EVENT CALENDAR

FLORIDA

Walt Disney World® Marathon Weekend
January 7-11, 2015
Registration opens Apr. 22, 2014

Disney Princess Half Marathon Weekend
presented by Children's Miracle Network Hospitals
February 19-22, 2015
Registration opens July 15, 2014

Expedition Everest® Challenge Weekend
May 2-3, 2014
SOLD OUT

The Twilight Zone Tower of Terror™ 10-Miler Weekend
October 3-4, 2014
SOLD OUT

Disney Wine & Dine Half Marathon Weekend
November 7-8, 2014
SOLD OUT

runDisney

CALIFORNIA

Tinker Bell Half Marathon Weekend
May 7-10, 2015
Registration opens Aug. 12, 2014

Disneyland® Half Marathon Weekend
August 28-31, 2014
SOLD OUT

Avengers Super Heroes Half Marathon Weekend
November 14-16, 2014
SOLD OUT

runDisney.com

YouTube

All information subject to change. All benefits subject to availability and may become modified or withdrawn at any time. All races subject to age eligibility requirements and capacity limits. ©Disney

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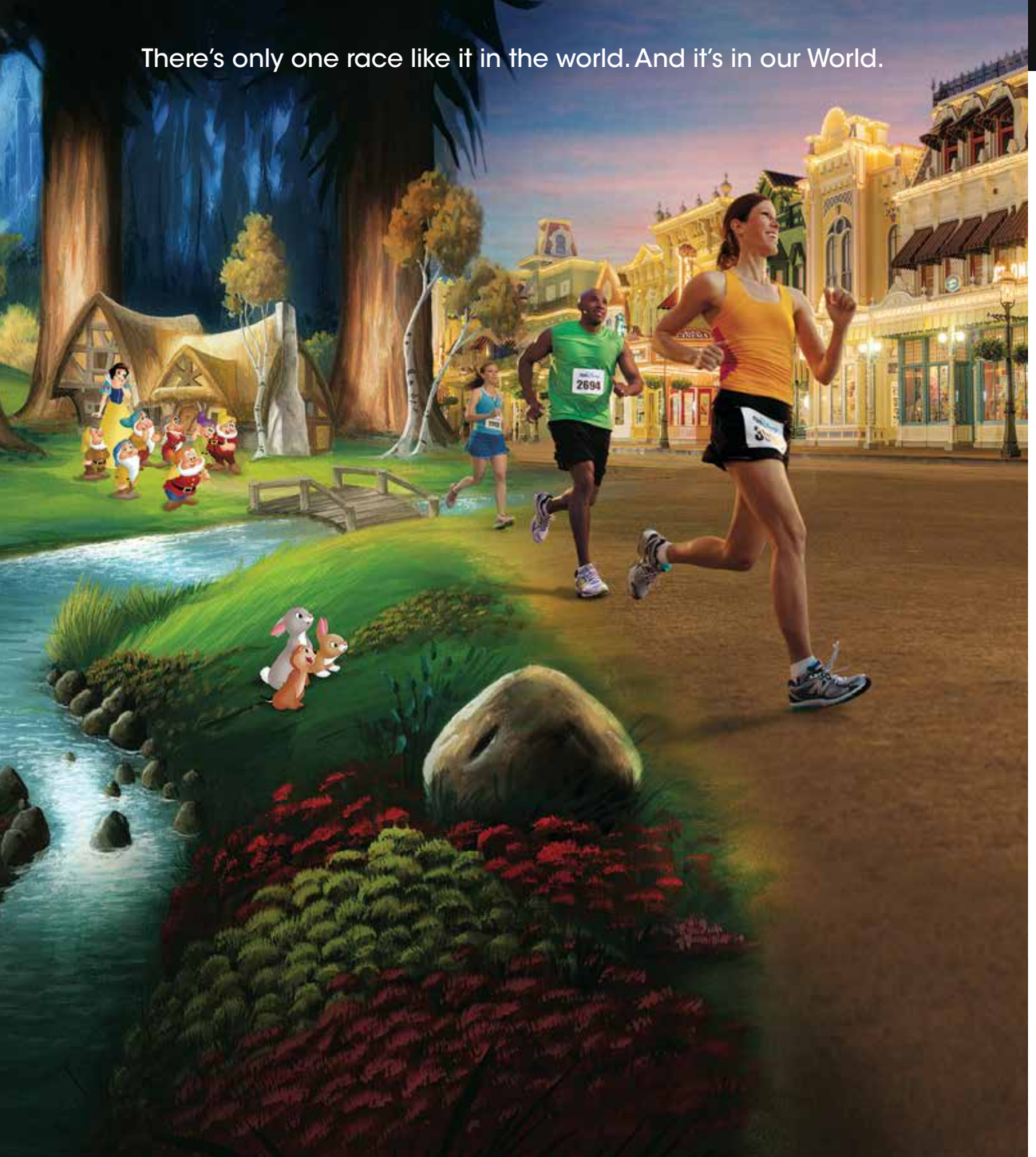
run



Experience a weekend of running like nowhere else with the magic of Disney at every mile. Race through all four Theme Parks in the unforgettable *Walt Disney World*® Marathon. Enjoy the *Walt Disney World*® 10K and Dopey Challenge. Or catch the fun and excitement of the *Walt Disney World*® Half Marathon, Goofy's Race and a Half Challenge, Disney Family Fun Run 5K, or the kids races.

