

## EVENT CALENDAR

### FLORIDA

*Star Wars*™ Half Marathon - The Dark Side  
April 14-17, 2016

Disney Wine & Dine Half Marathon Weekend  
November 4-5, 2016

*Walt Disney World*® Marathon Weekend  
presented by Cigna  
January 4-8, 2017

Disney Princess Half Marathon Weekend  
presented by Children's Miracle Network Hospitals  
February 23-26, 2017

### CALIFORNIA

Tinker Bell Half Marathon Weekend  
presented by PANDORA Jewelry  
May 5-8, 2016

*Disneyland*® Half Marathon Weekend  
presented by Cigna  
September 1-4, 2016

Avengers Super Heroes Half Marathon Weekend  
November 10-13, 2016

*Star Wars*™ Half Marathon Weekend  
January 12-15, 2017

### PARIS

*Disneyland*® Paris Half Marathon Weekend  
September 23-25, 2016

[runDisney.com](http://runDisney.com)



All races subject to age eligibility requirements and capacity limits.

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Presented by  
Children's  
Miracle Network  
Hospitals

## Official Event Guide



You can help princesses like Zhania grow up happily ever after.

ZHANIA, 8 YEARS OLD  
SICKLE CELL DISEASE AND  
CARDIOMYOPATHY PATIENT

[cmnhospitals.org](http://cmnhospitals.org)

This smile wouldn't be possible without the care Zhania received at her children's hospital. She and her brother were the first children with sickle cell disease to receive successful and life-saving heart transplants. They now receive checkups and blood transfusions once a month, which helps this stylish "girlie-girl" to pursue her passion: making clothes. Your support of Children's Miracle Network Hospitals helps provide life-saving care to help kids like Zhania. Visit [cmnhospitals.org](http://cmnhospitals.org) to help children in your community who need miracles.



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Welcome Royalty,

We are thrilled to host you for the 2016 Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals. The Disney Princess Half Marathon is one of our most popular *runDisney* events. It brings women of all ages together to embrace their inner princess, put on a tutu and a tiara and push themselves to the limit. We also know there are a few princes who are joining in the fun. It's truly a magical experience that will give you memories to last a lifetime.

The Disney Princess Half Marathon Weekend gives you the chance to join the Disney Princesses in a weekend of majestic runs in the most magical place on earth. This fairytale weekend kicks off Thursday at the *runDisney* Health & Fitness Expo. The Expo will feature a Speaker Series with seminars on training, running, nutrition, and more. Here is where you also will pick up your race packet, shop for official race merchandise and get geared up for your run. On Friday, we have the Disney Princess 5K. This fun-filled race is for the whole family and winds through *Epcot*® with a storybook ending. Next up is the Disney Princess Enchanted 10K on Saturday, which will take you on a journey throughout *Epcot*® before having a magical finish, fit for a princess or prince. The *runDisney* Kids Races are held Friday and Saturday at ESPN Wide World of Sports Complex and give the little princesses and princes a chance to earn their finisher medals. Finally, the weekend culminates with the Disney Princess Half Marathon, our most royal event ever, with music, entertainment and all of your favorite Disney Princesses along the 13.1 mile race course that threads through *Magic Kingdom*® Theme Park and *Epcot*®.

A princess is determined, courageous, brave and caring and we know many of you are running for a cause, in memory or in honor of a loved one or to fulfill a lifelong dream. So on behalf of our Cast Members, volunteers and the *runDisney* team, we applaud you and are proud to serve you royally. Thank you for choosing the Disney Princess Half Marathon Weekend to make all of your fairytale dreams come true.

May every mile be magical,

Maribeth Bisenere  
Senior Vice President  
ESPN Wide World Of Sports Complex, Disney Springs™,  
Water Parks and Mini Golf



Runners, Volunteers and Spectators:

Welcome to the 2016 Disney Princess Half Marathon Weekend, presented by Children's Miracle Network Hospitals. On behalf of the 10 million kids treated at our member hospitals each year, we are honored to be the presenting sponsor and celebratory charity of this spectacular *runDisney* event.

Since 1986, from California to Florida, Disney has supported our mission to raise funds and awareness for 170 children's hospitals across North America. Our hospitals depend on donations to help kids in their own communities get the best care, funding medical equipment, therapies, charitable care and vital research. The funds you have raised for Children's Miracle Network Hospitals, in conjunction with this magical event, will help kids grow up "happily ever after."

Thank you for being a part of this magical weekend. We couldn't do what we do without your support. I also want to commend you for setting and working so diligently toward your fundraising and personal health goals. Your achievements support the well-being of children and families with some very specific health goals of their own.

Run like royalty with your family and friends, as you support some very special princes and princesses. I look forward to seeing you on the course.

John Lauck,  
President and CEO  
Children's Miracle Network Hospitals





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**runDisney**

As to Disney artwork/properties: ©Disney

## ABOUT OUR RACE DIRECTOR



Recognized as a leader in the sport of running, Jon began running competitively in the mid 70's in high school and college. He has since completed over 20 marathons including Berlin, Boston, Chicago and Marine Corps. Since the late 1970's, Jon has pioneered the organization of amateur athletic events, first in his home-base of Central Florida and today throughout the world. Today Jon is the president and co-owner of Track Shack Events and Track Shack, a specialty running retail store.

Jon has been recognized for his outstanding leadership and organizational achievements by the Florida Athletics Congress (USATF), the Pan American Junior Games, the Governor of Florida, and the Grand Bahama Promotion Board. Jon was inducted into the Florida Track & Field Hall of Fame and named Race Director of the Year in 1999 at Road Race Management. In 2008, he and his wife Betsy Hughes (Track Shack Co-owner) were inducted into the Running Event Hall of Fame and the Running USA Hall of Champions in 2009. Track Shack, one of the first specialty running retail stores in the U.S., has been recognized four times as one of the '50 Best Running Stores in America' by two leading trade and consumer publications. Also in 2009, Jon became a member of the Running USA Board of Directors.

Jon has been the Race Director of the *Walt Disney World®* Marathon since 1994 and five other *runDisney* events between Florida and California. As president of Track Shack Events, he directs the overall marketing effort as well as operations and staff, and has positioned the organization to offer the best in technology, marketing and event management services. Track Shack Events produces more than 40 events per year.

Jon and Betsy have been married for 32 years and have a daughter Emma Hughes Perry and son Christopher Hughes who now works in the family business.



# WEEKEND ITINERARY

## runDisney Health & Fitness Expo ESPN Wide World of Sports Complex

**Thursday, February 18, 2016**

10:00 a.m. – 8:00 p.m.

**Friday, February 19, 2016**

9:00 a.m. – 7:00 p.m.

**Saturday, February 20, 2016**

9:00 a.m. – 4:00 p.m.

## Disney 5K presented by Children's Miracle Network Hospitals

**Epcot®**

**Friday, February 19, 2016**

6:00 a.m.

