

# Final Race Instructions

## Disney Wine & Dine Half Marathon Relay

Saturday, October 2, 2010 | 10:00 p.m. | ESPN Wide World of Sports Complex



### REGISTRATION PACKET CONTENTS

Please make every effort to confirm that your registration packet includes the following items before you leave the Health & Fitness Expo. Your signature in the receipt book will serve as acknowledgement that you have received all items.

Each Relay Runner will receive an individual packet. Teammates are not required to pick up their packets together.

- Half Marathon bib number with D-Tag attached to reverse
- Bag check sticker
- Finish Line party wristband\*
- Finish Line Party vouchers – (1) beverage and (1) appetizer\*
- Relay flashlight/baton
- Finish Line Party Guide
- Pre-purchased Commemorative pin (if applicable)

\*In order to replace a lost Finish Line Party wristband, please bring your photo ID to the Runner Relations booth at the Health & Fitness Expo. Lost Finish Line Party vouchers WILL NOT be replaced.

### HOST RESORTS

Please check with the respective resort front desks for race transportation pick up locations.

*Disney's All-Star Sports Resort*  
*Disney's All-Star Movies Resort*  
*Disney's All-Star Music Resort*  
*Disney's Port Orleans Riverside Resort*  
*Disney's Port Orleans French Quarter Resort*  
*Disney's Boardwalk Inn*  
*Disney's Beach Club Resort*  
*Disney's Polynesian Resort*

### Host Resort Transportation

Disney Wine & Dine Half Marathon Transportation has been arranged for participants staying at the host resorts listed above. Buses will be indicated by Disney Wine & Dine Half Marathon Weekend signs placed in the front windows. Please note, Disney Wine & Dine Half Marathon Transportation is only provided to and from the host resorts. **Guests not staying at a host resort will need to provide their own transportation.**

### EXPO REMINDERS

Friday, October 1, 2010

ESPN Wide World of Sports Complex - *Jostens®* Center  
Noon to 8:00 p.m.

Saturday, October 2, 2010

ESPN Wide World of Sports Complex - *Jostens®* Center  
9:00 a.m. to 4:00 p.m.

Disney Wine & Dine Half Marathon Transportation will depart from host resorts to the ESPN Wide World of Sports Complex approximately every 30 minutes. Transportation to the Expo will begin one half hour prior to opening and will continue until one half hour after closing.

### PACKET PICK-UP AND WAIVERS

You are **required** to attend Packet Pick-Up at the Health & Fitness Expo in order to receive your D-Tag timing device, race bib, race shirt, relay baton, Finish Line Party wristband, Finish Line Party beverage/appetizer vouchers and goody bag. **Packet Pick-Up will not be available on race evening.** 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 [disneywinedinerun.com](http://disneywinedinerun.com). 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 not able to attend Packet Pick-Up, the individual picking up on your behalf must provide the following items as well as his/her Photo ID:

- Authorization form (available on the race website) signed by the absent participant
- A copy of the absent participant's Photo ID
- Event waiver signed by the absent participant

### STROLLER POLICY

Please note that strollers are not allowed inside the *Jostens®* Center at ESPN Wide World of Sports Complex. Stroller parking will be available at the entrance.

## RACE DAY REMINDERS

Saturday, October 2, 2010

Start: ESPN Wide World of Sports Complex

9:58 p.m. – Wheelchair Start

10:00 p.m. – Race Start

### RELAY RUNNER #1

- By 7:30 p.m.** - Relay teams not staying at host resorts must arrive at *Epcot*® to catch final shuttle to ESPN Wide World of Sports Complex
- By 8:00 p.m.** - All relay teams must be at ESPN Wide World of Sports Complex
  - Give gear bag with bag check sticker to Relay Runner #2
- By 9:30 p.m.** - Relay Runner #1 must be in corral at ESPN Wide World of Sports Complex

