

SAVE THE DATE

Disney Wine & Dine Half Marathon Weekend
September 30-October 1, 2011

WALT DISNEY WORLD® Marathon Weekend
presented by CIGNA
January 5-8, 2012

Tinker Bell Half Marathon Weekend
January 27-29, 2012

Disney's Princess Half Marathon Weekend
February 24-26, 2012

DISNEYLAND® Half Marathon Weekend
August 31-September 2, 2012

For more information, visit
www.runDisney.com



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2

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Dear Participants,

Welcome to the **Disneyland® Resort!**

We're so happy you are joining us for the 2011 **Disneyland® Half Marathon Weekend**, an event which has grown into one of the Resort's biggest and most rewarding of the year.

Celebrating its sixth year, the **Disneyland® Half Marathon** has become a fun and memorable tradition for thousands of athletes and their families from all over the world. Whether it's your first visit to the **Disneyland® Resort** or part of an annual trip, your first endurance race or your fourteenth, you're in for a weekend that you'll remember forever. With so many events to choose from, including the **Disneyland® Health & Fitness Expo** at the **Disneyland® Hotel**, **Disneyland® Family Fun Run 5K & Kids' Races** and the **Disneyland® Half Marathon**, there is something for everyone to enjoy.

Every year we partner with the city of Anaheim to bring you an event that is as unique as it is fun. Within the span of the 13.1-mile course, you will see some of the **Disneyland® Resort's** and Anaheim's most treasured landmarks: Sleeping Beauty Castle, Mickey's Fun Wheel, Honda Center and the Big "A" at Angel Stadium. Along the route, motivation comes from the cheers of some enthusiastic residents and fans, including marching bands, dance clubs, cheerleaders and, of course, Mickey Mouse and all his friends.

Once you reach the finish line, take the time to celebrate your accomplishment at **Disneyland® Park**, **Disney California Adventure™ Park**, the **Downtown Disney® District** or one of our three Resort hotels. It's the perfect complement to a weekend of exciting activity.

On behalf of all of our cast members at the **Disneyland® Resort**, I wish you a safe, fun and memorable weekend!

George A. Kalogridis
President
Disneyland® Resort



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ADVANCED ELECTROLYTE SYSTEM



Welcome to Anaheim!

The annual **Disneyland® Half Marathon** and 5K Weekend is always a highlight of the year here in Anaheim, and an event in which we are happy to participate.

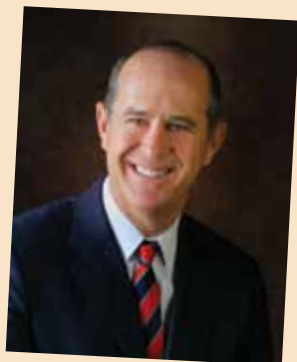
I have heard it repeatedly said that the **Disneyland® Half Marathon** event is one of the best weekends for runners in the country. Knowing the folks at Disney and our city employees, I am not surprised.

Months of collective planning go into putting on this event, so when you arrive in Anaheim, the Disney Parks are READY and the route along city streets are SET for 14,000 running enthusiasts to GO! And that's not all. Anaheim's hundreds of local businesses look forward to serving all the participants and guests for this very special weekend. We hope you take the opportunity to enjoy all Anaheim has to offer, from the **Disneyland® Resort**, to shopping, dining and other entertainment opportunities.

Anaheim is proud to be the home to the **Disneyland® Resort** – Walt's first theme park. Thank you for joining us in Anaheim for this annual event, and we hope to see you again soon. The inaugural **Tinker Bell Half Marathon Weekend** will take place Jan. 27-29, 2012. Make your plans now to return to Anaheim and The Happiest Place on Earth!

Sincerely,

Tom Tait
Mayor, City of Anaheim



In Anaheim, just like you, we work as hard as you train.

We go the distance!

