**Welcome to Star Wars™ Half Marathon – The Dark Side**

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Welcome runners, spectators and fans from this galaxy … as well as those from far, far away. We’re thrilled to host the inaugural Star Wars™Half Marathon – The Dark Side – here at Walt Disney World®. It’s sure to be a race weekend that’s out of this world.

We’ve developed a weekend of powerful surprises, including spectacular races, special events, entertainment and so much more.

The weekend’s events offer intergalactic experiences for runners of all ages: Kids Races for the Younglings, a 5K for Padawans in training, a 10K for the Rebels and a Half Marathon for the Sith Lords among us. And if you are a Jedi Master, there is the ultimate test - a Star Wars™ Dark Side Challenge, which combines the Star Wars™ 10K with the Star Wars™ Half Marathon.

Additionally, there is a runDisney Health & Fitness Expo (Thursday to Saturday) where you can pick up your race packet and have the opportunity to shop for official race merchandise. The Expo also features a Speaker Series with seminars on training, technique and nutrition.

On behalf of our Cast Members and volunteers, thank you for being a part of the inaugural Star Wars™Half Marathon – The Dark Side.

And now … you know I’ve got to say it …

May the Force be with you,

Maribeth Bisienere
Senior Vice President
ESPN Wide World of Sports Complex,
Disney Springs™, Water Parks and Mini Golf
No is worth a life.

AT&T reminds you to keep your eyes on the road, not on your phone. When you’re behind the wheel, nothing is more valuable than your life, or the lives of others. It Can Wait®

As president of Track Shack Events, Jon Hughes oversees the overall marketing effort and operations for his company. He has positioned the organization to offer the best in technology, marketing and management skills. Today, Track Shack Events produces over 40 events a year.

Jon ran competitively in both high school and college. He has completed over a dozen marathons including Boston, Berlin, Chicago and Marine Corps. Since the late 1970s, he has pioneered the organization of athletic and community events, first in his home base of Central Florida and today throughout the world. Jon was one of the youngest inductees into the Florida Track & Field Hall of Fame, admitted in 1987 at the age of 29.

Road Race Management named him Race Director of the Year in 1999. In 2009, Jon and his wife Betsy were inducted into the Running USA Hall of Champions. USA Track & Field, the Pan American Junior Games, the Governor of Florida, and the Grand Bahamas Promotions Board have also recognized him for his outstanding leadership and organizational achievements. Jon is co-founder of the Walt Disney World® Marathon Weekend and has been its director since it began in 1994.

Jon and Betsy have been married for 32 years and have a daughter, Emma and a son, Christopher.
THURSDAY, APRIL 14

runDisney Health & Fitness Expo
ESPN Wide World of Sports
• 10:00 a.m. – 7:00 p.m.

FRIDAY, APRIL 15

Star Wars™ 5K
Epcot®
• Wheelchair Start: 5:59 a.m.
• Runner Start: 6:00 a.m.

runDisney Health & Fitness Expo
ESPN Wide World of Sports
• 9:00 a.m. – 7:00 p.m.

runDisney Kids Races
ESPN Wide World of Sports New Balance Track and Field
• 11:30 a.m. – Dashes Start
• 1:00 p.m. – 1-Mile Run Starts

SATURDAY, APRIL 16

Star Wars™ 10K
Start: Epcot®
Finish: ESPN Wide World of Sports
• Wheelchair Start: 5:29 a.m.
• Runner Start: 5:30 a.m.

runDisney Kids Races
ESPN Wide World of Sports New Balance Track and Field
• 11:30 a.m. – Dashes Start
• 1:00 p.m. – 1-Mile Run Starts

runDisney Health & Fitness Expo
ESPN Wide World of Sports
• 10:00 a.m. – 7:00 p.m.

runDisney Kids Races
ESPN Wide World of Sports New Balance Track and Field
• 11:30 a.m. – Dashes Start
• 1:00 p.m. – 1-Mile Run Starts

SUNDAY, APRIL 17

Star Wars™ Half Marathon
Start: Epcot®
Finish: ESPN Wide World of Sports
• Wheelchair Start: 4:58 a.m.
• Runner Start: 5:00 a.m.

ChEAR Zones
• 5:30 a.m. ChEAR Zones open
• 10:00 a.m. Finish Line ChEAR Zone closes

Awards Ceremony
Family Reunion Area, ESPN Wide World of Sports Parking Lot
Overall Half Marathon Awards
• 8:00 a.m.

Times are subject to change.
Introducing APEX by Sunglass Hut™, the premier sport and active lifestyle sunglass retailer. Finding the right sunglasses for your sport and active lifestyle just got easier. Two of the most trusted names in the sunglass industry OAKLEY® and SUNGLASS HUT™ have joined forces to bring you the largest selection of sunglasses, where each and every sunglass is hand picked based on performance, protection, comfort and style from the best sunglass makers on the planet.

www.APEXbySunglassHut.com

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THE LARGEST SELECTION OF SPORT AND ACTIVE LIFESTYLE SUNGLASSES ON THE PLANET

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www.APEXbySunglassHut.com

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**Host Resorts**

Star Wars™ Half Marathon – The Dark Side Transportation has been arranged for participants staying at Walt Disney World® Resorts. Buses will be indicated by the runDisney signs placed in the front windows.

