



Race For The Taste 10K Final Race Instructions

Sunday, October 7, 2007

Starting at Disney's Wide World of Sports Complex and finishing at Epcot®.

On behalf of Disney Sports Attractions, we would like to thank you for participating in the 2007 Race For The Taste 10K benefiting Second Harvest Food Bank of Central Florida.

Good luck to all participants!!

Timing: The 10K 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 not able to maintain the 15 minute per mile pace or unable to finish. **If you are picked up and transported to the finish line, you will not receive a finisher's medal.** All timing chips will be handed out at Packet Pick Up. **PLEASE REMEMBER TO TURN IN YOUR CHIP AFTER THE RACE.**

Packet Pick Up: The times for packet pick up and waiver signing are **Friday, October 5 from 10-6 pm and Saturday, October 6 from 10-6 pm located at Disney's Wide World of Sports Complex.** You must attend packet pick up to receive your commemorative race gift, race packet, and sign your waiver. Remember to bring your photo ID.

LATE Packet Pick Up: We will offer late packet pick up on **Sunday, October 7 from 5:45 am-6:45 am.** You must attend packet pick up to receive your commemorative race gift, race packet, and sign your waiver. Remember to bring your photo ID. Packet pick up will close promptly at 6:45 am so the race may begin on time.

Absentee Packet Pick Up: If you have someone else pick up your race packet, you will need to provide that person with a copy of your driver's license or photo id, your signed waiver, and a signed note authorizing that person to pick up your race packet.

Theme Park Tickets: **The theme park ticket can only be purchased during the race registration process and can only be picked up at packet pick up on Friday, Oct. 5, Saturday, Oct. 6, or Sunday, Oct. 7. Theme park tickets will not be available for purchase on race morning, Sunday, Oct. 7.** Tickets not picked up during packet pick up will not be mailed out and will not be refunded. The Theme Park Ticket can only be used at *Epcot®* or *Disney's Animal Kingdom®* Theme Park beginning Friday, Oct. 5, 2007 through Wednesday, Nov. 7, 2007. Each day the ticket is used constitutes one full day of use. Ticket types, entitlements and prices subject to change without notice. Tickets are non-transferable and non-refundable. Parking is not included.

Waivers: A release and indemnity form must be completed and signed by each participant at packet pick-up, either on Friday, October 5; Saturday, October 6; or Sunday, October 7. 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 10K will start promptly at 7 am at Disney's Wide World of Sports Complex. **Please arrive no later than 6:15 am.** **Road closures will begin at 6:15 am.**

Baggage Claim: There will be a baggage drop off location at Disney's Wide World of Sports for those participants needing this service. Disney staff will attach the bottom tear tag of your bib number to your bag when you drop it off at Disney's Wide World of Sports Baggage Claim tent. Disney staff will transport your bags to the finish line at Epcot. Your race bib number will be used to verify your bag when you pick it up at the Baggage Claim tent 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 during the race. *If a runner is seen without their bib number while running on the course, they will be removed from the course for Security and Safety Reasons.*

Water Stops and Medical Stops: There will be 3 water stops along the 10K course and medical personnel on bikes will ride along with you during the race. There will be a medical tent at the finish line.

Restrictions: For everyone's safety, baby joggers/strollers, bicycles, inline skates, skateboards, headphones, and pets are prohibited on the 10K course.

Photographers: ASI photographers will be on the course and at the finish line taking pictures of the athletes during the race. Please visit: www.asiorders.com after the race to view your race photos. Photos usually take about one week to be loaded onto the web site. You will need your race number to access your photos.

Spectator Viewing: Spectators are encouraged to view the 10K start at Disney's Wide World of Sports or at the finish line at Epcot. *There will be no viewing areas along the course.*

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

Awards will be given to the following:

*top 3 overall Men's and Women's finishers

*Men's and Women's Masters Champion

*Men's and Women's Wheelchair Champion

*top 3 overall Men's and Women's Military

*top 3 men and women finishers in the 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.

Kids' Races: The Kids' Races are free and available to children 10 years old and under. The races will begin after the completion of the 10K (*approximately 8:45 am*). The distances will vary depending on the number and age of the children. Children will meet at the Kids' Race Registration area near the finish line at Epcot. Each runner will receive a special prize.

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.

Transportation: Transportation will be provided for spectators and participants who wish to park at the finish at Epcot before the race and be bused over to the start at Disney's Wide World of Sports. **Buses will begin running at 5:15 am from Epcot. THE LAST BUS TO THE START LINE FROM EPCOT WILL LEAVE PROMPTLY AT 6:15 AM.** If you arrive at Epcot after 6:15 am there will not be any transportation provided to the start line at Disney's Wide World of Sports. You will need to drive your car. 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 Disney's Wide World of Sports to transport spectators from the start to the finish line at Epcot once the race has begun.

There will be bus transportation provided to runners and spectators from the finish at Epcot back to Disney's Wide World of Sports after the race.

Spectators may also choose to park at Disney's Wide World of Sports to watch their participant start. 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 Epcot. There is no parking fee at Disney's Wide World of Sports.

NEW IN 2007!!: Resort Transportation will be available for this event **ONLY** if you are staying at our host resorts, **Disney's Port Orleans Resort or Disney's Caribbean Beach Resort, AND** booked your travel package through Anthony Travel. Travel Packages for this resort and the transportation service can be booked through Anthony Travel at 1-800-736-6377. If you are staying at Disney's Port Orleans Resort or Disney's Caribbean Beach Resort, but did not book through Anthony Travel, you are not eligible for the provided transportation. **THERE IS NO OTHER RESORT TRANSPORTATION PROVIDED.**

Epcot Taste Stations: We will have 3 taste stations at the end of the 10K for you to sample some of the culinary delights offered at the Epcot International Food and Wine Festival. The 3 food selections are: Strawberry and Mango Fruit Salad with Cilantro from Chile, Spicy Beef Empanadas from Argentina, and a Kiwi and Custard Roll from New Zealand.

Taste Station Wristbands: Each runner will be issued 1 wristband at Packet Pick Up. The wristband must be worn during and after the 10K race. The wristband has tabs to coincide with the different taste stations available at the end of the race. Once you have completed the race, you are welcome to enjoy the food offerings at each taste station. Your wristband will be punched at each station. *You are limited to 1 taste per station.*

Race Beneficiary: Money raised from this event, including participant pledges, will help support Second Harvest Food Bank of Central Florida.

Canned Food Drive: Athletes and guests are encouraged to bring canned food items to packet pick up, the start, or finish of the 10K. We will have bins set up to receive your non-perishable (items that do not need to be refrigerated) food donations. All items donated will be given to Second Harvest in preparation for the upcoming holiday season on behalf of the 2007 Race For The Taste 10K participants.