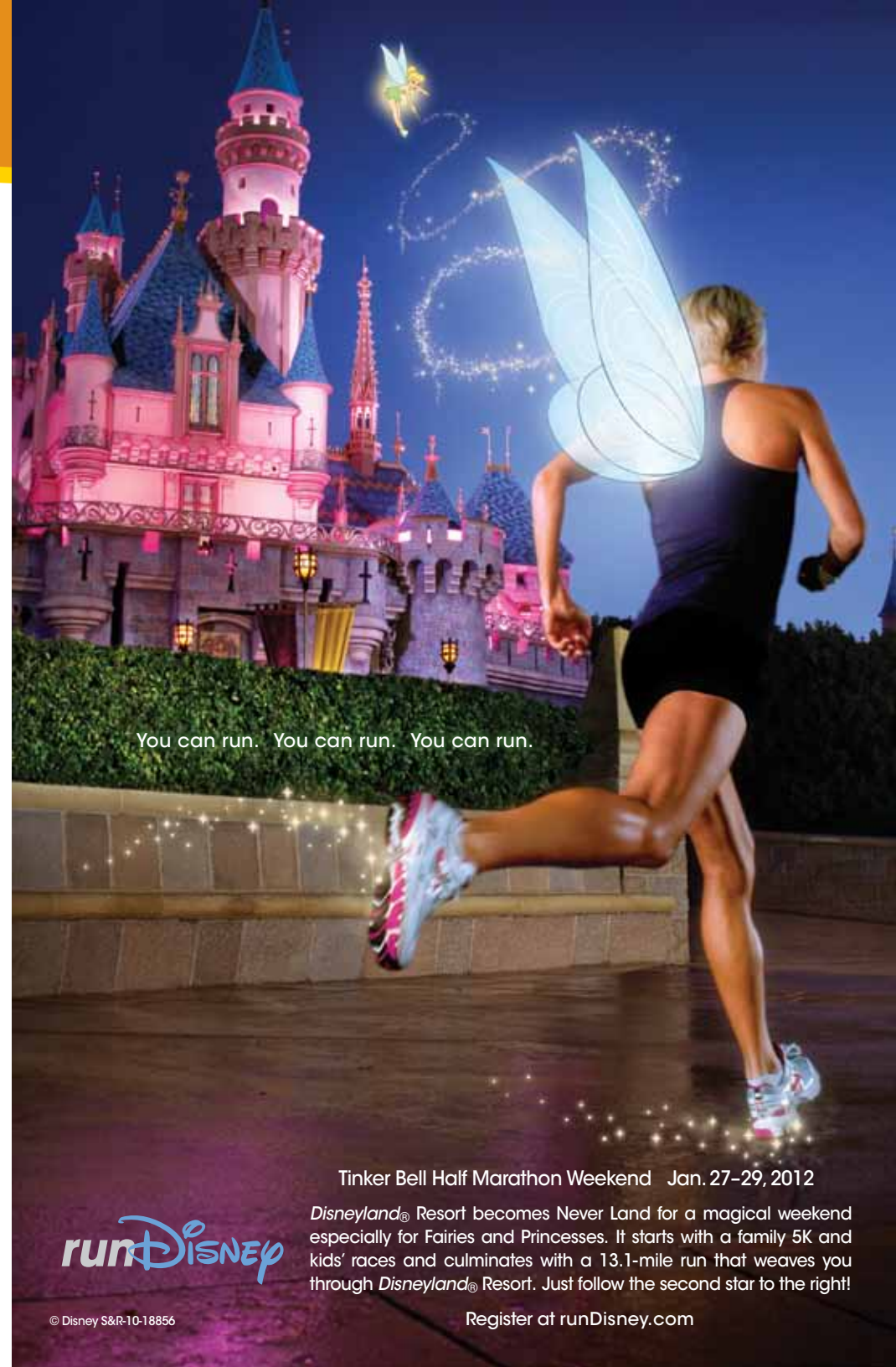


www.anaheim.net

Race Director Bio

Mike Bone is the President of Spectrum Sports Management, Inc. As president, he oversees the daily operations of the variety of clients and services working with his company. Mike has built Spectrum Sports Management on the strong belief that if you work hard for the project, the client, and the athlete, great results will follow. This philosophy has helped steer both Mike and Spectrum Sports into new markets and projects, ranging from marketing Olympic Governing Bodies to directing the Northern Trust Open on the PGA TOUR's West Coast Schedule. In addition, Spectrum Sports Management manages and directs some of the largest runs in Southern California, including the **Disneyland®** Half Marathon, Redondo Beach Super Bowl 10K, and the Angels 5K & Fun Run. This varied background and experience has led to Mike being recognized as a leader in Southern California sports marketing, having worked with nearly every professional team and Division I athletic department in the market. He believes strongly that, in addition to hard work, the key to creating and directing amazing events is surrounding the event with talented people and assembling the best team possible.

Mike was born and raised in Southern California and is a graduate of the University of California at Irvine, with a degree in economics. He has been involved in owning and operating sports marketing companies in Southern California for twenty-five years. He has been married to his wife, Bonnie, for 24 years and has two sons who are competitive athletes, Andy and Matt.



Weekend Itinerary

Park Hours

Friday, September 2

- Disneyland® Health & Fitness Expo**
Disneyland® Hotel Exhibit Hall
- Noon – 8:00 p.m.

Saturday, September 3

- Star Tours 5K at the Disneyland® Resort**
Disneyland® Park & Disney California Adventure™ Park
- 6:45 a.m. at Mickey & Friends Parking Structure

- Disneyland® Kids' Races**
Downtown Disney® District, near ESPN Zone®
- 10:00 a.m.

- Disneyland® Health & Fitness Expo**
Disneyland® Hotel Exhibit Hall
- 9:00 a.m. – 5:00 p.m.

- Pasta in the Park Party**
Disneyland® Park Festival Arena
- 6:00 p.m.
- (Advance reservations required.)

Sunday, September 4

- Disneyland® Half Marathon**
Disneyland® Resort & City of Anaheim
- Wheelchair Start: 5:59 a.m.
 - Runner Start: 6:00 a.m.

- ChEAR Zones**
- 6:00 a.m. ChEAR Zones open
 - 7:15 a.m. Disneyland® Park ChEAR Zone closes
 - 10:30 a.m. Finish Line ChEAR Zone closes

- Awards Ceremony**
Family Reunion Area Stage
Overall Awards
- 8:30 a.m.

- Runner Recognition Ceremony at Angels Game**
Angel Stadium
- Noon
- (Angels game ticket required.)

Friday, September 2

- Disneyland® Park:** 9:00 a.m. – 11:00 p.m.
Disney California Adventure™ Park: 10:00 a.m. – 10:00 p.m.
Downtown Disney® District: 8:00 a.m. – 2:00 a.m.

