



FINAL RACE INSTRUCTIONS

WEEKEND SCHEDULE

Friday, May 6

Packet Pick-Up

11:00 a.m. - 7:00 p.m.
ESPN Wide World of Sports Complex

Course Talks

11:00 - 11:30 a.m.
1:00 - 1:30 p.m.
3:00 - 3:30 p.m.
5:00 - 5:30 p.m.
ESPN Wide World of Sports Complex

Saturday, May 7

Packet Pick-Up

10:00 a.m. - 3:00 p.m.
ESPN Wide World of Sports Complex

Course Talks

11:00 - 11:30 a.m.
12:00 - 12:30 p.m.
1:00 - 1:30 p.m.
2:00 - 2:30 p.m.
ESPN Wide World of Sports Complex

Disney Kids' Races

7:30 p.m.
Disney's Animal Kingdom® Theme Park - Butterfly Parking Lot

Expedition Everest™ Challenge

8:30 p.m.
Disney's Animal Kingdom® Theme Park - Butterfly Parking Lot

Post-Race Party

9:30 p.m. - 1:00 a.m.
Disney's Animal Kingdom® Theme Park in Dinoland U.S.A.® Area

Awards Ceremony

Approx. 11:30 p.m.
Disney's Animal Kingdom® Theme Park in Dinoland U.S.A.® Area

PACKET PICK-UP AND WAIVERS

You are required to attend Packet Pick-Up to receive your race tech shirt, race packet, goody bag and sign a waiver. Packet Pick-Up hours are listed to the left. You must bring your Photo ID and signed waiver to Packet Pick-Up. Packets not picked up will not be mailed or refunded.

TEAM PACKET PICK-UP

Each team will receive one (1) total packet. Team members are strongly encouraged to pick up their race packets together. Race packets will be listed according to team name. Each team member must show a Photo ID and provide a signed waiver before receiving their race packet. If team members cannot attend Packet Pick-Up together, please see Absentee Packet Pick-Up below.

ABSENTEE PACKET PICK-UP

If you have a teammate or someone else pick up your race packet, you will need to provide that person with the following:

- Copy of your driver's license or photo ID
- Original Packet Pick-Up Authorization Form signed by the participant
- Original event waiver signed by the participant

All of these items must be provided and no exceptions will be made. Waivers and Packet Pick-Up Authorization Forms will be available prior to the event at runDisney.com/Everest and collected at Packet Pick-Up.

POST-RACE PARTY TICKETS

Your entry fee for *Expedition Everest™* Challenge includes entry into the Post-Race Party and your Post-Race Party wristband will be in your packet. If you pre-purchased additional Post-Race Party Tickets, they can also be picked up at Packet Pick-Up. A limited number of Party Tickets may be available for purchase at Packet Pick-Up. Availability of the

Party Ticket is not guaranteed. Please bring your Photo ID and your receipt.

COMMEMORATIVE PIN PICK-UP

Pre-ordered commemorative pins purchased during registration can only be picked up at Packet Pick-Up. Pins will be in your race packet. We recommend you bring your original registration receipt with you. If you have questions about the commemorative pin, please go to the Pin Solutions Booth at Packet Pick-Up. Pins not picked up during Packet Pick-Up will not be mailed and will not be refunded.

EXPEDITION EVEREST™ CHALLENGE

5K ADVENTURE RUN

Your journey begins in the Butterfly Parking Lot of *Disney's Animal Kingdom®* Theme Park with a 5K adventure run that winds through the dark, exotic terrain of several continents. Be on the lookout for obstacles that will be in your path. Climb and crawl your way through the adventurous portion of your 5K run!

Trekkers will be grouped into waves for the start of the race with teammates starting in the same wave. Teammates ARE required to start and finish the 5K together and may assist each other on the obstacles.

The 5K adventure run course will close at 10:00 p.m.

SCAVENGER HUNT

Once the 5K adventure run is complete, you will receive a clue (one per team). The final test on your adventure takes you back inside *Disney's Animal Kingdom®* Theme Park where solving the clues will help guide you to the correct locations. Upon arriving at each location you will need to show your card to the race staff in order to receive your next clue. We suggest that you grab a park map as you enter *Disney's Animal Kingdom®* Theme Park.



Teams and individuals must complete the Scavenger Hunt on their own and may not accept help from other teams, individuals or outside sources. If you are unable to solve a clue, guides will be in the area to assist. Teammates must begin and complete the Scavenger Hunt together and cross the finish line together.