**Notes:**
- Half Marathon Weekend Transportation is only provided to and from all Walt Disney World® Resorts, Shades of Green and Walt Disney World® Swan and Dolphin.
- Parking is limited at all Half Marathon Weekend venues. We strongly encourage the use of event transportation whenever possible.
- Please check with your respective resort front desks for race transportation pick up locations.

Please note that there will be no parking at ESPN Wide World of Sports for the Star Wars™ 10K and the Star Wars™ Half Marathon – The Dark Side. Parking will be available at Epcot® and bus transportation will be provided from Epcot® to ESPN Wide World of Sports.

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**runDisney Health & Fitness Expo**

- **Bus Transportation**
  - Thursday: 9:30 a.m. – 6:30 p.m.
  - Friday: 8:30 a.m. – 6:30 p.m.
  - Saturday: 10:00 a.m. – 3:30 p.m.

Buses will continue running for 30 minutes after the end of the Expo to bring guests back to the resorts from the ESPN Wide World of Sports Complex.

**Star Wars™ 5K**

- **Bus Transportation**
  - 4:00 a.m. – 5:30 a.m. and 7:00 – 9:00 a.m.
  - Participants must board a bus no later than 5:00 a.m. in order to make it to their corrals on time.

**runDisney Kids Races**

- Please utilize Expo Transportation Schedule.

**Star Wars™ 10K**

- **Bus Transportation**
  - 3:30 a.m. – 5:00 a.m. Buses running from Resorts to Epcot®
  - 5:00 a.m. – 10:00 a.m. Buses running from Resorts to ESPN Wide World of Sports Complex
  - 5:00 a.m. – 10:00 a.m. Buses running from Epcot® to ESPN Wide World of Sports Complex
  - Participants must board a bus no later than 4:00 a.m. in order to make it to their corrals on time.

**Star Wars™ Half Marathon – The Dark Side**

- **Bus Transportation**
  - 2:30 a.m. – 4:30 a.m. Buses running from Resorts to Epcot®
  - 4:30 a.m. – 11:00 a.m. Buses running from Resorts to ESPN Wide World of Sports Complex
  - 4:30 a.m. – 11:00 a.m. Buses running from Epcot® to ESPN Wide World of Sports Complex
  - Monorail Transportation will be available starting at 2:30 a.m.
  - Participants must board a bus or monorail no later than 3:30 a.m. in order to make it to their corrals on time.
runDisney Health & Fitness Expo

ESPN Wide World of Sports Complex

Thursday, April 14  
10:00 a.m. – 7:00 p.m.

Friday, April 15  
9:00 a.m. – 7:00 p.m.

Saturday, April 16  
10:30 a.m. – 4:00 p.m.

runDisney Health & Fitness Expo is a three-day celebration of fun and fitness located in the Jostens® Center and HP Field House at ESPN Wide World of Sports. After picking up your race packet, shirt and gEAR bag, see the latest in athletic shoes, apparel, accessories and gadgets.

Packet Pick-Up & Waivers
All event weekend participants are required to attend Packet Pick-Up in order to receive your race bib, bag check sticker, gEAR bag, and race shirt.

Packet Pick-Up will not be available on race morning. A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. No exceptions. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. A link to the waiver will be available at runDisney.com. If you do not have access to the Internet or lose your waiver, onsite waiver printing will be available.

Once you pick up your packet and commemorative items, please proceed pick up your race shirt and gEAR bag in Jostens® Center for the 10K and Half Marathon, and in HP Field House for the Dark Side Challenge and 5K.

Registration Packet Contents
Please make every effort to confirm that your registration packet includes the following items before you leave the runDisney Health & Fitness Expo. Your signature in the receipt book will serve as acknowledgment that you have received all items.
• Race bib number - B-Tag attached for the 10K and Half Marathon only
• gEAR Bag check sticker
• Pre-purchased Commemorative pin and/or necklace (if applicable)

Commemorative Items
Pick-up Commemorative Items at the HP Field House. You will need to show your ID to pick-up your items:
• Commemorative Pins*  
• Commemorative Ears*  
• Merchandise Bundles*
• Pin Bundles*
• Commemorative Necklace*
• Commemorative Jacket*
• Dooney & Bourke*

Once you pick up your packet and commemorative items at the HP Field House, please proceed to the Jostens® Center to pick up your race shirt and gEAR bag.

*Please remember that items not picked up will not be mailed or refunded.

