



# FINAL RACE INSTRUCTIONS

## PACKET PICK-UP

You are required to attend Packet Pick-Up to receive your event shirt, race number, goody bag, and sign your waiver. You must bring your Photo ID to Packet Pick-Up.

### PRIMARY PACKET PICK-UP

Please attend Packet Pick-Up on Thursday, January 6, 2011 from 10:00 a.m. – 8:00 p.m. in the HP Field House at the ESPN Wide World of Sports Complex. Please remember that strollers are not permitted inside the HP Field House. There will be a stroller parking area available outside the HP Field House where you can leave your stroller during Packet Pick-Up.

### LATE PACKET PICK-UP

For those who cannot attend Packet Pick-Up on Thursday, late packet pick-up will be available on race morning from 5:45 a.m. – 6:45 a.m. in the Explore Parking Lot at Epcot®. Please remember to bring your photo ID.

### WAIVERS & ABSENTEE PACKET PICK-UP

A waiver must be completed and signed by each participant. The waiver will be collected in order to receive your race number. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. In the Stroller Division, a waiver must be completed for all participants.

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 on the web site. It is important that you download these forms and bring them with you to Disney's Health & Fitness Expo.

### COMMEMORATIVE PIN PICK-UP

Pre-ordered commemorative pins will be distributed when you pick up your race packet. Please remember that pins not picked up will not be mailed or refunded. A limited number of pins may be available for purchase at the Merchandise locations at Disney's Health & Fitness Expo.

## RACE INFORMATION

### RACE START

The race will start promptly at 7:00 a.m. in the Imagine Parking Lot at Epcot®. All participants must arrive at Epcot by 6:15 a.m.

### RACING WHEELCHAIR START

Racing wheelchairs should line up in front of the runners for a 6:59 a.m. start time. This start is only for those participants who are participating in this 5K in a racing wheelchair.

### NON-RACING WHEELCHAIRS

Please line up with the walking group at the end of the start line chute. Your start time will be with the rest of the field at 7:00 a.m.

### STROLLER DIVISION

All strollers should line up with the walking and non-racing wheelchair group. Please remember for the safety of your child and other participants, each child must be buckled into the stroller.

### TIMING/RACE RESULTS

This 5K is a non-timed fun run. No race results will be posted and awards will not be given out. Every finisher will receive a finisher medallion. Please note there is a 16-minute per mile time limit. Anyone not able to maintain that pace may be picked up and transported to the finish line area.

### PACE GROUPS

Please note that pacing signs will be placed in the start line chute. Please be courteous to your fellow runners and line up in the correct pace group for your personal pace. The pace groups are as follows: (time is per mile)

7:00 minutes and under

7:01-9:00 minutes

9:01-11:00 minutes

11:01-13:00 minutes

13:01-15:00 minutes

Walkers, Non-racing Wheelchairs & Strollers

## BIB NUMBERS

Each participant will be issued a bib number at Packet Pick-Up. Please wear the bib number centered on the front of your shirt. 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 the bib numbers will be in your goody bag.

## BAG CHECK

Bag Check will be located in the Explore Parking Lot at *Epcot*® and will be open from 5:45 a.m. to 9:00 a.m. 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. 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. Once you finish, your race number will be used to verify your bag when you pick it up. Please do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Any bags not picked up by 9:00 a.m. will be taken to Lost and Found at the ESPN Wide World of Sports Complex.

## SAFETY REMINDERS

All participants must be able to complete the race under their own power unless registered in the stroller division. For everyone's safety, walkers, walking sticks, crutches, canes, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, and animals of any kind are prohibited from 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 when participating in this 5K. However, your costume cannot include a 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 have you change into something more appropriate or remove you from the event completely.

## 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.

## PHOTOGRAPHERS

ASI photographers will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt. Please visit: [www.asiorders.com](http://www.asiorders.com) after the race to view your race photos. Photos usually take between 2-3 days to be loaded onto the web site. You will need your race number to access your photos.

## COURSE

### COURSE DESCRIPTION

Starting outside *Epcot*®, participants will enjoy a fun 5K that takes them through the 11 countries of World Showcase, the Fountain of Nations, Spaceship Earth, and the Leave a Legacy monument. The 5K will finish outside of *Epcot*® in the Imagine Parking Lot.

### WATER AND MEDICAL STOPS

There will be two water stops along the course (mile 1.5 and mile 2.5) and medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

### SPECTATOR VIEWING

Spectators are encouraged to view the 5K start/finish in the Imagine Lot at *Epcot*®. There will be no viewing areas along the course or from within *Epcot*®.

## TRANSPORTATION & PARKING

### RACE DAY HOST RESORT TRANSPORTATION

There will be bus transportation provided for this event if you are staying at one of the *Walt Disney World*® Resorts. Please check with the front desk when you check in and they will provide you with a Times Guide including more detailed information on weekend transportation, Expo hours, etc. Transportation will run from 5:00 a.m. – 6:00 a.m. prior to the race. The last bus from the resorts to *Epcot*® will depart at 6:00 a.m. Host resort transportation will be suspended between 6:45 a.m. – 7:15 a.m. due to race activities. Buses will then run until 9:00 a.m. after the race to return you to your resort. There is no monorail service to the start of this race.

### RACE DAY PERSONAL VEHICLES

Please follow the signs to *Epcot*®. Once you pass through the toll plaza, continue straight and you will be directed to park in the Explore and Create Parking Lots by *Epcot*® parking cast members. Parking at *Epcot*® is complimentary before 7:00 a.m. If you arrive after 7:00 a.m., you will be charged the daily parking fee.

**All participants must arrive at *Epcot*® by 6:15 a.m.**

**Please remember to thank the volunteers and have a great fun run!**