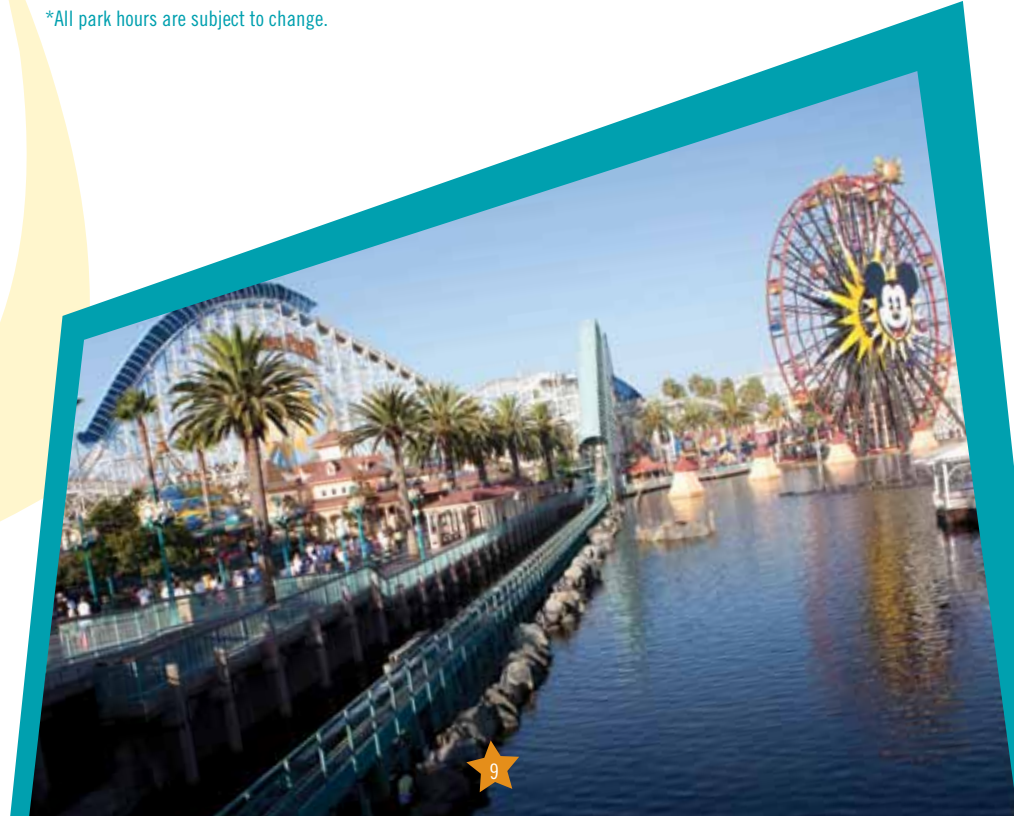
Saturday, September 3

- Disneyland® Park:** 9:00 a.m. – 11:00 p.m.
Disney California Adventure™ Park: 10:00 a.m. – 10:00 p.m.
Downtown Disney® District: 8:00 a.m. – 2:00 a.m.

Sunday, September 4

- Disneyland® Park:** 9:00 a.m. – Midnight
Disney California Adventure™ Park: 10:00 a.m. – 10:00 p.m.
Downtown Disney® District: 8:00 a.m. – 2:00 a.m.

*All park hours are subject to change.



Disneyland® Health & Fitness Expo

Disneyland® Hotel Exhibit Hall
Friday, September 2
Noon – 8:00 p.m.

Saturday, September 3
9:00 a.m. – 5:00 p.m.

The **Disneyland®** Health & Fitness Expo welcomes all Half Marathon Weekend participants to experience a two-day celebration focused on health and fitness. The event features the opportunity to experience the latest in running and fitness equipment. Don't miss last minute race tips presentation on Friday at 6:00 p.m. and Saturday at Noon and 3:00 p.m.

Packet Pick-Up

All participants must attend the Expo for race number, ChronoTrack B-Tag and Packet Pick-Up. There will be no Packet Pick-Up on race day!

Online Process for Race Number Pick-Up Card/Waiver

You will need to download your personalized race number pick-up card/waiver form online in advance and bring it with you to Packet Pick-Up at the Expo on September 2 or 3. You can also download this form upon your arrival at the Expo.

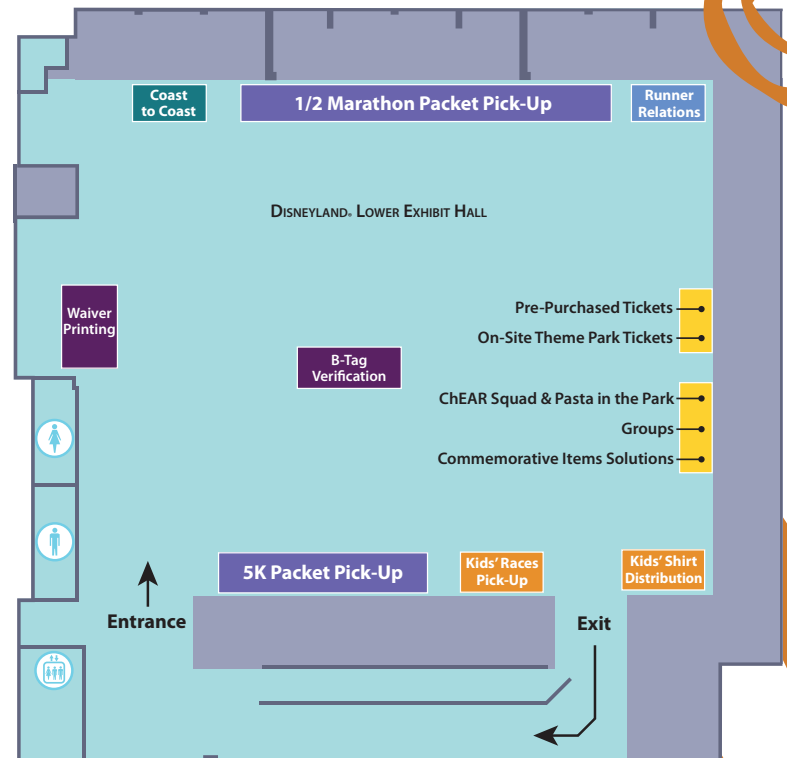
Commemorative Items and ChEAR Squad

Pick up pre-purchased Commemorative Items and ChEAR Squad packages at the Expo. You will need to show your ID to pick up your items:

- Commemorative Pins
- Commemorative Ears
- ChEAR Squad Packages

Disneyland® Hotel Exhibit Hall Map

When you arrive at the **Disneyland®** Health & Fitness Expo, proceed to the Lower Level of the **Disneyland®** Hotel Exhibit Hall for Packet Pick-Up, Pasta in the Park Party, ChEAR Squad and Theme Park Ticket pick-up.



Expo 2011 Floorplan & Exhibitors



EXHIBITOR	BOOTH
A Snail's Pace Running Shop.....	209
ABC.....	318
Aetrex Worldwide Inc.....	219
Aline Systems, Inc.....	602
APTA, Section on Pediatrics.....	408
ASICS.....	517
Balega International.....	621
Big Sur Marathon.....	716
Brightroom Inc.....	217
Clif Bar.....	401
Competitor Group, Inc.....	724
Dannon.....	414
Dasani and CardioSmart.....	415
Disney Vacation Club.....	321

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EXHIBITOR	BOOTH
Downtown Disney.....	303
EFX Performance.....	214
Endure.....	316
Fond Memories Graphics.....	708
Geico.....	216
Halo Headbands.....	614
Hippie Runner.....	504
iFitness.....	215 & 609
INKnBURN.....	712
Jelly Belly.....	406
K-Swiss, Inc.....	115
Lasting Commemoratives.....	309
LifeStyle Sports.....	607
Macy's.....	307

EXHIBITOR	BOOTH
National Running Center.....	507
Newport Beach Vascular Surgery and Vein Center.....	722
Ocean Spray/Craisins.....	315
One More Mile.....	601
Phiten USA.....	421
Power Balance.....	501
Raw Threads.....	500
RRCA.....	319
Run Pretty Far.....	516
run racing.....	718
runDisney.....	407
Running Skirts.....	515
Skechers.....	111

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EXHIBITOR	BOOTH
SnuggBuds Headsets.....	503
Southern California Movement Disorders Socitey.....	419
Spectrum Sports.....	418
SPIbelt.....	600 & 741
St Joseph Hospital.....	615
Success & Minute Rice.....	710
Sweaty Bands.....	208
The Los Angeles Angels of Anaheim.....	506
TheStick.....	609
USA Sport Eyeware.....	520
Yurbuds.....	109

2011 *Disneyland*® Half Marathon Speaker Schedule

Friday, September 2

2:00 p.m.

