

MAGIC IS ON THE MENU

WITH LOTS OF LUCK AND A LITTLE MAGIC, WE WISH YOU AN AMAZING RACE DAY. KEEP PUSHING FOR A BETTER TOMORROW. table of contents

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Welcome to the 2015 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 which is celebrating it's 20th Anniversary this year.

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 *run*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!

Aribeth

Maribeth Bisienere Senior Vice President Disney Springs and ESPN Wide World of Sports



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meet our race director

weekend itinerary & park hours

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





WEEKEND ITINERARY

Friday, November 6 runDisney Health & Fitness Expo ESPN Wide World of Sports Complex 10:00 a.m. – 7:00 p.m.

Saturday, November 7 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.

PARK HOURS

Friday, November 6 Magic Kingdom® Park Epcot® Disney's Hollywood Studios® Disney's Animal Kingdom® Park

Saturday, November 7

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

Sunday, November 8

Magic Kingdom® Park Epcot® Disney's Hollywood Studios® Disney's Animal Kingdom® Park Disney Wine & Dine Pre-Race Taste Disney's Hollywood Studios® 7:00 p.m. – 8:30 p.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. 7 at 10:00 p.m. – Sunday, Nov. 8 at 4:00 a.m.

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

9:00 a.m. – 8:00 p.m. 9:00 a.m. – 10:00 p.m. 9:00 a.m. – 8:00 p.m. 9:00 a.m. – 6:00 p.m.

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. – 6:00 p.m.

9:00 a.m. – 7:00 p.m. 9:00 a.m. – 9:00 p.m. 9:00 a.m. – 8:00 p.m. 9:00 a.m. – 6:00 p.m.

Times subject to change.

ICE + COMPRESSION WRAPS

U.C.OOL WEAR THE COOLEST



event transportation



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 Disnev'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 6

- 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 7

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

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



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driving directions

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BRAZILIAN TERRITORY

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



Friday, November 6 10:00 a.m. – 7:00 p.m. Saturday, November 7 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 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**. 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.

Registration Packet Contents

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

- Race bib number B-Tag attached for Half Marathon only
- gEAR Bag check sticker
- Finish Line Party wristband*
- 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.

Commemorative Items & Special Events

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

- Commemorative Pins*
- Commemorative Ears*
- Commemorative Necklace*
- Commemorative Jacket*
- Pre-Race Taste Tickets*

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.



ESPN wide world of sports complex



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. Runner Tracking
- e. Pre-Race Taste Pick-Ip

C Welcome Center

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

Jostens® Center

- a. 5K & Half Marathon Race Shirt & gEAR Bag
- Pick-Up
- b. Official *run*Disney Merchandise
- c. Exhibitors
- d. Speaker Series
- e. Inspiration Station

New Balance Track & Field Complex a. runDisney Kids Races



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*run*Disney health & fitness

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expo floorplan & exhibitors



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR E	BOOTH
ACTIVE Network	426	Daytona Beach Half Marathon	602	Havaianas	612	Real Time Pain Relief	600
Active Sol Eyewear	506	Dr. Cool Ice Wraps and Instant	418	Homes for Our Troops	404	RooSport	410
Altra/Shock Doctor	326	Cooling Accessories		Inspired Endurance	311	RunningSkirts	610
APEX by Sunglass Hut	710	ESPN	219	KT Tape	526	SnuggBuds Sports Headsets	321
Armpocket	303	Excalibur 10 Miler and Relay	513	Lasting Commemoratives	500	Sparkle Athletic	416
Autism Speaks	601		419, 619, 711	MarathonFoto	317	SparkleSkirts	307
BeeCause Charms	309	Fitletic	611	Milestones Sports Jewelry	511	Sparkly Soul Full-Elastic Headband	s 412
Bondi Band	515	Florida Hospital Celebration Hea	lth 119	New Balance	103	SportHooks	405
Boost Experience by adidas	411	Fond Memories Graphics	615	Nite Beams	700	St. Jude Heroes	226
Champion Apparel	704	GoodSense	427	Noah's Light Foundation	626	Sweaty Bands	604
Clif Bar & Company	714	Growmanji	501	One More Mile	507	The Stick - original self	127
Compressport	313	Harvest Snaps	227	Raw Threads	101	massage roller	

pre-race taste

Pre-Race Taste Pick-Up

Friday, November 6, 2015 7:00 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® Theater. Pre-Race Taste begins promptly at 7:00 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.

POSSIBLY THE **PERFECT PROTEIN SNACK**[™]

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TRIPLE ZERO



*Not a low calorie food

New 15g





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Saturday, November 7 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 *run*Disney 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 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 *run*Disney 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.