### RELAY RUNNER #2

- By 7:30 p.m.** - Relay teams not staying at host resorts must arrive at *Epcot*® to catch final shuttle to ESPN Wide World of Sports Complex
- By 8:00 p.m.** - All relay teams must be at ESPN Wide World of Sports Complex
  - Check Relay Runner #2's gear bag with bag check sticker into Bag Check at ESPN Wide World of Sports Complex
- By 8:30 p.m.** - Have Relay Runner #1's gear bag and be on the shuttle to relay exchange zone at *Disney's Animal Kingdom*® Park
- By 10:00 p.m.** - Gear bag for Relay Runner #1 must be checked
- By 10:30 p.m.** - Relay Runner #2 must be in exchange corral

### DISNEY WINE & DINE HALF MARATHON TRANSPORTATION

Half Marathon Transportation will begin departure from host resorts at 6:00 p.m. Relay participants must board buses no later than 7:30 p.m. in order to check their bags and for Relay Runner #2 to catch the relay shuttle at 8:30 p.m. Relay Runner #2 cannot stay to watch the start of the race! Half Marathon Transportation will continue throughout the evening for spectators. **Disney Wine & Dine Half Marathon Transportation will be suspended between 8:15 p.m. and 10:00 p.m. on Saturday due to road closures and race start.**

Half Marathon Transportation is only provided to and from the host resorts. **Guests not staying at a host resort will need to provide their own transportation and those driving personal vehicles will be required to park at *Epcot*®. THERE WILL BE NO PARKING AT ESPN WIDE WORLD OF SPORTS COMPLEX OR *DISNEY'S ANIMAL KINGDOM*® PARK ON RACE EVENING.** For runners driving to *Epcot*® race evening, the race shuttle from *Epcot*® to the Sports Complex will begin at 6:00 p.m. and end at 8:15 p.m. The parking fee at *Epcot*® will be waived for runners and spectators arriving after 6:00 p.m. on race evening. Please allow enough time to ensure you are parked at *Epcot*® no later than 7:30 p.m.

After the race start, there will be shuttle service from the Sports Complex to *Epcot*® for spectators from 10:00 p.m. until 10:30 p.m. Shuttle service

for host resorts will recommence at 10:00 p.m. and continue until 3:30 a.m. for the Finish Line Party at *Epcot*®.

Only Relay Runner #2 will be transported to *Disney's Animal Kingdom*® Park and will receive a shuttle sticker at ESPN Wide World of Sports Complex race evening. Transportation will be provided for Relay Runner #1 from *Disney's Animal Kingdom*® Park to *Epcot*® for the Finish Line Party.

Don't forget to collect your medal, race refreshments and bag before boarding the shuttle to the party.

### BAG CHECK

Please affix your bag check number to your bag prior to arriving at the Bag Check tents and use the clear plastic goody bag provided at the Expo for Bag Check. 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. Bags cannot be rechecked. Locker rentals are available at *Epcot*® and International Gateway main entrances.

**Relay Runner #1:** If you would like to retrieve your belongings at *Disney's Animal 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 *Disney's Animal Kingdom*® Park.

Unclaimed Relay Runner #1 bags will be delivered from *Disney's Animal Kingdom*® Park to The American Adventure Pavilion at *Epcot*® and will be available from Midnight until 2:15 a.m.

**Relay Runner #2:** If you would like to retrieve your belongings at *Epcot*® after completing the second leg of the race, you must check your clear plastic bag, with your Bag sticker affixed to the front of the bag, at the Bag Check tents located in the Touchdown Lot area at ESPN Wide World of Sports Complex prior to taking the shuttle to *Disney's Animal Kingdom*® Park. Relay Runner #2 bags must be claimed before 2:15 a.m. from World Showcase Pavilion at *Epcot*®.

**All Runners:** After 2:15 a.m., unclaimed bags will be transferred to *Epcot*® Guest Relations, located at the park main entrance. Please visit during park hours to claim lost items. Articles of clothing that are found on the course will be donated to charity.

### RESTROOM FACILITIES

Portable restroom facilities will be available at ESPN Wide World of Sports Complex in the Touchdown Lot near the start line, at *Disney's Animal Kingdom*® Park Butterfly Lot near the relay exchange zone and on the course near the beverage stations.