For the safety of our guests, strollers are prohibited inside the Jostens® Center and HP Field House. Designated stroller parking is available outside the venues.
• Charities
• ChEAR Squad
• Event Information
• runDisney Kids Races
• Runner Relations
• Runner Tracking
• Star Wars™ 5K
• Star Wars™ 5K Shirts

• Star Wars™ 10K
• Star Wars™ Half Marathon
• Star Wars™ - The Dark Side Challenge Shirts
• Transportation Information
• Waiver Printing

• Commemorative Items
• Official runDisney Merchandise and Dooney & Bourke
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**JOSTENS® CENTER**

**10K AND HALF MARATHON**

**RACE SHIRTS & gEAR BAGS**

**runDisney Merchandise**

**703**
Now you can connect with other Fans and participate in runDisney events on Facebook, get the latest news and chat during events on Twitter, and watch training tips from Jeff Galloway, nutrition advice from the Diet Diva and more on YouTube!

Become a Fan at: facebook.com/runDisney

Follow Us at: twitter.com/runDisney or @runDisney
#StarWarsHalf #StarWars10K #DarkSideChallenge #StarWars5K

Subscribe to our Channel: youtube.com/runDisney

Follow Us at: instagram.com/runDisney

POSSIBLY THE PERFECT PROTEIN SNACK™

0 ADDED SUGAR* 0 ARTIFICIAL SWEETENERS 0 FAT 15g PROTEIN PER 5.3 oz.

*Not a low calorie food
Pre-registered children ages 13 and under can be a part of the runDisney Kids Races so they can earn a finisher medallion just like Mom or Dad. The races include the Diaper Dash, 100m, 200m, 400m, and 1-Mile Run. Each age group will have its own start line, which will be color-coded for all parents to easily find. Participant’s bibs will list the distance they are running in the upper left-hand corner of the bib, as well as the day of the race in the upper right-hand corner. Each start line will have feather banners that match the distance listed on the race bibs. The Diaper Dash will take place near the finish line. Any parents who wish to run with their children are encouraged to do so.

Parent & Child Reunion Process
Each race bib will include a tear off tag with your child’s race number on it. Please remove this tag from your child’s bib prior to their race. Present this tag at the conclusion of the race in the Imagine Lot in order to leave the secure finish area with your child.

Timing / Race Results
Since everyone is a winner, none of the runDisney Kids Races will be scored. There will be no Race Results for the 400m, 200m, 100m, or Diaper Dash. The 1-Mile Run will be timed and participants can view their race times online at rundisney.com.

Schedule
10:30 a.m.  New Balance Track and Field opens, warm up begins
11:20 a.m.  100m Dash participants (1-3 years old) meet at green start flags
11:30 a.m.  100m Dash Starts
11:40 a.m.  200m Dash participants (4-6 years old) meet at yellow start flags
11:50 a.m.  200m Dash Starts
12:00 p.m.  400m Dash participants (7-8 years old) meet at blue start flags
12:10 p.m.  400m Dash Starts
12:30 p.m.  Diaper Dash Starts
12:45 p.m.  1-Mile participants (13 & under) meet at white start flags
1:00 p.m.   1-Mile Starts

*Parents that are running with their child are allowed in the Mile corrals.
Friday, April 15, 2016
Epcot® 6:00 a.m. – Runner Start
5:59 a.m. – Wheelchair Start

Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel. Handheld camera/cell phone extension poles, such as selfie sticks, are prohibited at runDisney events. For more information, please visit disneyworld.disney.go.com/park-rules/.

Start
The start zone for the 5K is located in the Explore Lot at Epcot®. The letter on your race bib will correspond with your assigned corral. For safety reasons, and as a courtesy to others, please line up in the appropriate corral 30 minutes prior to the race start. Measures will be taken to prevent unofficial runners from starting. You must enter the start corrals from the Explore Lot at Epcot®. Runners who try to access the start corrals from any other area are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.

Race Bibs
Each runner will be issued a race bib at Packet Pick-Up. Please wear your assigned race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be in the gEAR bag.

Safety
Guests with strollers are not allowed to participate in the 5K. For more safety information, please see pages 36 and 37.

Timing
Clocks will be located at every mile marker along the course.

Water And Medical Stops
There will be two water stops along the 5K course, plus medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

5K Course Description
It is a Dark Side event for everyone Friday morning for the Star Wars™ 5K. May the force be with you as you make your way into Epcot® and around World Showcase. After you pass Spaceship Earth, it’s onto a galactic finish worthy of the Sith Lord himself.
Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs, if you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel. Handheld camera/cell phone extension poles, such as selfie sticks, are prohibited at runDisney events. For more information, please visit disneyworld.disney.go.com/park-rules/.

Race Bibs
Each runner will be issued a race bib at Packet Pick-Up. Please wear your assigned race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be in the gEAR bag.

Safety
Guests with strollers are not allowed to participate in the 10K. For more safety information, please see pages 36 and 37.

