



Disney **wine&dine**

half marathon weekend

october 1-2, 2010

run around the parks.

dine around the world.

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Here's to pairing up all the best for 15 years of d'lish! Mouthwatering food. The finest wines. And the tastiest beers. Sound good? Then wait until you hear the live music, performed nightly by some of your favorite bands of yesterday and today. Come find your perfect match.

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OCT 1–NOV 14  
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Presented by:

*VanityFair*  
PREMIUM NAPKINS & PLATES

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# from the desk of Ken Potrock

## Welcome to the 2010 **Disney Wine & Dine Half Marathon Weekend!**

Many of you are here to experience your very first Disney Half Marathon and we couldn't be more excited to be your host. And, for those of you who are our returning guests, we welcome you back with an innovative new race. Soon, you'll experience a never-before trekked course through our *Disney's Animal Kingdom*®, *Disney's Hollywood Studios*™ and *Epcot*®...all experienced at night! And whether you tackle the 13.1 mile journey individually or as part of our first ever relay race, there will be world-class Disney entertainment along the way to make this the ultimate "runner's night out."

We're also glad that you're here to join us as we kick-off the *Epcot*® International Food & Wine Festival. Celebrating 15 years of delicious discoveries, this year's event features many festival favorites as well as new offerings from Belgium, Charcuterie & Cheese and South Korea. So don't forget to top off your race experience with the exclusive Finish Line Party and indulge in the many flavors of the world.

On behalf of the thousands of Cast Members and Volunteers who make the **Disney Wine & Dine Half Marathon Weekend** possible, as well as our race beneficiary, The Leukemia & Lymphoma Society, I thank you for being a part of this very special inaugural event.

Cheers, L'chaim, Skål, Cin Cin, Sláinte, Kampai, Salud, Opa, A Votre Sante, Prost and Bottoms Up!



Ken Potrock  
Senior Vice President  
Disney Sports Attractions



# weekend itinerary

## **Friday, October 1**

### **Disney Wine & Dine Half Marathon Expo**

Jostens Center® at ESPN Wide World of Sports

Noon – 8:00 p.m.

### **Disney Kids' Races**

Track & Field Complex at ESPN Wide World of Sports

4:00 p.m. Start

## **Saturday, October 2**

### **Mickey's Halloween Family Fun Run 5K**

*Magic Kingdom*® Park

7:00 a.m. Start

### **Disney Wine & Dine Half Marathon Expo**

Jostens Center® at ESPN Wide World of Sports

9:00 a.m. – 4:00 p.m.

### **Disney Wine & Dine Half Marathon Relay**

Start - ESPN Wide World of Sports

Exchange – *Disney's Animal Kingdom*®

Finish – *Epcot*® International Gateway

10:00 p.m. Start

### **Disney Wine & Dine Half Marathon**

Start - ESPN Wide World of Sports

Finish – *Epcot*® International Gateway

10:00 p.m. Start

### **Finish Line Party\***

*Epcot*® World Showcase

Saturday, October 2 at 10:30 p.m. -

Sunday, October 3 at 3:00 a.m.



\* Advanced purchase required for spectators. Tickets will be available for purchase at the ESPN Wide World of Sports Welcome Center during Disney Wine & Dine Half Marathon Expo.



## about our race director

As president of Track Shack Events, Jon Hughes directs the overall marketing effort as well as operations and staff for his company. He has positioned the organization to offer the best in technology, marketing and management skills. Today, Track Shack Events produces over 40 events a year.

Jon ran competitively in both high school and college. He has completed over a dozen marathons including Boston, Berlin, Chicago and Marine Corps. Since the late 1970s, he has pioneered the organization of athletic and community events, first in his home base of Central Florida and today throughout the world. Jon was one of the youngest inductees into the Florida Track & Field Hall of Fame, admitted in 1987 at the age of 29. Road Race Management named him Race Director of the Year in 1999. In 2009, Jon and his wife Betsy were inducted into the Running USA Hall of Champions. USA Track & Field, the Pan American Junior Games, the Governor of Florida, and the Grand Bahamas Promotions Board have also recognized him for his outstanding leadership and organizational achievements. Jon is co-founder of the Walt Disney World® Marathon Weekend and has been its director since it began in 1994.

Jon and Betsy have been married for 27 years and have a daughter, Emma and a son, Christopher.



# REFUEL WITH NESQUIK® CHOCOLATE MILK.

It may seem surprising, but a study done by Indiana University\* suggests that:

Low fat and fat free chocolate milk may provide an ideal balance of carbohydrates to proteins for recovery.

Here's why:

Chocolate milk has an optimal 4:1 carbohydrate-to-protein ratio for refueling tired, post-workout muscles.



## WANT TO PUT IT TO THE TEST?

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Looking for more info? Visit [nesquik.com](http://nesquik.com) or call 1-800-637-8536 for details.

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**You are  
the controller.**



# The KINECT™ Experience Tour

An extraordinary new way to play,  
free from the boundaries of a controller.

**October 1-2**  
Near the Expo Area  
**Don't miss out!**

**KINECT™**  
for  **XBOX 360.**

## half marathon expo

**Friday, October 1**  
**Noon – 8:00 p.m.**

**Saturday, October 2**  
**9:00 a.m. – 4:00 p.m.**

Disney Wine & Dine Half Marathon Expo, located at the Jostens® Center at ESPN Wide World of Sports, invites all Half Marathon Weekend participants to experience a two-day celebration focused on health, fitness, food and fun! After you pick up your race packet, t-shirt and goody bag, enjoy our seminars focused on training and nutrition, as well as cooking demonstrations by chefs from the Epcot® International Food & Wine Festival.

Shop for your Inaugural Disney Wine & Dine Half Marathon merchandise at the Expo and visit exhibitors offering the latest in footwear, active wear, fitness gadgets and accessories.

