



**National Kidney Foundation™**  
of FLORIDA

**Final Race Instructions**  
**Saturday, March 8, 2008 Epcot®**

**On behalf of Disney Sports Attractions and the National Kidney Foundation, we would like to thank you for participating in this year's National Kidney Foundation 5K for Organ and Tissue Donation Awareness. Good Luck To All Participants.**

**NO RACE DAY REGISTRATION WILL BE OFFERED...**  
**PLEASE REGISTER BY FRIDAY, MARCH 7**  
*(Online registration will close March 4, 2008)*

**Primary Packet Pick Up and Late Registration:** Primary packet pick up will take place on **Friday, March 7, 2008 from 5-9 pm in the Disney Sports Café 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 Packet Pick Up:** Late packet pick up will begin at **5:45 am** in the Imagine Lot at Epcot and **end at 6:45 am.** You must attend packet pick up to receive your race shirt, race packet, and sign your waiver. Remember to bring your photo ID.

**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 from you authorizing that person to pick up your race packet.

**Waivers:** A release and indemnity form must be completed and signed by each participant at packet pick-up, either on Friday, March 7 or Saturday, March 8. 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 ID.

**Bib Numbers:** Each runner will be issued a bib number at packet pick up. It is the runners' responsibility 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.

**Timing:** Sommer Sports will be handling the distribution of your timing chips. All timing chips will be handed out race morning. The chips can be picked up at 5:30 am in the Chip Distribution Tent near the start line. You must have your bib number to pick up your chip. The chips will be collected at the end of the race once you cross the finish line. **PLEASE REMEMBER TO TURN IN YOUR CHIP BEFORE YOU LEAVE!**

**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 on Friday, March 7 or Saturday, March 8. Theme park tickets will not be available for purchase race morning. 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® beginning Friday, March 7 through Friday, March 21, 2008. Each day the ticket is used constitutes one full day of use. Ticket types, entitlements, and prices are subject to change without notice. Tickets are non-transferable and non-refundable. Parking is not included.

**Race start:** The race will start promptly at 7 am in the Imagine Lot at Epcot®.

**Pace Groups:** Please note that pacing signs will be placed in the start line chute indicating where you should line up according to your personal mile running or walking pace. The pace groups are as follows: 7 minutes and under, 7:01-9 minutes, 9:01-11 minutes, 11:01-13 minutes, 13:01-15 minutes, and walkers. Please be conscious of and courteous to your fellow runners and line up in the correct pace group for your personal pace.

**Race Course:** Starting outside Epcot®, participants will enter the park to discover Test Track, Spaceship Earth, Fountain of Nations, and the eleven countries of World Showcase.

**Water Stops and Medical:** There will be 2 water stops along the course and medical personnel at the finish line.

**Photographers:** There will be photographers throughout the course. Please visit: [www.kidneyfla.org](http://www.kidneyfla.org) to view your photos. Photos will be posted within 72 hours of the race conclusion.

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

**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.

**No Refunds will be given even if the event is rained out!**

**Baggage Claim:** There will be a baggage claim location for this event in the Imagine Lot at Epcot®. Please bring your bags to the baggage tent prior to the race and Disney cast members will attach the bottom tear tag of your bib number to your bag. Your race bib number will then be used to verify your bag when you pick it up after the race.

**Transportation:** There is no transportation provided for this event. Each participant is responsible for providing their own transportation to and from the event.

**Spectator Viewing:** Spectators are encouraged to view the 5K start and finish in the Imagine Lot at Epcot. **There will be no viewing areas along the course.**

**Awards:** Awards will be given to the top 3 overall males and females and the top male and female organ recipients. The Awards Ceremony will take place following the Kids' Races at approximately 8:30 am in the finish line area.

**Race Results:** Sommer Sports will provide the online race results posting. Please visit the following web site and search Race Results: <http://chiptimes.com> Results will be posted at the conclusion of the race.

**Disney's Kids' Races presented by Heelys®:** Online registration will be available through Wednesday, March 5 at: [www.disneyenduranceseries.com](http://www.disneyenduranceseries.com) Walk up registration and packet pick up will be held on Friday, March 7 from 5-9 pm at the Disney Sports Café at Disney's Wide World of Sports Complex and Saturday, March 8 from 6-8 am in the Kids' Race Registration tent in the Imagine Lot at Epcot®. The registration fee is \$5.00 and is payable by cash or check. Each registered participant will receive a participant shirt and a finisher's medal. **The kids' races will begin following the conclusion of the 5K at approximately 8:15 am. Please arrive at your respective start lines by 8 am.** Distances vary by age.

The **RUNNING** kids' races are open to participants 1-11 years old.  
100 meter dash: 1-3 years old (White start) 200 meter dash: 4-6 years old (Yellow start)  
400 meter run: 7-8 years old (Blue start) 800 meter run: 9-11 years old (Green start)

\*\*The **HEELYS® KIDS' RACE AND ROLL** is open to participants 8-14 years old.  
200 meter dash with obstacles along the way (Yellow start)

\*\*Participants in the Heelys® Kids' Race and Roll must own their own pair of Heelys® shoes, provide protective head gear, kneepads, elbow pads, and wrist guards. No exceptions will be made and no protective gear will be available on site. The participant must wear the proper safety gear during the race or they will not be allowed to participate. There are no refunds or exchanges for failing to bring the appropriate safety gear.

**Race Beneficiary:** Money raised from this event, including participant pledges, will help support the National Kidney Foundation of Florida, a leader in organ donation programs.

**Please remember to thank the race volunteers and have a great race.**