Timing
Clocks will be located at every mile marker along the course. 10K participants will receive a race bib with your chronotrack B-Tag attached to the back. Do not remove, bend or break the chronotrack B-Tag. The chronotrack B-Tag records your official and net time. The net time is the time it takes you to get from the start line mats to the finish line mats and will be used to determine the scoring for awards. Please do not alter the chronotrack B-Tag in any way. Without the B-Tag, your time WILL NOT be recorded.
Water And Medical Stops
There will be three water stops along the 10K course, plus medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

10K Course Description
Feel the power of the force as the Star Wars™ 10K course speeds through Epcot® on its way to Disney’s Hollywood Studios. Your adventure continues on to ESPN Wide World of Sports Complex, where a finish fit for Stormtroopers awaits.

Restroom Facilities
Private portable restroom facilities will be available in the staging area, on the course near the beverage stations and in the finish line area at ESPN Wide World of Sports Complex.

Star Wars™ Half Marathon – The Dark Side

Sunday, April 17, 2016
Epcot® 5:00 a.m. – Start
4:58 a.m. – Wheelchair Start
ESPN Wide World of Sports Complex – Finish

gEAR Bag Check
- Wonder Lot – Epcot® – Drop Off
- Touchdown Lot – ESPN Wide World of Sports Complex – Pick Up

Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

The Start
The start zone for the Half Marathon is located in the Wonder Parking Lot at Epcot®. Please plan on at least a 20-minute walk from the start zone to your corral. The letter on your race bib will correspond with your assigned corral. Signs and event personnel will help you find your corral. For safety reasons and as a courtesy to others, please line up in the appropriate corral. Measures will be taken to prevent unofficial runners from starting.

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Wonder Lot at Epcot®. Runners who try to access the start corrals from any area other than the Wonder Lot at Epcot® are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.
Race Bibs
Each runner will be issued a race bib at Packet Pick-Up. Please wear the race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be in the gEAR bag.

In order to receive an accurate time, please confirm that your bib is:
• Clearly visible on the front of the torso
• Unaltered and unmodified (do not fold or wrinkle)
• Pinned in all four corners
• Not covered with shirts, jackets, winter wear, etc

Timing
Clocks will be located at every mile marker along the course. When you receive your race bib, your ChronoTrack B-Tag will be attached to the back. Do not remove, bend or break the ChronoTrack B-Tag. The ChronoTrack B-Tag records your official and net time. The net time is the time it takes you to get from the start line mats to the finish line mats and will be used to determine the scoring for awards. Please do not alter the ChronoTrack B-Tag in any way. Without the B-Tag, your time WILL NOT be recorded.

Participant Checklist
- Race bib with ChronoTrack B-Tag and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)
- Clear plastic drawstring gEAR bag with bag check sticker
- Pre-determined reunion location at ESPN Wide World of Sports Complex. (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)

Not Finishing
If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to ESPN Wide World of Sports Complex.

Corrals
Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at Epcot®. Runners who try to access the start corrals from any area other than the Explore Lot at Epcot® are subject to disqualification. Runner drop off is available in the Taxi Lot at Epcot®.
Course Description
Jump into hyperspace and take off during the Star Wars™ Half Marathon—at Walt Disney World® Resort. It’s a 13.1 mile intergalactic adventure in the most magical place on Earth. Your course takes you through Epcot®, Disney’s Hollywood Studios, Disney’s Animal Kingdom® Theme Park, and then on to the ESPN Wide World of Sports Complex. Follow the path to the Dark Side with your favorite Star Wars™ characters cheering you on your galactic journey. Never underestimate the power of the Dark Side.

Food and Beverage Stations
Nine beverage stations will be set up along the course, offering DASANI® water and POWERADE®. The first beverage station, at mile 1.6, will only offer DASANI® water. There will be one nutrition stop near mile 8 where CLIF SHOT® Energy Gel will be distributed.

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Star Wars™ Dark Side Challenge
You are required to attend Packet Pick-Up on Thursday or Friday in order to receive your race materials. You will receive the following materials: one race bib with B-Tag, one gEAR bag check sticker, one gEAR bag, and three race shirts. Your race bib, gEAR bag check sticker, and gEAR bag are to be used on both days.

After completing the half marathon, please check in at the Challenge tent located at the Finish Line to receive your Star Wars™ Dark Side Challenge medal. Please note that all Dark Side Challenge participants must complete both the 10K and the Half Marathon in the allotted time to receive the Dark Side Challenge medal.

In an effort to enhance our runner’s check-in process, we ask that all Dark Side Challenge participants have their photo taken at the Expo with their race bibs. This photo will be used at the Challenge Tent to expedite the finish line experience.

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runDisney Coast to Coast Race Challenge
Do you want the ultimate test in endurance with a Disney twist? Then join the runDisney Coast to Coast Challenge! If you complete a half marathon or marathon at the Walt Disney World® Resort and the Disneyland® Resort in the same calendar year, then you will receive an additional medal to commemorate your achievement.