## Disney Princess Half Marathon Weekend Breakfast

**Epcot®**

**Friday, February 19, 2016**

6:30 a.m. – 8:30 a.m.

**Saturday, February 20, 2016**

6:30 a.m. – 8:30 a.m.

## runDisney Kids Races

**New Balance Track & Field**

**Friday, February 19, 2016**

11:00 a.m. – Dashes start

12:30 p.m. – 1-Mile Run start

**Saturday, February 20, 2016**

11:00 a.m. – Dashes start

12:30 p.m. – 1-Mile Run start

## Pasta in the Park Party

**World Showcase Pavilion Epcot®**

**Friday, February 19, 2016**

7:00 p.m. – 8:30 p.m.

**Saturday, February 20, 2016**

7:00 p.m. – 8:30 p.m.

## Race Retreat

**Epcot®**

**Sunday, February 21, 2016**

3:00 a.m. – 5:00 a.m.

(Race Retreat Runners Only)

5:30 a.m. – 10:00 a.m.

(Race Retreat Runners and

Platinum ChEAR Squad)

## Disney Princess Enchanted 10K presented by Children's Miracle Network Hospitals

**Epcot®**

**Saturday, February 20, 2016**

5:30 a.m.

## Disney Princess Half Marathon presented by Children's Miracle Network Hospitals

**Epcot®**

**Sunday, February 21, 2016**

5:30 a.m.

**Happily Ever After Party at  
Disney Springs®**

**Disney Springs® Marketplace**

**Sunday, February 21, 2016**

12:00 p.m. – 8:00 p.m.

**Dates and times are subject to change.**

THE OFFICIAL RUNNING SHOE OF **runDisney**

# DREAM IT. RUN IT.



Ariel Vazee Pace

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from the New Balance **runDisney** collection.

**new balance**

**ALWAYS  
IN BETT**

# WALT DISNEY WORLD® PARK HOURS

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# No is worth a life.



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

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®



	Magic Kingdom® Park	Epcot®	Disney's Hollywood Studios®	Disney's Animal Kingdom®
<b>Thursday,</b> February 18, 2016	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. - 7:00 p.m.
<b>Friday,</b> February 19, 2016	9:00 a.m. - 10:00 p.m.	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 8:30 p.m.	9:00 a.m. - 6:30 p.m.
<b>Saturday,</b> February 20, 2016	8:00 a.m. - 11:00 p.m.	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 8:30 p.m.	9:00 a.m. - 6:30 p.m.
<b>Sunday,</b> February 21, 2016	9:00 a.m. - 10:00 p.m.	9:00 a.m. - 9:00 p.m.	9:00 a.m. - 8:30 p.m.	9:00 a.m. - 6:30 p.m.

Times are subject to change.



Proud Sponsor of runDisney



# EVENT TRANSPORTATION



Disney Princess Half Marathon Weekend transportation has been arranged for Guests staying at *Walt Disney World*® Resort hotels including *Shades of Green*® and *Walt Disney World*® Swan and Dolphin Resort. Buses will be indicated by *runDisney* Transportation signs placed in the front windows. Staff in yellow shirts will be onsite at the resorts and event locations to assist.

## Transportation Hours for the *runDisney* Health & Fitness Expo ESPN Wide World of Sports Complex

- **Thursday, February 18**
  - o From Host Resorts to Expo: 9:30 a.m. – 7:30 p.m.
  - o Transportation from Expo to Host Resorts concludes at 8:30 p.m.
- **Friday, February 19**
  - o From Host Resorts to Expo: 8:30 a.m. – 6:30 p.m.
  - o Transportation from Expo to Host Resorts concludes at 7:30 p.m.
- **Saturday, February 20**
  - o From Host Resorts to Expo: 8:30 a.m. – 3:30 p.m.
  - o Transportation from Expo to Host Resorts concludes at 4:30 p.m.

## Transportation Hours for the Disney 5K and Disney Princess Half Marathon Weekend Breakfast *Epcot*®

- Bus Transportation
  - o 4:00 a.m. - 6:00 a.m. and 7:30 a.m. – 9:00 a.m.
- 5K participants must board transportation no later than 4:45 a.m. in order to make it to their corrals on time.



## Transportation Hours for Disney Princess Enchanted 10K presented by Children's Miracle Network Hospitals

- Bus Transportation
  - o 3:30 a.m. – 5:00 a.m. and 7:00 a.m. – 10:00 a.m.
- Participants must board buses no later than 4:00 a.m. in order to make it to their corrals on time.

## Transportation Hours for Disney Princess Half Marathon presented by Children's Miracle Network Hospitals

- Bus Transportation
  - o 3:00 a.m. – 5:00 a.m. and 7:00 a.m. – 11:00 a.m.
- Participants must board buses and monorails no later than 4:00 a.m. in order to make it to their corrals on time.

## Transportation Hours for Pasta in the Park Party

Please utilize existing *Walt Disney World*® transportation.

## Transportation Hours for Happily Ever After Party

Please utilize existing *Walt Disney World*® transportation.

For the safety of our Guests, we ask that you use provided transportation and do not opt to run or walk to *Epcot*®. For those Guests staying in the *Epcot*® Resort Area, International Gateway is not available for entry into *Epcot*® prior to 9:00 a.m. Guests must utilize event transportation located at the front of their resort.

## DRIVING DIRECTIONS



### 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 Epcot® (5K, 10K and Half Marathon)

#### Friday through Sunday:

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

\*DO NOT use the Epcot Exit 67 off I-4

For Guests driving to Epcot® on Saturday and Sunday, EXPECT SIGNIFICANT DELAYS! Roads begin to close as early as 11:00 p.m. on the evening before the Half Marathon.

GPS devices or other sources will be inaccurate due to road closures. Please use the provided directions. Corral walk out will begin at 4:30 a.m. To ensure you make it to your corral and optimal starting point, please plan to be in your corral at 5:00 a.m. Please note, it takes 20 minutes to walk from the Family Reunion area (Epcot® Wonder Lot) to the start line. Arriving late may affect your ability to start.

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

**havaianas®**

# ENCHANTING COMFORT FIT FOR A PRINCESS



©Disney



# runDisney Health & Fitness Expo

## runDisney Health & Fitness Expo ESPN Wide World of Sports Complex

Thursday, February 18  
10:00 a.m. – 8:00 p.m.

Friday, February 19  
9:00 a.m. to 7:00 p.m.

Saturday, February 20  
9:00 a.m. to 4:00 p.m.

The runDisney Health & Fitness Expo is a three-day celebration of women, focused on health and fitness! The Expo will be located at the ESPN Wide World of Sports Complex. This event will include seminars on training, racing, and nutrition, along with the opportunity to experience the latest in running and fitness equipment. Official Merchandise will be available for purchase at the Expo. You must attend Packet Pick-Up at the Expo to receive your race bib and ChronoTrack B-Tag, which will be used to record your official and net time. While you are at the Expo be sure to pick up your gEAR bag and Race Shirt.