Jeff Galloway

How to Enjoy Every Mile

Jeff has a simple and proven method that can help anyone avoid injury, stay strong to the finish and enjoy every mile of the race.

3:00 p.m.

Martin Dugard, New York Times Best Selling Author, Coach and Life Long Runner

To Be A Runner: How Racing Up Mountains, Running with the Bulls, or Just Taking on a 5-K Makes You a Better Person (and the World a Better Place).

4:00 p.m.

CardioSmart presents Heidi Dohse

Looking for an inspirational story to get you through those last few miles? Heidi Dohse will share her amazing personal journey from heart patient to endurance athlete. Diagnosed at 18 with a severe case of an irregular heartbeat, Heidi has undergone multiple cardiac surgeries and has defied the odds and the experts to become an accomplished endurance athlete.

5:00 p.m.

Jeff Galloway

Pacing and Motivation

Jeff's proven techniques have helped thousands of half marathoners – at all levels – enjoy their events, every year. Bring your questions!

6:00 p.m.

Mike Bone, Race Director

Dr. Jessica Pierog, St. Joseph Hospital Medical Staff

Lauren Morningstar, ChEAR Squad Last Minute Tips & Race Information for Runners and Spectators

Mike, Jessica and Lauren will provide helpful last minute tips and race information for both runners and spectators including a course review, important medical information and insightful tips for spectators. Question and answer session will be included.



Saturday, September 3

11:00 a.m.

Jeff Galloway

Strong To The Finish

Jeff has a simple and proven method that can help anyone feel better, avoid injury and (best of all) enjoy the celebration afterward.

12:00 noon

Martin Dugard, New York Times Best Selling Author, Coach and Life Long Runner

To Be A Runner: How Racing Up Mountains, Running with the Bulls, or Just Taking on a 5-K Makes You a Better Person (and the World a Better Place).

1:00 p.m.

Mike Bone, Race Director

Dr. Jessica Pierog, St. Joseph Hospital Medical Staff

Lauren Morningstar, ChEAR Squad Last Minute Tips & Race Information for Runners and Spectators

Mike, Jessica and Lauren will provide helpful last minute tips and race information for both runners and spectators including a course review, important medical information and insightful tips for spectators. Question and answer session will be included.

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DISNEYLAND®
RESORT

5K



9.3.11

2011 Star Tours 5K at Disneyland® Resort



All registered Star Tours 5K participants must pick up their race packets at the **Disneyland® Health & Fitness Expo** on Friday, September 2 from Noon-8:00 p.m. Adults must present photo ID. Waivers must be completed for all Star Tours 5K participants. For the safety of yourself and the other participants, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Baby joggers and strollers will only be allowed for those who have registered in the stroller division. Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

Start time and location: September 3, 6:45 a.m. at the Mickey & Friends Parking Structure Tram Loading Area. Parking will be available in the structure and all standard parking fees will apply.

Course: Participants will run through **Disneyland® Park** and **Disney California Adventure™ Park**. The Finish Line will be located in **Disney California Adventure™ Park** near Paradise Park. All 5K participants will receive a t-shirt and a medallion.

Disneyland® Kids' Races

Packet Pick-Up

All registered Kids' Races participants must pick up their race packets at the **Disneyland® Health & Fitness Expo** on Friday, September 2 from Noon-8:00 p.m. Adults must present photo ID. Waivers must be completed for all Kids' Races participants. For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, walking sticks and animals of any kind are prohibited from the course.

Kids' Races Information

Start time and location: September 3, 10:00 a.m. at **Downtown Disney®** District, near **ESPN Zone®**. Parents should bring their registered children to the Half Marathon Finish Line area and look for signs directing them to the appropriate age group holding area by 9:15 a.m. Parents are encouraged to run with their children, especially children under 6 years of age. All Kids' Race Participants will receive a t-shirt and a medallion.



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- 2X More Protein Than Regular Lowfat Yogurt*

*10% more of the DV of protein than regular lowfat yogurt. Oikos Greek Nonfat yogurt: 12g Protein (24%DV), Regular lowfat yogurt: 5g protein (10%DV) per 5.3oz

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Disneyland® Half Marathon Race Information

Sunday, September 4

Disneyland® Resort & City of Anaheim

5:59 a.m. Wheelchair Start

6:00 a.m. Runner Start

The Last Shuttles to the Start depart at 4:30 a.m.

On Sunday, transportation will begin at 3:00 a.m. for select **Disneyland® Resort Good Neighbor Hotels** with shuttles marked "Race Start." Race signage at the entrance of your resort will direct you to the bus load zone. The race shuttle is complimentary for all runners and spectators. Runners will be dropped off and picked up at the **Disneyland® Resort Esplanade** (which is a short walk away from the Start Line through the **Downtown Disney® District**). Shuttles will be available from the Esplanade at the conclusion of the race to transport participants back to the **Disneyland® Resort Good Neighbor Hotels**.

Shuttle transportation will not be available from the **Disneyland® Hotel, Disney's Grand Californian Hotel® & Spa, or Disney's Paradise Pier® Hotel**, as they are all within walking distance of the Start and Finish area. Please note, the race shuttles will not service the Tropicana Inn and Suites, Park Inn & Suites, Anaheim Fairfield Inn, Carousel Inn and Suites, Best Western Park Place Inn, The Sheraton Anaheim Hotel and Ramada Inn Maingate (which are within

walking distance of the Start & Finish via the Esplanade).