### COSTUMES

You are allowed to wear a costume during the half marathon. 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.

## PACING

All athletes must be able to maintain a 16-minute per mile pace throughout the race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to The American Adventure Pavilion 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.)

If Relay Runner #1 is not able to finish their leg of the race, due to pacing or injury, Relay Runner #2 will be allowed to start. Once it is confirmed that Relay Runner #1 is not finishing, race staff will notify Relay Runner #2. Relay Runner #1 will be transported to The American Adventure Pavilion at Epcot®. If a relay runner does not finish their leg, it will exclude that team from relay team awards.

## SAFETY REMINDER

For everyone's safety, baby joggers/strollers, baby carriers, bicycles, motorized scooters, inline skates, skateboards, walking sticks, walkers and animals of any kind are prohibited on the course. All participants should be able to complete the race under their own power. If you are seen in violation of one of these restrictions, you will be removed from the course for security and safety reasons. Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

## WEATHER

The race will be held rain or shine. If there is lightning in the area, however, 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 Disney Sports Event staff.

### The Walt Disney World® Resort 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. Event Management will determine this using the \*Flash to Bang Rule\* and weather radar. Event Management will consult with the Theme Parks, Resort 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.**

## 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.** Safety pins for your bib number will be in the goody bag.

Relay team members will wear the same number so it is critical to remember to fill out the Emergency Medical Information on the back of the bib number. Please determine which teammate will be Relay Runner #1 and Relay Runner #2 prior to race evening.

## TIMING

The ChronoTrack timing system will be used for the Half Marathon. A ChronoTrack timing D-Tag will be located on the back of the race bib. The disposable D-Tag should be peeled off and attached to the participant's shoe before the race. Instructions for attaching the D-Tag are provided at Packet Pick-Up. You must attach the D-Tag to your shoe properly in order to be timed and scored. The D-Tag records your official and net time. (Don't mix up your D-Tag with your teammate. Each tag has the respective name of the owner on it.) The net time is the time it takes you to get from the start line mats to the finish line mats. Net time will be used to determine age group awards.

## ChronoTrack D-Tag Instructions

The ChronoTrack D-Tag system will be used to time this race. In order to receive accurate timing results be sure to follow the instructions attached to your D-Tag or please see the following information. ChampionChips cannot be used.



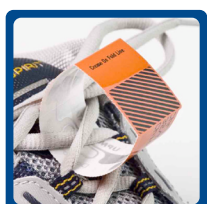
**DO NOT**  
TUCK UNDER LACES



**DO NOT**  
FORM TEARDROP SHAPE



**DO NOT**  
LOOP THROUGH ALL LACES



**DO NOT**  
LEAVE UNDERSIDE ROTATED UP



### "D" Race Timing Tag Instructions



#### Step 1



Remove shoe tag  
directions from bib

#### Step 2



Separate shoe tag  
from directions by  
folding at perf and  
tearing apart

#### Step 3



Crease tag on  
fold lines

#### Step 4



Insert under lace  
face down

#### Step 5



Remove adhesive  
tab (located on  
backside of marked  
black area)