### 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.

All Packet Pick-Up is located on the lower level of HP Field House.

Packet Pick-Up will not be available on race morning. A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. A link to the waiver will be available at [runDisney.com](http://runDisney.com). If you do not have access to the Internet or lose your waiver, onsite waiver printing will be available. You must pick up your own participant packet (which includes your event-issued bib number and timing device) during regularly scheduled hours.

### Commemorative & Pre-Purchased Items

Pick up pre-purchased and Commemorative Items at the HP Field House at ESPN Wide World of Sports Complex. You will need to show your Photo ID to pick up your items:

- Commemorative Pins\*
- Commemorative Necklaces\*
- Disney Princess Half Marathon Weekend Breakfast Tickets
- Dooney & Bourke
- Merchandise Bundles
- Commemorative Ears\*
- Race Retreat Packages
- ChEAR Squad Packages\*
- Pre-purchased Jackets
- Pin Bundles



### A HP Field House

- 5K, 10K & Half Marathon Packet Pick-Up
- Glass Slipper Packet, Race Shirt & gEAR Bag Pick-Up
- Kids Races Packet & Race Shirt Pick-Up
- Official runDisney Merchandise
- Commemorative & Pre-Purchased Items
- Runner Tracking

### C Welcome Center

- Will Call Pre-Purchased Pasta in the Park Tickets
- Theme Park Tickets

### B Jostens® Center

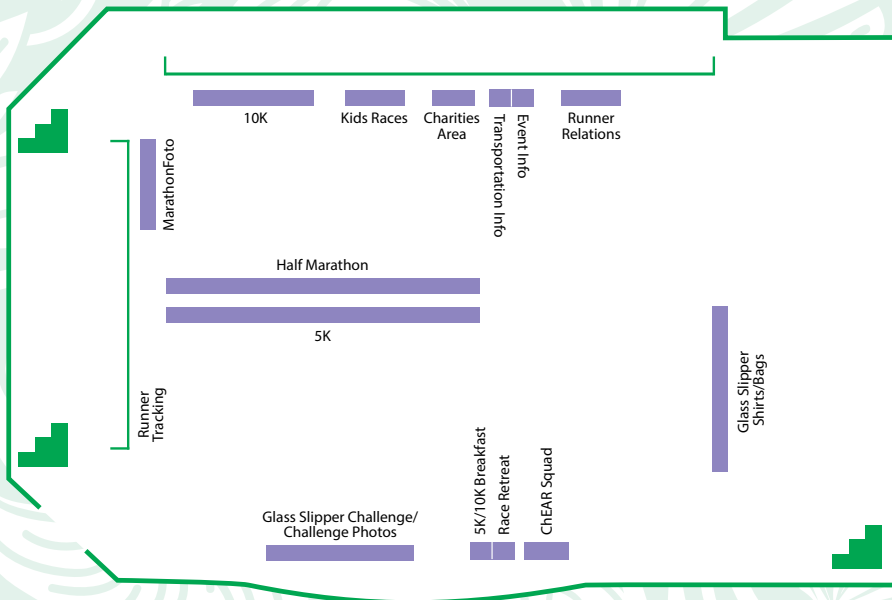
- 5K, 10K, & Half Marathon Race Shirt & gEAR Bag Pick-Up & Shirt Exchange
- Speaker Series
- Inspiration Station
- Exhibitors
- Official runDisney Merchandise

### D New Balance Virtual Queue Check-In

A signed waiver is needed to pick up Race Retreat, ChEAR Squad and Breakfast tickets. \*Please remember that items not picked up will not be mailed or refunded.

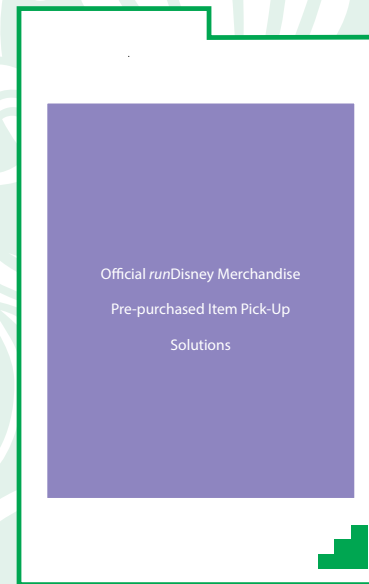
Theme park tickets will be available for purchase at the ESPN Wide World of Sports Welcome Center during the runDisney Health & Fitness Expo (subject to availability).

# EXPO FLOORPLAN - HP FIELD HOUSE



## Lower Level

- Packet Pick-Up
- Disney Glass Slipper Challenge, Race Shirt & gEAR Bag Pick-Up
- Runner Relations
- ChEAR Squad Package Pick-Up
- Breakfast Pick-Up
- Race Retreat Pick-Up