### More Magic During Disney Wine & Dine Half Marathon Weekend

Pick up pre-purchased More Magic and Commemorative Items at the Expo. You will need to show your ID to pick up your items:

- Commemorative Pins
- Commemorative Ears
- ChEAR Squad Packages

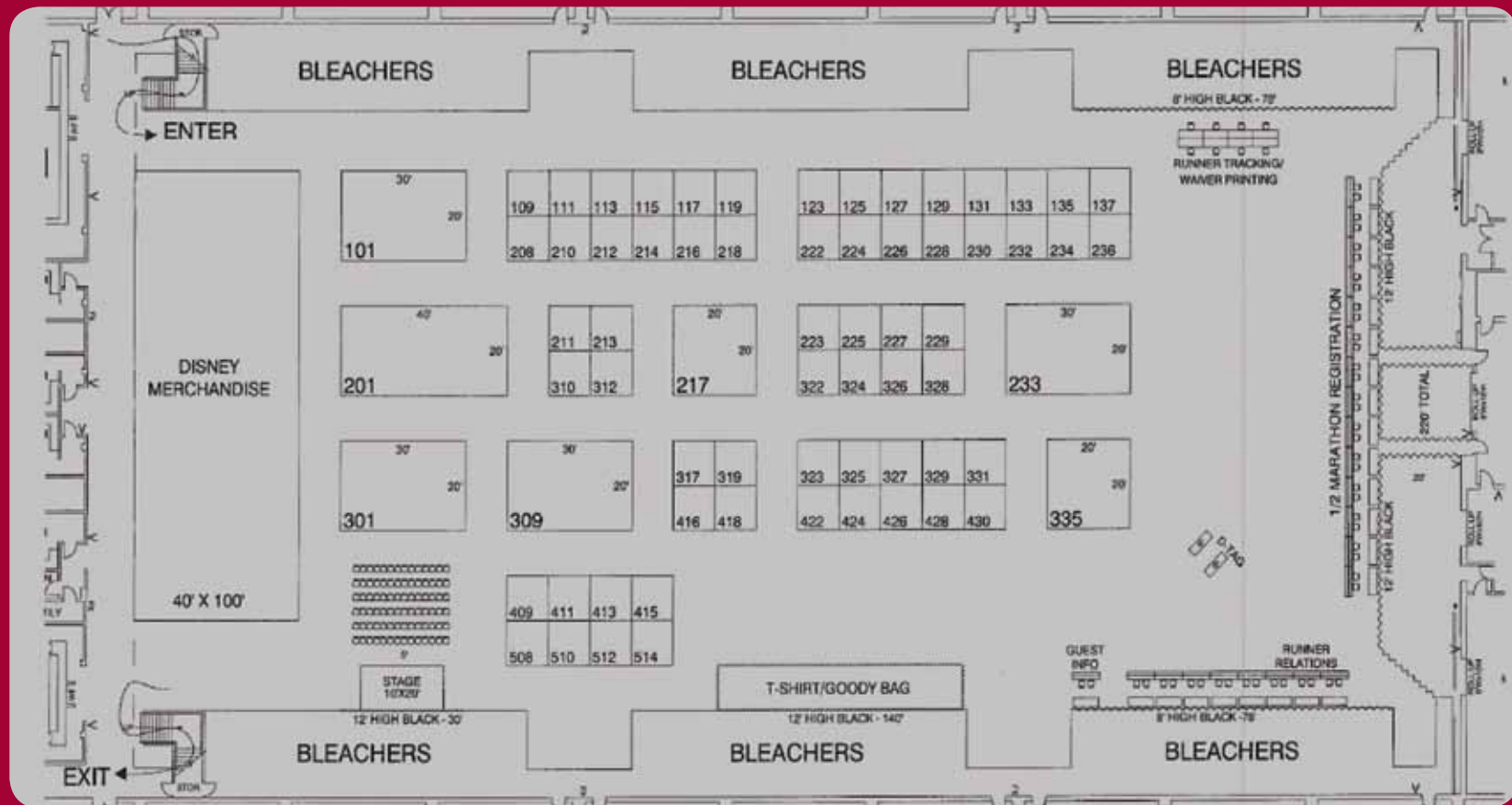
Tickets will be available for purchase for the following functions at the ESPN Wide World of Sports Complex Welcome Center during Expo. Subject to availability.

- Finish Line Party on October 2, 2010
- Mickey's Not So Scary Halloween Party on October 3, 2010



# expo floor plan

# Jostens Center



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## EXHIBITOR

## BOOTH

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## BOOTH

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## speaker series

### Friday, October 1

#### 1:00 p.m. – 2:00 p.m.

##### **Alyssa Greenstein** **Nestle & Nesquik Present:** **Recovery & the benefits of** **Flavored Milk**

Find out the importance of 3-4 daily servings of nutrient rich dairy from Alyssa and the Dairy Council of Florida.

#### 2:00 p.m. – 3:00 p.m.

##### **Jeff Galloway** **How to Enjoy Every Mile**

Jeff has a simple proven method that can help anyone avoid injury, stay strong to the finish, and enjoy every mile of the race.

#### 3:00 p.m. – 4:00 p.m.

##### **Sarah Engram & Katie Luber** **Spice Dreams**

Sarah & Katie's presentation will feature Mango Sorbet with Cinnamon and Cumin with an optional Toasted Coconut-Cardamom topping. These recipes demonstrate how easy it is to reinvent familiar recipes with flavorful, organic spices. Both recipes are dairy-free and refreshment for warm, sunny days.

#### 4:00 p.m. – 5:00 p.m.

##### **Laura Costelli** **Posh Salts**

Come find out how two tiny minerals of Himalayan salt created such a buzz amongst chefs and transformed a career.

#### 5:00 p.m. – 6:00 p.m.

##### **Jon Hughes and Tom Ward** **Last Minute Tips and Information**

Jon Hughes, Disney Wine & Dine Half Marathon Race Director & Tom Ward, Technical Director, will provide "Last Minute Tips and Information" and a final look at the Disney Wine & Dine Half Marathon course.

#### 6:00 p.m. – 7:00 p.m.

**ChEAR Squad**  
Ready to ChEAR on your runner? Spectators and ChEAR Squad members are encouraged to attend this session to hear about race viewing tips, spectator transportation, meeting up with your runner after the race and much more!

### Saturday, October 2

#### 10:00 a.m. – 11:00 a.m.

##### **Alyssa Greenstein** **Nestle & Nesquik Present:** **Recovery & the benefits of** **Flavored Milk**

Find out the importance of 3-4 daily servings of nutrient rich dairy from Alyssa and the Dairy Council of Florida.