After completing the Half Marathon on Sunday, runDisney Coast to Coast participants must visit the Challenge tent with their runDisney Coast to Coast wristband to receive their runDisney Coast to Coast medal and to celebrate their accomplishment.*

*runDisney Coast to Coast wristband must be presented to receive the runDisney Coast to Coast medal.

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runDisney Kessel Run Challenge
“Let the Force be with you!” during the inaugural Kessel Run Challenge. Take this galactic challenge and earn your Kessel Run Commemorative Medal by participating in both the Star Wars Half Marathon/Rebel Challenge at the Disneyland® Resort and the Star Wars™ Half Marathon at the Walt Disney World® Resort.

After completing the Half Marathon on Sunday, Kessel Run participants must visit the Challenge tent with their Kessel Run wristband to receive their Kessel Run medal and to celebrate their accomplishment.*

*Kessel Run wristband must be presented to receive the Kessel Run medal.
Every athlete who competes in the runDisney Kids Races, Star Wars™ 5K, Star Wars™ 10K, Star Wars™ Half Marathon and Star Wars™ Dark Side Challenge will receive a commemorative medal or medallion upon finishing the race.

### Star Wars™ Half Marathon – The Dark Side

**Overall Awards**
- Sunday, April 17, 2016
- 8:00 a.m.
- Family Reunion Stage, ESPN Wide World of Sports Parking Lot

The following Half Marathon awards will be presented on-site at the Awards Ceremony.
- Top 3 Overall Female Finishers
- Top 3 Overall Male Finishers
- Top 3 Female Wheelchair Finishers (push rim only)
- Top 3 Male Wheelchair Finishers (push rim only)

**Individual Awards**
Masters, Military and Individual awards for the Star Wars™ Dark Side Half Marathon will be distributed by mail approximately 6-8 weeks after the event. Awards will be mailed to the overall female masters champion, the overall male masters champion, the top five male and female age group finishers in each age group, the top five female military finishers, and the top five male military finishers.

### Star Wars™ 10K

Star Wars™ 10K awards will be distributed by mail approximately 6-8 weeks after the event. Awards will be mailed to the top 3 overall female finishers, the top three overall male finishers, the top three overall female wheelchair finishers (push rim only), the top three overall male wheelchair finishers (push rim only), overall female masters champion, the overall male masters champion, the top three male and female age group finishers in each age group, the top three female military finishers, and the top three male military finishers.

*There are no individual awards for the 5K or the Dark Side Challenge.*

Overall awards are based on Gun Time. In the interest of fairness, masters and age group award winners will be based on Net Time. Masters (40 and over) who place in the overall division will receive that overall award only. Please note that a runner will not receive two awards for the same race result.
Safety Reminder
All runners, Guests, costumes, and bags are subject to screening prior to entering the event staging areas.

- Weapons of any kind, or objects that appear to be actual weapons, including toy guns, are not allowed for any participants. See Costume guidelines for examples of acceptable toy accessories.
- For everyone’s safety, selfie sticks, baby joggers, strollers, baby carriers, baby backpacks, skates, scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks, and animals of any kind are prohibited from the course. Violators 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 runner safety.
- runDisney can offer human guides to assist registered participants with disabilities.

Please contact rundisney@disneysports.com no later than 90 days in advance of the event.

Costumes
Disney reserves the right to deny admission to or remove any person wearing attire that we consider inappropriate or attire that could detract from the experience of other Guests. All participants and their Guests may dress as their favorite character, but must follow these guidelines as determined solely by Disney:

- Costumes may not contain any weapons that resemble or could easily be mistaken for an actual weapon.
- Costumes must not contain sharp objects, pointed objects or materials that may accidentally strike another Guest.
- For runDisney participants ages 13 and under:
  - Costumes and some masks may be worn, as long the mask does not cover the entire face and eyes are visible.
- For runDisney participants ages 14 and older:
  - Layered costumes, that could conceal prohibited items, are not permitted (e.g. Jedi robes).
  - Costume props, including those that surround the entire body (e.g. Death Star, UP House) are not permitted.
  - Costumes may not reach or drag on the ground. (e.g. full-length Princess dresses)
  - Capes may be worn if the length does not go below the waist.
  - Themed T-shirts, blouses, sweatshirts, and hats are acceptable.
  - Acceptable accessories include: transparent wings, plastic light sabers, toy swords, and tusks. Headwear may be worn as long as it does not cover the face.
  - Guests may not wear masks of any kind.

Please note that while costumed attire may be worn during runDisney events, Guests 14 and older are not permitted to wear costumed attire in the theme parks.

As a result, Guests may need to change their attire prior to visiting the parks after participating in a runDisney race.

Guests who do not adhere to these guidelines may be refused entry into, and/or removed from, a race or any race related event/activity unless his or her costume can be modified to meet the above standards.

