



Go Red For Women 5K Final Race Instructions
Saturday, May 3, 2008 Epcot®

NO RACE DAY REGISTRATION WILL BE OFFERED....

Please register by Friday, May 2
(On line registration will close on Wednesday, April 30, 2008
OR once capacity has been reached)

On behalf of Disney Sports Attractions,
we would like to thank you for participating in the Go Red For Women 5K.
Good luck to all participants.

Timing: The 5K is a timed event with a 15 minute per mile pace. 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 2, 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, theme park tickets, pins, and sign your waiver. Remember to bring your photo ID.

Late Packet Pick up: Day of race packet pick up will be 5:45-6:45 am in the Imagine Lot at Epcot®. You must attend packet pick up to receive your race shirt, race packet, theme park tickets, pins, 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. Please email us at: wdw.sports.marathon.endurance@disneysports.com to receive an event waiver.

Theme Park Tickets: **The specially priced theme park ticket can only be purchased during the race registration process and can only be picked up at packet pick up on Friday, May 2 or Saturday, May 3.** 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, May 2 through Friday, May 16, 2008. 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.

Commemorative Race Pins: **Pre-ordered pins can only be picked up at packet pick up on Friday, May 2 and Saturday, May 3.** Pins not picked up during packet pick up

will not be mailed out and will not be refunded. A limited number of pins will be available for purchase at the Disney Merchandise location at the Expo.

Waivers: A release and indemnity form must be completed and signed by each participant at packet pick-up, Friday, May 2 at the Expo or on Saturday, May 3 at day of race packet pick up. 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.

Bib Numbers: Each runner or walker will be given a bib number at packet pick up. Please wear the bib number centered on the front of your shirt. 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 while on the course, they will be removed from the course for Security and Safety reasons.

Race start: The 5K will begin 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 walkers 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 Showplace.

Water Stops and Medical Stops: There are 2 water stops on the 5K course. There will be a medical tent at the finish line. There will also be a medical bike team on the course riding along with the participants.

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

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.

Photographers: ASI photographers will be throughout the course and at the finish line taking pictures. Please visit: www.asiorders.com after the race to view and purchase your race photos. The photos usually take a week to be loaded onto the web site. You will need your bib number to access your photos. Please remember to smile and wear your bib number centered on the front of your shirt.

Baggage Claim: There will be a baggage claim area for this event in the Imagine Lot at Epcot®. 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. Disney is not responsible for any lost or stolen items. Please do not leave anything valuable at Baggage Claim.

Awards: Every 5K finisher will receive a finisher's medal.

*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. These awards are based on gun time.

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

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

Race Results: Race results will be posted on our web site within 24 hours of race conclusion.

Disney's Kids' Races presented by Heelys®: Online registration will be available through Wednesday, April 30 at: www.disneyenduranceseries.com

Walk up registration and packet pick up will be available: Friday, May 2 from 12-7 pm at the Expo at Disney's Wide World of Sports and Saturday, May 3 from 6-8 am in the Kids' Race Registration tent in the Imagine Lot at Epcot®. The registration fee is \$5.00 and payable by cash or check. Each registered participant will receive a participant shirt and a finisher's medal.

The kids' races will begin at approximately 8:15 am following the conclusion of the 5K. Please be to your start line by 8 am.

The **RUNNING** kids' races are open to participants 1-11 years old.

100 meter dash: 1-3 years old (Green 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 (Red 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 will not be allowed to participate.

There are no refunds or exchanges for failing to bring the appropriate safety gear.

Transportation: There is no transportation provided for this event. It is the responsibility of the participant to provide their own transportation.

Princess Package: Resort transportation will be available for this event **ONLY** if you purchase the Princess Package thru 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!

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.

Race Beneficiary: Money raised from this event, including participant pledges, will help support the American Heart Association and their Go Red For Women campaign.

Please remember to thank your race volunteers and have a great race!

Lady Foot Locker®



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