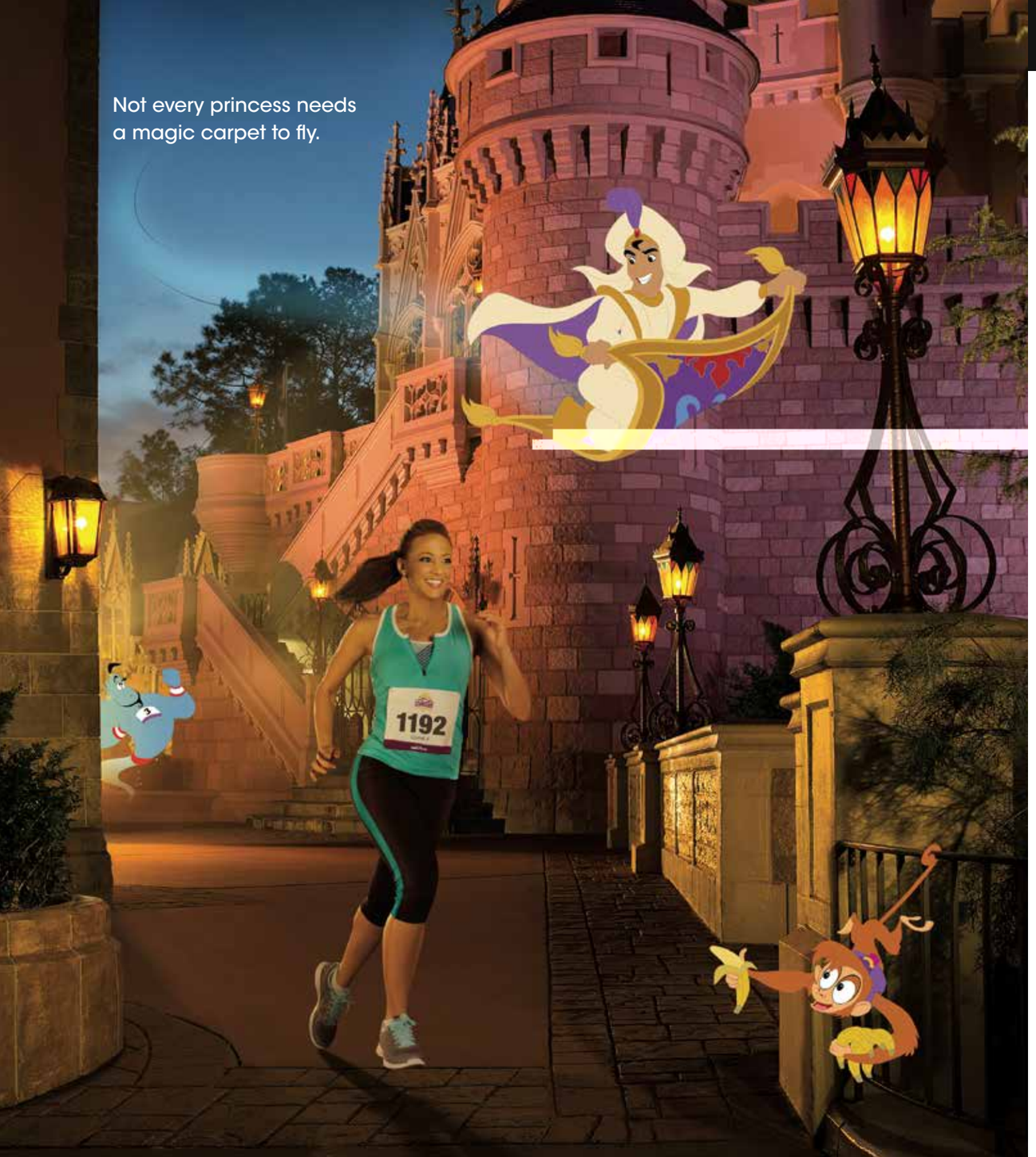
Weekend Highlights Include:

- *Walt Disney World*® Marathon
- *Walt Disney World*® Half Marathon
- Goofy's Race and a Half Challenge
- *Walt Disney World*® 10K
- Disney Family Fun Run 5K
- Dopey Challenge
- *Runner's World* Challenge
- *run*Disney Kids Races
- *run*Disney Health & Fitness Expo
- Pasta in the Park Party
- Breakfast
- Race Retreat
- Cool Down Party at *Downtown Disney*®
- ChEAR Squad

For more information, visit runDisney.com

Dopey Challenge

Register for four days of fun for a total of 48.6 miles in the Dopey Challenge! Participants will run the 5K, 10K, Half Marathon and Marathon, and if you complete all four races within the pacing requirements you will be awarded Goofy's Race and a Half Challenge medal and the Dopey Challenge finisher medal for a total of six pieces of "bling."



