



Go Red For Women 5K and 1 mile walk Final Race Instructions
Saturday, May 5, 2007 Downtown Disney

On behalf of Disney Sports Attractions and the American Heart Association, we would like to thank you for participating in the second annual Go Red For Women 5K and 1 mile walk benefiting the Go Red For Women Campaign. Good luck to all participants.

Timing: The 5K is a timed event with a 15 minute per mile pace. The 1 mile is a non-timed walk. All timing chips will be included in your race packet. **PLEASE REMEMBER TO TURN IN YOUR CHIP AFTER THE RACE!**

Primary Packet Pick Up: The primary time for packet pick up and waiver signing is **Friday, May 4, 12-7 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.

Late Race Registration and Late Packet Pick up: Late Race Registration and Packet Pick Up will begin at **6 am** in Lot K at Downtown Disney and **end promptly at 7 am.** You must attend packet pick up to receive your race shirt, race packet, and sign your waiver. Remember to bring your photo ID. **Registration on race morning is \$30 for the 5K and \$25 for the 1 mile walk and payable only by check or cash.**

Waivers: A release and indemnity form must be completed and signed by each participant at packet pick-up, Friday, May 4 at the Expo or on Saturday, May 5 at day of race registration. 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 1 mile walk will begin promptly at 7:15 am in Lot K and the 5K will begin promptly at 7:30 am in the roadway beside Lot K.

Start Line Placement 5K only: There will be red and white flags at the start line of the 5K only. Please line up at the start line between the flags according to your average pace per mile and ability:

Red: running the 5K

White: walking the 5K

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

Baggage Claim: There will be a baggage claim area for this event. The bottom tear tag on your bib will be attached to your bag when you drop it off in the baggage claim area. Your race bib number will be used to verify the bag you are picking up after you finish the race.

Water Stops and Medical Stops: There are no water stops on the 1 mile walk. There are 2 water stops on the 5K course. There will be refreshments at the finish line of both races. There will be medical at the finish line of both races.

Bib Numbers: Each runner or walker will be issued a bib number. It is the responsibility of the runner or walker to wear the bib number during the race. If a runner or walker is seen without their bib number on while running or walking 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 lot K before and during the 5K race. Kids' Race registration will close at 8 am. The races will begin after the completion of the 5K (*approximately 8:30 am*). The distances will vary depending on the number and age of the kids. Children will meet at the Kid's Race Registration tent at 8 am in the staging area and then be escorted to the finish line at Downtown Disney for their races. Each participant will receive a special prize.

Restrictions: For everyone's safety, baby joggers/strollers, bicycles, inline skates, skateboards, headphones, and pets are prohibited on both the 1 mile and 5K courses.

Rain Plan: The race will be held rain or shine. If there is lightening 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 this event from a variety of spots throughout Downtown Disney, Saratoga Springs Resort, and the Lake Buena Vista Golf Course. If you plan to observe the race, please arrive by 7 am.

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 5K finisher will receive a finisher's medal. There are no medals or award categories for the 1 mile walk.

*Awards will be given to the top 3 overall males, top 3 overall females, Masters male winner, Masters female winner, Male Wheelchair winner, and Female Wheelchair winner in the 5K only. These awards are based on gun time.

* Awards will be given to the top 3 Mother/Daughter teams and the top 3 Sister/Sister teams in the 5K only. These awards will be based on chip time.

* The Awards Ceremony will begin after the Kids' Races (*approximately 8:45 am*).

Transportation: There is no transportation provided 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!

Race Beneficiary: Money raised from this event, including participant pledges, will help support the American Heart Association.

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