#### 11:00 a.m. – Noon

##### **Laura Costelli** **Posh Salts**

Come find out how two tiny minerals of Himalayan salt created such a buzz amongst chefs and transformed a career.

#### Noon - 1:00 p.m.

**Jon Hughes and Tom Ward**  
**Last Minute Tips and Information**  
Jon Hughes, Disney Wine & Dine Half Marathon Race Director & Tom Ward, Technical Director, will provide "Last Minute Tips and Information" and a final look at the Disney Wine & Dine Half Marathon course.

#### 1:00 p.m. – 2:00 p.m.

**ChEAR Squad**  
Ready to ChEAR on your runner? Spectators and ChEAR Squad members are encouraged to attend this session to hear about race viewing tips, spectator transportation, meeting up with your runner after the race and much more!

#### 2:00 p.m. – 2:45 p.m.

**Sarah Engram & Katie Luber**  
**Spice Dreams**  
Sarah & Katie's presentation will feature Mango Sorbet with Cinnamon and Cumin with an optional Toasted Coconut-Cardamom topping. These recipes demonstrate how easy it is to reinvent familiar recipes with flavorful, organic spices. Both recipes are dairy-free and refreshment for warm, sunny days.

#### 3:00 p.m. – 4:00 p.m.

**Jeff Galloway**  
**Running Your Best Race**  
Jeff has proven techniques and tips on pacing, eating, drinking, walk breaks, and mental empowerment that have helped thousands of half marathoners—at all levels—enjoy their events and improve their personal experience.



# meet Jeff Galloway

runDisney is proud to welcome Jeff Galloway to the team as an Official Training Consultant. Jeff's simple and proven training method has made finishing marathons and half marathons possible for almost everyone – and best of all – without injury or pain.

An Olympian, Jeff ran with Steve Prefontaine, Bill Rodgers, Frank Shorter, and Amby Burfoot when the United States was a leading power in marathoning. He has become the nation's leading running author (over one million books sold), leading coach (over 250,000 runners), and has a monthly page in the world's leading running publication RUNNER'S WORLD. Galloway training programs are in more than 80 cities, and Jeff individually advises an average of 100 runners/walkers a day.

Residents of Atlanta, GA, Jeff and his wife Barbara have two adult sons, Brennan and Westin. Jeff and Barbara run an average of seven marathons together each year, including the Walt Disney World® Marathon, a race Jeff has run in every year since its inception in 1994.

**Follow the Galloway Training Program and continue running until you earn the new Mickey medal at the 2011 Walt Disney World® Marathon! Program available at [rundisney.com](http://rundisney.com).**

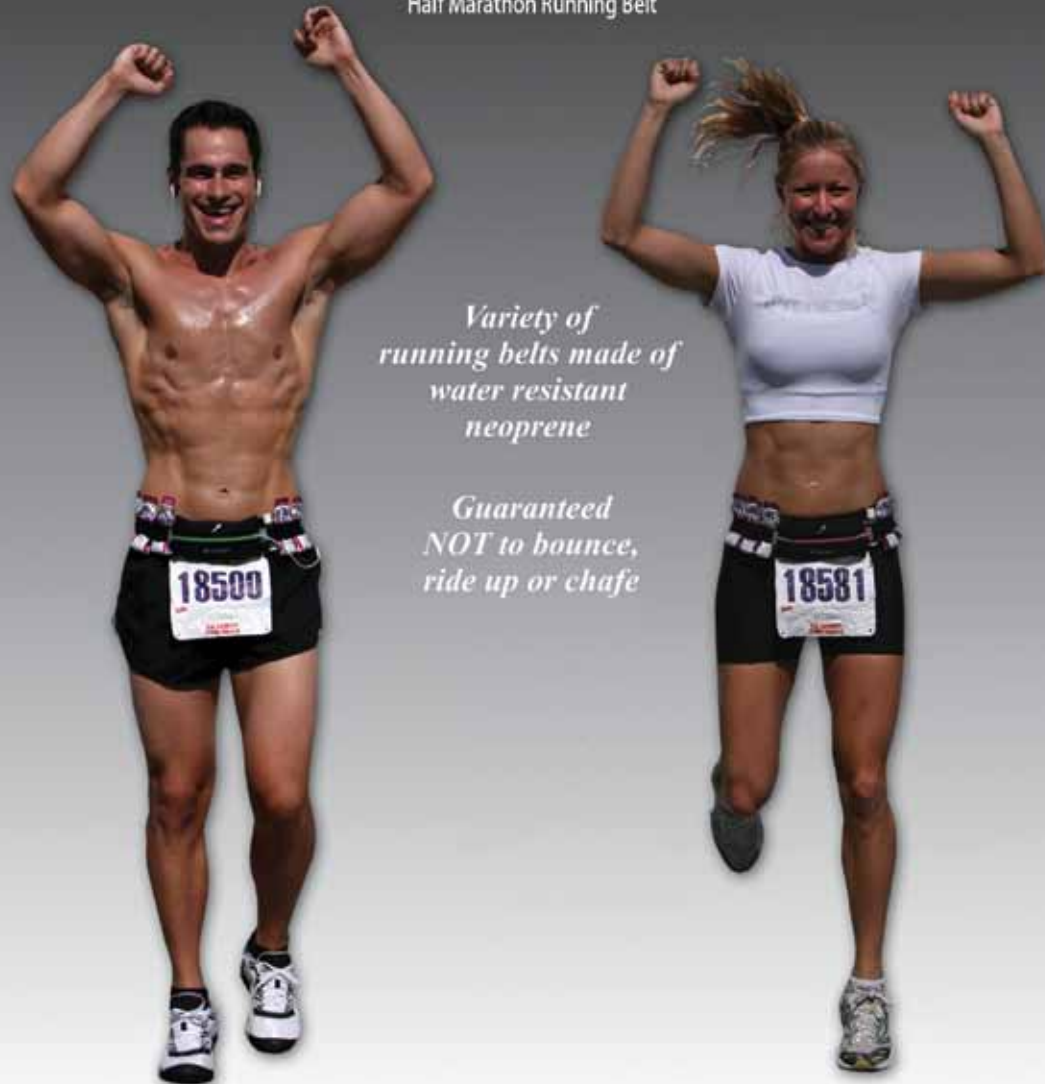


**Jeff Galloway**  
•  
**US Olympian**  
•  
**Training Director**  
•  
**runDisney Marathons**

keep your hands  free

  
**iFitness**

The Official Disney Wine & Dine  
Half Marathon Running Belt



*Variety of  
running belts made of  
water resistant  
neoprene*

*Guaranteed  
NOT to bounce,  
ride up or chafe*

**An experience that will change  
the way you feel about running waist packs**

[www.ifitnessinc.com](http://www.ifitnessinc.com)



## kids' races



### Disney Kids' Races

Friday, October 1

4:00 p.m.