Pacing Requirements
All participants are required to maintain a pace of 16-minutes-per-mile throughout the entire race. Anyone who is not able to maintain a 16-minute-per-mile pace may be escorted or transported to the Course Pick-Up Tent at ESPN Wide World of Sports. Participants may be picked up at any point along the course for not maintaining a 16-minute-per-mile pace. It is suggested that athletes train for a 15-minute per mile pace or faster to allow time for breaks (restroom breaks, photo opportunities, etc.).

Race participants should be adequately prepared for race related event/activity unless his or her costume can be modified to meet the above standards.

For everyone’s safety, delaying or canceling the events at the discretion of the Event Management team. As a reminder, the registration fees are non-refundable and nontransferable.

Note: Please consider not bringing unnecessary bags with you on race day. All items will be inspected.

<table>
<thead>
<tr>
<th>GREEN FLAG</th>
<th>YELLOW FLAG</th>
<th>RED FLAG</th>
<th>BLACK FLAG</th>
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<tbody>
<tr>
<td>Good conditions. Enjoy the event, but stay alert.</td>
<td>Less than ideal conditions. Participants with high risk of heat stroke should withdraw.</td>
<td>Potentially dangerous conditions. Heat injury is possible. All participants urged to slow their pace and hydrate adequately.</td>
<td>Extreme and dangerous conditions. All participants advised not to compete. Course may be shortened and no times recorded.</td>
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</tbody>
</table>
The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the events.

• Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course but will keep you safe.

• Wear your race bib on the front of your shirt and SMILE! Photographers will be taking pictures of you throughout the race.

• Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.

• Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, please start in the last corral.

• If you want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.

• If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.

• Move to the side if someone behind you says “Excuse Me” or “Coming Through”.

• Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.

• When you are approaching the finish line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the race course and finish area is for registered participants and staff only.

• Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too.

• Celebrate! Thank your volunteers and have a great race!
By Olympian Jeff Galloway, Official Training Consultant, runDisney

By using the strategies below you can be the one who is passing people at the finish—one of the most empowering experiences in life. These tips can also eliminate or reduce aches, pains and puking—all of which I am against. For more information and individual questions, I will be giving several talks and will be available at my Jeff Galloway booth.

1 Plan and use a mental strategy, with positive mantras. This type of mental focus will activate your human, conscious brain and allow you to have control over your mental attitude. Positive mental statements and actions will control the negative hormones released by our subconscious “monkey brain” under stress.

2 Start more slowly for the first 3 miles—by 15-30 seconds per mile. Be sure to move to the side of the road to take walk breaks.
   - If you have trouble slowing down at the beginning of a race, insert more frequent walk breaks from the beginning.
   - If your longest run in the last 3 weeks was 12 miles or more and you have been running 90 seconds/walking 30 seconds, downshift to running 50-60 seconds/walking 30 seconds.
   - If your longest workout in the last 3 weeks was 9 miles or less, and you were using 90/30, downshift to 30 sec run/30 sec walk. If your strategy on long runs had been 30/30 but you have run no longer than 9 miles, downshift to run 15 sec/walk 30 for the first 3-4 miles.

3 If the temperature is above 60°F...
   - Slow the pace 30 sec/mile slower for every 5°F temperature increase above 60°F.
   - Reduce the duration of the run segment and increase frequency of walks:
     Example: instead of using 30/30, use 15 sec run/ 20 sec or 30 sec walk.
   - Don’t wear a hat—and pour water over the top of your head.

4 Run Walk Run® to save your legs, recover fast and enjoy the parks! My Run Walk Run® method can erase fatigue, eliminate or reduce injury risk and allow you to run faster and stronger.

Here are the current strategies:

8-8:30 per mile: run 4 min, walk 30-45 sec
8:30-9 per mile: run 2 min/walk 20-30 sec
9-10:30 per mile: run 90 sec/walk 30 sec or... 60/20, 60/30, 40/20
10:30-12:30 per mile: 60/30, 40/20, 30/15, 30/30, 20/20, 15/15
12:30-14:30 per mile: 30/30, 20/20, 15/15
14:30-15:30 per mile: 10/20, 15/30, 20/40

Note: In numerous surveys, former non-stop runners improve more than 7 minutes in a half marathon by finding the right strategy.

5 Follow the “Rules Of The Road”
   - Move to the side of the road to take each walk break
   - When running in a group, no more than two, side by side (single file in narrow areas)
   - In the early stages of the race, raise your hand and give the runners around you a warning before the walk break (Our Galloway timer has a loud beep)
   - At water stops, walk at either side of the road—leave the center clear for those running through.
   - When running to line up for a character photo, move over gently, being aware of the runners around you
   - When stopping for pictures, toilets, etc., and re-entering the race, watch for other runners, and give way
   - When discarding clothing, tutus, tink wings, etc, hold until the next aid station, and drop in one of the trash boxes—or toss at the side of the road
   - Thank the volunteers
Results
All results will be posted on runDisney.com the evening of the race.