The scavenger hunt course will close at 11:00p.m. at which point all teams still participating in the Scavenger Hunt must proceed to the Finish Line in the *Expedition Everest™* Area.

FINISH LINE & POST-RACE PARTY

Once you solve the clues on your hunt you will make your way to the *Dinoland U.S.A.®* Area for the Post Race Party. Then it's time to swap stories with your fellow trekkers and enjoy the music and featured attractions - *Expedition Everest™*, *Kali River Rapids®* Attraction and *Dinoland U.S.A.®* Area.

DISNEY KIDS' RACE CHALLENGE

The Disney Kids' Race Challenge will take place in the Butterfly Parking Lot of *Disney's Animal Kingdom®* Theme Park and is open to kids ages 4-10. The challenge will consist of a short run followed by a mini obstacle course and a surprise challenge at the end. Parents are encouraged to run with their kids. Kids' Race participants will be grouped by age and bib number. Walkup registration and Packet Pick-Up will be available on Friday & Saturday during regular Packet Pick-Up times and in the Butterfly Lot at *Disney's Animal Kingdom®* Theme Park.

If you are in need of childcare services during the event, then please contact Kids' Nite Out at (407) 828-0920 between 8:00 a.m. and 9:00 p.m. to make arrangements.

SAFETY REMINDERS & RESTRICTIONS

All participants should be able to complete the race under their own power. For everyone's safety, children under the age of 9, walkers, walking sticks, crutches, canes, baby carriers, strollers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, and animals of any kind are prohibited from the 5K adventure run and scavenger hunt. If you are seen in violation of these safety rules, you will be removed from the course and transported to the finish line area.

Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

RACE INFORMATION

COURSE TALKS

Each participant is encouraged to attend one of the Course Talks during Packet Pick-Up. The Course Talks will review the rules and

regulations of the event and provide a brief course overview. There will also be a Q&A session at the end of the Course Talk.

START TIME & WAVES

The 5K adventure run, the first part of *Expedition Everest™* Challenge, will start promptly at 8:30 p.m. in the Butterfly Lot at *Disney's Animal Kingdom®* Theme Park. Participants must arrive by 7:45 p.m. Participants arriving later than 7:45 p.m. will experience severe delays. Wave starts will be approximately 5 minutes apart. Teammates will start in the same wave. Your wave assignment will be on your race bib.

TIMING

The *Expedition Everest™* Challenge is a timed event with a 16 minute per mile pace for the 5K adventure run. The race will be timed using the Chronotrack D-Tag timing device. Each team will be given one D-Tag. The D-Tag will be attached to the race bib. Please check your D-Tag for instructions on how to attach it to your shoe.

Your final time will be based on the cumulative time for the 5K adventure run and the Scavenger Hunt. Correct completion of the scavenger hunt will be verified. Split times for each leg of the event will be posted.

RACE RESULTS

The final race results will be posted on runDisney.com/Everest following the event. Please allow 24 hours for results to be posted.

BIB NUMBERS

Each participant will be issued a bib number at Packet Pick-Up. It is very important to fill out the Emergency Medical information on the back of the bib number. Please wear the bib number centered on the front of your shirt. It is your responsibility to wear the bib during the race. Participants without a bib number will be removed from the course for security and safety reasons.

BAG CHECK

There will be a bag check location at *Disney's Animal Kingdom®* Theme Park for those participants needing this service. You will receive a clear plastic bag at Packet Pick-Up, please use this bag for the bag check service. We will not accept any other type of bag or any items that are not in the clear plastic bag. **Please do not check any valuable items.**

You will also receive a numbered bag check sticker at Packet Pick-Up. You should place the sticker in the clearly defined area on your clear plastic bag. Please attach the sticker to the clear plastic bag prior to arriving at Bag Check. Your bag will be transported to a designated location inside *Disney's Animal Kingdom®* Theme Park near the *Dinoland U.S.A.®* Area. Your race



bib number will be used for verification when you pick your bag up in the Bag Check area. Event Staff are not responsible for any lost or stolen items. You will be allowed to enter or exit the park if you wish to leave your bags in your cars as long as you still have your Post-Race Party wristband affixed.

COSTUMES

You may wear a costume to participate in this event. However, you will NOT be allowed to wear a mask. In addition, masks will not be allowed inside *Disney's Animal Kingdom*® Theme Park during the Post-Race Party. Anyone seen in violation of this will be removed from the course and/or post-race party. If your costume is questionable or offensive to others, we reserve the right to have you change into something more appropriate or remove you from the event completely.

