



## Upcoming Events in Disney's Endurance Series

October 24, 2009

The Twilight Zone Tower of Terror™ 13K and 5K

January 7-10, 2010

WALT DISNEY WORLD® Marathon Weekend

February 27, 2010

ESPN the Weekend 5K

March 5-7, 2010

Disney's Princess Half Marathon Weekend

### FALL RACE CHALLENGE Bonus Medal!

Complete Expedition Everest® Challenge plus Disney's Race for the Taste 10K and receive a bonus medal!

Visit [www.disneyenduranceseries.com](http://www.disneyenduranceseries.com) for more information!

### Rain Plan & Lightning Policy

**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. The 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.**

## Post-Race Picnic

Disney's Race for the Taste Post-Race Picnic has fun and games for everyone! Watch the Kids' Races. Have your photo taken with your favorite Disney Characters and dance along to your favorite songs. Jump in for some old fashioned fun and games. You'll hope this picnic never ends!

### PICNIC TICKETS

Picnic Tickets can be picked up and/or purchased at Packet Pick-up on Friday or Saturday at Disney's Wide World of Sports® Complex. Availability of Picnic Tickets is not guaranteed and quantities are limited. On race day, Picnic Tickets can be picked up at the Post-Race Picnic (at Epcot®) in the Information Tent. Picnic Tickets must be purchased in advance and will not be available for purchase on race day. You will need a photo ID to pick up your tickets.

### EPCOT® TASTE STATIONS

Four taste stations from the Epcot® International Food and Wine Festival will be available at the Post-Race Picnic. All participants, and friends and family who purchased the Picnic Ticket, will have the opportunity to choose 3 of the 4 taste station samples plus a beverage from the beverage station.

The taste stations are: Argentina Beef Empanada with Tomato Salsa (Buenos Aires); Arroz Con Pollo (Chicken with Rice) (San Juan, Puerto Rico); Maple Glazed Salmon with Lentil Salad (Montreal,

Canada); and Strawberry Shortcake (United States). The cold beverage station will have lemonade and soda.

Taste Station tickets will be on each participant's bib number. Friends and family who purchase the Picnic Ticket will receive a taste station "napkin". The bib number or napkin will have 4 perforated tickets with a fork, knife, spoon, and drink on them to represent the 3 taste stations plus the 1 beverage station. Please remember, you will have the opportunity to choose 3 of the 4 taste station offerings plus a beverage. Volunteers will collect the Taste Station tickets at each station. Only one taste and drink is allowed per station.

### AWARDS CEREMONY

The 10K Awards Ceremony will begin after the Kids' Races (approximately 9:15 am) in the finish line area at Epcot®. Awards will be given to:

- Top 3 Men's & Women's finishers
- Men's & Women's Masters Champions
- Men's & Women's Wheelchair Champions (push rim)
- Top 3 Men's & Women's Military
- Top 3 men and women finishers in the following age divisions:

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.

(The overall awards are based on gun time and the age group awards are based on ChronoTrack time.)

## Disney's Kids' Races

Online registration for Disney's Kids' Races will be available through Sunday, Oct. 4 at [www.disneyraceforhetaste.com](http://www.disneyraceforhetaste.com) or until capacity has been reached.

Walk up registration and Packet Pick-up will be available on Friday & Saturday, Oct. 9-10 at Disney's Wide World of Sports® Complex and Sunday, Oct. 11. The registration fee is \$10.00 per child and payable by cash only. Each registered participant will receive a t-shirt, goody bag, and a finisher's medallion. Registration is subject to capacity and not guaranteed on site..

The Kids' Races will begin at approximately 8:45 am following the conclusion of the 10K. Kids' Race participants will be grouped by bib number within each distance. The 100m dash will take place first, followed by the 200m dash and 400m dash. Please be at your start line by 8:30 am.

Disney's Kids' Races are open to participants 1-8 years old.

- 100 meter dash: 1-3 yrs old (Green start)
- 200 meter dash: 4-6 yrs old (Yellow start)
- 400 meter run: 7-8 yrs old (Blue start)

## Fall Race Challenge Bonus Medal

Congratulations on completing the Fall Race Challenge! If you completed Expedition Everest™ Challenge, you will be eligible to receive the bonus medal for the Fall Race Challenge when you complete Disney's Race for the Taste 10K. To receive your medal, please stop by the Information Tent at the Post-Race Picnic following your 10K finish. Your name and bib number will be used to verify your eligibility for the bonus medal. Please keep your bib number on following the 10K for faster service.