Make all your Disney wishes come true on a 13.1 mile run through *Walt Disney World*® Theme Parks. Warm up with a magical 5K that offers something for everyone. Experience the 10K and Disney Glass Slipper Challenge. Like a Disney Princess, you have that inner voice urging you to chase after your dreams. Your once upon a time is now!

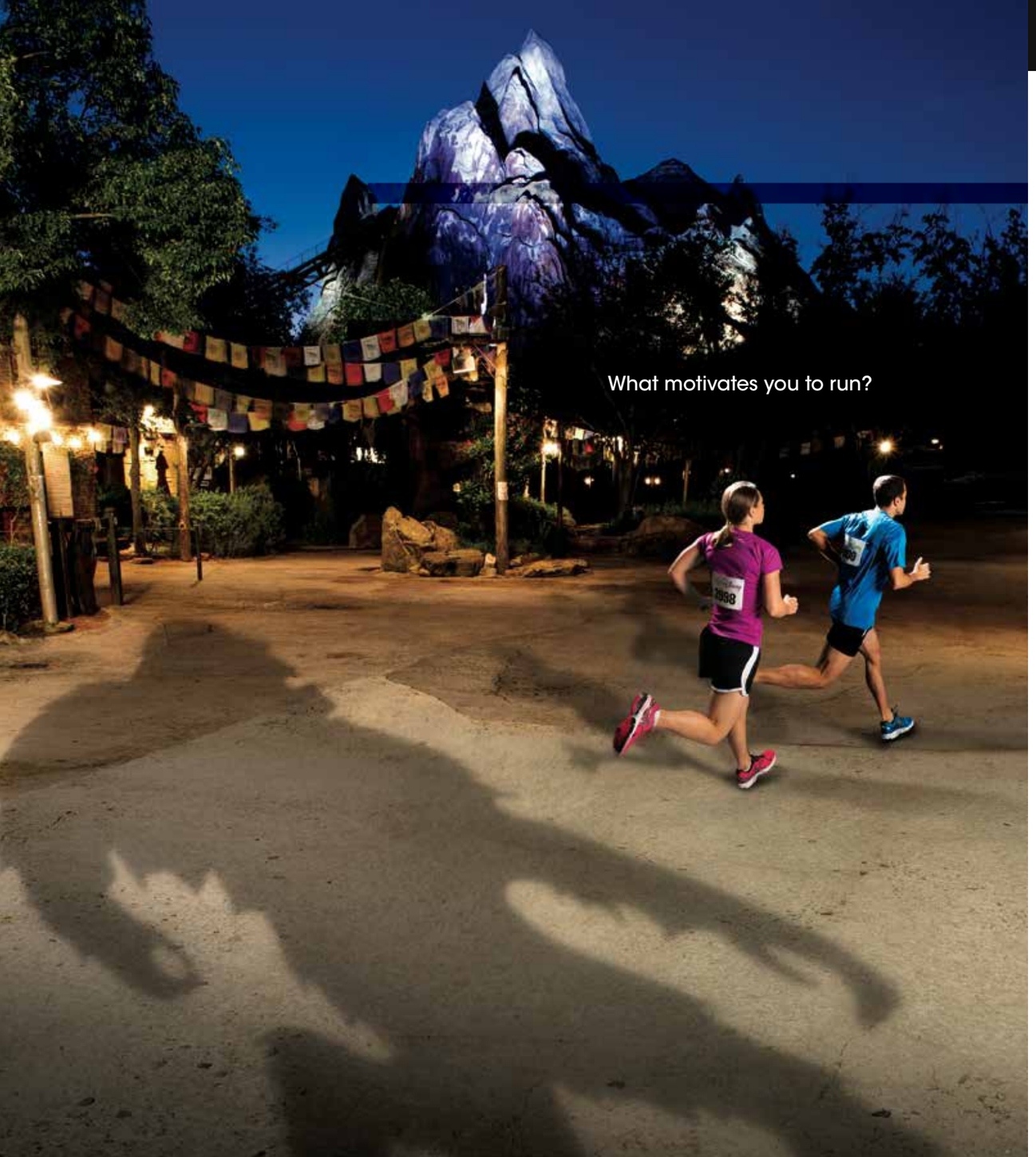
Weekend Highlights Include:

- Disney Princess Half Marathon
- Disney Enchanted 10K
- Disney Glass Slipper Challenge
- Disney Royal Family 5K
- *run*Disney Kids Races
- Happily Ever After Party at *Downtown Disney*®
- Pasta in the Park Party
- Breakfast
- *run*Disney Health & Fitness Expo
- ChEAR Squad
- Race Retreat

For more information, visit runDisney.com

Disney Glass Slipper Challenge

Register for the Glass Slipper Challenge—a 19.3-mile adventure! Held over two days, participants will run the Disney Enchanted 10K on Saturday, followed by the Disney Princess Half Marathon on Sunday. If you finish both races within the pacing requirements, you will be awarded the Glass Slipper Challenge medal in addition to your Half Marathon and 10K finisher medals.