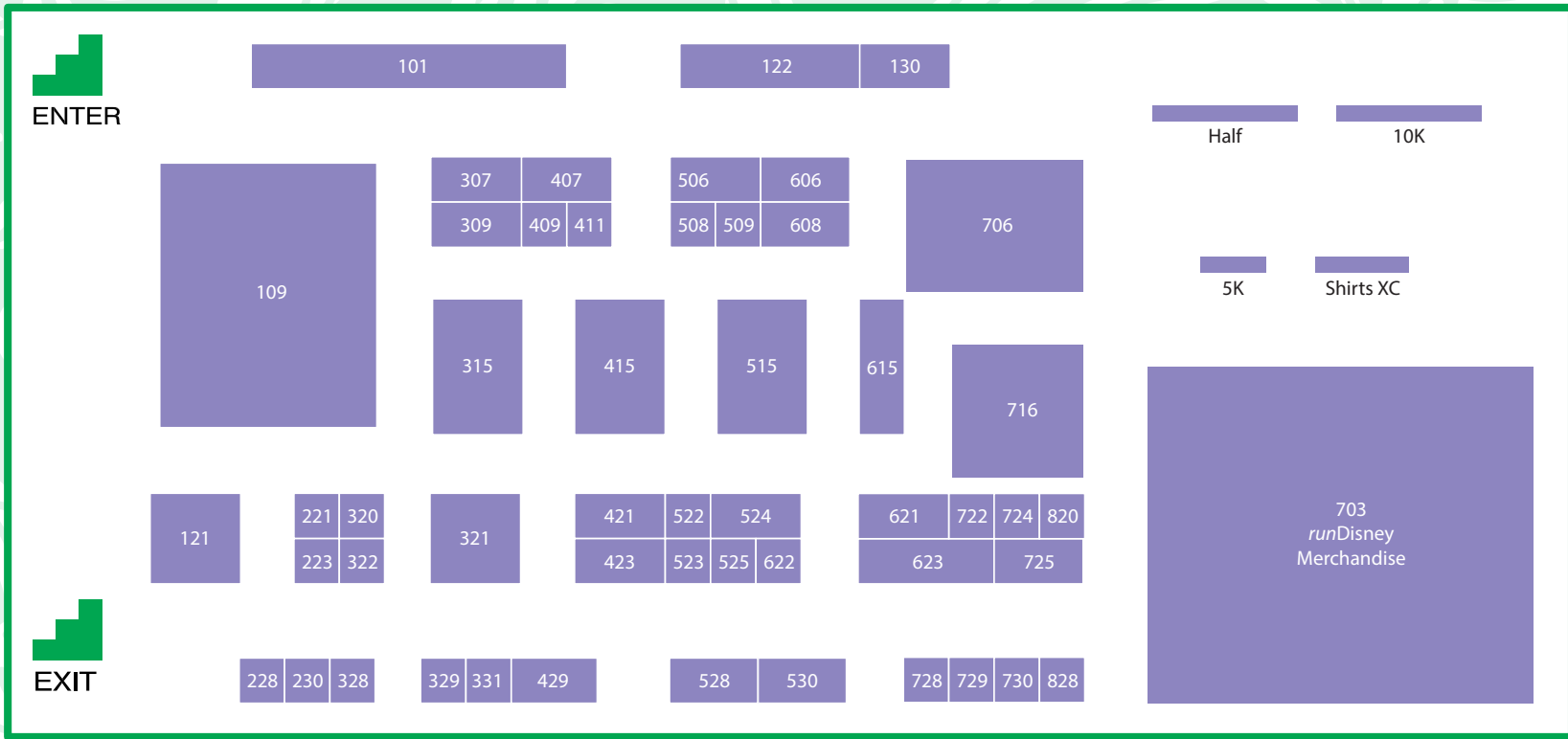
## Entry Level

- Official *runDisney* Merchandise
- Dooney & Bourke
- Pre-purchased commemorative items





# RUN DISNEY HEALTH & FITNESS EXPO



Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth
Active Sol Eyewear	508	Dr. Cool Ice Wraps and Instant Cooling Accessories	606	Jeff Galloway	828	RooSport	329
<b>APEX by Sunglass Hut</b>	<b>725</b>	Endure Jewelry	221	KT Health	528	RunningSkirts	320
Armpocket	411	Fellow Flowers	309	Lasting Commemoratives	407	Sigvaris	409
BeeCause Charms	223	<b>Fif2Run</b>	<b>315, 415, 515, 615, 421</b>	<b>LUNA</b>	<b>321</b>	SnuggBuds Sports Headsets	522
Bondi Band	524	Fitletic	307	MarathonFoto	HP Field House	Sparkle Athletic	530
<b>Champion</b>	<b>706</b>	<b>Florida Hospital Celebration Health</b>	<b>121</b>	Milestones Sports Jewelry	621	SparkleSkirts	122
<b>Children's Miracle Network Hospitals</b>	<b>716</b>	Fond Memories Graphics	820	<b>New Balance</b>	<b>109</b>	Sparkly Soul Full-Elastic Headbands	328
<b>Chiquita and Fresh Express</b>	<b>506</b>	Girl Power 2 Cure	608	Noah's Light Foundation	729	SportHooks	622
Compressport	722	<b>GoodSense</b>	<b>429</b>	One More Mile	423	Success Rice	230
CW-X	509	<b>Havaianas</b>	<b>623</b>	Plantronics BackBeat FIT	728	Sweaty Bands	130
Disney Style	724			Raw Threads	101	The BFF electric foam roller	730
				Rinse Bath & Body Co.	322	TheStick.com - amazing self massage	228

# GET SOCIAL



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



Become a Fan at:  
[facebook.com/runDisney](https://www.facebook.com/runDisney)



Follow Us at:  
[twitter.com/runDisney](https://twitter.com/runDisney) or [@runDisney](https://twitter.com/runDisney)  
#PrincessHalf #GlassSlipperChallenge  
#Enchanted10K #Princess5K



Subscribe to our Channel:  
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## Fuel Your Inner Princess



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





# PASTA IN THE PARK PARTY



**Pasta in the Park Party**  
**Friday, February 19, 2016**  
**Saturday, February 20, 2016**

**Buffet Dinner: 7:00 p.m. – 8:30 p.m.**  
**IllumiNations: Reflections of Earth: 9:00 p.m.**  
**World ShowPlace Pavilion inside Epcot®**

Start off your 2016 Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals by joining us for the Pasta in the Park Party at Epcot®! This event is a great way to relax and be entertained before your big race. Tickets are not interchangeable by day; date purchased must be the date attended.

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

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

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

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

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

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



## **The Pasta in the Park Party at the Disney Princess Half Marathon Weekend features:**

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

Tickets do not include activities/events separately priced. Tickets are subject to availability. All prices are in US dollars. Ticket orders are not accepted until confirmed with confirmation number. All prices are subject to change without notice before acceptance of your order. Pasta in the Park Party elements, including but not limited to participating locations, menus, attractions and entertainment are subject to availability, and may change or be canceled without notice. Standard Epcot® Theme Park admission tickets will not allow Guests to attend the Pasta in the Park Party.

Entry into Epcot® before 6:00 p.m. will require a Theme Park ticket. Tickets are valid only during the specific event date and hours for ticket purchased and are not interchangeable. Tickets are non-transferable and non-refundable.

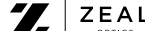
*\*Subject to availability and subject to change without notice.*



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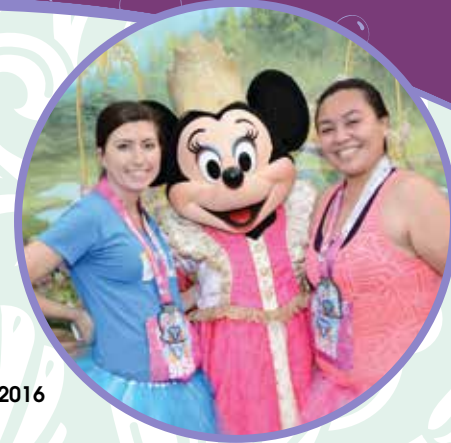
Introducing **APEX by Sunglass Hut™** the premier sport and active lifestyle sunglass retailer in the mall. Finding the right sunglasses for your sport and active lifestyle just got easier. Two of the most trusted names in the sunglass industry **OAKLEY®** and **SUNGLASS HUT™** have joined forces to bring you the largest selection of sunglasses, where each and every sunglass is hand picked based on performance, protection, comfort and style from the best sunglass makers on the planet.



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## WEEKEND BREAKFAST



### Schedule & Reminders

**Friday & Saturday, February 19 & 20, 2016**

6:30 a.m. - 8:30 a.m.