COMMEMORATIVE ITEMS

OFFICIAL RACE MERCHANDISE

Expedition Everest™ Challenge merchandise will be available for purchase during Packet Pick-Up on Friday & Saturday at ESPN Wide World of Sports Complex. Merchandise will also be available at *Disney's Animal Kingdom*® Theme Park on Saturday night.

OFFICIAL RACE PHOTOS

ASI photographers will be on the course and at the finish line taking your picture during the race. Please keep your race number uncovered and in clear view on the front of your shirt. Race photos will be posted approx. 2-3 days after the race. ASI will email you your photo proofs or you can visit ASLorders.com after the race to view your race photos.

PARKING & TRANSPORTATION

VERY IMPORTANT UPDATE!

Parking is complimentary at ESPN Wide World of Sports Complex on Friday, May 6 and Saturday, May 7. There will be limited parking on both days due to other events taking place at ESPN Wide World of Sports Complex. Participants staying at the host resorts are STRONGLY encouraged to use the event transportation from the Event Host Resorts to Packet Pick-Up.

RACE DAY

Parking is complimentary at *Disney's Animal Kingdom*® Theme Park after 4:00 p.m. on Saturday, May 7. There is no general resort transportation for this event. Participants not staying at an Event Host Resort will be responsible for their own transportation.

HOST RESORTS & TRANSPORTATION

Host Resort Transportation for this event will ONLY be available to those participants staying at one of the host resorts:

- *Disney's All Star Sports Resort*
- *Disney's Caribbean Beach Resort*
- *Disney's Animal Kingdom Lodge*

TRANSPORTATION TO PACKET PICK-UP

Buses will run from 10:30 a.m.–6:30 p.m. on Friday, May 6 and 9:30 a.m.–2:30 p.m. on Saturday, May 7 from the Event Host Resorts to Packet Pick-Up at ESPN Wide World of Sports Complex. Buses will run in 30 minute loops. Please check with the front desk of your Host Resort for the pick-up location.

RACE DAY TRANSPORTATION

Buses will depart the Event Host Resorts to the race starting at 6:00 p.m. The last buses will leave the resort at 7:30 p.m. Transportation will resume from the host resorts to *Disney's Animal Kingdom*® Theme Park for guests who are attending the Post-Race Party at 9:15 p.m. and will continue throughout the evening. Buses will return guests to the Host Resorts. The last bus will leave the Post-Race Party at 1:30 a.m.

WEATHER

The race will be held rain or shine. If there is lightning in the area, the race will either have a delayed start or, depending on the intensity of the weather, be cancelled. The determination will be made by the runDisney Event staff.

The *Walt Disney World*® Lightning Policy is as follows:

Event operations will shut down when lightning is 10 miles out from the event areas. Event operations will not resume until the lightning is 10 miles out moving away from the event areas. The *Flash to Bang Rule* and weather radar will be used to determine this. The Sports Manager will consult with the Theme Park Partners and *Walt Disney World*® Security on a course of action to utilize the operational rain plan, delay the event, or cancel the event.

Flash to Bang Rule is applied by measuring the time (in seconds) between a visual lightning "Flash" and hearing the resulting "Bang". This time is then divided by a factor of "5" to obtain distance in miles. For example, 50 seconds between "Flash" and "Bang" divided by "5" equals 10 miles.

As a reminder, the registration fees are non-refundable and non-transferable.