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Schedule

9:00 a.m.	New Balance Track & Field 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)





Saturday, November 7 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 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 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.

Handheld camera / cell phone extension poles, such as selfie sticks, are prohibited at *run*Disney events. For more information, please visit disneyworld.disney.go.com/park-rules/.

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 and medical personnel on bikes will ride along with you. There will be a Florida Hospital Celebration Health medical tent at the finish line.

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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 $5\overline{K}$ 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 an unforgettable finish.

Saturday, November 7

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 Slam Dunk 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 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 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.

Handheld camera / cell phone extension poles, such as selfie sticks, are prohibited at runDisney events. For more information, please visit disneyworld.disney.go.com/park-rules/.

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. Race bibs also include a tear away complimentary drink voucher that can be redeemed post-race in the runner only area immediately behind the changing tents in the Family Reunion Area. The complimentary drink voucher will not be redeemable inside *Epcot*[®].

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 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



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 POWERADE® will be available at all 9 stops. One food stop with Clif Bar product will be available at Mile 8.4.



runDisney coast to coast race challenge

Do you want the ultimate test in endurance with a Disney twist? Then join the *run*Disney 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 *run*Disney 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 *run*Disney Coast to Coast Race Challenge.

Participants completing their second leg of the 2015 *run*Disney Coast to Coast Race Challenge on Saturday, having an official finish time for the 2015 *Star Wars*[™] Half Marathon, 2015 Tinker Bell Half Marathon or the 2015 *Disneyland*[®] Half Marathon, will receive a wristband when they pick up their packet at the *run*Disney Health & Fitness Expo. Once you cross the finish line, please immediately visit the *run*Disney Coast to Coast Tent where your wristband will used to award your *run*Disney Coast to Coast Race Challenge medal.

Restrictions apply. Visit **runDisney.com** for more information.



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top ten tips for success

Refuel with Flavor.

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.
- 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!





CranApple Bleu Salad

Chiquita

Salad Ingredients:

- 1 pkg (6.5 oz) Fresh Express[®] Sweet Butter[™] Lettuce
- 1 bag Chiquita[®] Juicy, Red Apple Bites[™]
- 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 and FreshExpress.com for more flavorful recipes.

event >

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.
- Handheld camera / cell phone extension poles, such as selfie sticks, are prohibited at *run*Disney events. For more information, please visit disneyworld.disney.go.com/park-rules/.

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 canceled. 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.



runner etiquette

post-race

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 30 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.

*A purchased ticket is required for spectators to access the Finish Line Party

Results

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

Finisher Certificates

Participants who finish the Half Marathon will be able to download a finisher certificate at **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** 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.



awards

No $\frac{\text{text}}{\text{search}}$ $\frac{\text{post}}{\text{view}}$ is worth a life. email

AT&T reminds you to keep your eyes on the road, not on your phone. When you're behind the wheel, nothing is more valuable than your life, or the lives of others. It Can Wait[®]



Awards

Every athlete who completes the *run*Disney 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 8.

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	



Proud Sponsor of runDisney

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 will 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.

Handheld camera / cell phone extension poles, such as selfie sticks, are prohibited at *run*Disney events. For more information, please visit disneyworld.disney.go.com/park-rules/.

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 smartphones by registering for this service on the website. You can also sign up for runner tracking at the *run*Disney 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. (For spectators who purchased a Finish Line Party Ticket, there are 30 marketplaces and 10 pavilions to choose from inside the Finish Line Party)
- 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*[®].

*A spectator Finish Line Party ticket is required for entry into the Finish Line Party.



medical

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 antiinflammatory 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 (GoodSense) 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 (GoodSense) 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 NSAI 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

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information

and E) can alter urine color so be wary of hydration status if taking these supplements.

• Caffeine and other amphetaminelike 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 Florida Hospital Celebration Health 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.



about our medical director

James Scelfo, MD is the Medical Director of all *run*Disney 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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World-class Care For a Life in Motion.

You thrive on the satisfaction that comes from training hard to be your best. When injury strikes, the experts at Florida Hospital Celebration Health are here for you. As the official medical provider of runDisney, we know what it takes to get you back in the race.

CelebrationHealth.com



going social

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



Become a Fan at: facebook.com/runDisney

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Follow Us at: **instagram.com/runDisney** #WineDineHalf #JingleJungle5K





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Tastes good. Good for you."

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Hundreds of severely injured Veterans are returning to homes not adapted to their *needs*.





Make dreams come true by giving them the keys to their own kingdom.

Donate today to Homes for Our Troops: www.hfotusa.org

celebratory charity / volunteers

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.

VOLUNTEERS

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

- Approximately 450 volunteers will assist with the *run*Disney 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