Epcot®

### Breakfast Packet Pick-Up

Pick up your Breakfast package on the main floor of the HP Field House at the *runDisney* Health & Fitness Expo. Look for the booth labeled Family Reunion Breakfast. If you do not pick up your package at the Expo, you will not be able to access the Family Reunion Breakfast on race day. You will need to show your Photo ID and your signed waiver to pick up your package. For additional packet pick-up information, please view page 14.

### Location & Access

The Breakfast Tent is a very large, white tent located in the Imagine Lot near the Finish Line. When you pick up your Breakfast package at the Expo, you will receive a wristband. The wristband must be worn at all times to gain entry into the tent.

### Character Greetings

Disney Characters will make appearances in designated photo locations throughout the Breakfast on Friday and Saturday.

Tickets are non-refundable. Menu items are subject to change without notice. All the above is subject to availability. Children under 3 are free.

Event Transportation has been arranged for those staying at select Event Host Resorts. Buses will be indicated by event transportation signs placed in the front windows and will run every 20 minutes from *Walt Disney World*® Resorts after the 5K & 10K from 6:30 a.m. - 8:30 a.m. Any Guests leaving after 8:30 a.m. can use existing Epcot® transportation to return to their Event Host Resort. Guests not staying at an Event Host Resort will need to provide their own transportation.

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



## RACE RETREAT

### Schedule & Reminders

Sunday, February 21, 2016

Epcot®

- 3:00 a.m. to 10:00 a.m.
- 3:00 a.m. to 5:00 a.m. – Runners Only with a continental breakfast
- 5:30 a.m. to 10:00 a.m. – Tent Opens to Platinum ChEAR Squad guests
- 5:30 a.m. to 6:30 a.m. – Platinum ChEAR Squad continental breakfast
- 7:30 a.m. to 10:00 a.m. – Breakfast Service

### Location & Access

The Race Retreat is a very large, white tent located in the Imagine Lot near the Finish Line. When you pick up your Race Retreat package at the Expo, you will receive a wristband. The wristband must be worn at all times to gain entry into the tent. Only race participants will be allowed in the tent from 3:00 a.m. to 5:00 a.m. If your friends and family purchased the Platinum level of the ChEAR Squad, they will be able to gain access to the Race Retreat at 5:30 a.m.

### gEAR Bag Check

Private bag check will be available inside Race Retreat. Please be sure to use the clear plastic gEAR bag given to you at Packet Pick-Up for your bag check. Please affix your bag check number to your clear bag prior to arriving at Race Retreat. All participants' bags are subject to search. Please do not check any valuable items. The event staff is not responsible for any lost, damaged, or stolen items.

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

### Stretching Area

A padded stretching area will be available before the race.

### Race Start

All runners are expected to be in their corrals no later than 5:00 a.m. Please plan on a 20-minute walk from Race Retreat to the corral area.

### Restrooms & Changing Tents

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

### Massage & Self-Treatment Stations

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

### Information Station & Live Results

Looking for information about the race? An Information Volunteer will be stationed inside Race Retreat and will be able to answer your questions about Marathon Weekend. Computers will also be available for you to check your results after the race.

### Character Greetings

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

# NEW!

# POSSIBLY THE PERFECT PROTEIN SNACK™

0 ADDED SUGAR\*

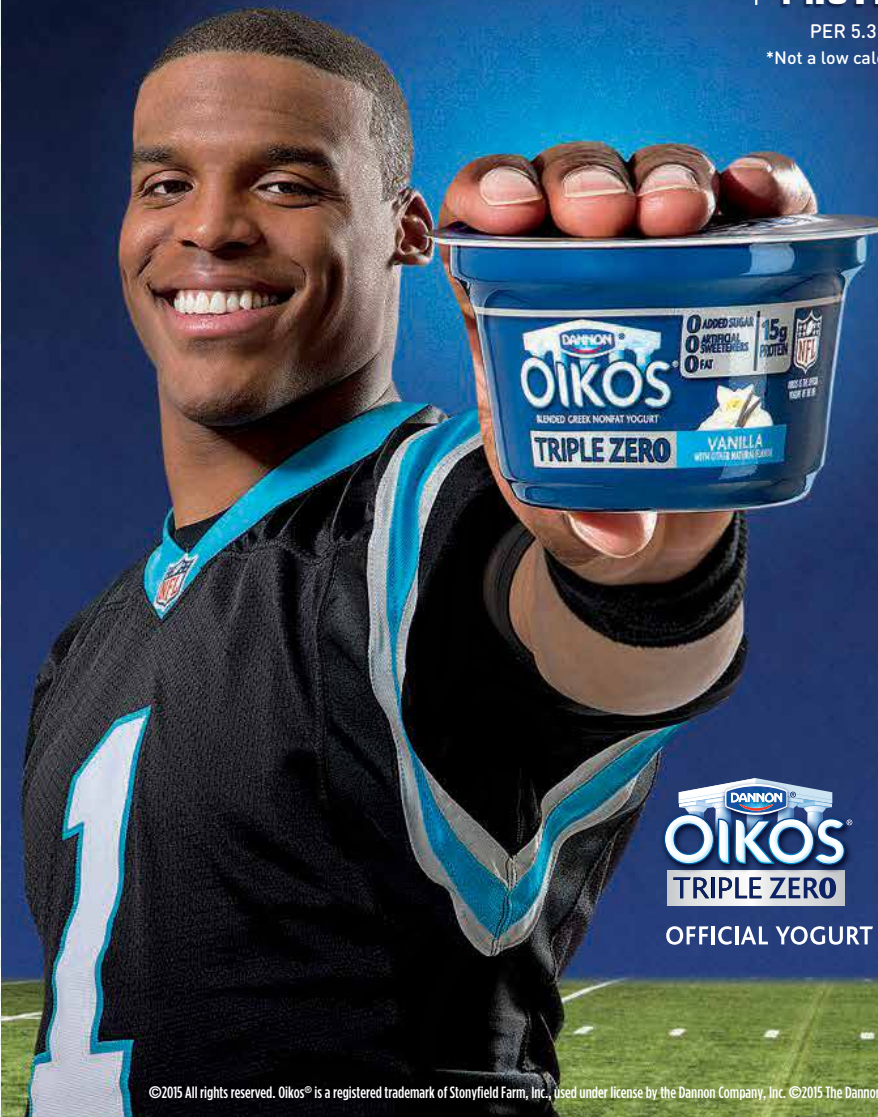
0 ARTIFICIAL SWEETENERS

0 FAT

15g PROTEIN

PER 5.3 oz.

\*Not a low calorie food



DANON  
**OIKOS**  
TRIPLE ZERO



OFFICIAL YOGURT OF THE NFL

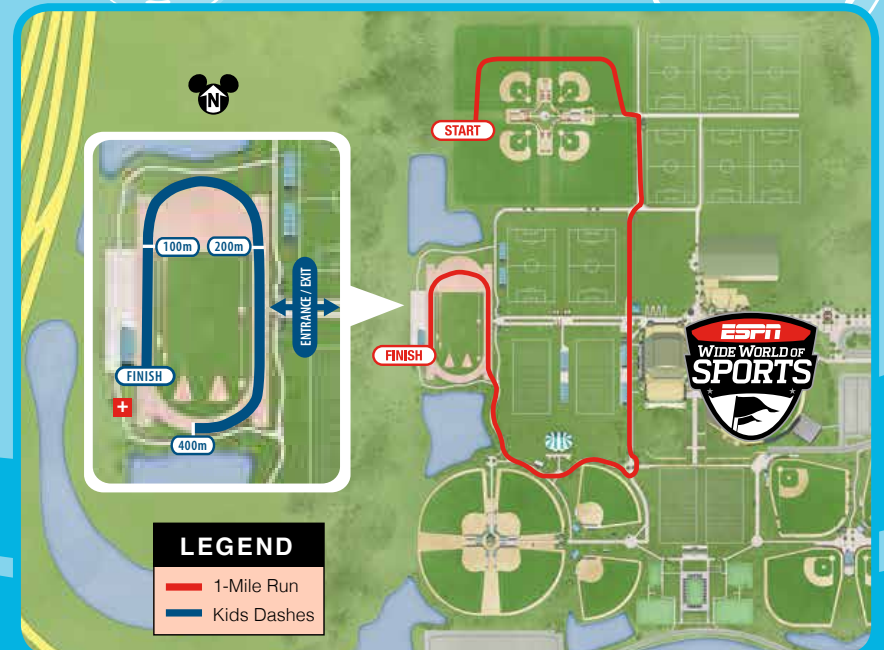


Friday, February 19  
 Saturday, February 20  
 New Balance Track & Field  
 11:00 a.m. – *runDisney Kids Races Start*  
 12:30 p.m. – *1-Mile Run Race Start*

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 will list the distance they are running in the upper left-hand corner of the bib. Each start line will have feather banners that match the distance listed on the race bibs. 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 the Imagine Lot 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

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

\*Parents that are running with their child are allowed in the Mile corrals.



# 5K & 10K INFORMATION

## Disney 5K presented by Children's Miracle Network Hospitals

Friday, February 19, 2016

**Epcot® 6:00 a.m. – Start**

### gEAR Bag Check

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

## Disney Princess Enchanted 10K presented by Children's Miracle Network Hospitals

Saturday, February 20, 2016

**Epcot® 5:30 a.m. – Start**

### gEAR Bag Check

- Wonder Lot – Epcot®
- 3:45 a.m. – 9:00 a.m.

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

### Start

The start zone for the 5K and 10K is located in the Explore Lot at Epcot®. 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.

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

### 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
- Pinned in all four corners
- Unaltered and unmodified (do not fold or wrinkle)
- Not covered with shirts, jackets, winter wear, etc



### Safety

Guests with strollers are not allowed to participate in the 5K or 10K. For more safety information, please see pages 40 and 41.

### Timing

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

### Water And Medical Stops

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

# DISNEY PRINCESS HALF MARATHON



Disney Princess Half Marathon presented by  
Children's Miracle Network Hospitals

**Sunday, February 21**

**Epcot® 5:30 a.m. – Start**

## **gEAR Bag Check**

- Wonder Lot – Epcot®
- 3:00 a.m. – 10:30 a.m.

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

## **The Start**

The start zone for both the Half Marathon is located in the Wonder Parking Lot at Epcot®. Please plan on at least a 20-minute walk from the start zone to your corral. The letter on your race number will correspond with your assigned corral. Signs and event personnel will help you find your corral. For safety reasons and as a courtesy to others, please line up in the appropriate corral. Measures will be taken to prevent unofficial runners from starting.

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

## **Restroom Facilities**

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

## **Race Bibs**

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

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

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

## **Timing**

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

## **Participant Checklist**

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





# DISNEY PRINCESS HALF MARATHON

## Perfect Princess

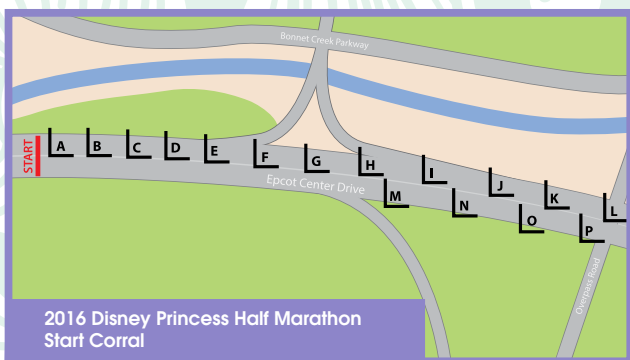
If you are a "Perfect Princess" participant, please pick up your commemorative lanyard from the Perfect Tent in the finish chute after you receive your finisher's medal.

## 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®.

## Corrals

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





# DISNEY PRINCESS HALF MARATHON COURSE



## Course Description

Disney Princess Half Marathon will start just outside of the Epcot® Parking Lot. Runners will proceed up World Drive towards the Magic Kingdom® Park. Upon entering the Magic Kingdom®, participants will pass through Tomorrowland®, Cinderella Castle, and Frontierland®. Participants then proceed down World Drive to make their return to Epcot®. The course will take participants through Future World and past Spaceship Earth on their way to an unforgettable finish!

## Beverage Stations and Food Stops

Nine beverage stations will be set up along the course, offering both Dasani water and Powerade. Clif product will be distributed at mile 8.7.

# Time to Refuel



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

*Tastes good. Good for you.™*

For more information visit [www.oceanspray.com](http://www.oceanspray.com)

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



## RACE CHALLENGES



### Disney Glass Slipper Challenge

In an effort to enhance our runners' check-in process, we ask that all Glass Slipper Challenge participants have their photo taken with their race bibs. This photo will be used at the finish line of each race to expedite the finish line experience.

### Half Marathon

After completing the Half Marathon, Glass Slipper participants must visit the Glass Slipper Challenge tent with their Glass Slipper Challenge Bib to receive the prestigious Glass Slipper Challenge medal and to celebrate their accomplishment.

### 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 Challenge! If you complete a half marathon or marathon at the Walt Disney World® Resort and the Disneyland® Resort in the same calendar year, then you will receive an additional medal to commemorate your achievement.

After completing the Half Marathon on Sunday, runDisney Coast to Coast participants must visit the Challenge tent with their runDisney Coast to Coast wristband to receive their runDisney Coast to Coast medal and to celebrate their accomplishment.

*\*runDisney Coast to Coast wristband must be presented to receive the runDisney Coast to Coast medal.*

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& ICE WRAP OF

**runDisney**

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# RUNNER SAFETY



## Safety Reminder

- All runners, Guests, costumes, and bags are subject to screening prior to entering the event staging areas.
- Weapons of any kind, or objects that appear to be actual weapons, including toy guns, are not allowed for any participants. See Costume guidelines for examples of acceptable toy accessories.
- For everyone's safety, selfie sticks, baby joggers, strollers, baby carriers, baby backpacks, skates, 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 runner safety.
- *runDisney* can offer human guides to assist registered participants with disabilities. Please contact [rundisney@disneysports.com](mailto:rundisney@disneysports.com) no later than 90 days in advance of the event.

## Costumes

Disney reserves the right to deny admission to or remove any person wearing attire that is considered 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 who dress like Characters may not pose for pictures or sign autographs for other Guests.
- Costumes may not contain any weapons that resemble or could easily be mistaken for an actual weapon.
- Costumes may not contain sharp objects, pointed objects or materials that may accidentally strike another Guest.
- For *runDisney* participants ages 13 and under:
  - o Costumes and some masks may be worn, as long the mask does not cover the entire face and eyes are visible.

- For *runDisney* participants ages 14 and older:
  - o Layered costumes, that could conceal prohibited items, are not permitted (e.g. Jedi robes).
  - o Costume props, including those that surround the entire body (e.g. Death Star, UP House) are not permitted.
  - o Costumes may not reach or drag on the ground. (e.g. full-length Princess dresses)
  - o Capes may be worn if the length does not go below the waist.
  - o Themed T-shirts, blouses, sweatshirts, and hats are acceptable.
  - o Acceptable accessories include: transparent wings, plastic light sabers, toy swords, and tutus. Headwear may be worn as long as it does not cover the face.
  - o Guests may not wear masks of any kind.

Please note that while costumed attire may be worn during *runDisney* events, Guests 14 and older are not permitted to wear costumed attire in the theme parks. As a result, Guests may need to change their attire prior to visiting the parks after participating in a *runDisney* race.

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.

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

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 non-transferable.

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



look like a  
*beauty*  
run like a  
**BEAST**



stay the course.

**GOODSENSE**<sup>®</sup>  
The Official Pain Reliever of runDisney

## RACE ETIQUETTE



The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals 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!

# JEFF GALLOWAY

## OFFICIAL TRAINING CONSULTANT

### How To Stay Motivated

By Olympian Jeff Galloway  
Official Training Consultant, *runDisney*

As race day approaches, the anticipated challenge of the distance, goal pressure, and self-imposed expectations combine to increase your overall stress level. As the overall level rises before or during a race to what it believes to be overload, the subconscious, emotional brain, triggers the release of anxiety hormones and then negative attitude hormones. You don't have to eliminate the stress to stop the negative hormones. By having a cognitive strategy, you'll shift control to the conscious brain which takes mental command over the subconscious brain. As you use this executive brain to focus on one cognitive thought at a time, the negative attitude hormones will wash out of your system. Here are the key cognitive acts that have been most successful in giving you control over your thoughts and can keep you going under the stress of the race.

- Eat a blood sugar boosting snack if needed—Low blood sugar is a major stress on the brain. A simple snack of about 100 calories can often change attitude in 20-30 minutes. Some runners have had a rebound by taking a sip or two of a sugar beverage and spitting it out.
- Drink a cup of coffee—if you drink coffee and have no problems doing so. Caffeine is a central nervous system stimulant, and engages the "focus" circuits of the brain.
- Start Walking. The gentle motion of walking and then running will stimulate secretion of the most powerful positive attitude human hormones: endorphins. To stay in the conscious brain, recite a mantra like the following: "I'm moving forward", "I'm in control".
- Smile—Smiles not only activate endorphins. A smile stimulates positive attitude circuits in the brain. Focus on this thought: "Smiles bring joy".
- Breathe in cadence with your steps—Rhythmical breathing has been shown to reduce stress and improve attitude. Take a lower lung breath every 3rd or 4th breath. Counting keeps the conscious brain in control.



- Believe that you will feel better, and that you are doing something positive for yourself. Your positive belief in what you are doing activates positive attitude hormones.
- Lower the adversity of the workout/race—if you are feeling stress/pressure when considering a pace of 9 min/mi, shift to 10 min/mi. If a 3-1 ratio seems challenging, use a 1-1. Shorter running segments often leave you feeling so strong that you increase speed at the end.
- If the going gets tough use one or more positive mantras as you focus on continuing—not giving up.
- Mantras—Talk to yourself. Use these or create your own.
  - I'm moving—I feel good
  - I know I can do this
  - I'm feeling better
  - The positive peptides are being received—I feel better
  - I'm changing my attitude
  - My exertion is making me feel better
  - One more minute
  - 30 more seconds
  - 10 more seconds
  - One more step, one more step, one more step

Taken with permission from Jeff's book **MENTAL TRAINING: JeffGalloway.com**



**Happily Ever After Party  
Disney Springs® Marketplace  
February 21, 2016  
12:00 p.m. – 8:00 p.m.**

You've worked hard and did your best during this year's Disney Princess Half Marathon Weekend. Now, it's time to join family and friends for an evening of fun, relaxation, and good times at the Happily Ever After Party at Disney Springs®. Admission to the Happily Ever After Party at Disney Springs® is open to race participants, their guests and the public. Check out special offers\* from the following locations during the party:

- Apex by Sunglass Hut
- Basin
- The Boathouse®
- Cirque du Soleil
- Erwin Pearl
- Fit2Run
- Fulton's Crab House
- House of Blues®
- Icon Jewellery by Bico
- Kate & Leo
- LITTLEMISSMATCHED™
- Pop Gallery
- Portobello Country Italian Trattoria
- Raglan Road Irish Pub and Restaurant
- Rainforest Cafe®
- Set the Bar
- Something Silver®
- Splitsville™
- Starbucks® at Disney Springs™
- Sublime Gifts and Finds
- Sunglass Icon®
- T-Rex™
- Wolfgang Puck® Grand Cafe
- Wolfgang Puck® Express at Disney Springs™ Marketplace
- Yak & Yeti™ (Disney's Animal Kingdom®)

\*All offers subject to change and are at the discretion of the individual locations. Runner must present medal to receive offer. Offer for medal holder only unless otherwise noted. Offer valid February 19-21, 2016 unless otherwise noted. While supplies last. See your i-gift bag for more information.

**Results**

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

**Photos**

MarathonFoto photographers will be on the course and at the finish line taking pictures 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.

**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.

**Family Reunion Area**

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

**Tips for meeting up with friends and family:**

- Let your friends and family know your race number, anticipated finish time, and what you are wearing.
- Determine a location for meeting friends and family after the race. We recommend the Family Reunion Area tents in alphabetical order.
- Have a back-up meeting location in place as well.



**Overall Awards**

**Overall Half Marathon female and wheelchair winners**

Family Reunion Area  
Sunday, February 21, 2016  
8:30 a.m.

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

- Top 3 Female Half Marathon Finishers
- Top Female Half Marathon Wheelchair Winners (push rim only)

**Individual Awards**

The following awards for both the 10K and Half Marathon will be mailed approximately three weeks after the event. Because of the number of people who participate in both 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.

- 2nd and 3rd Place Female Push Rim Wheelchair Winners
- 2nd and 3rd Place Male Push Rim Wheelchair Winners\*
- Female Masters Champion
- Male Masters Champion\*
- Military Male\* and Female Top 5
- Age Groups (Male\* and Female)

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

\*Male awards only available in the 10K. There are no individual awards for the 5K.

# MEDICAL INFORMATION



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 (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 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 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.



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## 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 anticoagulant, smoking cessation and cholesterol 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.

# ChEAR SQUAD



## ChEAR Zone Schedule & Reminders

Only ChEAR Squad members who purchased a Gold or Platinum ChEAR Squad package will have access to the ChEAR Zones. You must wear the wristband you picked up with your package at the Expo. You will not be admitted into the ChEAR Zone without the wristband. The ChEAR Zones will be open to Gold and Platinum level members only during Disney Princess Half Marathon on Sunday, February 21.

### ChEAR Zone 1

*Magic Kingdom*® Park near Cinderella Castle (Mile 5.7 for the Half Marathon)

\*Monorail transportation for this viewing area begins at 5:00 a.m.

### Sunday, February 21, 2016

5:30 a.m. – ChEAR Zone #1 opens

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

Note: ChEAR Zone #1 will not be open during the 10K on Saturday

### ChEAR Zone #1 is a reserved viewing

**location only.** It does not include seating, beverages, or private portable restrooms. You will NOT need a theme park ticket to access *Magic Kingdom*® Park. You will, however, need to show your wristband to access the ChEAR Zone. At approximately 8:15 a.m. this area will be closed.

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

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

Walk from the start area to the monorail station at *Epcot*® and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp and follow the overhead signs for the monorail to *Magic Kingdom*® Park. After arrival at the *Magic Kingdom*® Park/Main Street U.S.A. exit the platform. Proceed through the Main entrance of *Magic Kingdom*® Park and once inside, proceed down Main Street U.S.A. toward Cinderella Castle.

### ChEAR Zone #2

*Epcot*® Imagine Lot

(Finish Line for the Half Marathon)

### Sunday, February 21, 2016

6:00 a.m. – ChEAR Zone #2 opens

10:30 a.m. – ChEAR Zone #2 closes

ChEAR Zone #2 is a reserved viewing location at the Finish Line.

Half Marathon ChEAR Zone #2 Amenities:

Reserved Finish line seating, beverages, private portable restrooms, and hand washing stations.

You will need to show your wristband to access the ChEAR Zone.

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

Note: The estimated travel time from *Magic Kingdom*® Park to *Epcot*® is 42 minutes. After your runner has passed by, make your way back to the Transportation and Ticket Center. Walk up the ramp for the monorail to *Epcot*® and ride the monorail to the monorail platform at *Epcot*®. Upon arriving at *Epcot*®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on your right.

For guests who purchased Platinum ChEAR Squad please review the information regarding Race Retreat access on page 26.

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



# SPECTATOR VIEWPOINTS

# CELEBRATORY CHARITY

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

## Runner Tracking

Family and friends will be able to track Half Marathon participants with runner tracking available on [runDisney.com](http://runDisney.com). Participants will have the opportunity to send split times via email and text message by registering for this service on the website. You can also sign up for runner tracking at the *runDisney* Health & Fitness Expo.

## Disney 5K Only Spectator Viewpoints

Start	<i>Epcot</i> ® Explore Lot	6:00 a.m. - 6:30 a.m.	Accessible via <i>Epcot</i> ® Explore Parking Lot
Finish - Mile 3.1	<i>Epcot</i> ® Imagine Lot	6:26 a.m. - 8:02 a.m.	Accessible via <i>Epcot</i> ® Explore Parking Lot

## Disney Princess Enchanted 10K Only Spectator Viewpoints

Start	<i>Epcot</i> ® Explore Lot	5:28 a.m. - 6:15 a.m.	Accessible via <i>Epcot</i> ® Explore Parking Lot
Finish - Mile 6.2	<i>Epcot</i> ® Imagine Lot	5:53 a.m. - 7:54 a.m.	Accessible via <i>Epcot</i> ® Imagine Parking Lot

## Disney Princess Half Marathon Spectator Viewpoints

Start	<i>Epcot</i> ® Center Drive	5:30 a.m. - 6:35 a.m.	Accessible ONLY by foot from <i>Epcot</i> ® Parking Lot
Mile 4	Ticket & Transportation Center	5:53 a.m. - 7:39 a.m.	Take monorail from <i>Epcot</i> ® to Ticket & Transportation Center
Mile 4.9	<i>Disney's Contemporary Resort</i>	5:56 a.m. - 7:50 a.m.	Accessible to guests staying at <i>Disney's Contemporary Resort</i>
Mile 5.3	<i>Magic Kingdom</i> ® Park - Main Street, U.S.A.®	6:05 a.m. - 8:05 a.m.	Take monorail from <i>Epcot</i> ® to Ticket and Transportation Center, exit monorail and walk down ramp, follow overhead signs and take the monorail to <i>Magic Kingdom</i> ®
Mile 7.2	<i>Disney's Grand Floridian Resort</i>	6:10 a.m. - 8:33 a.m.	Accessible to guests staying at <i>Disney's Grand Floridian Resort</i>
Mile 7.7	<i>Disney's Polynesian Resort</i>	6:15 a.m. - 8:40 a.m.	Accessible to guests staying at <i>Disney's Polynesian Resort</i>
Finish - Mile 13.1	<i>Epcot</i> ® Imagine Lot	6:39 a.m. - 10:05 a.m.	Accessible ONLY by foot from <i>Epcot</i> ® Parking Lot

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

## Celebratory Charity

The Disney Princess Half Marathon Weekend benefits Children's Miracle Network Hospitals, a charity raising funds and awareness for 170 children's hospitals across the United States and Canada.

Each year, local member Children's Miracle Network Hospitals provide more than 32 million treatments for kids facing a range of illnesses and injuries. Donations fund treatments and healthcare services, pediatric medical equipment and charitable care for families in need.

Since 1983, Children's Miracle Network Hospitals has raised more than \$5 billion, mostly \$1 at a time, through the charity's Miracle Balloon icon. Its corporate partners and fundraising programs support the nonprofit's mission to save and improve the lives of as many children as possible.

The Disney Princess Half Marathon Weekend is an ideal platform to create awareness and support for Children's Miracle Network Hospitals.

Find out why children's hospitals need community support, and learn more about your member hospital at [CMNHospitals.org](http://CMNHospitals.org).



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