



Women Run The World 15K Final Race Instructions
Sunday, May 6, 2007
Beginning at Animal Kingdom and ending at Epcot.

On behalf of Disney Sports Attractions, we would like to thank you for participating in the second annual Women Run The World 15K. Good luck to all participants!!

Timing: The 15K is a timed event with a 15 minute per mile pace. There will be pick up points along the course to transport you to the finish line if you are unable to maintain the 15 minute per mile pace. **(If you are picked up and transported to the finish line, you will not receive a finisher's medal.)** All timing chips will be included in your race packet. **PLEASE REMEMBER TO TURN IN YOUR CHIP AFTER THE RACE!**

Packet Pick Up: The times for packet pick up and waiver signing are **Friday, May 4 from 12-7 pm and Saturday, May 5 from 10-5 pm at the Expo located at Disney's Wide World of Sports Complex.** You must attend packet pick up to receive your race shirt, race packet, and sign your waiver. Remember to bring your photo ID. **THERE WILL BE NO ON SITE PACKET PICK UP OR REGISTRATION ON SUNDAY, MAY 6.**

Waivers: A release and indemnity form must be completed and signed by each participant at packet pick-up, either on Friday, May 4 at the Expo or Saturday, May 5 at the Expo. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. Please remember to bring your photo identification.

Race start: The 15K will start promptly at 6:15 am in Disney's Animal Kingdom parking lot. **Please arrive no later than 5:45 am. Road closures will begin at 5:45 am.**

Start line placement: There will be pink, green, and purple flags at the start line. Please line up at the start line between the flags according to your average per mile pace:

Pink: 5-9 minute miles

Green: 9-12 minute miles

Purple: 12-15 minute miles

There will be Disney staff and volunteers to assist you with this placement

Water Stops and Medical Stops: There will be 5 water stops and 1 medical stop along the 15K course. There will be medical at the finish line.

Baggage Claim: There will be a baggage drop off location at Disney's Animal Kingdom for those participants needing this service. Your baggage will be transported over to Epcot where you will be able to retrieve it after the race. The bottom tear tag on your bib will be attached to your bag when you drop it off at Animal Kingdom and your race bib number will be used to verify the bag you are picking up after you finish at Epcot.

Bib Numbers: Each runner will be issued a bib number at packet pick up. It is the responsibility of the runner to wear the bib number during the race. If a runner is seen without their bib number on while running on the course, they will be removed from the course for Security and Safety reasons.

Kids' Races: The Kids' Races are free and available to children under 10 years old. Registration will take place at the Kids' Race Registration tent in the Imagine Lot at Epcot during the 15K race. Kids' Race Registration will close at 8:30 am. The races will begin after the completion of the 15K (*approximately 8:45 am*). The distances will vary depending on the number and age of the kids. Each runner will receive a special prize.

Restrictions: For everyone's safety, baby joggers/strollers, bicycles, inline skates, skateboards, headphones, and pets are prohibited on the 15K course.

Rain Plan: 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, cancelled. The determination will be made by the Disney Sports Event staff.

The Walt Disney World Lightning Policy is as follows:

Event operations will shut down when lightning is 6 miles out from the event areas. Event operations will not resume until the lightning is 6 miles out moving away from the event areas. Sports Manager will determine this using the *Flash to Bang Rule* and weather radar. The Sports Manager will consult with the Theme Park and 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, 30 seconds between "Flash" and "Bang" divided by "5" equals 6 miles.

As a reminder, the registration fees are non-refundable and non-transferable.

Spectator Viewing: Spectators are encouraged to view the 15K from the start at Disney's Animal Kingdom or at the finish line at Epcot. There are no viewing areas along the course.

Photographers: There will be photographers throughout the course. Please visit: www.asiorders.com to view and purchase your race photos. The photos usually take a week to be loaded onto the web site. You will need your race number to access your photos.

Awards: Every finisher receives a medal.

* *There will be no awards given to male participants.*

* Awards will be given to the top 3 overall females, the top 3 Military females, Women's Masters Champion, and Women's Wheelchair Champion. These awards are based on gun time.

* Awards will be given to the top 3 female finishers in each age group divisions. Age divisions are: 11-13, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 and over. These awards are based on chip time.

* Awards will be given to the top 3 Mother/Daughter teams and the top 3 Sister/Sister Teams. These awards will be based on chip time.

*The Award Ceremony will begin at the conclusion of the Kids' Races (*approximately 9 am*) in the finish line area at Epcot.

Transportation: Transportation will be provided to guests and participants who wish to park at the finish at Epcot before the race and be bused over to the start at Animal Kingdom. Buses will begin running at 4:30 am from Epcot. **The last bus to Animal Kingdom will leave at 5:45 am from Epcot. If you arrive later than 5:45 am, there will not be any transportation to Animal Kingdom. You will need to drive your car. (Road closures will begin at 5:45 am.)** If you decide to drive to the finish at Epcot and take a bus to the start, please place the Parking Voucher provided to you in your race packet in your car window so you will not be charged to park at Epcot

There will also be buses at Animal Kingdom to transport guests from the start to the finish at Epcot once the race has begun.

There will be bus transportation provided to runners and guests from the finish at Epcot back to Animal Kingdom after the race to retrieve your cars. Once again, if you decide to drive to Animal Kingdom in the morning and leave your car there during the race, then please display the provided Parking Voucher in your car window so you will not be charged to park at Animal Kingdom.

Guests may also choose to drive themselves to watch their participant start at Disney's Animal Kingdom and then drive to the finish at Epcot to pick them up. If you decide to do this, please display the provided Parking Voucher in your car window so you will not be charged to park at Disney's Animal Kingdom or Epcot. Once you leave Animal Kingdom to drive to Epcot, please expect some traffic delays due to the runners being on the roadways.

THERE WILL BE NO GENERAL RESORT TRANSPORTATION FOR THIS EVENT. IT IS THE RESPONSIBILITY OF THE PARTICIPANT TO FIND A WAY TO THE START.

New in 2007: Resort transportation will be available for this event **ONLY** if you are staying at our host hotel, Disney's Animal Kingdom Lodge **AND** booked your travel package through Anthony Travel. Please contact Anthony Travel at 1-800-736-6377 for more information on our Minnie Marathon Princess Package. (If you are staying at Disney's Animal Kingdom Lodge, but did not book through Anthony Travel, then you are not eligible for the provided transportation.) There is no other resort transportation provided for this event!

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