In order to receive your medal immediately following the 10K, you must have registered online for the 10K prior to Sunday, Oct. 4, 2009. If you registered for the 10K at Packet Pick-up your eligibility will need to be verified following the 10K and your bonus medal will be mailed to you within 4 weeks. If you are participating in the Fall Race Challenge and are entered in The Twilight Zone Tower of Terror™ 13K, your bonus medal will be awarded at the completion of the 13K. **For more information on the Fall Race Challenge, please visit [www.disneyenduranceseries.com](http://www.disneyenduranceseries.com).**



## WEEKEND SCHEDULE

### Packet Pick-up

Friday, Oct. 9, 2009

3:00 pm – 8:00 pm

Disney's Wide World of Sports® Complex

Saturday, Oct. 10, 2009

12:00 pm – 6:00 pm

Disney's Wide World of Sports® Complex

### Late Packet Pick-up

Sunday, Oct. 11, 2009

5:45 am – 6:45 am

Disney's Wide World of Sports® Complex

### Disney's Race for the Taste 10K

Sunday, Oct. 11, 2009

7:00 am

Disney's Wide World of Sports® Complex

### Disney's Race for the Taste 3K

Sunday, Oct. 11, 2009

7:00 am

Disney's Wide World of Sports® Complex

### Post-Race Picnic

Sunday, Oct. 11, 2009

7:30 – 10:30 am

Epcot® Imagine Parking Lot

### Kids' Races

Sunday, Oct. 11, 2009

Approx. 8:45 am

Epcot® Imagine Parking Lot

### 10K Awards Ceremony

Sunday, Oct. 11, 2009

Approx. 9:15 am

Epcot® Imagine Parking Lot

# 10K FINAL RACE INSTRUCTIONS

## Disney's Race for the Taste 10K

Sunday, October 11, 2009

Start: Disney's Wide World of Sports® Complex Finish: Epcot® 7:00 am

*Thank you for joining us for the final year of Disney's Race for the Taste 10K benefiting the Second Harvest Food Bank of Central Florida. We hope you enjoy the race as well as the taste! Good luck and bon appetit!*

## Packet Pick-up & Waivers

You are required to attend Packet Pick-up to receive your collectible pint glass, race packet, goody bag, and turn in your event waiver. Packet Pick-up hours are listed to the left. **You must bring your Photo ID to Packet Pick-up.**

### WAIVERS & ABSENTEE PACKET PICK-UP

A waiver must be completed and signed by each participant. If the participant is under 18-years-old, the waiver must be completed and signed by a parent or legal guardian

If you have someone else pick up your race packet, you will need to provide that person with the following:

- 1) Copy of your driver's license or photo ID
- 2) A copy of your signed waiver (*Please check the emails you receive prior to the event for a downloadable version of the waiver.*)

### THEME PARK TICKET & COMMEMORATIVE PIN PICK-UP

Pre-ordered commemorative pins and theme park tickets\* can only be picked up at Packet Pick-up. Pins and tickets will be in your race packet. We recommend you bring your original receipt with you. If you have questions about the commemorative pin or theme park ticket, please go to the Pin & Ticket Solutions Booth at Packet Pick-up. Pins and tickets

not picked up during Packet Pick-up will not be mailed and will not be refunded.

### PICNIC TICKET PICK-UP

Pre-purchased Picnic Tickets can be picked up at Packet Pick-up on Friday and Saturday. On race day, Picnic Tickets will only be available for pick up at the Post-Race Picnic (at Epcot®) in the Information Tent. A limited number of Picnic Tickets may be available for purchase at Packet Pick-up. Quantities may be limited and availability is limited. Picnic tickets will NOT be available for purchase on race day. Please bring your ID and your receipt.