Bag Check

If you plan to check items on race morning, you **MUST** use the clear bag provided to you at Packet Pick-Up. Please affix your bag check sticker to your clear bag prior to arriving at the Bag Check tents located in the Family Reunion Area. **All bags must be checked prior to 5:00 a.m.**

Bags must be claimed before 10:30 a.m. Sunday. Unclaimed baggage will be transferred to Resort Lost & Found, located to the left of the **Disneyland® Park Main Entrance**. Please visit during park hours to claim lost items.

Due to safety regulations and limited storage space, the race staff can not accommodate full-sized suitcases, paper bags, or clothing bundles. Please do not check valuables. The race staff is not responsible for any lost, stolen, or damaged items. Every effort will be made to have your bag waiting for you after the race.

The Start

The start zone for the Half Marathon is located near the Lilo Parking Lot at **Downtown Disney® District**. 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. For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

Corral and Wave assignments will be given during Packet Pick-Up at the **Disneyland® Health and Fitness Expo**. The letter on your race number will determine your assigned corral. Letters are assigned based on your estimated finishing time. Signs, announcements and race personnel will direct you to the appropriate corral on race day.

The Finish

After you cross the finish line, where your time is automatically recorded, proceed through the finisher's chute, where you will receive your **Disneyland® Half Marathon Finisher Medal**. If you have earned a Coast to Coast medal, please look for the **Coast to Coast Race Challenge Medal** tent prior to the Refreshment tent. After the finish, you will be directed to the bag claim and refreshment areas. These areas are restricted to the runners only. Please move promptly towards the Family Reunion Area to meet your family and friends.

Not Finishing

If you are unable to finish the race, please stop at the nearest medical station or water station along the course for assistance and direction. If you are unable to continue at any point in the race, a van will pick you up as soon as possible to transport you to the **Pinocchio Parking Lot**. From there, it is a short walk to the Family Reunion Area.

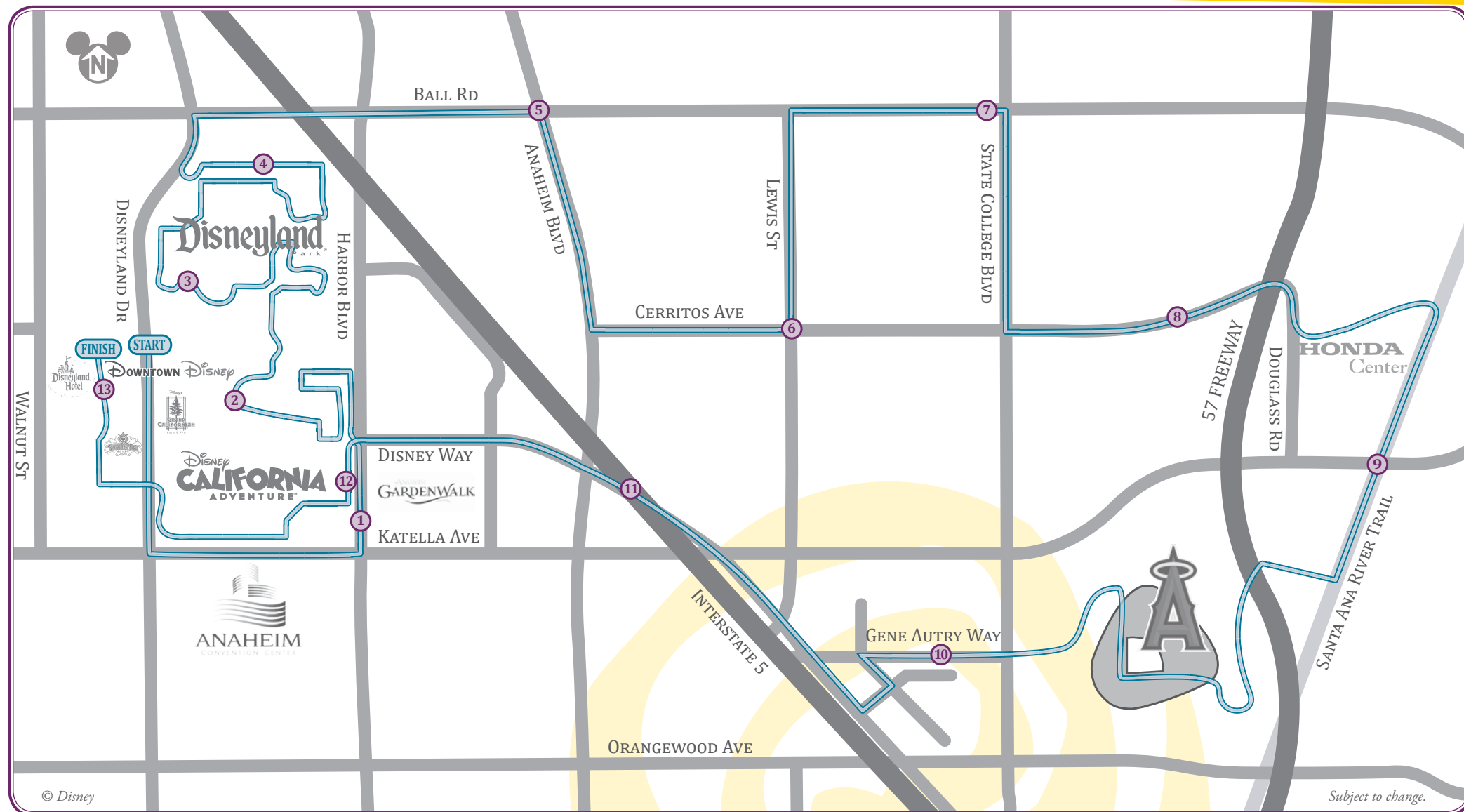
Family Reunion

The Family Reunion Area will have tents arranged alphabetically with large letter signs for easy identification.

Tips for meeting up with friends and family:

- 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. We recommend the Family Reunion Area tents in alphabetical order.
- Have a back-up meeting location in place as well.
- Make note of where you have parked or the shuttle stop for your hotel.
- Agree upon a phone number from which both parties can call and retrieve messages.
- Leave a message at the Family Reunion Tent if your plans change.

