

FINAL RACE INSTRUCTIONS

RACE RETREAT



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.

RACE RETREAT PACKET PICK-UP

Pick-up your Race Retreat package on the main floor of the HP Field House at Disney's Health & Fitness Expo. Look for the booth labeled Race Retreat. If you do not pick up your package at the Expo, you will not be able to access Race Retreat on race day. You will need to show your Photo ID to pick up your package.

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

1. Copy of your driver's license or Photo ID
2. Your signed Packet Pick-Up Authorization Form
The Packet Pick-Up Authorization Form will be available on the website. It is important that you download the form and bring it with you to the Health & Fitness Expo.

RACE RETREAT SCHEDULE & REMINDERS

Saturday, January 7, 2012

3:00 a.m. – 10:30 a.m.

Sunday, January 8, 2012

3:00 a.m. – 2:30 p.m.

LOCATION & ACCESS

The Race Retreat is a very large, white tent located in the Family Reunion area at *Epcot*®. 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 runners will be allowed in the tent from 3:00 a.m. – 5:30 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.

BAG CHECK

Private bag check will be available to you inside Race Retreat. Please be sure to use the clear plastic goody bag given to you at Packet Pick-Up for your bag check. You will need to attach the bag check number (matches your bib) to your 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.

PRE-RACE FOOD & BEVERAGE

A continental breakfast will be available to you before the race from 3:00 a.m. – 5:30 a.m. The breakfast includes bagels with peanut butter, butter and jellies, whole oranges, and bananas. Hot beverages (coffee, tea, cocoa) will be available as will PowerAde and Dasani water.

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. Signs inside Race Retreat will direct you towards the start line.

RESTROOMS & CHANGING TENTS

Private portolets 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 STATION

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 please.

MENU & BRUNCH SERVING TIMES

Hot and cold beverages will be available throughout the day. Hot beverages include coffee, tea, and hot cocoa. Cold beverages include water, PowerAde, Coke, Diet Coke, and Sprite.

HALF MARATHON – SATURDAY, JANUARY 7

• 7:30 a.m. – 10:30 a.m.: Brunch*

Menu includes fruit salad, scrambled eggs with cheese and salsa, over roasted red potatoes, bacon and assorted muffins.

FULL MARATHON - SUNDAY, JANUARY 8

• 9:30 a.m. – 2:30 p.m.: Brunch*

Menu includes fruit salad, scrambled eggs with cheese, over roasted potatoes, pork sausage, seasoned grilled chicken wraps, vegetable bean soup and frozen fruit bars.

* Menu is subject to change without notice.

LIVE RESULTS

Computers will be available for you to check your results and print them after the race.

INFORMATION STATION

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.

CHARACTER GREETINGS

What better way to start your race at the *Walt Disney World*® Resort than by seeing your favorite Disney characters? Disney characters will make appearances at Race Retreat throughout the day on Saturday and Sunday. Designated photo locations will be available inside Race Retreat and Brightroom photographers will be on-site and ready to take your picture!

OFFICIAL MERCHANDISE STATION WITH T-SHIRT CUSTOMIZATION

A *Walt Disney World*® Marathon Weekend Merchandise Station will be available inside Race Retreat with select Marathon Weekend items for purchase. A t-shirt customization station will also be exclusively available inside Race Retreat. Check your race time online and then order a customized t-shirt made with your finish time! Only cash or credit cards will be accepted.

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. **You must be in your corral at the start line by 5:00 a.m. or you 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.

Runners must be at the Relay Exchange Zone by 7:00 a.m.

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 10:30 a.m. on Saturday and 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 Half Marathon and Marathon. Therefore, please use directions below and plan to arrive no later than 4:30 a.m. **You must be in your corral at the start line by 5:00 a.m. or you 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 Saturday and 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.