Track & Field Complex at ESPN Wide World of Sports

Pre-registered children ages 8 and under can be a part of the Kids' Races so they can earn a finisher medallion just like Mom or Dad. The races include the infant Diaper Dash, 100m, 200m, and 400m.

Packet Pick-Up will begin at 2:00 p.m. at the Track & Field Complex.

A large illustration of Mickey Mouse dressed as a witch, wearing a black hat and a white pointed collar. He is holding a large basket filled with colorful candy. The background is a dark blue sky with a full moon.

# Mickey's *Not-So-Scary* Halloween Party

Don't miss your chance to trick-or-treat in the ultimate Halloween neighborhood, *Magic Kingdom* Park, with fireworks, Disney Characters and a spooktacular parade. Plus, haunt some of your favorite attractions!

Select dates through November 1

Visit [disneyworld.com/halloween](http://disneyworld.com/halloween)  
or call 407-W-DISNEY

Tickets subject to availability. Entertainment subject to change without notice. For safety, please choose costumes that are not obstructive or offensive. Admission to this event requires a separately priced ticket. Tickets valid only during specific event dates and hours.

## Magic Kingdom

# Mickey's Halloween Family Fun Run 5K



**Mickey's Halloween 5K**  
**Saturday, October 2**  
**7:00 a.m.**  
**Magic Kingdom® Park**

This 5K will take you on a one-of-a-kind Halloween themed course through the Magic Kingdom® Park. Adults, teens and tweens can be immersed in the fantasy of Halloween and dress up as their favorite character or villain! This is the ultimate race around the neighborhood - race to the finish to receive your "trick or treat bag of refreshments". Don't miss your opportunity to run on the only 5K course through Magic Kingdom® Park.



## **Mickey's Halloween 5K Course Description**

Race toward Magic Kingdom® Park from Topiary Lane, run down Main Street, U.S.A.® toward Adventureland® where you will run past The Magic Carpets of Aladdin, Jungle Cruise, and the Pirates of the Caribbean attractions while racing towards Frontierland®. Once in Frontierland®, you will run past Splash Mountain® and through Liberty Square. You'll pass by Cinderella Castle, the Mad Tea Party, and the Tomorrowland® Indy Speedway. Once in Tomorrowland®, you'll run by Space Mountain®, and then you are on your way to the finish passing Disney's Contemporary Resort and back to Topiary Lane at the Transportation and Ticket Center.



# Disney wine & dine half marathon

## Saturday, October 2 Inaugural Disney Wine & Dine Half Marathon

9:58 p.m. – Half Marathon  
Wheelchair Start

10:00 p.m. – Half Marathon  
Race Start

**Start:** ESPN Wide World of  
Sports Complex

### Athlete Transportation to the Start

Disney Wine & Dine Half Marathon Transportation will begin departure from host resorts at 6:00 p.m. Participants must board buses no later than 8:00 p.m. in order to make it to their corrals by 9:30 p.m.

Disney Wine & Dine Half Marathon Transportation will continue throughout the evening for spectators. 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.

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 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® on 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.

### Bag Check

Please affix your bag check number to your bag prior to arriving at the Bag Check tents located in the Touchdown Lot area at ESPN Wide World of Sports Complex. All bags must be checked by 9:00 p.m. race evening. Please use the clear plastic goody bag provided at the Expo for Bag Check. Half Marathon bags must be claimed before 2:15 a.m. from World Showplace at Epcot®. Bags cannot be rechecked. Locker rentals are available at Epcot® main entrance and International Gateway.

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. Articles of clothing that are found on the course will be donated to charity.

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.

### Corral Assignment

Corrals will be given during Packet Pick-Up at Disney Wine & Dine Half Marathon Expo. The letter on your race number will determine your assigned corral. Letters are assigned

based on your estimated finishing time. Signs, announcements, and race personnel will direct you to the appropriate start corral on race day.

### The Start

The start zone for both the Half Marathon and the Half Marathon Relay is located at the ESPN Wide World of Sports Complex. 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.

### Safety Reminder

For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, 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.

### Finishing

After you cross the finish line, where your time is automatically recorded, proceed through the finish chute. Volunteers will present you with your 2010 Disney Wine & Dine Half Marathon or Half Marathon Relay Finisher Medal. After the finish, you will be directed to refreshments,

medals, and then bag claim. These areas are restricted to runners only. Please move promptly towards World Showplace to claim your bag.

### Not Finishing

If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to Epcot®.

### Family Reunion

Celebrate your race finish and reunite with family and friends at the Finish Line Party. Family and friends must purchase a Finish Line Party ticket to enter Epcot® for the afterhours party. Entertainment will take place throughout the party at various locations identified in the Finish Line Party Guide.

### Tips for meeting up with Friends and Family

- Let your friends and family know your race number, anticipated finish time, and what you are wearing.
- Determine a reunion location at Epcot®. (See your Finish Line Party Guide. There are 26 kiosks and 10 pavilions to choose from, with the exception of the Ireland kiosk.)
- Have a back-up meeting location in place as well.
- Agree upon a phone number from which both parties can call and retrieve messages.



# Disney wine & dine half marathon relay

## Saturday, October 2 Inaugural Disney Wine & Dine Half Marathon Relay

### 9:58 p.m. – Half Marathon Wheelchair Start

### 10:00 p.m. – Half Marathon Race Start

**Start:** ESPN Wide World of  
Sports Complex

#### RELAY RUNNER #1 INSTRUCTIONS

##### By 7:30 p.m.

- Relay teams not staying at host resorts must arrive at Epcot® to catch final shuttle to 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 INSTRUCTIONS

##### By 7:30 p.m.

- Relay teams not staying at host resorts must arrive at Epcot® to catch shuttle

##### By 8:00 p.m.

- All relay teams must be at ESPN Wide World of Sports Complex
- Check gear bag with bag check sticker into Bag Check at ESPN Wide World of Sports Complex
- 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 at Disney's Animal Kingdom® Park

##### By 10:30 p.m.

- Relay Runner #2 must be in exchange corral at Disney's Animal Kingdom® Park

#### Athlete Transportation to the Start

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. 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.