Whether it's the thrill of racing through *Disney's Animal Kingdom*® Theme Park at night, the fun-filled scavenger hunt or something more abominable, you'll find plenty of reasons to head to the *Expedition Everest*® Challenge. Overcome obstacles with your teammate in the 5K course, then celebrate with a private party in the Park. The wild awaits.

Weekend Highlights Include:

- *Expedition Everest*® Challenge
- *Expedition Everest*® Challenge Family Edition
- *run*Disney Kids Races
- *run*Disney Health & Fitness Expo
- Post-Race Party

For more information, visit runDisney.com

Are you up for the Challenge?

Take a run on the wild side during the *Expedition Everest*® Challenge—a thrill-packed, timed endurance event that combines a 5K adventure run through *Disney's Animal Kingdom*® Theme Park at night with the challenge of a scavenger hunt. Double the adventure and fun and run as a two-person Trek team! Teams can be all male, all female, coed or military.

Disneyland® Resort becomes Never Land for a magical weekend especially for Fairies and Princesses. It starts with a family 5K and kids' races and culminates with a 13.1-mile run that weaves you through *Disneyland*® Resort. Just follow the second star to the right!

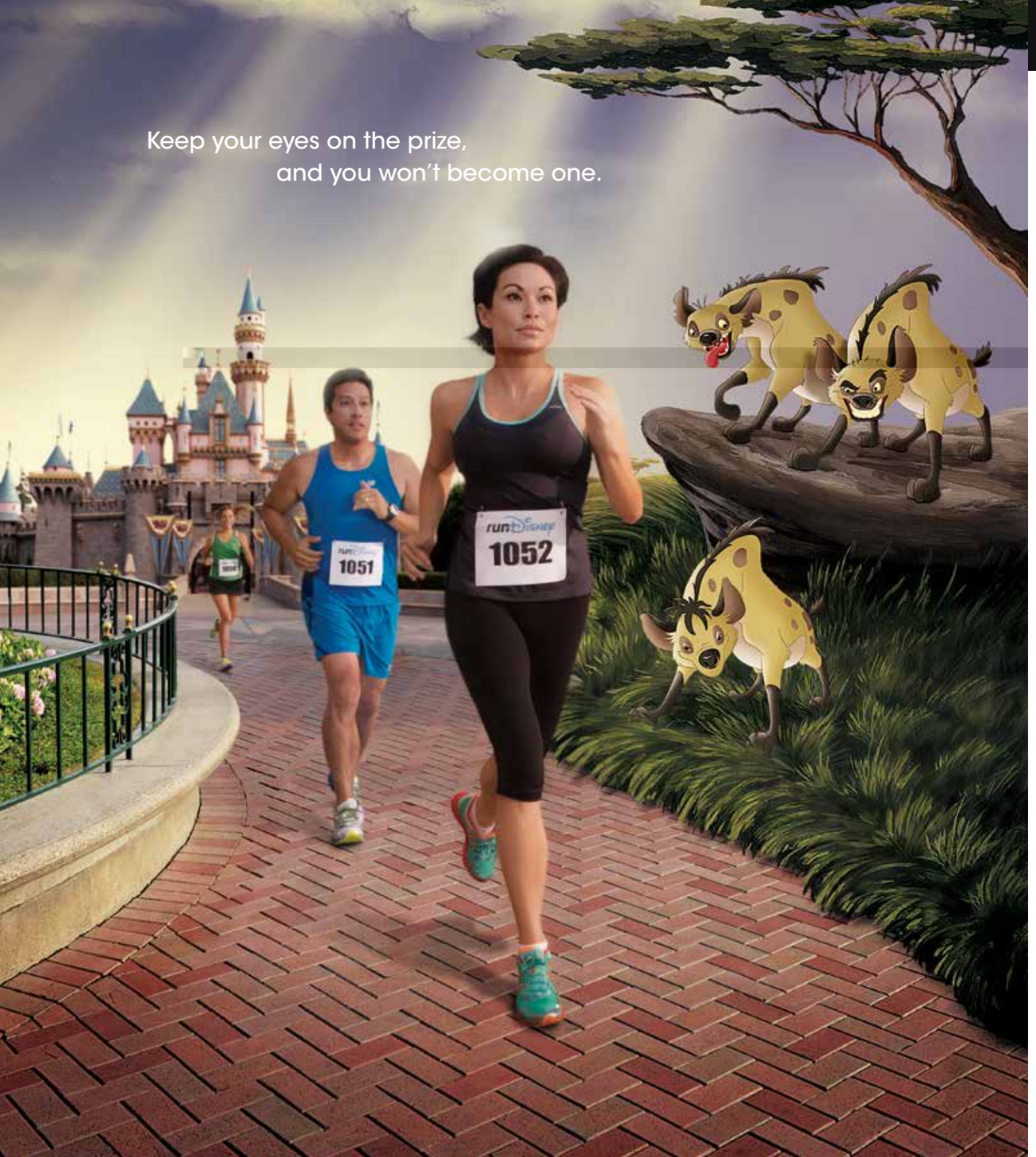
Weekend Highlights Include:

- Tinker Bell Half Marathon
- Tinker Bell 10K
- Never Land Family Fun Run 5K
- *run*Disney Kids Races
- Pasta in the Park Party
- *run*Disney Health & Fitness Expo
- ChEAR Squad

For more information, visit runDisney.com

Special Edition *run*Disney Coast to Coast Race Challenge

In 2015, any participant who completes both the Tinker Bell Half Marathon in May at *Disneyland*® Resort and the Disney Princess Half Marathon in February at *Walt Disney World*® Resort in the same calendar year will earn a special pink version of the *run*Disney Coast to Coast Race Challenge Medal.



