphetamine-like compounds containing pseudoephedrine, such as Sudafed and most sinus and cold preparations, taken within 24-hours of race time can raise core temperature, increase blood pressure and heart rate, and should be drastically limited during this time.

## Warning Signs

- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical aid station 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 aid station located throughout the course.

## For Your Own Safety

- Complete the medical history on the back of your race bib.
- 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 volunteers at each and every tent to help you along the way.



## meet our medical director

### About Our Medical Director

James Scelfo, MD is the Medical Director of all runDisney endurance events. Dr. Scelfo is board certified in Family Medicine with a special interest in Sports Medicine. Dr. Scelfo received his medical degree from Louisiana State University and completed his residency training with Florida Hospital. He is actively involved in Orlando sporting events acting as Medical Director of the Russell Athletic Bowl, the Capital One Bowl, and high school athletics. He also serves as the Medical Director to the cholesterol anticoagulant and smoking cessation clinics at Florida Hospital Celebration Health. He continues to remain on the cutting edge of medical technology with a focus on prevention, diagnosis and aggressive management of disease. In his free time, Dr. Scelfo maintains an active lifestyle and enjoys jogging, reading, and spending time with his family.



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## going social

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



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**celebratory charity**  
/ sports enthusiasts

#### **Celebratory Charity**

The Disney Wine & Dine Half Marathon Weekend benefits Homes for Our Troops (HFOTUSA.ORG), an organization dedicated to building specially adapted homes for severely injured Veterans nationwide who have returned home with life-altering injuries post 9/11. With the support of thousands of volunteers and participants, the Disney Wine & Dine Half Marathon Weekend will help Homes for Our Troops continue its mission of Building Homes, Rebuilding Lives.

Homes for Our Troops (HFOT) uses the Disney Wine & Dine Half Marathon as a platform to create awareness of the need to restore freedom and independence to our nation's Service Members who have sacrificed for our country. Race-day volunteers will wear HFOT logoed attire, allowing a free advertising and exposure opportunity for Homes for Our Troops in front of thousands of attendees.

Since its founding in 2004, HFOT, based in Taunton, Mass., has built specially adapted homes for nearly 170 severely injured Veterans and their families in 38 states. These Veterans are among the nation's most severely injured, with missing limbs, varying levels of paralysis, blindness and traumatic brain injury (TBI). These homes are provided mortgage-free to the Veterans we serve, and feature over 155 special adaptations including: widened hallways and doorways for wheelchair access; automatic door openers; roll-under sinks and cooktops, lowered counters and pull-down shelving, all designed to help the Veteran live independently.

#### **Sports Enthusiasts**

Over 1,500 volunteers will assist throughout the Disney Wine & Dine Marathon Weekend on behalf of Homes for our Troops.

- Approximately 450 volunteers will assist with the *runDisney* Health & Fitness Expo
- Over 120 volunteers will assist with the Mickey's Jingle Jungle 5K
- Over 350 medical volunteers will staff Florida Hospital's medical stations during the Half Marathon
- Over 900 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half Marathon on Saturday

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