

RACE ETIQUETTE

- 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 also 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 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! Have a great race!



EVENT CALENDAR

FLORIDA

Disney Princess Half Marathon Weekend
presented by Children’s Miracle Network Hospitals
February 18-21, 2016

Star Wars™ Half Marathon - The Dark Side
April 14-17, 2016

Disney Wine & Dine Half Marathon Weekend
November 4-5, 2016

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

CALIFORNIA

Star Wars™ Half Marathon Weekend
January 14-17, 2016

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

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

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

PARIS

Disneyland. Paris Half Marathon Weekend
September 23-25, 2016



PACKET PICK-UP SCHEDULE

runDisney Health & Fitness Expo
Wednesday, January 6, 10:00 a.m. - 8:00 p.m.
Thursday, January 7, 9:00 a.m. - 7:00 p.m.
Friday, January 8, 9:00 a.m. - 7:00 p.m.
Saturday, January 9, 10:00 a.m. - 4:00 p.m.
Location: ESPN Wide World of Sports Complex

CRUISE SCHEDULE

Monday, January 11
• runDisney Help Desk Hours, Vista Café, Deck 4 Midship, 11:30 a.m. – 3:00 p.m.

Tuesday, January 12
• Castaway Cay Challenge Speaker Panel, Buena Vista Theatre, Deck 4, Midship, 4:00 p.m. – 5:00 p.m.
• runDisney Help Desk Hours, Vista Café, Deck 4 Midship, 4:00 p.m. – 6:00 p.m.

Wednesday, January 13
• Castaway Cay Challenge Runners & Spectators Meet, Walt Disney Theatre, Deck 3, Forward, 5:45 a.m.
• Castaway Cay Challenge Race Start, 7:00 a.m.
• Castaway Cay Island Open, 8:30 a.m.

Thursday, January 14
• runDisney Help Desk Hours, Vista Café, Deck 4, Midship, 10:00 a.m. – 12:00 p.m.

PACKET PICK-UP AND WAIVERS

All Castaway Cay Challenge participants are **required to attend Packet Pick-Up at ESPN Wide World of Sports Complex** 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. 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. **You must pick up your own participant packet (which includes your event-issued bib number) during regularly scheduled expo hours at ESPN Wide World of Sports Complex.** If you have any questions about your registration or the race while on board the ship, runDisney staff will be available during designated help desk hours in the Vista Café located on Deck 4, Midship.

RACE DAY SCHEDULE & REMINDERS
RACE START

The race will start promptly at 7:00 a.m. on January 13th on the Castaway Cay airstrip. All participants and spectators must meet in the Walt Disney Theatre on Deck 3, Forward, by 5:45 a.m. Runners will sit with their pre-assigned corrals and will disembark the ship according to their corral. *Runners who finish prior to 8:30 a.m. will be directed back to the ship after they receive their medal and post-race refreshments.* All guests will be able to go ashore for the day at 8:30 a.m.

SPECTATOR VIEWING

Spectators are encouraged to view the 5K start/finish on the Castaway Cay airstrip. There will be no viewing areas along the course. Spectators must meet at the Walt Disney Theatre on Deck 3, Forward, at 5:45 a.m. and must disembark the ship with their runners. **There will be no late spectator walk out.** Should you wish to allow your minor children (under the age of 18) to go ashore unaccompanied or go ashore accompanied by other adults not traveling in your child’s stateroom, please visit Guest Services located on Deck 3, Midship, to sign a Parental Authorization Form.

For those runners requiring Youth Activities check-in during the race, please notify the Youth Activities team during your children’s registration onboard.

TIMING/RACE RESULTS

This 5K is a non-timed fun run. No race results will be posted and awards will not be given out. Every finisher will receive a *Castaway Cay* finisher medallion and *Castaway Cay Challenge* medal. Please note there is a 16-minute per mile time limit. Anyone not able to maintain that pace may be picked up and transported to the finish line area.

WAVE STARTS AND CORRALS

There will be Wave Starts for this 5K. Corral assignments will be printed on your race bib. Please sit with your assigned corral in the *Walt Disney Theatre* on race morning. Verbal instructions will be given on race morning and runners will disembark the ship with their corral. Signs will be placed at the opening of each corral for identification. Please line up in the corral that matches the letter on your race bib.

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.

BAG CHECK

The only items you will need to bring for the race are your **Key to the World Card**, a **photo ID** and **your race bib**. 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.

Bag Check will be available when you disembark the ship, near the start line, and will be open from 6:00 a.m. to 6:30 a.m. Bags will be available for pick up near the finish line. Any bags not picked up by 8:30 a.m. will be taken to the Guest Services Desk on Deck 3, Midship.

SAFETY REMINDERS

For everyone's safety, 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. All participants should be able to complete the race under their own power.

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 must be family-friendly and may not be obstructive, offensive, objectionable or violent
- Guests may not wear masks of any kind
- Guests who dress like Characters may not pose for pictures or sign autographs for other Guests
- Costumes may not drag on the ground
- Costumes may not contain sharp objects, pointed objects or materials that may accidentally strike another Guest
- Costumes may not contain any weapons which resemble or could easily be mistaken for an actual weapon
- 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

WEATHER

The race will be held rain or shine. If there is lightning in the area the race will either have a delayed start or, depending on the intensity of the weather, be canceled. The determination will be made by the Event Management staff. As a reminder, the registration fees are non-refundable and non-transferable.

PHOTOGRAPHERS

Photographers will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt. Please visit *Shutters* located on Deck 4, Midship, after the race to view your race photos.

CASTAWAY CAY CHALLENGE SPEAKER PANEL

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the *Castaway Cay Challenge*. We've lined up the official *runDisney* Training Consultant, Jeff Galloway, along with course and spectator experts to share all the important details. They'll also take some time to answer questions from the crowd in an interactive Q&A session

REMINDERS

- Exclusive *Castaway Cay Challenge* merchandise will be available in *Sea Treasures* located on Deck 3, Forward.
- Be sure to download the latest version of the Disney Cruise Line Navigator App prior to sailing.

COURSE DESCRIPTION

Starting and finishing on the *Castaway Cay* airstrip, participants will enjoy a fun 5K that takes you next to sandy white beaches, past swaying palms and sparkling turquoise lagoons, with magical Disney moments to surprise you along the way.

WATER AND MEDICAL STOPS

There will be one water stop along the course and medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