2011 Disneyland® Half Marathon Course Map



Course Map and Information

The course for this magical event will take runners from **Disney California Adventure™** Park, celebrating California's storied past and exciting future, to the **Disneyland®** Park where you will explore the fantastic "lands" of nostalgia,

color and delight. Then it is on to the scenic streets of Anaheim, past the Honda Center, home of the Anaheim Ducks, along the Santa Ana Trail overlooking the Santa Ana River, through Angel Stadium, home of The Los Angeles Angels of Anaheim, and

then past **Disney's Paradise Pier®** Hotel and the **Disneyland®** Hotel for an exciting finish of the Happiest Race on Earth! Ideal weather and a flat loop course set the stage for an exhilarating Half Marathon designed to shatter personal bests.

Food and Beverage Stations

Nine beverage stations will be set up along the course, offering Dasani water and PowerAde. There will be one nutrition stop at mile 9 where Clif product will be distributed.



Race Recovery - for more information, go to RunInjuryFree.com By Olympian Jeff Galloway, Official runDisney Training Consultant

Even if you've run twice as far as you've ever raced before in your life, you can be back to your normal running routine very quickly by following a few simple steps, before and after your race. By mentally and physically preparing for the morning after, you can reduce the negatives, while emotionally riding the wave of positive momentum from even the toughest of races.

During the race: Be sure to take walk breaks from the first few minutes, based upon your pace. (For more info, see my books GALLOWAY TRAINING PROGRAMS, HALF MARATHON, 5k/10K, and YEAR ROUND PLAN). In several surveys, runners who used to run continuously averaged 13+ minutes faster in a marathon by using the correct strategy of Run-Walk-Run. It is also best to start the race more slowly than you think you can run.

At the finish line: Even if you don't want to do so, keep walking after you cross the finish. Within 30 minutes of the finish, eat a snack of 200-300 calories. It's best if this has 80% simple carbohydrate and 20% protein. If this is not available, consume simple carbohydrates and avoid fat. Keep walking for at least half a mile or so to keep the blood pumping. You'll infuse the muscles with oxygenated blood.

Soak in a cool tub: This does not have to be an ice bath. The temperature of the water needs to be 20 degrees cooler than

body temperature—and most water from the “cool” water tap will supply this. Soak the legs for 15 to 20 minutes. Try to do this within 3 hours of finishing.

Throughout the afternoon: After a meal and a shower, walk for 30-60 minutes very easily—just keep the legs moving. Drink water, Accelerade, R4 and/or citrus juice and eat some low fat protein with other carbohydrates. For the first hour after a marathon, it's best to drink no more than 20 oz total. You've earned your food rewards, but don't gorge yourself. Continue to drink and eat snacks. For the next few days, you may want to increase your consumption of vitamin C to speed up healing of little micro-tears in your muscles and tendons.

The next day: Walk for 30 to 60 minutes or more. The pace can be as slow as you wish, just keep moving. If you have soreness, the walking will work it out quicker than sitting on a couch. Be sure to drink 4-6 oz. of fluids every hour, including Accelerade, over the next few days.

Two days after—your return to running day: Start by walking for 5-10 minutes. Then, insert a 30-60 second run segment, every one to three minutes. Adjust the walking and running so that you feel comfortable and are not straining. The return to short segments of gentle running will speed up the recovery of race-weary muscles. The total time for

the runs should be 20-45 minutes. Continue to alternate your exercise: walking one day, and run/walking the next.

The Post Race Letdown: Even with the best preparation there will be a natural motivational lull after a race. But by setting a goal, even before the first race, you can shift gears: schedule social runs with friends every month, scenic runs, and fun events.

runDisney is proud to welcome Jeff Galloway to the team as an Official Training Consultant. Jeff's simple and proven training method has made finishing marathons and half marathons possible for almost everyone – and best of all – without injury or pain.

An Olympian, Jeff ran with Steve Prefontaine, Bill Rodgers, Frank Shorter, and Amby Burfoot when the United States was a leading power in marathoning. He has become the nation's leading running author (over one million books sold), leading coach (over 300,000 runners), and has a monthly page in the world's leading running publication RUNNER'S WORLD. Galloway training programs are in more than 80 cities, and Jeff individually advises an average of 100 runners/walkers a day.

Residents of Atlanta, GA, Jeff and his wife Barbara have two adult sons, Brennan and Westin. Jeff and Barbara run twelve marathons together each year, including the **Walt Disney World®** Marathon, a race Jeff has run in every year since its inception in 1994.

Think about wearing a compression sleeve: Studies show that compression sleeves around the calf muscle can improve performance, reduce muscle damage and lower the chance of blood clots. (see our website for more info). It helps to wear Zensah during long training runs, but there seems to be no problem in wearing them for the first time in a race.



Pacing Requirements

All athletes entering the **Disneyland®** Half Marathon must be able to maintain a 16-minute per mile pace throughout the race, finishing the Half Marathon in 3.5 hours. Anyone who is not able to maintain a 16-minute per mile pace may be picked up at any point along the course and transported to the Pinocchio Parking Lot, a short walk from the Family Reunion Area.

ChronoTrack B-Tag

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 official time WILL NOT be recorded.

Runner Tracking

Family and friends will be able to track Half Marathon participants with runner tracking available on runDisney.com/Disneyland. Participants will also have the opportunity to send split times via e-mail or text messaging by registering for the service at the website or at the Expo.



GOOD ENOUGH NEVER IS

Just as you continually strive to better your routine, lengthen your distances, and establish new personal bests, we are committed to an evolution of food, and the many roles it plays in the athletic realm. By remaining dedicated to what we love and do best, we hope to not only help you achieve your goals, but to set some new ones.

At Clif Bar & Company, we believe food should be all natural, organic and delicious, and that it should nourish your body to give you the energy to do the things you love.

**FOR YOUR BODY, FOR THE PLANET,
FOR PERFORMANCE - CLIF BAR.**



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Awards Ceremony

Sunday, September 4

Individual Awards

Overall Half Marathon male and female winners and wheelchair winners will receive their awards at the Awards Ceremony at 8:30 a.m. on Sunday, September 4, 2011. The following awards will be presented on-site at the Awards Ceremony. Please note, overall awards are based on Gun Time except where noted.