The Happiest Race On Earth is back! Run with a truly animated crowd through *Disneyland*® Resort and Angel Stadium of Anaheim. There's magic in every mile.

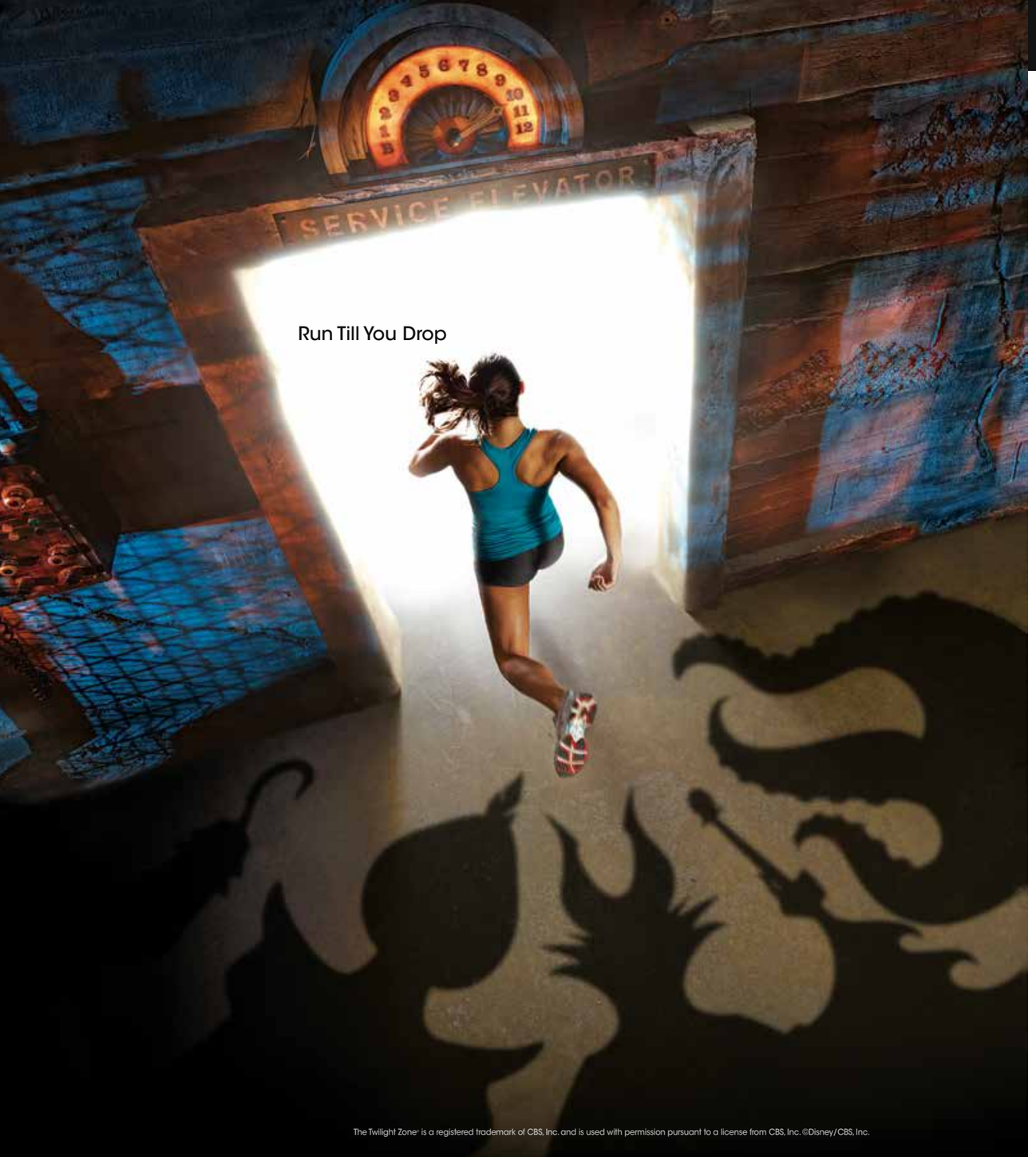
Weekend Highlights Include:

- *Disneyland*® Half Marathon
- *Disneyland*® 10K
- Dumbo Double Dare
- *Disneyland*® Family Fun Run 5K
- *run*Disney Kids Races
- *run*Disney Health & Fitness Expo
- Pasta in the Park Party
- ChEAR Squad

For more information, visit runDisney.com

Dumbo Double Dare Challenge

Register for the Dumbo Double Dare—a 19.3-mile adventure! Held over two days, participants will run the *Disneyland*® 10K on Saturday, followed by the *Disneyland*® Half Marathon on Sunday. If you finish both races within the pacing requirements, you will be awarded the Dumbo Double Dare medal in addition to your Half Marathon and 10K finisher medals.