*\*The specially priced theme park ticket available with registration will not be available for purchase at Packet Pick-up. Theme Park Ticket entitles you to one day of admission to Disney's Animal Kingdom® Theme Park, Disney's Hollywood Studios™ or Epcot®. Ticket is valid for use from 10/9/09 through 10/23/09. Some activities/events may be separately priced. Ticket types and entitlements are subject to change without notice. Tickets are non-transferable and non-refundable. Parking is not included. Tickets must be picked up at Packet Pick-up. Tickets not picked up will not be refunded or mailed.*

### Official Race Photos

ASI photographers will be on the course and at the finish line taking your picture during the race. Please keep your race number uncovered and in clear view on the front of your shirt. Race photos will be posted approx. 2-3 days after the race. ASI will email you your photo or you can visit [asiorders.com](http://asiorders.com) after the race to view your race photos.

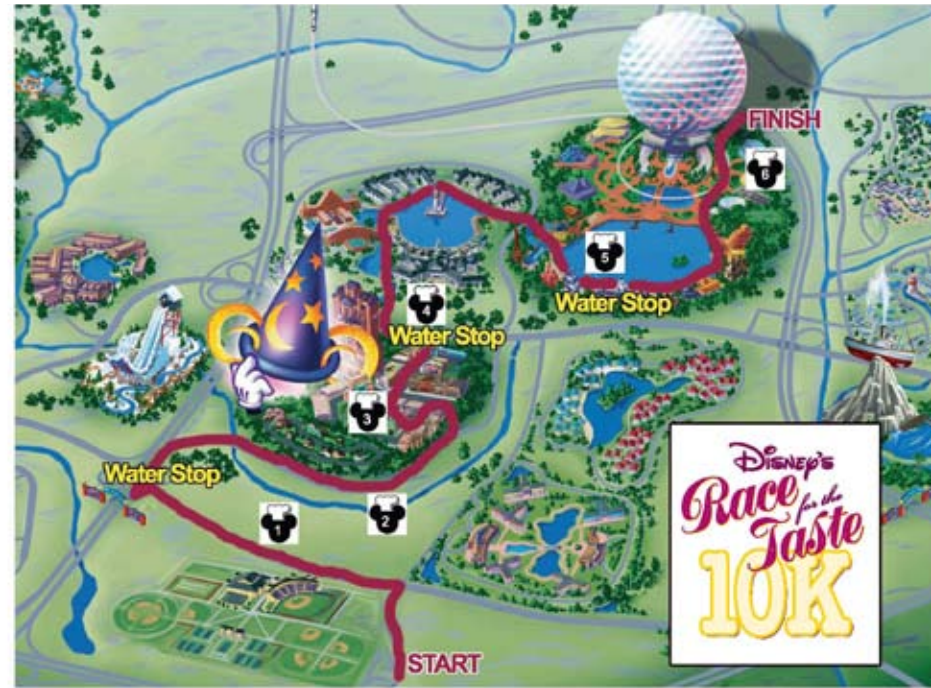
### Official Race Merchandise

Your official Disney's Race for the Taste merchandise will be available for purchase during Packet Pick-up on Friday and Saturday, and in the Start area at Disney's Wide World of Sports® Complex, and at the Post-Race Picnic in the Imagine Lot at Epcot®.

### Epcot® International Food & Wine Festival

After you run through the World Showcase at Epcot® during Disney's Race for the Taste, we invite you to embark on an epicurean adventure as the annual Epcot® International Food & Wine Festival (open daily at 11:00 am, park admission is required) showcases the flavors of the world. Explore marketplaces featuring regional foods and wines and learn from renowned chefs and winemakers at special programs and demos. You can also enjoy the "Eat to the Beat" Concert Series featuring\* Sister Hazel on Oct. 9-11. Show times are 5:15 pm, 6:30 pm, & 7:45 pm nightly at the American Gardens Theatre. \*Entertainment subject to change without notice.

## Disney's Race for the Taste 10K Course



**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.

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

## PARKING & TRANSPORTATION

### RACE MORNING TRANSPORTATION

Transportation is provided for participants and spectators 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® Complex. 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.**

Spectators and participants may also choose to park at Disney's Wide World of Sports® Complex to watch the start and then drive to the finish at Epcot®. Parking is free at Disney's Wide World of Sports® Complex but space is very limited. You must arrive before 6:15 am as road closures will begin. Parking is free at Epcot® prior to 8 am. After 8 am, you will be charged the daily parking fee.