#### Bag Check

Please affix your bag check number to your bag prior to arriving at the Bag Check tents. Please 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® main entrance and the International Gateway entrance.

**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. 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.

**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 the World Showplace Pavilion at Epcot®. 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.

#### Corral and Bib Assignment

Corrals will be given during Packet Pick-Up at Disney Wine & Dine Half Marathon Expo. The letter on your race number will determine your assigned corral. Letters are assigned based on your estimated finishing time. Signs, announcements, and race personnel will direct you to the appropriate start corral on race day.

Each relay runner will be issued a bib number at Packet Pick-Up. 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.

#### The Start

The start zone for both the Half Marathon and the Half Marathon

Relay is located at the ESPN Wide World of Sports Complex. 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.

**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.

**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 at *Disney's Animal Kingdom*® Park by 10:30 p.m.

### Safety Reminder

For the safety of yourself and the other participants, baby joggers, strollers, 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.

### Finishing

**Relay Runner #1:** After you cross the finish line at *Disney's Animal Kingdom*® Park, where your time is automatically recorded, proceed through the finish chute. Relay Runner #2 will be corralled and able to start once you finish. After the finish, you will be directed to refreshments, medals, and then bag claim. Transportation will be provided from *Disney's Animal Kingdom*® Park to *Epcot*® for the Finish

Line Party.

**Relay Runner #2:** After you cross the finish line at *Epcot*®, where your time is automatically recorded, proceed through the finish chute. After the finish, you will be directed to refreshments, medals, and then bag claim. These areas are restricted to runners only.

### Not Finishing

If Relay Runner #1 is not able to finish their leg of the race, whether 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.

### Family Reunion

Celebrate your race finish and reunite with family and friends at the Finish Line Party. Family and friends must purchase a Finish Line Party ticket to enter *Epcot*® for the afterparty. Entertainment will take place throughout the party at various locations identified in the Finish Line Party Guide. If you are not attending the party then you can meet your family and friends at the main entrance of *Epcot*® where host resort transportation will be located.

### Tips for meeting up with Friends and Family

- Let your friends and family know your race number, anticipated finish time, and what you are wearing.
- Determine a reunion location at *Epcot*®. (See your Finish Line Party Guide. There are 26 kiosks and 11 pavilions to choose from.)
- Have a back-up meeting location in place as well.
- Agree upon a phone number from which both parties can call and retrieve messages.

## spectator viewing

### START

Spectators can view the start of the race from the Touchdown Lot at the ESPN Wide World of Sports Complex. 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 those 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. Half Marathon Transportation will continue throughout the evening for spectators. Transportation will be suspended between 8:15 p.m. and 10:00 p.m. on Saturday due to road closures and race start. 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*®.

### COURSE

There is no spectator viewing along the course.

### FINISH LINE

There is limited public viewing at the finish line at the International Gateway of *Epcot*®. ChEAR Squad members have reserved seating at the finish line. ChEAR Squad packages are available for purchase at the Expo.

### FAMILY REUNION

Celebrate and reunite with your runner at the Finish Line Party. Spectators can purchase tickets in advance at the ESPN Wide World of Sports Complex Welcome Center during Expo hours.

### Make a plan to reunite with your runner after the race.

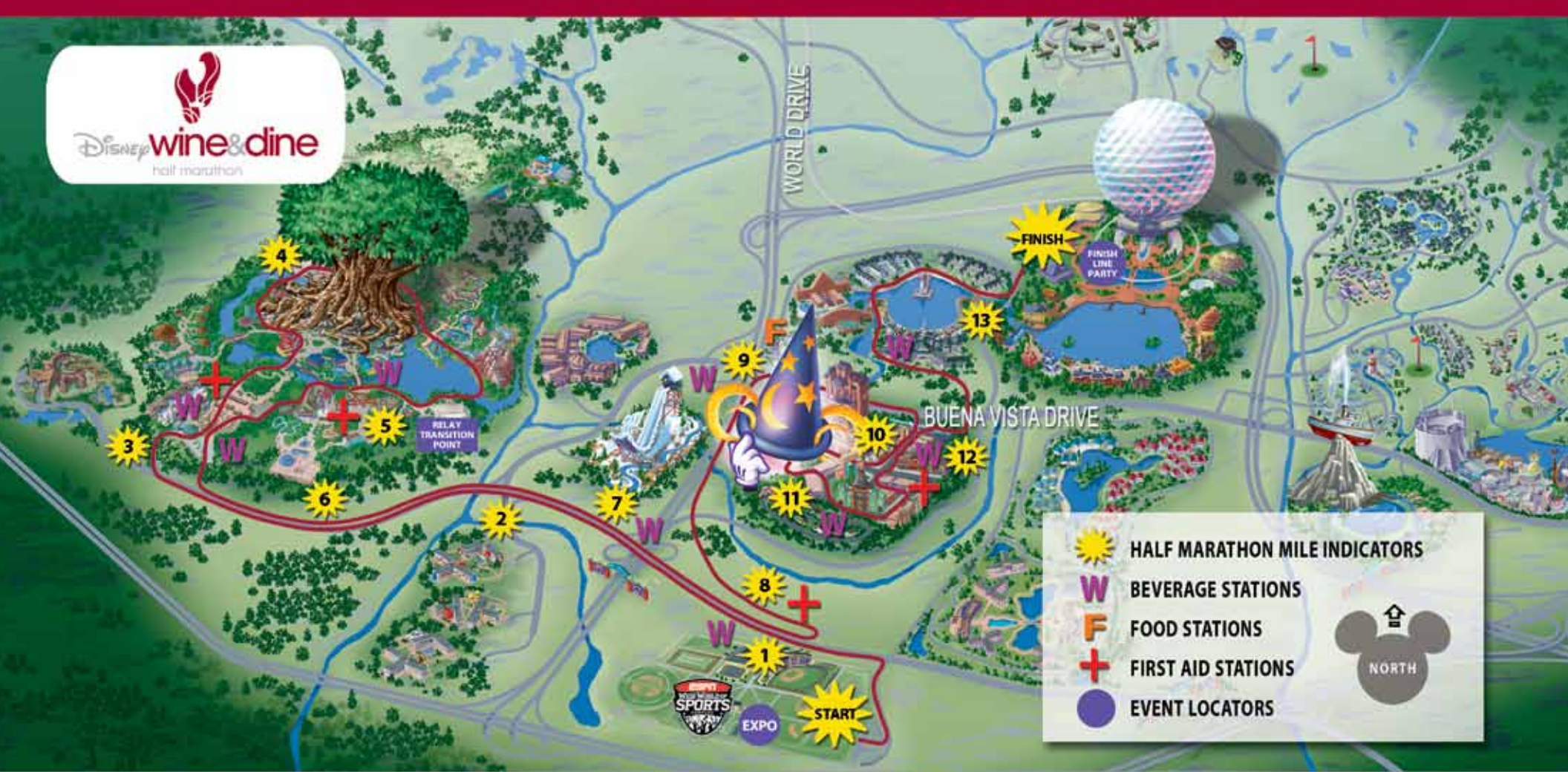
Tips for meeting up with Friends and Family after the race:

- Know your runner's race number, anticipated finish time, and what they are wearing.
- Determine a reunion location at *Epcot*®. (See your Finish Line Party Guide. There are 26 kiosks and 11 pavilions to choose from.)
- Have a back-up meeting location in place as well.
- Agree upon a phone number from which both parties can call and retrieve messages.

Meet your family and friends at the main entrance of *Epcot*® where host resort transportation will be located.







detailed course route through the  
theme parks





# course description

# staging maps



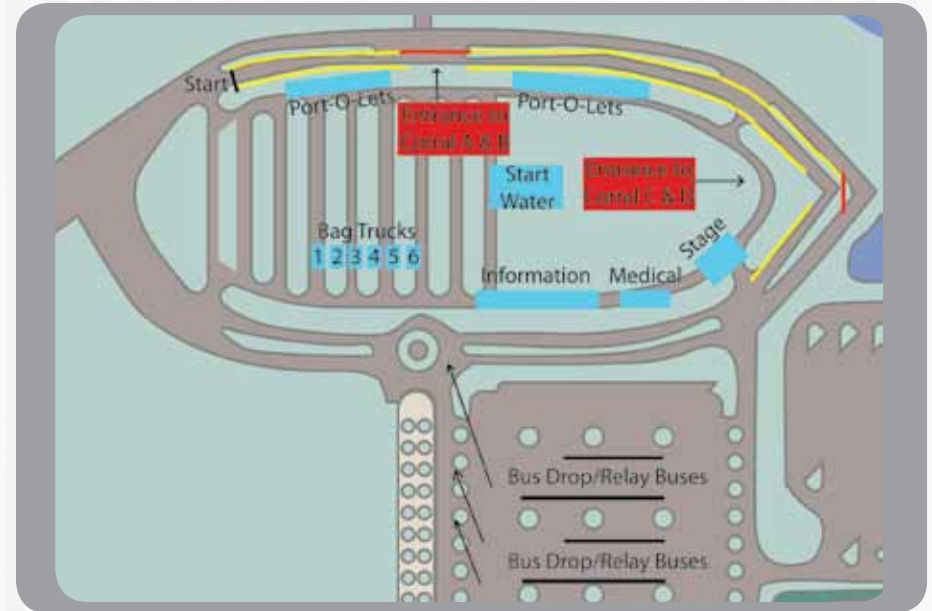
## Disney Wine & Dine Half Marathon Course Description

Start at the newly re-imagined ESPN Wide World of Sports Complex running down Victory Way and then west on Osceola Parkway toward Disney's Animal Kingdom® Park. Make your way past the Tree of Life, Expedition Everest™, Dinosaur® and then race back to Osceola Parkway and head toward Disney's Hollywood Studios™. You will enter the park in the shadow of The Twilight Zone Tower of Terror™, run down Sunset Boulevard through Pixar Place, past Toy Story Mania!, then through the Costuming Tunnel in the Backlot on your way to Lights Motor Action! for your big debut! Race through the Streets of America, past Star Tours and Indiana Jones Stunt Spectacular on your way to Epcot®! The course will wind through the idyllic village of Disney's Yacht & Beach Club Resorts and lead you through the International Gateway entrance to Epcot®, where you will finish just before your party at World Showcase!

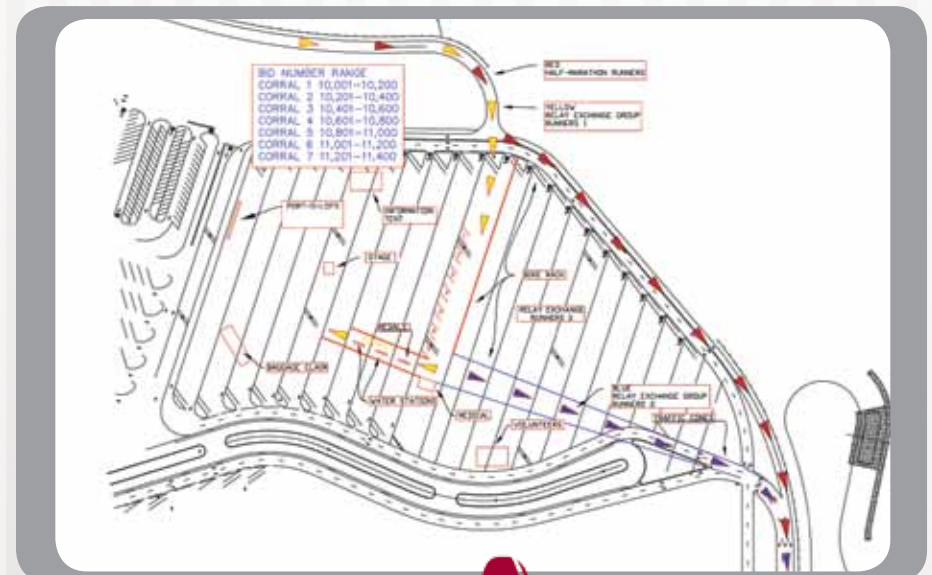
## Beverage Stations and Food Stops

A total of 9 water and PowerAde stops will be located along the course. Stops are placed approximately every 1.5 miles along the course and both water and lemon-lime PowerAde will be available at all 9 stops. One food stop with Clif Shots will be available at 8.9 miles.