Run Till You Drop

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We double-dare you to brave dark and ghostly streets haunted by Disney villains! Your commemorative medal announces your towering triumph as you ride thrilling *Disney's Hollywood Studios*® attractions till 4 a.m.

Weekend Highlights Include:

- *The Twilight Zone Tower of Terror*™ 10-Miler
- Disney Happy Haunted 5K Trail Run
- *run*Disney Kids races
- Disney Villains Hollywood Bash
- *run*Disney Health & Fitness Expo

For more information, visit runDisney.com

Get set for thrills, chills and a nighttime run you will never forget.

Beware of the dark as you set out on your thrilling *The Twilight Zone Tower of Terror*™ 10-Miler nighttime run along streets haunted by Disney's most frightening villains and characters! Get set for ten miles of non-stop chills and thrills on a run that'll bring you straight to *Disney's Hollywood Studios*® for a finish to remember.

Experience a truly enchanted evening at the Disney Wine & Dine Half Marathon. Run through three *Walt Disney World*® Theme Parks at night as you enjoy world-class Disney entertainment along the way. Finish with a special, epicurean, after-hours party inside the *Epcot*® International Food & Wine Festival.

DISNEYLAND® RESORT WAS SUDDENLY INTERRUPTED BY A GIGANTIC ROAR. SPECTATORS LOOKED ON IN UNCOMPREHENDING AWE AS THE INCREDIBLE RUNNER ROUNDED THE CORNER AND SMASHED RIGHT THROUGH THE WALL–BURSTING IT INTO A MILLION PIECES!

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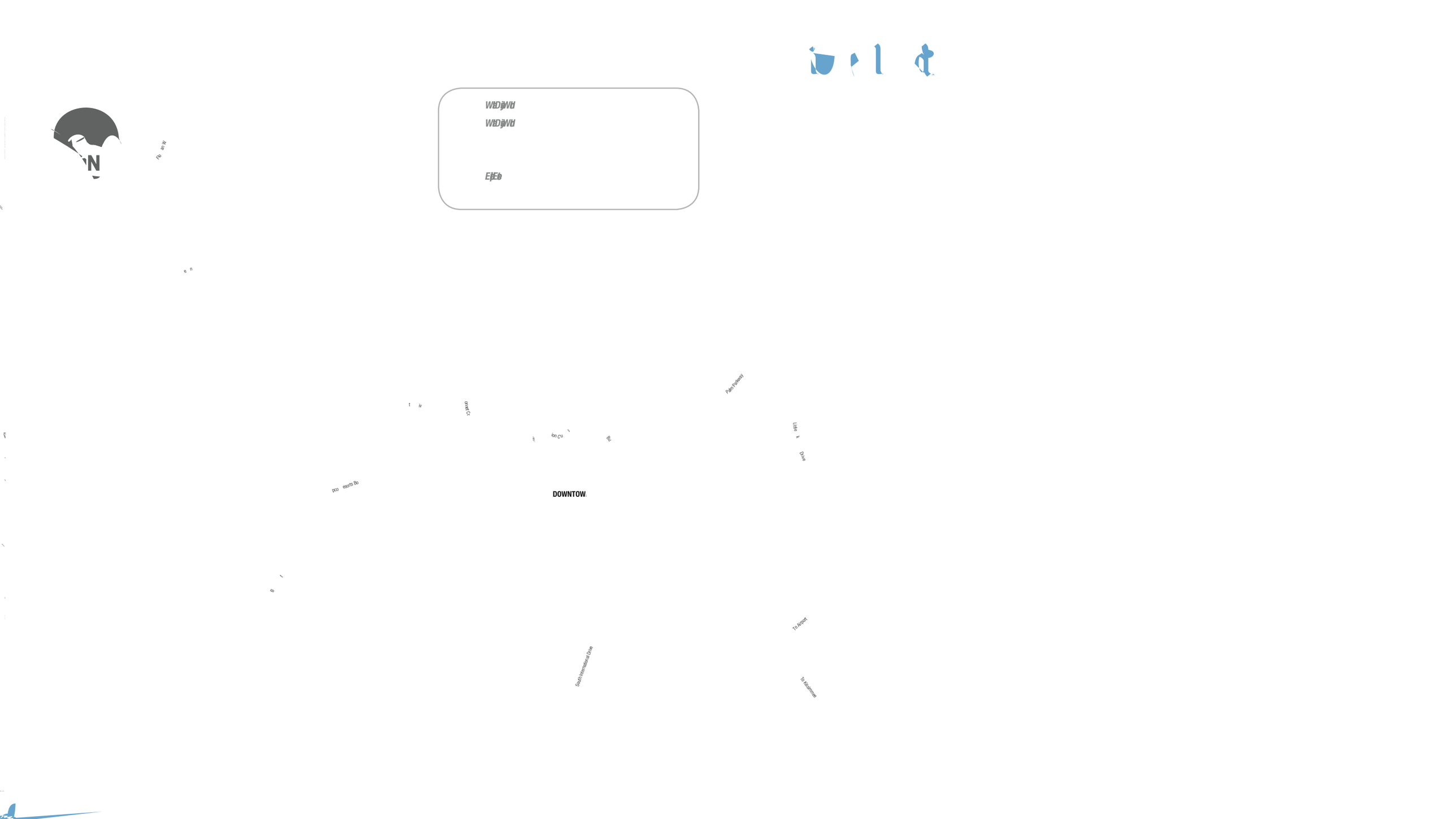
Avengers Assemble! Join the Avengers team of Captain America, Thor, Hulk, Black Widow, Hawkeye, and Tony Stark for the first-ever Avengers Super Heroes Half Marathon Weekend at the *Disneyland*® Resort - the most extraordinary course on Earth hosted by Earth's Mightiest Heroes! It's a power-packed weekend of fantastic fun and amazing excitement with mighty runs, incredible surprises, a night time pasta party, and the chance to take home your own Avengers Super Heroes Finisher Medal. Unleash your inner Super Hero abilities!