#### Step 6



Attach adhesive  
tab to non-  
adhesive tab

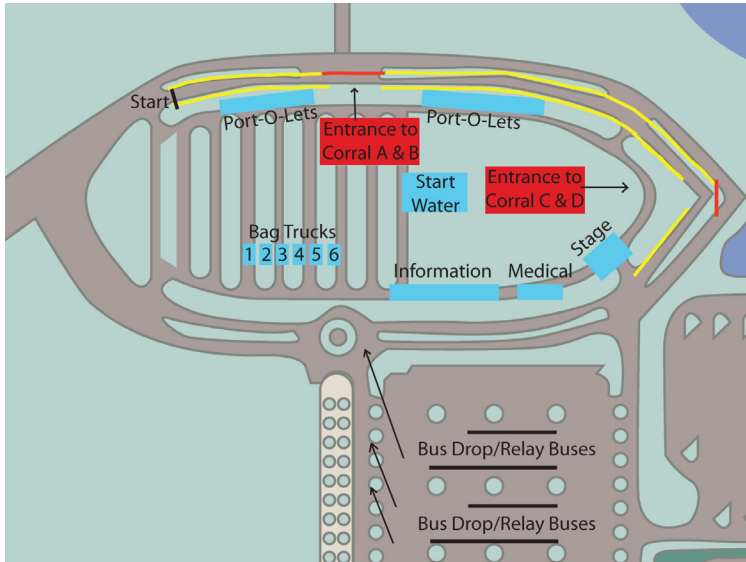


## RUNNER ETIQUETTE

### HALF MARATHON START

**Relay Runner #1:** Your start location is determined by your corral. Signs and volunteers will direct you to the appropriate corral. Please note, you must be in your corral at the start line by 9:30 p.m. or you will not be allowed to start.

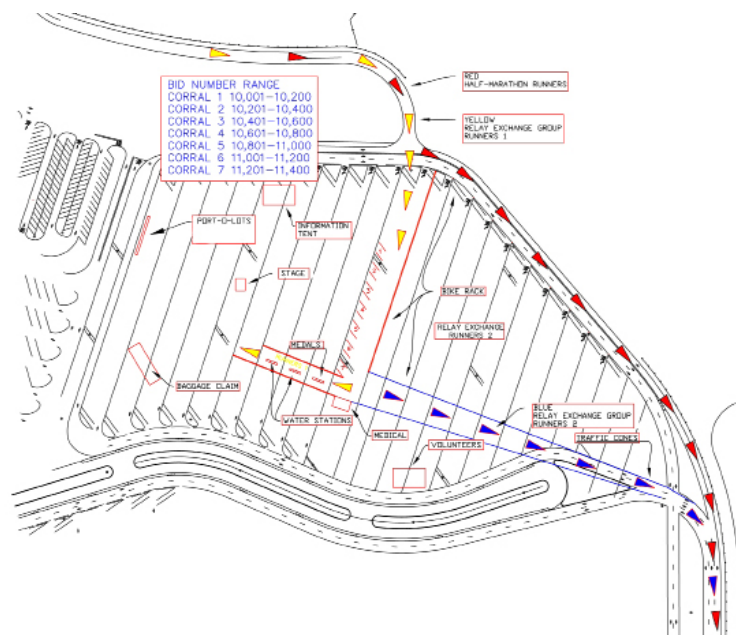
### CORRAL START MAP



### Relay Exchange Zone

**Relay Runner #2:** Runners will be sorted by bib number. Signs and volunteers will direct you to the appropriate corral. Please note you must be in your corral by 10:30 p.m.

### RELAY EXCHANGE CORRAL MAP



The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the Disney Wine & Dine Half Marathon. Please pay attention to pre-race instructions – both print and verbal. What you read and hear will help guide you through the course and keep you safe.

**Relay Runner #1:** Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.

**Relay Runner #2:** Please enter your correct exchange corral. This will make it easier for your partner to find you quickly. Also, anticipate your team member's finish time based on their expected pace to avoid crowding the exchange chute.

Each Relay Runner will receive a Flashlight Baton at Packet Pick-Up. However, it is NOT mandatory to use the batons during the race. Timing mats at the relay exchange zone will verify that Relay Runner #2 did not start prior to Relay Runner #1 finishing.

- 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 start 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 finish area is for registered runners 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.
- Be sure your bib number is visible. ASI photography, official race photographer, will be on the course and at the finish line.
- Celebrate...this is your night! Thank your volunteers and have a great race!

## RUNNER CHECKLIST

- Half Marathon bib number and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)
- ChronoTrack D-Tag (Take it off the bib and put it on your shoe.)
- Clear plastic drawstring gear bag with bag check sticker (Runner #2, do you have Runner #1's gear bag? See Bag Check instructions!)
- Party essentials: Photo ID, Finish Line Party wristband, Finish Line Party vouchers and extra cash
- Pre-determined reunion location at Epcot® (See your Finish Line Party Guide. There are 27 kiosks and 11 pavilions to choose from inside the park.)
- Your best smile and appetite!