Photos
Disney PhotoPass Photographers will be on the course and at the finish line taking your photos during the race. Smile and make sure your bib is in view on the front of your shirt! Race photos will be available to view at MyDisneyPhotoPass.com (select Walt Disney World) and on the My Disney Experience app within 24 hours of the event. To link your photos, you will need to enter the 11-digit RaceID followed by your 5-digit bib number. If your bib number is less than 5 digits, please add zeros at the beginning of your bib number to complete the 16-digit code. See below for RaceIDs; replace the x’s with your bib number to complete the code:

- KIDS RACES: 2016-DARK-KIDx-xxxx
- 5K: 2016-DARK-W5Kx-xxxx
- 10K: 2016-DARK-10Kx-xxxx
- Half: 2016-DARK-HLFx-xxxx

Finisher Certificates
Participants who finish the Half Marathon or Dark Side Challenge will be able to download a finisher certificate at MyDisneyMarathon.com approximately two weeks after the race.

Family Reunion Stage
Reunite with your friends and family after you complete the race.

Meet Up Tips:
- Let your friends and family know your race number, anticipated finish time, and what you are wearing.
- Determine a location for meeting friends and family after the race.
- Have a back-up meeting location in place as well.
- Make note of the shuttle stop for your hotel or where you have parked.
- Agree upon a phone number from which both parties can call and retrieve messages.
- Leave a message at the Information Tent in the Family Reunion Area.

Feed your body before, during and after the race, with the essential vitamins and nutrients found in Chiquita and Fresh Express products.
Spectator Information
Spectators are encouraged to share in the Star Wars™ Half Marathon – Dark Side Weekend excitement. To increase the possibility of seeing your friends and family run, be aware of their pace, expected time at each mile marker and anticipated finish time.

Runner Tracking
Family and friends will be able to track 10K and Half Marathon participants with runner tracking available on runDisney.com. Participants will also have the opportunity to send split times via e-mail or text messaging by registering through runDisney.com approximately one week before the event until 4:00 p.m. on Saturday, April 16 or at the runDisney Health & Fitness Expo.

Please make sure to allow adequate time for transportation to the Start and Finish area. The runners’ safety is foremost, therefore, traffic on area roadways will be limited. Expect delays!

Please consider not bringing a bag on race day. All items may be inspected. We suggest that you do not bring any unnecessary articles with you including cold packs or gel packs. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Spectator Viewing
Viewing is limited and available on a first come, first served basis. Recommended spectator viewing locations:

**Star Wars™ 5K Only Spectator Viewpoints**
- The Start: 6:00 a.m. - 6:30 a.m. Epcot® Explore Parking Lot
- The Finish: 6:26 a.m. - 8:02 a.m. Epcot® Wonder Parking Lot

**Star Wars™ 10K Only Spectator Viewpoints**
- The Start: 5:30 a.m. - 6:15 a.m. Epcot® Wonder Parking Lot
- Mile 5.5 - 6.1: 5:45 a.m. - 7:52 a.m. ESPN Wide World of Sports Complex
- The Finish: 5:53 a.m. - 8:00 a.m. ESPN Wide World of Sports Complex - Touchdown Parking Lot

**Star Wars™ Half Marathon Spectator Viewpoints**
- The Start: 5:00 a.m. - 6:00 a.m. Epcot® Wonder Parking Lot
- Mile 12.0 - 13.0: 5:48 a.m. - 9:28 a.m. ESPN Wide World of Sports Complex
- The Finish: 6:09 a.m. - 9:44 a.m. ESPN Wide World of Sports Complex - Touchdown Parking Lot

ChEAR Squad
ChEAR Squad members have access to reserved seating at the finish line where they can see their runner cross the finish line! ChEAR Squad packages may be purchased at the runDisney Health & Fitness Expo. Availability is limited and subject to change. ChEAR Squad credential provided at package pick-up must be worn and is required for admission into ChEAR Zones. NO EXCEPTIONS.

**ChEAR Squad**
- The Finish: 6:00 a.m. - 10:00 a.m. ESPN Wide World of Sports Complex - Touchdown Parking Lot

**Note:** Please consider not bringing unnecessary bags with you on race day. All items will be inspected.
World-class Care For a Life in Motion.
You thrive on the satisfaction that comes from training hard to be your best. When injury strikes, the experts at Florida Hospital Celebration Health are here for you. As the official medical provider of runDisney, we know what it takes to get you back in the race.

CelebrationHealth.com

Dr. James Scelfo

James Scelfo, MD is the Medical Director for runDisney endurance events. Dr. Scelfo is board certified in Family Medicine with a special interest in Sports Medicine. Dr. Scelfo received his medical degree from Louisiana State University and completed his residency training with Florida Hospital Celebration Health. He is actively involved in Orlando sporting events including the Russell Athletic Bowl, the Capital One Bowl, and high school athletics. He also serves as the Medical Director of the Anticoagulation Management Service and Clinical Pharmacy at Florida Hospital Celebration Health. He continues to remain on the cutting edge of medical technology with a focus on prevention, diagnosis and aggressive management of disease. In his free time, Dr. Scelfo maintains an active lifestyle and enjoys jogging, reading, and spending time with his family.
Florida Hospital Celebration Health medical stations are located along the course. With prior training, you should be prepared for the physical demands of the half marathon. Nevertheless, you may suffer cold or heat stress, or become dehydrated. The following can help you prepare for a safe and enjoyable race.