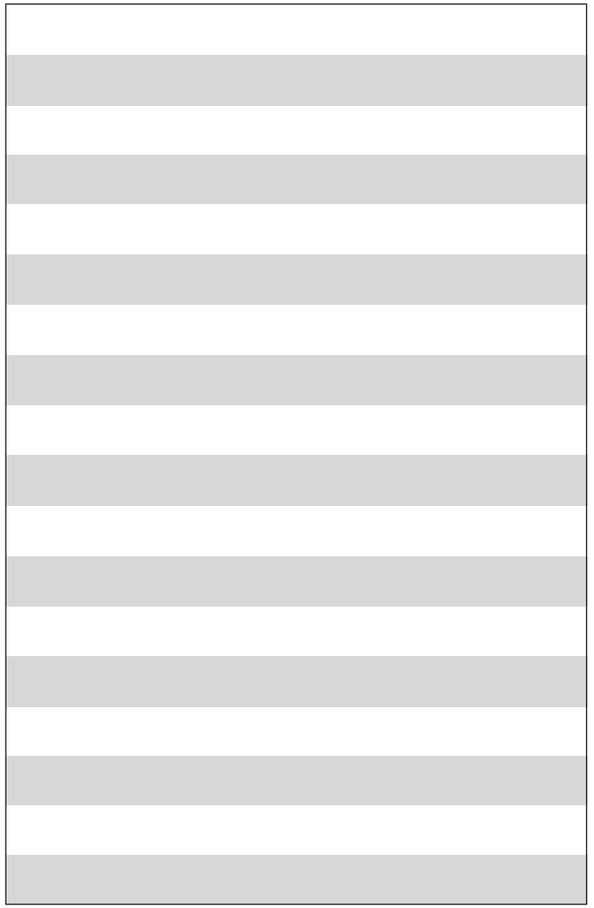
Weekend Highlights Include:

- Avengers Super Heroes Half Marathon
- Avengers Super Heroes 5K
- *run*Disney Kids Races
- *run*Disney Health & Fitness Expo
- Pasta in the Park Party
- ChEAR Squad

SUPER HEROES

For more information, visit runDisney.com


DOWNTOWN
Palm Parkway
To Airport
To Kissimmee



The *run*Disney Team Is Ready To Help

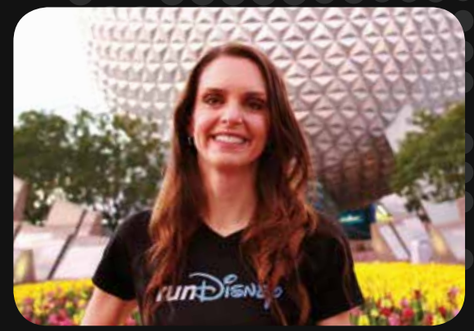
Olympian Jeff Galloway and "Diet Diva" Tara Gidus are on hand to help you accomplish all your running goals. From their online tips and programs to onsite appearances and seminars, our *run*Disney team of experts are sure to provide the answers you need to make your event a success.

For programs and advice, visit runDisney.com/training

Jeff Galloway, *run*Disney Training Consultant

A world-class athlete. As a member of the 1972 Olympic team, Jeff competed against the world's best athletes in Europe, Africa, and the former Soviet Union. He broke the U.S. 10-mile record (47:49) in 1973 and has a six-mile best of 27:21. Among his victories are the Peachtree Road Race, Honolulu Marathon, Atlanta Marathon and top place finisher in many prominent U.S. races such as the Boston Marathon.

- **Founder of the Galloway Marathon Training Program**
- **Coach to over 200,000 runners and walkers**
- **Best-selling author of *Galloway's Book on Running***
- **Monthly columnist for *Runner's World* magazine**
- **Motivational speaker giving over 200 talks per year**
- **Experienced race director with over 500 fitness events**
- **An accomplished consultant to dozens of races**
- **Race Director for the National Marathon to Fight Breast Cancer**
- **Owner of Phidippides Running Stores, since 1974.**



Tara Gidus, *run*Disney Official Nutritionist

Known as the "Diet Diva," Tara is a nationally acclaimed nutrition expert. She blends her extensive knowledge of sports nutrition and her marathon experiences with real-world applications to help people achieve their maximum performance potential. Whether you are wondering how to fuel yourself before or during a training run, or how to properly hydrate and recover, Tara has the resources to help make sure you are staying healthy while you train.

- **Owner of Tara Gidus Nutrition Consulting, LLC**
- **Registered Dietitian (RD)**
- **Board Certified Specialist in Sports Dietetics (CSSD)**
- **Licensed Dietitian/Nutritionist (LD/N)**
- **Team Dietitian for the NBA Orlando Magic**
- **Healthy Eating Expert for www.healthline.com**
- **Nutrition Consultant for the University of Central Florida (UCF) Athletic Association**
- **Stars as the "Diet Diva" on The Daily Buzz**
- **Nutrition coach at the Human Performance Institute**
- **Past spokesperson for the Academy of Nutrition and Dietetics**

*run*Disney Coast to Coast Race Challenge

Do you want the ultimate test in endurance with a Disney twist? Then join the *run*Disney Coast to Coast Race Challenge! If you complete one race at the *Walt Disney World*® Resort and the *Disneyland*® Resort in the SAME calendar year, then you will receive an additional medal commemorating your achievement.

Restrictions apply.

For more information, visit runDisney.com

Get a group together for even more fun!

What's better than participating in the most magical running events on earth? Sharing your experience with a group of friends and loved ones (minimum of 20 participants). What a great way to support, motivate and celebrate each other!

Whether you have your own group of friends or are a part of a travel provider or Charity Group running for a cause, *run*Disney provides a positive experience you will never forget.

To learn more about registering your group, visit runDisney.com

We know there is a story behind every runner that crosses our finish line. Some of you do it for the Bling. Others, to overcome. Some, for those who can't. We've seen wedding proposals, photobombs, and surprise reunions from runners ages 8 to 80.

You are amazing. You motivate and inspire us each and every race weekend, and this year, we want to tell your story to the world.

So…why do you run Disney? Tell us in a 15-second Instagram video tagged with #WhyIRunDisney and the race you will be running in 2014. We will select one runner for each race, from 5K's to our race weekend Challenges, to be featured in a fully produced *run*Disney video. If chosen, we will send a crew to your hometown to see what motivates you and capture the magical moments during your race weekend.

To get started, visit irunDisney.com

runDisney

We'd like to thank our sponsors for their support.

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FIT2RUN THE RUNNER'S SUPERSTORE

Transitions

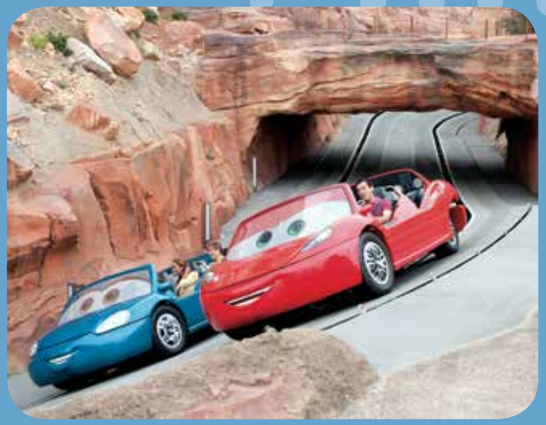
Experience the Magic at the *Walt Disney World*® and *Disneyland*® Resorts

When you participate in a *run*Disney event, you are not just running a race; you are taking a *run*Disney vacation! Whether you are traveling to the *Disneyland*® Resort in California or to the *Walt Disney World*® Resort in Florida, you will make magical memories you will never forget. There's truly something for everyone!

***Disneyland*® Resort** is home to *Disneyland*® Park and *Disney California Adventure*® Park—two incredible theme parks offering one-of-kind attractions and entertainment for guests of all ages. Plus, the *Downtown Disney*® District is right next door for amazing shopping, dining and nightlife.

The ***Walt Disney World*® Resort** encompasses 40 square miles of vacation bliss. Four unforgettable theme parks, two water parks, *DisneyQuest*® Interactive Theme Park, a *Downtown Disney*® area, and numerous recreation offerings.

Looking for more? Fine dining, world-class spas, fireworks and laser light spectaculars, seasonal and holiday themed events, private afterhours parties and more...it's all here! You can discover something new virtually every moment during your stay. That's the Disney Difference!



Stay in the middle of the Magic

Make the most of your race weekend with a *run*Disney vacation package that's more affordable, more flexible and more exciting than ever before! Each package offers a variety of themed hotel options, which include race weekend event transportation service, and access to Disney Theme Park Tickets for significant savings on select multi-day tickets with advanced purchase.

Visit runDisney.com to book your trip today!

Packages are subject to availability and advance reservation is required.