RACE BENEFICIARIES

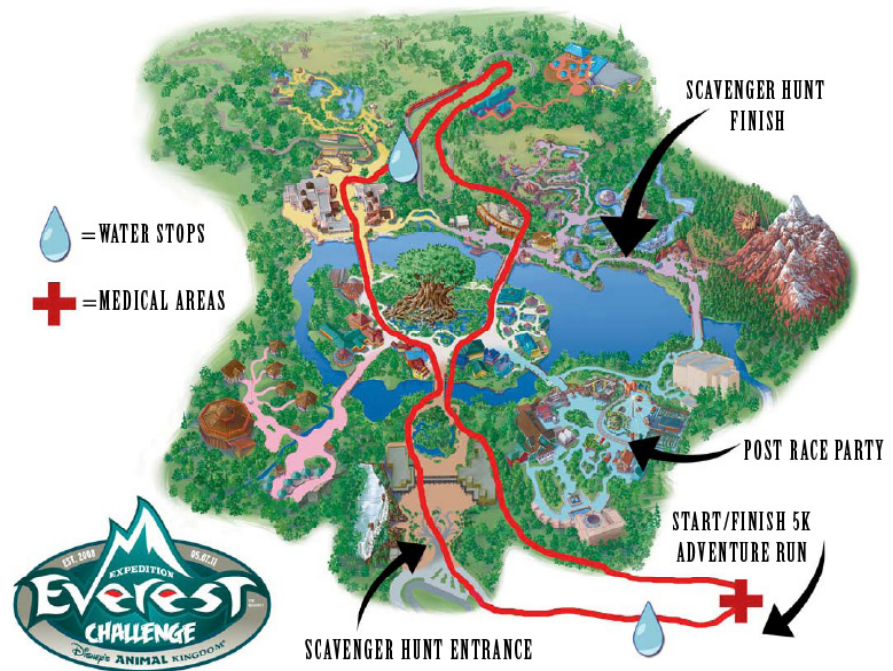
The International Snow Leopard Trust (ISLT) is a non-profit organization that has been working to protect the endangered snow leopard since 1981. There are only 3,500-7,000 snow leopards left in the wild. With headquarters in Seattle, WA, the ISLT manages offices and NGO partnerships in India, China, Mongolia, Pakistan, and Kyrgyzstan. The Trust focuses on education, research and direct conservation that includes working with local people to stop poaching and retribution killing. For more information, please visit <http://www.snowleopard.org>.



The Disney Worldwide Conservation Fund (DWCWF) has supported conservation assessments in the Himalayas, a region renowned for its unspoiled beauty and pristine wilderness. In 2005, the DWCWF, in collaboration with Conservation International (CI), taught scientists and university students in Nepal the important research techniques needed to aid in plant and animal identification. This effort helped researchers form a strong partnership with local communities through communication and education. Since its inception in 1995, the DWCWF has awarded more than \$12 million to 750 projects in 110 countries to help to support the important work of both local and global nonprofit organizations to positively impact wildlife, ecosystems, and the communities so closely linked to their survival. To learn more, visit <http://www.disney.com/conservation>.



EXPEDITION EVEREST™ CHALLENGE COURSE MAP



Water Stops and Medical Stops: There will be 2 water stops along the course, one during the 5K adventure run and one at the start of the Scavenger Hunt. A medical tent will be available at the Start and Finish line.

Spectator Viewing: The start and finish of the 5K may be viewed by all spectators in the Butterfly Parking Lot at *Disney's Animal Kingdom*® Theme Park. Spectators who purchase a Post-Race Party ticket will be able to enter *Disney's Animal Kingdom*® Theme Park at 9:30 p.m. to view the finish line of the scavenger hunt. Spectators will not be able to view any other areas of the course during the 5K adventure run or scavenger hunt.

POST-RACE PARTY

Join your fellow trekkers as you celebrate conquering the *Expedition Everest*™ Challenge! The Post-Race Party will take place from 9:30 p.m.–1:00 a.m. inside *Disney's Animal Kingdom*® Theme Park in the *Dinoland U.S.A.*® Area. Food and beverage will be available for purchase. Please refer to the party guide included in your packet for information on attractions, restaurants and merchandise. Your Party Ticket provides access to the following attractions:

- *Expedition Everest*™ Attraction
- *Kali River Rapids*® Attraction
- *Dinoland U.S.A.*® Area

POST-RACE PARTY WRISTBANDS

The Post-Race Party is included with your registration fee. You must wear the wristband you received at Packet Pick-Up to get into the Post-Race Party. A limited number of Party Ticket wristbands may be available for purchase for friends and family during Packet Pick-Up. Availability

of the Party Tickets is not guaranteed. All guests must have a wristband to enter the Theme Park.

PARK ENTRANCE

You will not be admitted into the park prior to 9:30 p.m. If you attended *Disney's Animal Kingdom*® Theme Park on the day of the race, you will be asked to clear the park when it closes. To re-enter the park at 9:30 p.m. you will need to wear your Post-Race Party wristband.

AWARDS CEREMONY

The Awards Ceremony will begin at approximately 11:30 p.m. in the *Dinoland U.S.A.*® Area. Awards will be given to the top three Teams/Finishers in the following categories:

- Female Team
- Male Team
- Co-Ed Team
- Mother/Daughter Team
- Individual Female
- Individual Male

