



FINAL RACE INSTRUCTIONS

RELAY RACES

Welcome to the Walt Disney World® Marathon Weekend presented by Cigna. Below are important reminders for your race weekend.

EXPO SCHEDULE & REMINDERS

Thursday, January 5, 2012

10:00 a.m. to 7:00 p.m.

Friday, January 6, 2012

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

Saturday, January 7, 2012

10:00 a.m. to 5:00 p.m.

PACKET PICK-UP AND WAIVERS

Each relay participant will receive an individual packet. Teammates are not required to pick up their packets together. You are required to attend Packet Pick-Up at Disney's Health & Fitness Expo in order to receive your B-Tag timing device, race bib, race shirt, relay baton and goody bag. **Packet Pick-Up will not be available on race morning.** Please note, the race shirt you requested when you registered (listed on your waiver) is the size you will receive at Packet Pick-Up. We are unable to exchange sizes on-site.

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/Marathon. If you do not have access to the internet or lose your waiver, onsite waiver printing will be available at the Health & Fitness Expo.

ABSENTEE PACKET PICK-UP

If you are unable to attend Packet Pick-Up, the individual picking up on your behalf must provide the following items as well as his/her Photo ID:

1. Copy of your driver's license or Photo ID
2. Your signed waiver
3. Your signed Packet Pick-Up Authorization Form

The Packet Pick-Up Authorization Form and waiver will be available at runDisney.com/Marathon. It is important that you download these forms and bring them with you to the Health & Fitness Expo.

COMMEMORATIVE PIN PICK-UP

Pre-ordered commemorative pins will be distributed when you pick up your race packet. Please remember pins that are not picked up will not be mailed or refunded.

STROLLER POLICY

For the safety of our Guests, strollers are not allowed inside the Jostens® Center or HP Field House at ESPN Wide World of Sports Complex. Designated stroller parking will be available at the entrance.

RACE DAY SCHEDULE & REMINDERS

Sunday, January 8, 2012

Walt Disney World® Marathon presented by CIGNA

Start Location: *Epcot*® Center Drive

5:30 a.m. – Wheelchair Start

5:35 a.m. – Wave 1 Start

5:39 a.m. – Wave 2 Start

5:43 a.m. – Wave 3 Start

5:47 a.m. – Wave 4 Start

5:51 a.m. – Wave 5 Start

5:55 a.m. – Wave 6 Start

5:59 a.m. – Wave 7 Start

6:03 a.m. – Wave 8 Start

RELAY RUNNER #1 INSTRUCTIONS

By 4:00 a.m.

Relay teams must be on Monorails or Buses to *Epcot*®

By 4:00 a.m.

Relay team not staying at host resorts must be parked at *Epcot*®

By 4:45 a.m.

Give your gear bag with bag check sticker to Relay Runner #2 prior to Relay Runner #2 taking shuttle to Relay Exchange. Take Relay Runner #2's gear bag with bag check sticker and check it into Bag Check at *Epcot*®.

By 5:00 a.m.

Relay Runner #1 must be in corral at *Epcot*®



RELAY RUNNER #2 INSTRUCTIONS

By 4:00 a.m.

Relay teams must be on Monorails or Buses to *Epcot*®

By 4:00 a.m.

Relay teams not staying at host resorts must be parked at *Epcot*®

By 4:45 a.m.

Give your gear bag with bag check sticker to Relay Runner #1 prior to taking shuttle to Relay Exchange. Take Relay Runner #1's gear bag with bag check sticker and check it into Bag Check at Relay Exchange.