Start Corral Staging Map at ESPN Wide World of Sports



Relay Exchange Zone at Disney's Animal Kingdom® Park



# pacing, results, runner tracking



## Pacing Requirements

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.)

## Results and Running Tracking

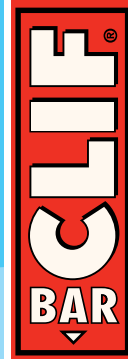
A complete list of results for the Half Marathon and Relay will be posted on Sunday at [disneywinedinerun.com](http://disneywinedinerun.com).

Family and friends will be able to track the participants with live on-line runner tracking also available on [disneywinedinerun.com](http://disneywinedinerun.com).

Participants will have the opportunity to send split times via email, text messaging, and PDAs by registering for this service on the website before 4:00 p.m. on Saturday, October 2.

## ChronoTrack D-Tag

When you receive your race bib, your ChronoTrack D-Tag will be attached to the back. Instructions for wearing the D-Tag will be printed in your final race instructions and there will be an instructional video and volunteers to assist you at the Expo. The ChronoTrack D-Tag records your official and net time. The net time is the time that 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 forget your ChronoTrack D-Tag on race day or exchange it with another runner. Without the D-Tag, your official time WILL NOT be recorded.



# WHAT MOVES YOU?

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Spira® is proud to be the Official Performance Footwear Sponsor of  
Disney Wine & Dine Half Marathon Weekend at WALT DISNEY WORLD® Resort.

## awards

### Overall Awards

Top 3 Overall Male & Female Half Marathon Finishers (based on gun time), top Overall Male & Female Wheelchair Winner (push rim only) (based on gun time), and Top Overall Relay Teams (based on net time) will receive their awards at a presentation to be held at the American Gardens Theatre at 12:45 a.m. on Sunday, October 3.

### Individual Awards

The following awards for both the Half Marathon and Half Marathon Relay will be distributed by mail after the event. Because of the number of people who participate in both the Half Marathon and Half Marathon Relay, it can often take several minutes to cross the start line. In the interest of fairness, masters and age group award winners will be based on Net Time. Masters that place in the overall division, will receive that overall award only. A runner will not receive two awards for the same race result.

### Overall Male & Female Masters Champion

**2nd & 3rd Place Wheelchair Winners** (Push rim only, based on gun time)

**1st, 2nd & 3rd Place Male Relay Teams**

**1st, 2nd & 3rd Place Female Relay Teams**

**1st, 2nd & 3rd Place Co-ed Relay Teams**

**Top 5 Male & Female Military**

**Top 5 Age Groups (Male & Female)**

14 - 17 (Half  
Marathon Only)  
18 - 24  
25 - 29  
30 - 34  
35 - 39  
40 - 44  
45 - 49

50 - 54  
55 - 59  
60 - 64  
65 - 69  
70 - 74  
75 - 79  
80 & Over





## finish line party



### Finish Line Party

After you run around the park, dine around the world. The Disney Wine & Dine Finish Line Party at the Epcot® International Food & Wine Festival takes place in the World Showcase inside Epcot® after the race. Spectators will be able to purchase tickets to attend the Disney Wine & Dine Half Marathon Finish Line Party to celebrate with their runner.

The Epcot® International Food & Wine Festival is an autumn special event that transforms Epcot® into a food and wine lover's paradise with specialty food items, wine, and live musical entertainment.

More than 25 international marketplace kiosks are serving up tapas-sized portions of regional specialties. Explore countries on 6 continents through their most mouth-watering foods and beverages!

Spectators can purchase tickets in advance at the ESPN Wide World of Sports Complex Welcome Center during Expo hours.



COME FORTH A WEAKENED WORRIER

# COME BACK A WEEKEND WARRIOR



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To schedule an appointment, call our care coordinator today at (407) 303-4204 or visit [www.TheSportsMedicineTeam.com](http://www.TheSportsMedicineTeam.com) for more information.



Kissimmee | Celebration

# medical information

Florida Hospital Celebration Health Medical Stations are located along the course approximately every two (2) miles and will be marked with medical flags. With prior training, you should be prepared for the physical demands of the marathon. Nevertheless, you may suffer cold or heat stress, or become dehydrated. The following can help you prepare for a safe and enjoyable race.

## What To Know About Fluid Intake

- Drink enough before the race so that your urine is clear to light straw colored (this will vary per person).
- Limit fluids to approximately 4-6 ounces every 20 minutes during the race.
- At least every other water stop, you should have some form of electrolyte replacement (PowerAde, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.

## Tips For Race Day

- Check your urine a ½ hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!
- DO NOT take any product with ephedra in it. Ephedra increases your risk of "heat illness." It should not be used while training or on race day!
- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

## Pain Relievers / Supplements

- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners' kidney function if taken within 24 hours of running. Only acetaminophen (Tylenol®) has been shown to be safe.

- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt. Therefore it is recommended that on race day (specifically beginning midnight before you run) you DO NOT use anything but acetaminophen (Tylenol®) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, an NSAID would be beneficial in preventing post-event muscle soreness.
- Narcotics should be avoided within 48 hours of race day due to harmful effect on performance, perception, and mental status.
- Vitamin supplements (Vitamin A, C & E) can alter urine color so be wary of hydration status if taking these supplements.
- Caffeine and other

amphetamine-like compounds containing pseudophedrine, such as Sudafed and most sinus and cold preparations, taken within 24- hours of race time can also raise core temperature; increase blood pressure and heart rate and should be drastically limited during this time.

## Warning Signs

- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical aid station located throughout the course.
- Dizziness, confusion, loss of peripheral vision or general tingling – are more concerning and greater precautions should be taken. Find a course representative and ask for assistance immediately.
- Chest Pain – stop all activity and ask another participant to assist with locating a course representative or medical volunteer.
- Dry Skin – a sign of significant dehydration and loss of normal regulatory systems.

Proceed directly to a medical aid station located throughout the course.

## For Your Own Safety

- Complete the medical history on the back of your race number.
- Drink plenty of fluids.
- Know the symptoms of heat illness. Run responsibly and don't be afraid to ask for help.
- Help your fellow runners. If you see someone in distress, tell him or her what we have told you. If they refuse to stop, report their race number to one of the volunteers along the route.
- Let your friends and family know your race number so they can find you if you are in a medical tent.
- Listen to the weather forecast and plan accordingly. Both heat-related injuries and hyponatremia are life-threatening conditions.
- Skin in high friction areas (nipples, thighs, armpits, etc.) should be well lubricated with a non-water soluble lubricant (petroleum

jelly).

- Make sure your shoes and clothes are appropriate for the event and environmental conditions.

## Questions

The Medical Team is here to help! On race day, there will be sports medicine professionals at the finish line tent and in the parking lot on bicycles. Remember, on the course we will have medical staff at each and every tent to help you along the way.

## About Our Medical Director

James G. Scelfo, MD is a primary care physician practicing in the Orlando area. Dr. Scelfo is also a regular medical consultant with the local NBC affiliate, WESH Channel 2. Through his close association with Florida Hospital Celebration Health, Dr. Scelfo remains on the cutting edge of medical technology to focus on prevention, early diagnosis and management of disease.



# transportation & driving directions

## 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, 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

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.

## Mickey's Halloween Family Fun Run 5K

Transportation from host resorts will run from 5:00 a.m. to 6:00 a.m. prior to the race. The last bus from the host resorts to the Magic Kingdom® Park will depart at 6:00 a.m. Buses will run until 9 a.m. after the race to return you to your resort. There is no monorail service to the start of this race.

**\*Participants staying at Disney's Polynesian Resort will be able to walk over to the 5K race site, therefore bus transportation will NOT be provided to the 5K race. Please follow the signs along the walkway to the Transportation and Ticket Center when exiting the main entrance of Disney's Polynesian Resort.**

## Disney Kids' Races

Please utilize transportation to the Expo.

## Disney Wine & Dine Half Marathon and Relay

Half Marathon Transportation will begin departure from host resorts at 6:00 p.m. Participants must board buses no later than 8:00 p.m. in order to make it to their corrals by 9:30 p.m.

Half Marathon Transportation will continue throughout the evening for spectators. 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!

**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® on 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®.

## Directions to the ESPN Wide World of Sports Complex for the Expo

Take 1-4 to exit 65 (Osceola Parkway West). Take a left onto Victory Way and park in the main lot. Proceed on foot to the main entrance.

## Directions to Magic Kingdom® Park for the 5K

Take 1-4 to exit 64 (192 West) and follow the signs to Magic Kingdom® Park. Once you have arrived at the Magic Kingdom® Park entrance plaza you will be directed where to park. Some roads begin to close at 6:00 a.m. on Saturday. Therefore, please use

directions above and plan to arrive no later than 6:00 a.m.

## Directions to Epcot® (Saturday for the Half Marathon)

Take 1-4 to exit 64 (192 West) and follow the signs to Epcot®. Once you have arrived at the Epcot® entrance plaza you will be directed where to park. Some roads begin to close at 7:30 p.m. on Saturday. Therefore, please use directions above and plan to arrive no later than 7:30 p.m. in order to catch the bus transportation to the Start at ESPN Wide World of Sports Complex.



## weekend beneficiary/sports enthusiasts

### Weekend Beneficiary

The Disney Wine & Dine Half Marathon Weekend benefits The Leukemia & Lymphoma Society® (LLS), an organization dedicated to the fight against blood cancers. With the support of thousands of volunteers and participants in LLS's Team In Training program, the Disney Wine & Dine Half Marathon Weekend will help blood cancer patients live better, longer lives.

LLS uses the Disney Wine & Dine Half Marathon Weekend as a platform to create awareness of this life saving cause, as well as to raise much needed funds for research. Participants and volunteers have the opportunity to make donations to The Leukemia & Lymphoma Society directly at the point of registration or by visiting our web site at [disneywinedinerun.com](http://disneywinedinerun.com).

The Leukemia & Lymphoma Society® (LLS), headquartered in White Plains, NY, with 68 chapters in the United States and Canada, is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, LLS has invested more than \$550 million in research

specifically targeting leukemia, lymphoma and myeloma. Last year alone, LLS made 5.1 million contacts with patients, caregivers and healthcare professionals.

### Sports Enthusiasts

Over 1,300 volunteers will assist throughout the Disney Wine & Dine Marathon Weekend on behalf of The Leukemia & Lymphoma Society.

- Approximately 300 volunteers will assist with packet pickup during the Health & Fitness Expo
- Over 100 volunteers will assist with the Mickey's Halloween Family Fun Run 5K
- Over 150 medical volunteers will staff Florida Hospital's medical stations during the Half Marathon
- Over 800 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half Marathon on Saturday

### Information Team

Information Team Volunteers will be available to answer race-related questions for participants and guests. These volunteers can be identified by an apron that says "Ask Me". Information Team Volunteers will staff the Information Booths at the Health & Fitness Expo. They will also staff the Information Tent in the Start, Relay Exchange, and Family Reunion areas during the Half Marathon.

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**Thousands of cancer patients** who need you.

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Take a bigger bite of the Epcot® International Food & Wine Festival with a first-class culinary trip for your senses. Let your taste buds fly as you savor exotic flavors to live entertainment. Lift your glass and sip wines from nearly two dozen wineries. Plus, sample fare from a variety of cuisines, each elegantly prepared by a renowned chef to offer a taste of regions throughout the world. Epcot® admission is required, and advance reservations are recommended.

To purchase your tickets, call  
**407-WDW-FEST.**  
[disneyworld.com/foodandwine](http://disneyworld.com/foodandwine)

Must be 21 years of age or older to consume alcoholic beverages.

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***Disneyland® Half Marathon Weekend***

**September 30 - October 1, 2011**

***Disney Wine & Dine Half Marathon Weekend***



for race information or to register,  
visit **runDisney.com**



Dates subject to change.