- 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)
- Top 3 Female Military Finishers
- Top 3 Male Military Finishers
- Overall Female Masters Champion (Net Time)
- Overall Male Masters Champion (Net Time)

Individual Awards

Individual awards for the Disneyland® Half Marathon will be distributed by mail after the event. (Please allow 4-6 weeks for delivery.) Because of the number of people who participate in the Half Marathon, it can often take several minutes to cross the start line. In the interest of fairness, masters and age group award winners will be based on Net Time. Masters (40 and over) that 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.

Event Results

A complete list of results for the Half Marathon will be posted online at runDisney.com/Disneyland beginning Sunday evening following the event.

Half Marathon Finisher Certificates

Participants who finish the Half Marathon in less than three and a half hours will be able to download a finisher certificate online at mydisneyamarathon.com/Disneyland approximately 1 week after the race.

Runner Recognition Ceremony

The Los Angeles Angels of Anaheim will honor the top finishers at noon during a special ceremony prior to their game on September 4. Angels game ticket required.



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Pasta in the Park Party

Kick off the 2011 **Disneyland®** Half Marathon Weekend by joining us for the Pasta in the Park Party inside **Disneyland®** Park! This event is a great way to relax and be entertained before your big race. The party includes a buffet pasta dinner with self seating, a live DJ and Disney characters eager to meet you.

The Pasta in the Park Party at the **Disneyland®** Half Marathon features:

- Buffet pasta dinner and dessert at the Festival Arena inside **Disneyland®** Park
- Twilight Ticket to **Disneyland®** Park*
- Disney character appearances
- 2 Disney's FASTPASS® attraction tickets
- Reserved parade viewing

Pick up your pre-purchased tickets at Pasta in the Park Party booth, located in the Lower Level Exhibit Hall of the **Disneyland®** Health & Fitness Expo.

* Twilight Ticket must be used to enter **Disneyland®** Park for Pasta in the Park Ticket may be used anytime after 3:00 p.m. on the day of the event.

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Coast To Coast Race Challenge



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

You are automatically entered into the Coast to Coast Race Challenge when you register and complete the required combination of races. You must have an OFFICIAL TIME for each of the events that you complete and each event must be either a half marathon or marathon. You will receive your medal after completion of the second leg of your Coast to Coast Race Challenge.

Restrictions apply. Limit one medal per runner per calendar year.



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Runner Transportation



Shuttle buses will depart from select **Disneyland®** Resort Good Neighbor Hotels to the **Disneyland®** Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (9/2-9/4) during scheduled **Disneyland®** Half Marathon weekend events. The event shuttle is a complimentary service to all runners and spectators who are staying at the select hotels. You will receive a receipt from your driver the first time you board the shuttle. Please save this ticket for use over the entire **Disneyland®** Half Marathon Weekend.



- Anabella Hotel
- America's Best Inn
- America's Best Value Fantasy Inn
- America's Value Inn & Suites
- Anaheim Marriott
- Anaheim Resort RV Park
- Ayres
- Best Western Meridian Inn & Suites
- Best Western Pavilions
- Best Western Raffles
- Best Western Stovall's Inn
- Clarion Hotel Anaheim Resort
- Comfort Inn Maingate
- Comfort Inn & Suites
- Cortona Inn & Suites
- Courtyard by Marriott Disneyland® Park
- Days Inn Anaheim West
- Desert Palm
- Dolphin's Cove
- DoubleTree Guest Suites
- Econolodge
- Embassy Suites
- Extended Stay
- Greenwood Suites Anaheim Resort
- Hampton Inn & Suites
- Harbor RV Park
- Hilton Anaheim
- Hilton Garden Inn
- Hilton Suites
- Holiday Inn – Anaheim Resort
- Holiday Inn & Suites
- Homewood Suites
- Hotel Mönage
- Howard Johnson
- Jolly Roger Hotel
- La Quinta Inn
- Islander Inn
- Marriott Suites
- Motel 6
- Peacock Suites
- Portofino
- Quality Inn
- Ramada Limited Maingate North
- Ramada Limited Suites
- Ramada Plaza
- Red Lion Hotel
- Residence Inn Anaheim Resort
- Residence Inn Garden Grove
- Sheraton Park
- Staybridge Inn & Suites
- TownePlace Suites
- Travelodge International Inn
- WorldMark Anaheim

Driving Directions to the Disneyland® Half Marathon

Spectator Viewing

Please plan accordingly and allow enough time to arrive with detour traffic. Expect delays. We encourage all runners and their spectators to avoid traffic and parking by using the complimentary shuttles, which are provided free of charge to guests staying at select **Disneyland® Resort Good Neighbor Hotels**. See the transportation shuttle map for pick-up and drop-off locations.

I-5 Northbound

- Exit at Harbor Blvd
- Turn Right on Harbor
- Turn Left on Ball Rd
- Turn Left on Disneyland Drive and follow signs to the Theme Park parking structure

I-5 Southbound

- Exit at Disneyland Drive
- Turn Left on Disneyland Drive and follow signs to the Theme Park parking structure

Note: In consideration of the safety of the runners, the following exits from I-5 will be closed from 6:00 a.m. to 8:00 a.m. on Sunday, September 4. Please plan your travel arrangements accordingly.

- I-5 Northbound, Katella Avenue
- I-5 Northbound, Harbor Blvd.
- I-5 Southbound, Disney Way
- I-5 Southbound, Harbor Blvd

Spectators are encouraged to share in the Disneyland Half Marathon 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.

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!