What To Know About Fluid Intake
- Drink enough water before the race so that your urine is clear to light straw in color (this will vary per person).
- During the race, limit fluids to approximately 4-6 ounces every 20 minutes.
- At least every other water stop, you should have some form of electrolyte replacement (POWERADE®, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.

Tips For Race Day
- Check your urine a ½ hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!
- DO NOT take any product with ephedra in it. Ephedra increases your risk of “heat illness.” It should not be used while training or on race day!
- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

Pain Relievers / Supplements
- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners’ kidney function if taken within 24 hours of running. Only acetaminophen (GoodSense) has been shown to be safe.
- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt. Therefore it is recommended that on race day (specifically beginning midnight before your run) you DO NOT use anything but acetaminophen (GoodSense) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, an NSAID would be beneficial in preventing post-event muscle soreness.
- Narcotics should be avoided within 48 hours of race day due to harmful effects on performance, perception, and mental status.
- Vitamin supplements (Vitamin A, C and E) can alter urine color so be wary of hydration status if taking these supplements.

Warning Signs
- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical aid station located throughout the course.
- Dizziness, confusion, loss of peripheral vision or general tingling are more concerning and require greater precautions should be taken. Find a course representative and ask for assistance immediately.
- Chest Pain – stop all activity and ask another participant to assist with locating a course representative or medical volunteer.
- Dry Skin – a sign of significant dehydration and loss of normal regulatory systems. Proceed directly to a medical aid station located throughout the course.

For Your Own Safety
- Complete the medical history on the back of your race bib.
- Drink plenty of fluids.
- Know the symptoms of heat illness. Run responsibly and don’t be afraid to ask for help.
- Help your fellow runners. If you see someone in distress, tell him or her what we have told you. If they refuse to stop, report their race number to one of the volunteers along the route.
- Let your friends and family know your race number so they can find you if you are in a medical tent.
- Listen to the weather forecast and plan accordingly. Both heat-related injuries and hyponatremia are life-threatening conditions.
- Skin in high friction areas (nipples, thighs, armpits, etc.) should be well lubricated with a non-water soluble lubricant (petroleum jelly).
- Make sure your shoes and clothes are appropriate for the event and environmental conditions.

Questions
The Florida Hospital Celebration Health Medical Team is here to help! On race day, there will be sports medicine professionals at the finish line tent and in the parking lot on bicycles. Remember on the course we will have medical volunteers at each and every tent to help you along the way.
Noah’s Light Foundation

The 2016 Star Wars™ Half Marathon – The Dark Side benefits Noah’s Light Foundation.

Noah’s Light Foundation was established in 2010 by Amber Larkin after her son, Noah, was treated for medulloblastoma, an aggressive form of pediatric brain cancer. After learning that few treatments for pediatric cancer had been developed in the past 30 years, Amber knew she had to act.

The Foundation’s goal is to fund revolutionary, immune based research that leads to a cure. In the five short years since its inception, this research has already led to The NOAH Protocol, a groundbreaking treatment which harnesses the power of the body’s own natural killer (NK) cells rather than harmful chemotherapy and radiation. This path gives hope to families that their children will not only survive, but thrive, after a cancer diagnosis.

It is especially fitting that Noah’s Light Foundation be the celebratory charity for the Star Wars™ Half Marathon - The Dark Side. There was no greater fan of Star Wars™ and Noah embodied all of the strengths and courage of a true Jedi. For this race and all to come, Noah is sure to be powering the runners with the Force, guiding them to faster finishes and a faster cure!
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**FLORIDA**

**Disney Wine & Dine Half Marathon Weekend**
November 3-6, 2016

**Walt Disney World® Marathon Weekend**
presented by Cigna
January 4-8, 2017

**Disney Princess Half Marathon Weekend**
presented by Children’s Miracle Network Hospitals
February 23-26, 2017

**Star Wars™ Half Marathon - The Dark Side**
April 20-23, 2017

**CALIFORNIA**

**Tinker Bell Half Marathon Weekend**
presented by PANDORA Jewelry
May 5-8, 2016

**Disneyland® Half Marathon Weekend**
presented by Cigna
September 1-4, 2016

**Super Heroes Half Marathon Weekend**
November 10-13, 2016

**Star Wars™ Half Marathon - The Light Side**
January 12-15, 2017

**PARIS**

**Disneyland® Paris Half Marathon Weekend**
September 23-25, 2016

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All races subject to age eligibility requirements and capacity limits.