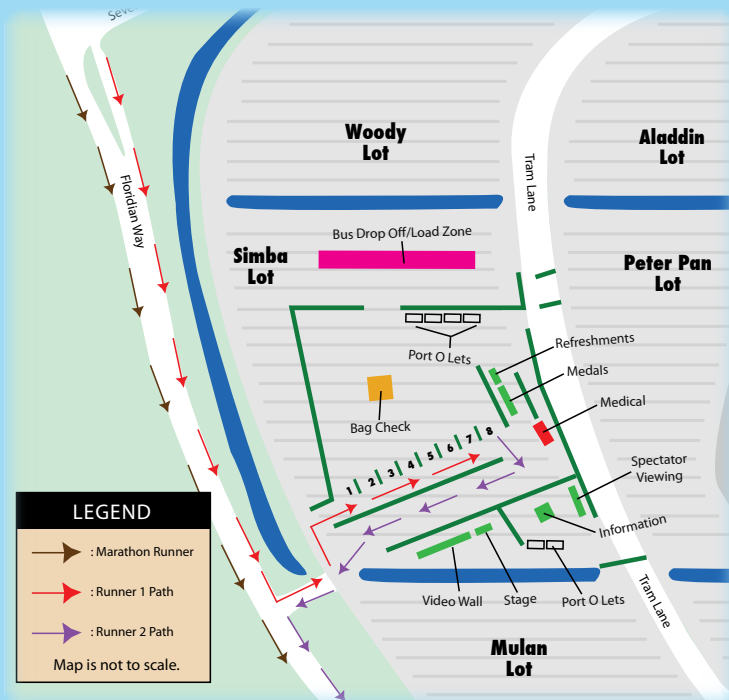
5:00 a.m. to 7:00 a.m.*

Monorails and Buses are available from *Epcot*® to the Relay Exchange. (*Please know Relay Runner #1's anticipated finish time at the Relay Exchange and allow at least thirty minutes to travel from *Epcot*® to *Magic Kingdom*® Park)

By 7:00 a.m.

Take shuttle to Relay Exchange

RELAY EXCHANGE ZONE



BAG CHECK

If you plan to check personal items on race morning, you **MUST** use the clear bag provided to you at Disney's Health & Fitness Expo. Please affix your bag check number to your clear bag prior to arriving at the Bag Check tents.

Due to safety regulations and limited storage space, the race staff cannot accommodate full-sized suitcases, paper bags, or clothing bundles. Please do not check valuables. The race staff is not responsible for any lost, stolen, or damaged items. We will make every effort to have your bag waiting for you after the race. Articles of clothing that are found on the course will be donated to charity.

Relay Runner #1: If you would like to retrieve your belongings at *Magic Kingdom*® Park after completing the first leg of the race, you must give your clear plastic goody bag, with your bag sticker affixed to the front of the bag, to Relay Runner #2. Relay Runner #2 will check your bag at the Bag Check tent at *Magic Kingdom*® Park. Relay Runner #1 bags must be claimed before 10:00 a.m. on Sunday. Unclaimed Relay Runner #1 bags will be delivered from *Magic Kingdom*® Park to the Information tent at *Epcot*®. Any bags unclaimed by 2:00 p.m. on Sunday will be transferred to *Epcot*® Guest Relations, located to the right of the main park entrance. Please visit during park hours to claim lost items.

Relay Runner #2: If you would like to retrieve your belongings at *Epcot*® after completing the second leg of the race, you must give your clear plastic goody bag, with your bag sticker affixed to the front of the bag, to Relay Runner #1. Relay Runner #1 will check your bag at the Bag Check tent at *Epcot*®. Relay Runner #2 bags must be claimed before 2:00 p.m. on Sunday. Any unclaimed bags will be transferred to *Epcot*® Guest Relations, located to the right of the main park entrance. Please visit during park hours to claim lost items.

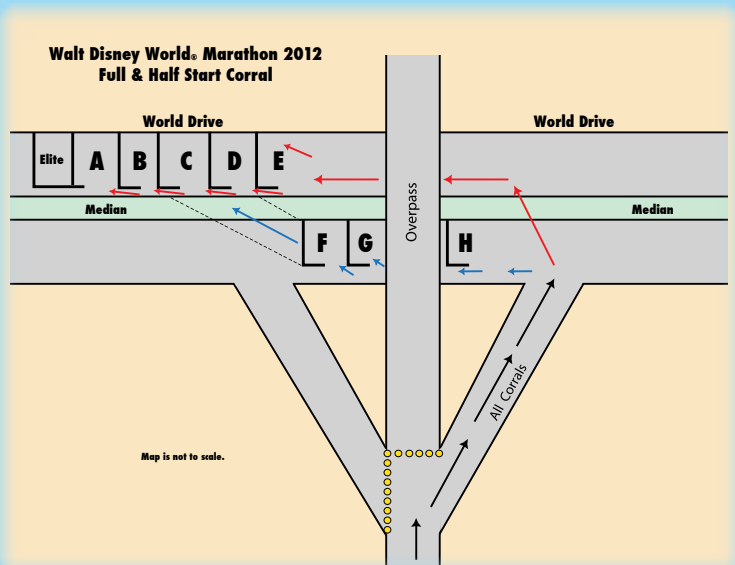
RESTROOM FACILITIES

Portable restroom facilities will be available at *Epcot*® near the bag check tents, at *Epcot*® near the start lines, at *Magic Kingdom*® in the Relay Exchange Zone and on the course near the beverage stations.



MARATHON START

The start zone for Relay Runner #1 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.



BIB NUMBERS

Each runner will be issued a bib number at Packet Pick-Up. Please wear the bib number centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a bib number 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 bib number. Safety pins for your bib number will be in the goody 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 official time **WILL NOT** be recorded.

PACING REQUIREMENTS

All athletes entering the Marathon Relay must be able to maintain a 16-minute per mile pace throughout each race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to the Family Reunion area at Epcot®. You may be picked up at any point along the course for not maintaining a 16-minute per mile pace. It is suggested that athletes train for a 15-minute per mile pace or faster to allow time for breaks (restroom breaks, photo opportunities, etc.).

Pace Cyclists will be on the course indicating when runners are behind pace by waving orange flags at mile markers according to the official pace time. If you reach a mile marker with an orange flag waving, please note you are behind the required 16-minute per mile pace and can be picked up at any time.

SAFETY REMINDER

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

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

COSTUMES

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

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 Event Management 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 ETIQUETTE

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy *Walt Disney World*® Marathon Weekend events. Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course but will keep you safe.

- Wear your bib number on the front of your shirt and SMILE! Brightroom photographers will be taking pictures of you throughout the race. (Pictures will be available at www2.brightroom.com 2-3 days following the race. You will need your race number to access your photos.)
- 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. Please be courteous to those finishing behind you and take only one of each item.
- Celebrate! Thank your volunteers and have a great race!

PARTICIPANT CHECKLIST

- Bib number 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.)



TRANSPORTATION & DRIVING DIRECTIONS

Expo

Special Marathon Weekend Transportation will depart from *Walt Disney World*® Resort Hotels to ESPN Wide World of Sports Complex approximately every 20 minutes. Transportation to the Expo will begin half an hour prior to opening and will continue until half an hour after closing.

Race Day

Monorail transportation will be provided for those participants staying at *Disney's Contemporary Resort*, *Disney's Grand Floridian Resort and Spa*, and *Disney's Polynesian Resort* beginning at 3:00 a.m. The Monorail will transport you to the Transportation and Ticket Center where you will board a second Monorail that will transport you to *Epcot*®.

Special Marathon Weekend Transportation will begin departure from all other *Walt Disney World*® Resorts at 3:00 a.m. Buses will be indicated by Marathon Weekend Transportation signs placed in the front windows.

Participants must board Buses and Monorails no later than 4:00 a.m. in order to make it to their corrals by 5:00 a.m. **Runner #1 must be in their corral at the start line by 5:00 a.m. or they will not be allowed to start.** Please note, it takes 20 minutes to walk from the Family Reunion (*Epcot*® Wonder Lot) area to the start line.

Special Marathon Weekend Transportation will continue throughout the morning for spectators. **Marathon Weekend Transportation will be suspended between 5:00 a.m. and 7:00 a.m. on Saturday and Sunday due to race start and road closures.**

After the race, bus stops will be set up in the Family Reunion (Wonder Lot) area at *Epcot*®. Special Marathon Weekend Transportation from *Epcot*® to *Walt Disney World*® Resort Hotels concludes at 2:30 p.m. on Sunday.

ARRIVING BY CAR

Guests not staying at a *Walt Disney World*® Resort Hotel will need to provide their own transportation. For participants driving to *Epcot*® on race morning, **EXPECT SIGNIFICANT DELAYS!** Some roads begin to close as early as 11:00 p.m. on the evenings before the Marathon. Therefore, please use directions below and plan to arrive no later than 4:00 a.m. **Runner #1 must be in their corral at the start line by 5:00 a.m. or they will not be allowed to start.** Please note, it takes 20 minutes to walk from the Family Reunion area to the start line.

Take 1-4 to exit 64 (192 West) and follow the signs to *Epcot*®. Once you have arrived at the *Epcot*® auto plaza you will be directed where to park. Please use the directions above. Directions from a GPS device or other sources will be inaccurate due to road closures. **On Sunday from approximately 5:00 a.m. to 7:30 a.m., the main entrance to *Epcot*® from World Drive will be closed to all traffic.** During this period, all traffic will be directed to the *Magic Kingdom*® Parking Lot and guests will be transported to *Epcot*® via Monorail.

Information in this brochure is subject to change without notice.