Half Marathon

The recommended locations to view the Half Marathon are:

The Start:

Disneyland® Drive to Katella Avenue
6:00 a.m. to 6:40 a.m. — 1 mile
(Accessible ONLY by foot)

The Esplanade between Disneyland® Park and Disney California Adventure™ Park
6:05 a.m. to 7:00 a.m. — 1.7 to 1.9 miles
(Accessible ONLY by foot)

Disneyland Drive to Ball Road
6:20 a.m. to 7:26 a.m. — 4 to 4.5 miles
(Accessible ONLY by foot)

Angel Stadium

6:45 a.m. to 9:20 a.m. — 9.5 to 10 miles
(Accessible via Orangewood Ave. entrance)

Disneyland® Hotel, Disney's Paradise Pier® Hotel and ESPN Zone®

7:00 a.m. to 10:00 a.m. — 12.5 to 13.1 miles
(Accessible ONLY by foot)

• ChEAR Squad offers special access inside **Disneyland® Park** only available to ChEAR Squad Gold and Platinum package members along with the best seating at the finish line for your biggest fans to see you cross the finish line. Purchase your ChEAR Squad package at the **Disneyland® Health & Fitness Expo**. Please consult your Final Race Instructions for access details.

Disneyland® Park

6:00 a.m. to 7:15 a.m. — 1.9 to 2.1 miles
(Accessible ONLY by foot)

Finish Line

6:00 a.m. to 10:30 a.m.
(Accessible ONLY by foot)





Jack Chen, MD
Orthopedic Spine Surgeon

Lawrence Wagman, MD
Executive Medical Director,
The Center for Cancer Prevention
and Treatment

Ruth Brandow, MD
Internal Medicine

Jairo Marin, MD
Medical Director,
Invasive Cardiology,
Interventional Cardiologist

At St. Joseph Hospital, our doctors go a long way for our patients. What's another 13.1 miles?

Every doctor at St. Joseph Hospital goes to great lengths to support you. Our doctors are dedicated to delivering the highest quality care. From preventive care to leading-edge treatments, our doctors are unwavering in their pursuit of excellence and their commitment to your health and well-being. For more information or a free physician referral call 714-633-DOCS (3627) or visit us online at sjo.org. As you'll find, our doctors are here for the long run.

St. Joseph Hospital of Orange is the Exclusive Health Care Sponsor for the Disneyland® Half Marathon.



sjo.org

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Medical Information



The following information is courtesy of the Medical Director, Dr. James Pierog. St. Joseph Hospital Medical Stations will be located along the course approximately every 3.5 miles. With proper 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:

Fluids

The old adage of “drink as much as possible” has fallen by the wayside in recent years in response to actual marathon experience, as opposed to lab studies conducted in environments that cannot be correlated to actual conditions. It has been found that over-hydration (hyponatremia) can actually be more dangerous than mild dehydration due to electrolyte imbalances. Hyponatremia occurs from over-hydration during marathons, and is possible for slow runners (more than 4-hour marathons) to get too much fluid. Look for the following signs and symptoms: feeling lightheaded, dizzy, or “puffy,” or experiencing headache, nausea, vomiting, severe muscle cramps or confusion. Proper hydration is an

individual's responsibility, but here are some guidelines for participants:

- Drink enough before the race so that your urine is clear to light straw colored (this will vary per person)
- Limit fluids to approximately 4-6 ounces every 15 minutes during the race
- At least every other water stop, you should have some form of electrolyte replacement (PowerAde, etc.)
- Drinking approximately 16 ounces of electrolyte enriched fluid is appropriate after the race

Supplements

- Performance enhancing supplements, and even some basic vitamin supplements, can be dangerous around race time
- Avoid medications containing ephedrine compounds. Ephedrine can significantly increase core body temperature, blood pressure and heart rate and can cause irregular heartbeats
- Vitamin supplements (Vitamin A, C, E...) can alter urine color so be wary of hydration status if taking these supplements
- Caffeine and other amphetamine-like compounds containing pseudophedrine, such as Sudafed and most sinus and cold preparations, taken within 24



hours of race time can also raise core temperature, blood pressure and heart rate and should be drastically limited during this time.

Pain Relievers

It is common to have some soreness, muscle and joint aches before and after a marathon but some precaution must be heeded:

- NSAIDS such as Ibuprofen (Motrin and Advil), Naproxen (Aleve) and Ketorophren can affect the body's electrolyte regulation systems, especially sodium, and increase the risk of hyponatremia. They can also increase local edema and should be avoided 24 hours before and 48 hours after the race. After that time they can be a potent pain reliever
- Acetaminophen is generally regarded as safe before, during and after competition
- Narcotics – these should be avoided within 48 hours of race day due to harmful effect on performance, perception, and mental status

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 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 number
- Drink plenty of fluids. Do not wait until you feel thirsty
- 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
- Your friends and family should know your race number so they can find you if you are in the medical tent
- Consult your physician. Your health is too important

- 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)
- Proper equipment – Make sure your shoes and clothes are appropriate for the event and environmental conditions

About Our Medical Director

James Pierog, MD is the Medical Director of Emergency Services at St. Joseph Hospital (the 2nd busiest emergency room in the State). He is the Medical Director and Managing Partner of Emergency Medicine Specialists of Orange County. Dr. Pierog is board certified in Emergency Medicine. Dr. Pierog received his medical degree from the University of California, Los Angeles. Dr. Pierog is committed to improving the health and quality of life of the people in our community.





The **Disneyland®** Half Marathon Weekend benefits the Anaheim Community Foundation, an organization dedicated to providing and improving programs, services, and facilities not ordinarily supported by government, which enrich the lives of Anaheim residents. With the support of thousands of volunteers, the **Disneyland®** Half Marathon Weekend will help to enhance or expand a wide variety of programs that greatly benefit the Anaheim community. The Anaheim Community Foundation is proud of their twenty years of building community through people, partnerships and pride. To learn more, visit www.anaheimcommfound.org.



RACE CREW

Over 2,000 volunteers will assist throughout the **Disneyland®** Half Marathon Weekend on behalf of the Anaheim Community Foundation. Family and friends can register to volunteer for the 2012 **Disneyland®** Half Marathon Weekend by visiting runDisney.com/Disneyland.

- Over 300 volunteers will assist with packet pick-up during the **Disneyland®** Health and Fitness Expo
- Approximately 100 volunteers will assist with the **Disneyland®** Fabulous 5K & Kids' Races
- 300 medical volunteers will staff St. Joseph Hospital medical stations during the Half Marathon
- Over 1,400 volunteers will staff the Start Line, Course Monitors, Food Stop, Water Stops and Finish Line locations