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

There is no general resort transportation for this event. Participants not staying at a host resort will be responsible for their own transportation.

### HOST RESORTS & TRANSPORTATION

Race morning transportation will **ONLY** be provided from the host resorts (Disney's All-Star Sports Resort & Disney's Caribbean Beach Resort). Buses will begin running from the host resorts at 5:15 am. **The last bus will leave the resort at 6:15 am.** There will be separate buses for the 10K and the 3K. Please make sure you board the correct bus. For pick-up locations, please check with the front desk of your host resort. You can still book your stay at a host resort by calling 407-938-4868. Resort availability is not guaranteed.

## Race Information

### RACE START

The wheelchair start will begin at 6:58 am and the runners' start will begin at 7:00 am at Disney's Wide World of Sports® Complex. **Please arrive no later than 6:15 am. Road closures begin at 6:15 am.**

### TIMING

The 10K is a timed event with a 15 minute per mile pace. There are 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 or unable to finish. If you are picked up and transported to the finish line, you **will not** receive a finisher's medal.

The race will be timed using the ChronoTrack D-tag timing device. Your D-tag will be in your race packet. Please check your race packet for instructions on how to attach the D-tag to your shoe.

### 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 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
- 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.

### PARTICIPANTS IN WHEELCHAIRS

Participants in wheelchairs should line up in front of the runners at the start line for your earlier start time. Wheelchair participants must be able to complete the race under their own power and not be pushed by someone else.

### RACE RESULTS

Race results will be posted on [www.disneyraceforthetaste.com](http://www.disneyraceforthetaste.com) within 24 hours of the race conclusion.

### BIB NUMBERS

Each participant will be issued a bib number at Packet Pick-up. It is very important to fill out the Emergency Medical information on the back of the bib number. Please wear the bib number centered on the front of your shirt. It is your responsibility to wear the bib during the race. **Participants without a bib number will be removed from the course for security and safety reasons.**

### BAGGAGE CLAIM

There will be a baggage drop off location at Disney's Wide World of Sports® Complex for those participants needing this service. **You must use the clear plastic bag you were given at Packet Pick-up to check your baggage. We will not accept any items that are not in the clear plastic bag.** Please do not check any valuable items. Event staff will attach the baggage tag on your bib number to your bag when you drop it off at the Disney's Wide World of Sports® Baggage Claim area. Your bags will be transported to the finish line at Epcot®. Your bib number will be used to verify your bag when you pick it up in the Baggage Claim area in the Imagine Lot at Epcot®. Event Staff are not responsible for any lost or stolen items.

### RESTRICTIONS

For everyone's safety, participants under 11 years old, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, and animals of any kind are prohibited from the course. All participants must be able to complete the race under their own power. If you are seen in violation of one of these you will be removed from the course and transported to the finish line area.

Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

**Disney's Race for the Taste 10K is a USATF sanctioned event.**

## Second Harvest Food Bank of Central Florida

For over 20 years, the Second Harvest Food Bank of Central Florida has remained committed to effectively collecting and distributing wholesome, donated food items to nonprofit partner agencies serving those who are hungry and in need. For more information, visit [www.foodbankcentralflorida.org](http://www.foodbankcentralflorida.org) or call (407) 295-1066.



### Canned Food Drive - Donate your canned goods!

Athletes and guests are encouraged to bring canned food items to Packet Pick-up, the Start Line, or the Finish Line of the 10K. Bins will be set up to receive your non-perishable (items that do not need to be refrigerated) food donations. All items donated will be given to the Second Harvest Food Bank in preparation for the upcoming holiday season on behalf of the 2009 Disney's Race for the Taste participants.

### Collection Times & Drop Off Locations

#### Packet Pick-up

Friday, October 9

3pm - 8pm

Saturday, October 10

12:00 pm - 6:00pm

Disney's Wide World of Sports® Complex

#### 10K Start Line

Sunday, October 11

5:45am - 6:45am

Disney's Wide World of Sports® Complex

#### Post-Race Picnic

7:00am - 10:30am

Epcot®

A special thank you to our sponsors:

