



❧ Official Race Guide ❧

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3  
still 100% recyclable



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### Dear Participants,

Welcome to the newly-expanded **Disneyland®** Resort for the seventh annual **Disneyland®** Half Marathon Weekend. As we like to say around here, the Happiest Place on Earth just got Happier and we're thrilled that you are here to experience it!

Whether it's your first visit to the **Disneyland®** Resort or part of an annual trip, your first endurance race or your fifteenth, the **Disneyland®** Half Marathon Weekend is one you'll remember forever. There's magic around every corner, as the young and the young at heart participate in all of the weekend's events - the **Disneyland®** Family Fun Run 5K, the *runDisney* Kids' Races and, finally, the **Disneyland®** Half Marathon. In addition, the **Disneyland®** Health & Fitness Expo at the **Disneyland®** Hotel and the Pasta in the Park Party are the perfect ways to enhance your big weekend of fun and exercise.

And, even though we've expanded, we promise you won't have to run any further. Each year, we partner with the City of Anaheim to produce an exhilarating 13.1-mile course featuring some of the **Disneyland®** Resort's and Anaheim's most treasured landmarks. In **Disney California Adventure®** Park, for the first time ever, you'll get to breeze by Buena Vista Street and speed through Radiator Springs in your trek through our newest addition, Cars Land. Next, you'll dash through **Disneyland®** Park, and then, head towards the Honda Center and Angel Stadium. Throughout the race, cheers from enthusiastic residents and fans, including marching bands, dance clubs, cheerleaders and, of course, Mickey Mouse and many of his friends are sure to keep you motivated.

Once you reach the finish line, we hope you'll 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 the 23,000 cast members at the **Disneyland®** Resort, thanks for joining us and I wish you a safe, fun and memorable weekend!!

George A. Kalogridis  
President  
**Disneyland®** Resort



# h2o+™

## DISCOVER HYDRATION

### CONGRATULATIONS ON GOING THE DISTANCE

KEEP YOUR SKIN HYDRATED WITH  
H2O PLUS SCIENTIFICALLY PROVEN  
FORMULAS WITH THE SKIN-CHANGING  
POWER OF MARINE-RICH INGREDIENTS





### Welcome Race Participants!

The **Disneyland®** Half Marathon and 5K Weekend is an annual highlight in Anaheim, and we look forward to welcoming the thousands of runners, joggers and walkers who participate for a healthier lifestyle, and simply for fun.

Anaheim is proud to be the home of Walt Disney's original theme park, and in 2012 it is fitting the **Disneyland®** Half Marathon and 5K is one of the premier events in the country.

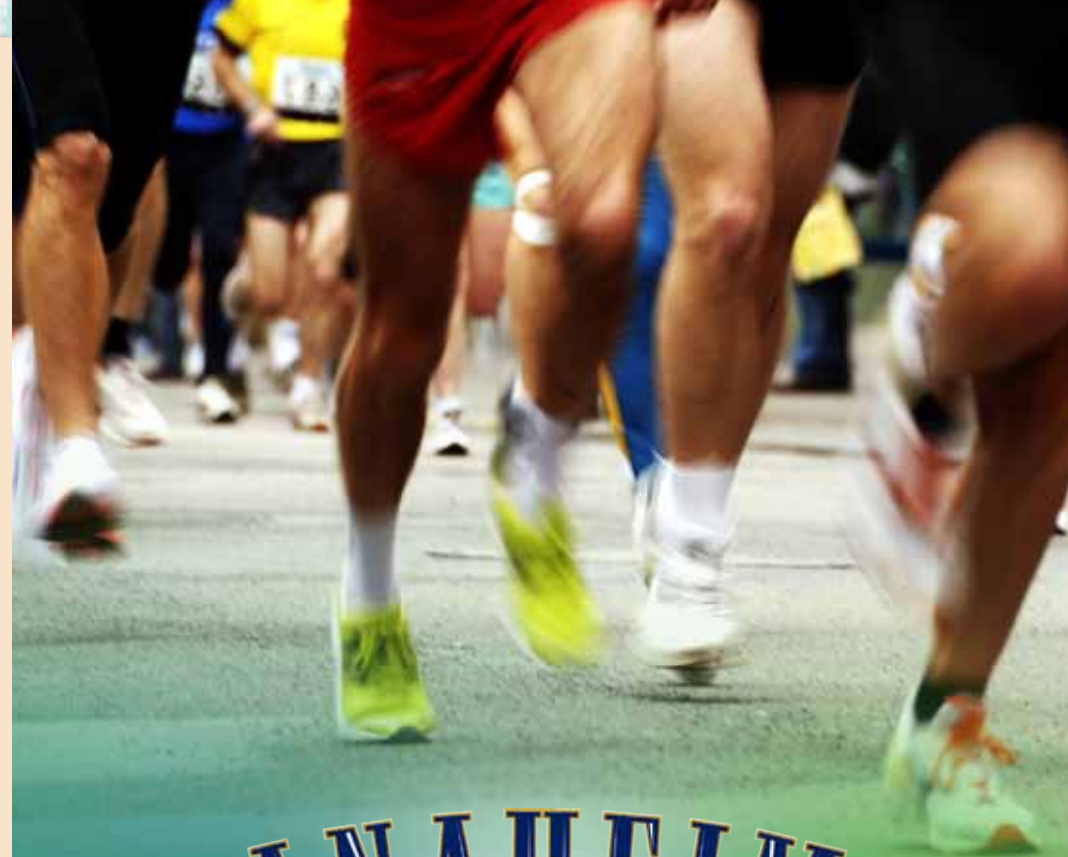
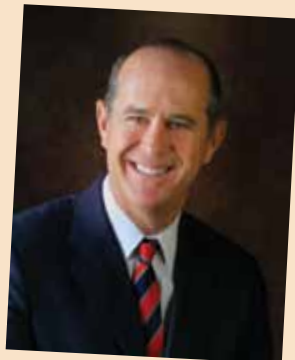
The race weekend is more than the opportunity to run through Walt Disney's original theme park. Anaheim has shopping, dining and entertainment options for the entire family to enjoy. We hope you take advantage of all Anaheim has to offer during your stay in our City.

Neighborhoods and community building are a top priority in Anaheim. As you pick up your race packets this weekend and run through the Parks and along Anaheim city streets, you will be greeted by some of our residents who are volunteering to make your experience more enjoyable. That is the Anaheim spirit, and we are pleased to spend the weekend with you.

We wish you all the best this weekend, and we hope to welcome you back to Anaheim again soon. Enjoy!

Sincerely,

Tom Tait  
Mayor, City of Anaheim



For the countless neighborhoods you ran through to get here, we congratulate and welcome you to

## OUR NEIGHBORHOOD

2012 *Disneyland®* Half Marathon.



## Meet Our Race Director

Mike Bone is the President of Spectrum Sports Management, Inc. 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, all distance events on Catalina Island, 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 25 years and has two sons who are competitive athletes, Andy and Matt.



# Time to Refuel



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**1 Full Serving**  
of Fruit

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## Weekend Itinerary

## Park Hours

### Friday, August 31

**Disneyland® Health & Fitness Expo**

**Disneyland® Hotel Exhibit Hall**

- Noon – 8:00 p.m.

### Saturday, September 1

**Cars Land 5K Rally**

**Disneyland® Park & Disney**

**California Adventure® Park**

- 6:45 a.m. at Mickey & Friends Parking Structure

**runDisney Kids' Races**

**Downtown Disney® District**, near ESPN Zone®

- 9:00 a.m.

**Disneyland® Health & Fitness Expo**

**Disneyland® Hotel Exhibit Hall**

- 9:00 a.m. – 5:00 p.m.

**Pasta in the Park Party**

**Big Thunder Ranch Jamboree -**

**Disneyland® Park**

- 6:00 p.m.

(Advance reservations required.)

### Sunday, September 2

**Disneyland® Half Marathon**

**Disneyland® Resort & City of Anaheim**

- Wheelchair Start: 5:44 a.m.
- Runner Start: 5:45 a.m.

**ChEAR Zones**

- 5:45 a.m. ChEAR Zones open
- 7:15 a.m. **Disneyland® Park** ChEAR Zone closes
- 10:15 a.m. Finish Line ChEAR Zone closes

**Awards Ceremony**

**Family Reunion Area Stage**

**Overall Awards**

- 8:30 a.m.



### Friday, August 31

**Disneyland® Park:**

9:00 a.m. – Midnight

**Disney California Adventure® Park:**

9:00 a.m. – 10:00 p.m.

**Downtown Disney® District:**

8:00 a.m. – 2:00 a.m.

### Saturday, September 1

**Disneyland® Park:**

9:00 a.m. – Midnight

**Disney California Adventure® Park:**

9:00 a.m. – 10:00 p.m.

**Downtown Disney® District:**

8:00 a.m. – 2:00 a.m.

### Sunday, September 2

**Disneyland® Park:**

9:00 a.m. – Midnight

**Disney California Adventure® Park:**

9:00 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, August 31

Noon – 8:00 p.m.

Saturday, September 1

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 seminars on training, racing, and nutrition; the opportunity to experience the latest in running and fitness equipment; and Official Merchandise available for purchase.

### Packet Pick-Up

All participants must attend the Expo to receive their race bib, participant shirt and gEAR bag. Each participant must provide a signed pick-up card/waiver and photo identification in order to receive their race packet. **Save time and download your personalized race number pick-up card/waiver in advance and bring it with you to the Expo.**

### Pasta Party Tickets, ChEAR Squad Packages and Commemorative Items

Pick up Pasta in the Park Party tickets, ChEAR Squad packages, and pre-purchased Commemorative Items at the Expo.

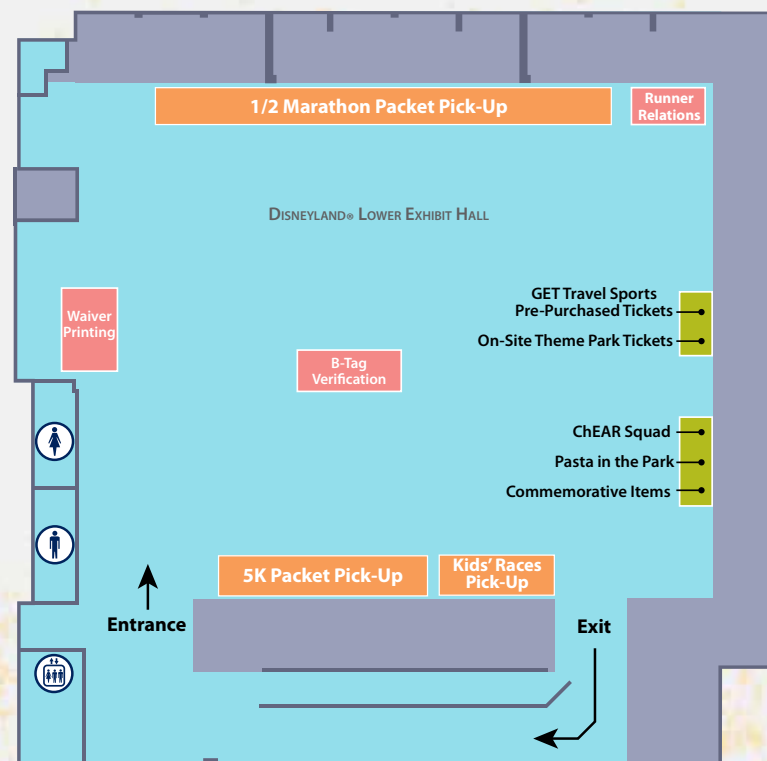
- Commemorative Ears
- Commemorative Necklaces
- Commemorative Pins

Photo identification is required to pick up items. A waiver is required for each Gold or Platinum ChEAR Squad member.



# Disneyland® Hotel Lower Level Exhibit Hall

Upon your arrival to the **Disneyland®** Health & Fitness Expo, please visit the Lower Level of the **Disneyland®** Hotel Exhibit Hall **FIRST** for Race Packet, Pasta in the Park Party, ChEAR Squad, Commemorative Item and Theme Park Ticket pick-up.



# Disneyland® Health & Fitness Expo Floorplan & Exhibitors



| EXHIBITOR                           | BOOTH      |
|-------------------------------------|------------|
| A Snail's Pace Running Shop.....    | 208        |
| ABC Television Network.....         | 119        |
| Aetrex Worldwide Inc.....           | 506        |
| ASICS.....                          | 209        |
| Balega International.....           | 402        |
| Bauerfeind.....                     | 616        |
| becausecharms.....                  | 518        |
| Big Sur International Marathon..... | 724        |
| brightroom Inc.....                 | 501        |
| CardioSmart.....                    | 109        |
| <b>Clif Bar.....</b>                | <b>401</b> |
| Disney Vacation Club®.....          | 406        |
| EFX Performance.....                | 519        |

| EXHIBITOR                  | BOOTH           |
|----------------------------|-----------------|
| Endure.....                | 419             |
| Fond Memories Graphic..... | 609             |
| <b>GEICO.....</b>          | <b>216</b>      |
| Girlz n Gear.....          | 521             |
| Glam Headbands.....        | 314             |
| Gypsy Runner.....          | 315             |
| <b>H2O Plus.....</b>       | <b>515</b>      |
| Halo Headband.....         | 614             |
| Hippie Runner.....         | 508             |
| <b>iFitness.....</b>       | <b>309, 706</b> |
| INKnBURN.....              | 712             |
| Jelly Belly.....           | 404             |
| K-SWISS.....               | 215             |

| EXHIBITOR                          | BOOTH      |
|------------------------------------|------------|
| KT Tape.....                       | 741        |
| Lasting Commemoratives.....        | 414        |
| LifeStyle Sports.....              | 607        |
| Los Angeles Angels of Anaheim..... | 707        |
| National Running Center.....       | 601        |
| Nite Beams.....                    | 409        |
| NUUN Hydration.....                | 407        |
| Oculus Eyewear.....                | 711        |
| One More Mile.....                 | 509        |
| Raw Threads.....                   | 413        |
| Rock 'n' Roll Marathon Series..... | 316        |
| run racing.....                    | 716        |
| <b>runDisney.....</b>              | <b>303</b> |

| EXHIBITOR                               | BOOTH      |
|---|------------|
| Running Skirts.....                     | 602        |
| San Diego Half Marathon & 5k.....       | 317        |
| SnuggBuds Headsets.....                 | 115        |
| Spectrum Sports Management, Inc.....    | 321        |
| SPIbelt.....                            | 319        |
| <b>St. Joseph Hospital.....</b>         | <b>615</b> |
| Sweaty Bands.....                       | 421        |
| Team In Training.....                   | 111        |
| Team Sparkle.....                       | 720        |
| The RooSport.....                       | 420        |
| TheStick.com - self massage device..... | 214        |
| www.NewYearsRace.com.....               | 620        |
| yurbuds SPORT EARPHONES.....            | 505        |



# Disneyland® Half Marathon Speaker Series

## FRIDAY, AUGUST 31

**12:15 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.

**1:00 p.m.**

**Dimity McDowell + Sarah Bowen Shea,** authors of *Run Like a Mother*

### **13.1 Ways to Maximize Race Day Performance—and Enjoyment**

Dimity and Sarah, veterans of more than 30 half-marathons between them, will share tips and advice on how to have the best race possible—both in terms of numbers on the clock and smiles on your face.

**2:00 p.m.**

**Lori Lovell, the runDisney Mom**  
“I’m going to *Walt Disney World*!”

Meet the runDisney Mom on the Disney Moms Panel as she talks about all there is to do when taking a runDisney vacation, including earning the coveted runDisney Coast to Coast Race Challenge medal!

**3:00 p.m.**

**Tara Gidus, Official runDisney Nutritionist and Orlando Magic Dietician**  
**Nutrition for Runners**

Tara guides you to the best nutrition outcome by showing you how to maximize your exercise with proper diet!

**4:00 p.m.**

**Star Blackford, Clif Bar Pace Team**  
**Pace Yourself: 13.1 Important Race Tips from the Clif Bar Pace Team**

Star shares her greatest passion, her experience — good and bad — to help runners of all abilities HAVE FUN while achieving their own best performances. Bring your questions!

**5:00 p.m.**

**Suzy Favor-Hamilton, Olympic Runner & Motivational Speaker**  
**Motivation... Inspiration... Dedication...**

Suzy Favor-Hamilton, a three-time U.S. Olympian, as she explains the importance of keeping running fun! Learn how to enjoy every mile with a smile! Bring your questions for a question and answer session!

**6:00 p.m.**

**Mike Bone, Race Director**  
**Mary Ancona, Spectator Advisor**  
**Last Minute Tips & Race Information for Runners and Spectators**

Mike and Mary 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.

**7:00 p.m.**

**Jeff Galloway**  
**Strong to the finish line!**

Jeff will discuss proven techniques that have helped thousands of half marathoners — at all levels — enjoy their events, every year. Bring your questions!

## SATURDAY, SEPTEMBER 1

**9:15 a.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.

**10:00 a.m.**

**Dimity McDowell + Sarah Bowen Shea,** authors of *Run Like a Mother*

### **13.1 Ways to Maximize Race Day Performance—and Enjoyment**

Dimity and Sarah, veterans of more than 30 half-marathons between them, will share tips and advice on how to have the best race possible—both in terms of numbers on the clock and smiles on your face.

**11:00 a.m.**

**Suzy Favor-Hamilton, Olympic Runner & Motivational Speaker**  
**Motivation... Inspiration... Dedication...**

Suzy Favor-Hamilton, a three-time U.S. Olympian, as she explains the importance of keeping running fun! Learn how to enjoy every mile with a smile! Bring your questions for a question and answer session!

**12:00 p.m.**

**Star Blackford, Clif Bar Pace Team**  
**Pace Yourself: 13.1 Important Race Tips from the Clif Bar Pace Team**

Star shares her greatest passion, her experience — good and bad — to help runners of all abilities HAVE FUN while achieving their own best performances. Bring your questions!

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**4:00 p.m.**

**Jeff Galloway**  
**Strong to the finish line!**

Jeff will discuss proven techniques that have helped thousands of half marathoners — at all levels — enjoy their events, every year. Bring your questions!



## Pasta in the Park Party

Saturday, September 1, 2012

6:00 – 8:00 p.m.

Big Thunder Ranch Jamboree, **Disneyland®** Park

Kick off the 2012 **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 Big Thunder Ranch Jamboree inside **Disneyland®** Park
- Disney character appearances
- Live DJ

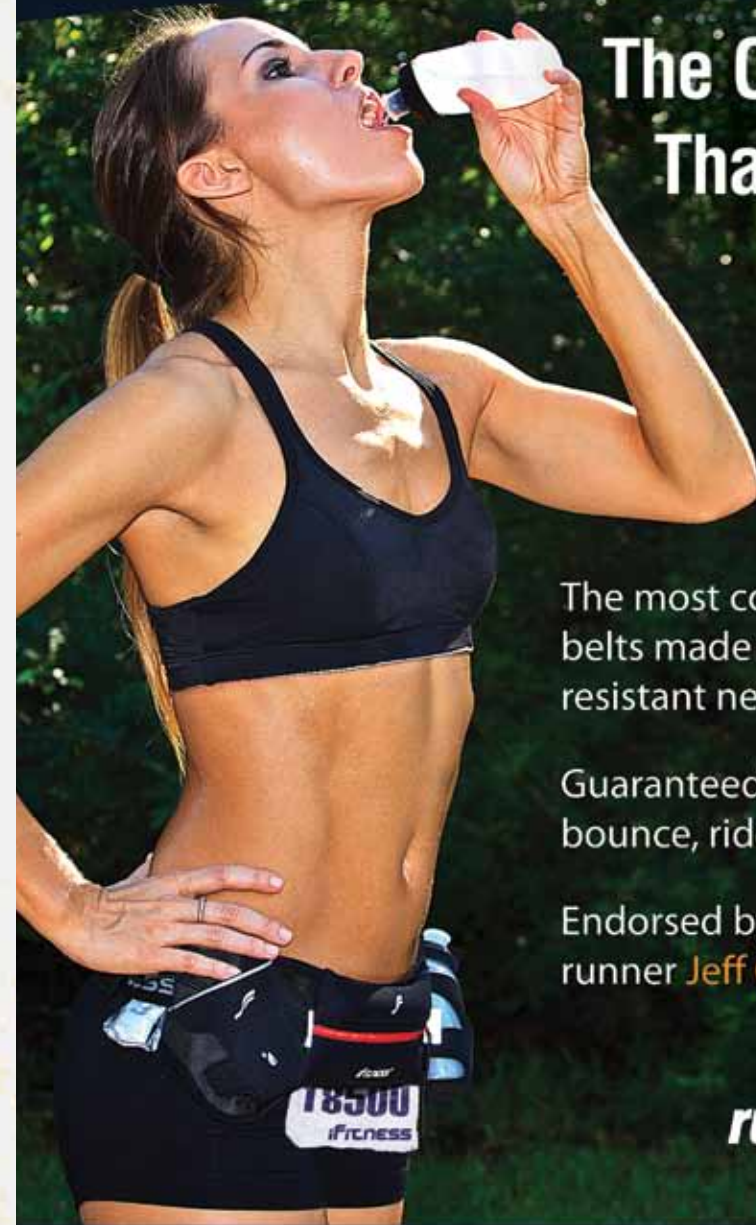
Pick up your pre-purchased tickets at Pasta in the Park Party booth, located in the Lower Level Exhibit Hall of the **Disneyland®** Health & Fitness Expo.

\* A theme park ticket is required to enter this party.



# iFitness®

Official Running Belt of the *runDisney* Series



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belts made out of water  
resistant neoprene

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bounce, ride up or chafe

Endorsed by legendary  
runner **Jeff Galloway**

*runDisney*

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[www.iFitnessinc.com](http://www.iFitnessinc.com)





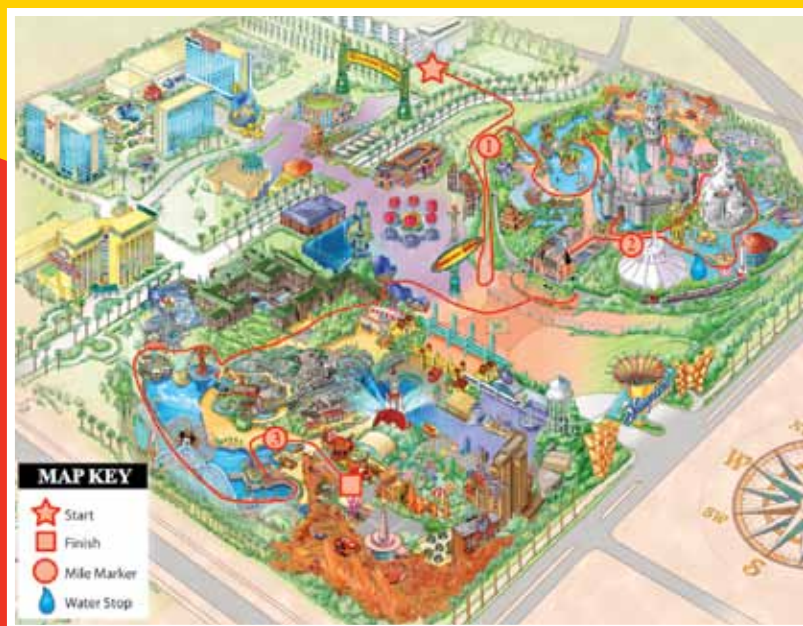
### Cars Land 5K Rally

Saturday, September 1, 2012

6:45 a.m.

Start: Mickey & Friends Parking Structure  
Tram Loading Area

Participants will run through **Disneyland®** Park and **Disney California Adventure®** Park. The Finish Line will be located in **Disney California Adventure®** Park in Cars Land. Spectator viewing will be available near the Finish Line in Cars Land.



## runDisney Kids' Races

Saturday, September 1, 2012

9:00 a.m.

Downtown Disney® District, near ESPN Zone®

For the little runners who want to get into the action, the *runDisney* Kids' Races will give them the chance to earn his or her own finisher medallion! Races will begin at 9:00 a.m. and take place in the following order:

- 100m Dash – 1-3 years old
- 200m Dash – 4-6 years old
- 400m Dash – 7-8 years old
- Diaper Dash – 12 months and under 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 2**

**Disneyland® Resort & City of Anaheim**

5:44 a.m. Wheelchair Start

5:45 a.m. Runner Start

## The Start

The start zone for the Half Marathon is located on Disneyland Drive between Magic Way and Paradise Way, near the Lilo Parking Lot at **Downtown Disney®** District. The letter on your race bib will correspond with your assigned corral. Signs and event personnel will help you find your assigned 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.

## The Finish

After you cross the finish line, where your time is automatically recorded, proceed through the finisher's chute. Volunteers will present you with your 2012 **Disneyland®** Half Marathon Finisher Medal. After the finish, you will be directed to the refreshment and bag check 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, transportation is available to the Pinocchio Parking Lot, just a short walk from the Family Reunion Area.

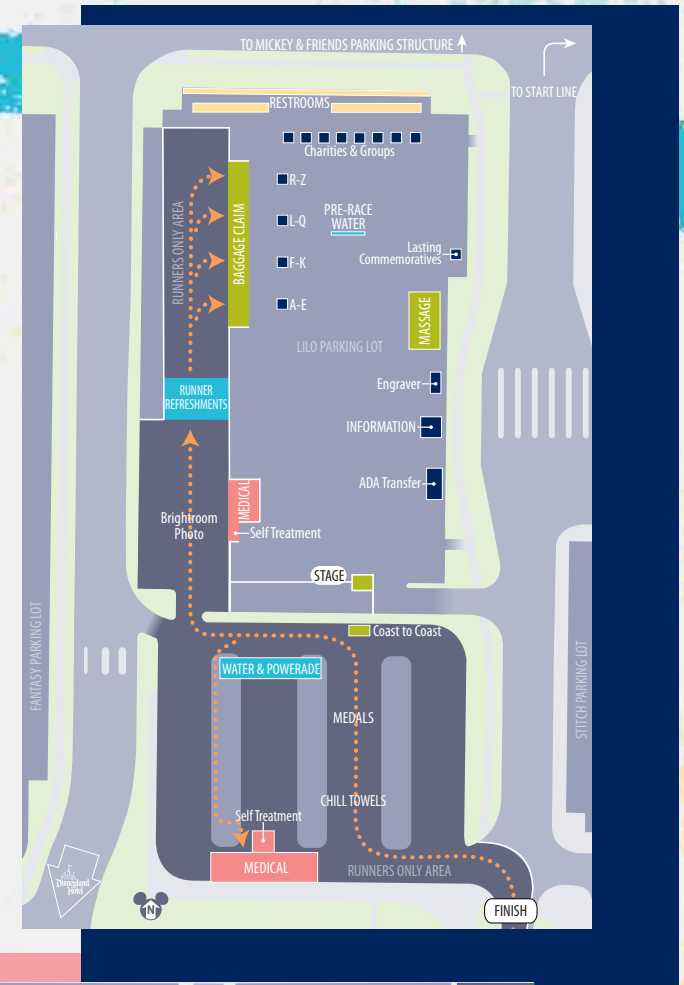
## Family Reunion

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

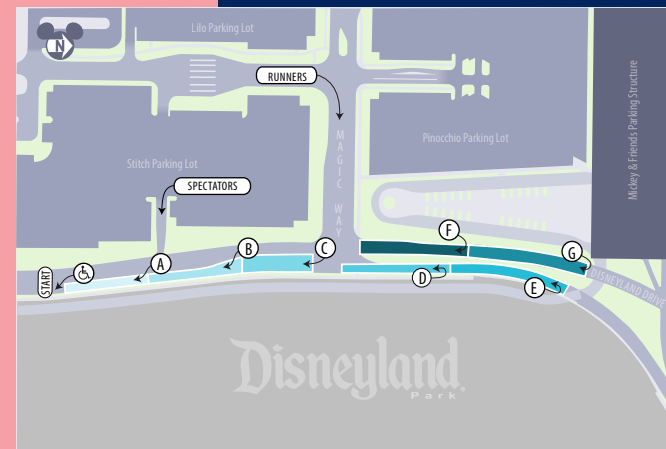
Tips for meeting up with friends and family:

- 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 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 Family Reunion tents.

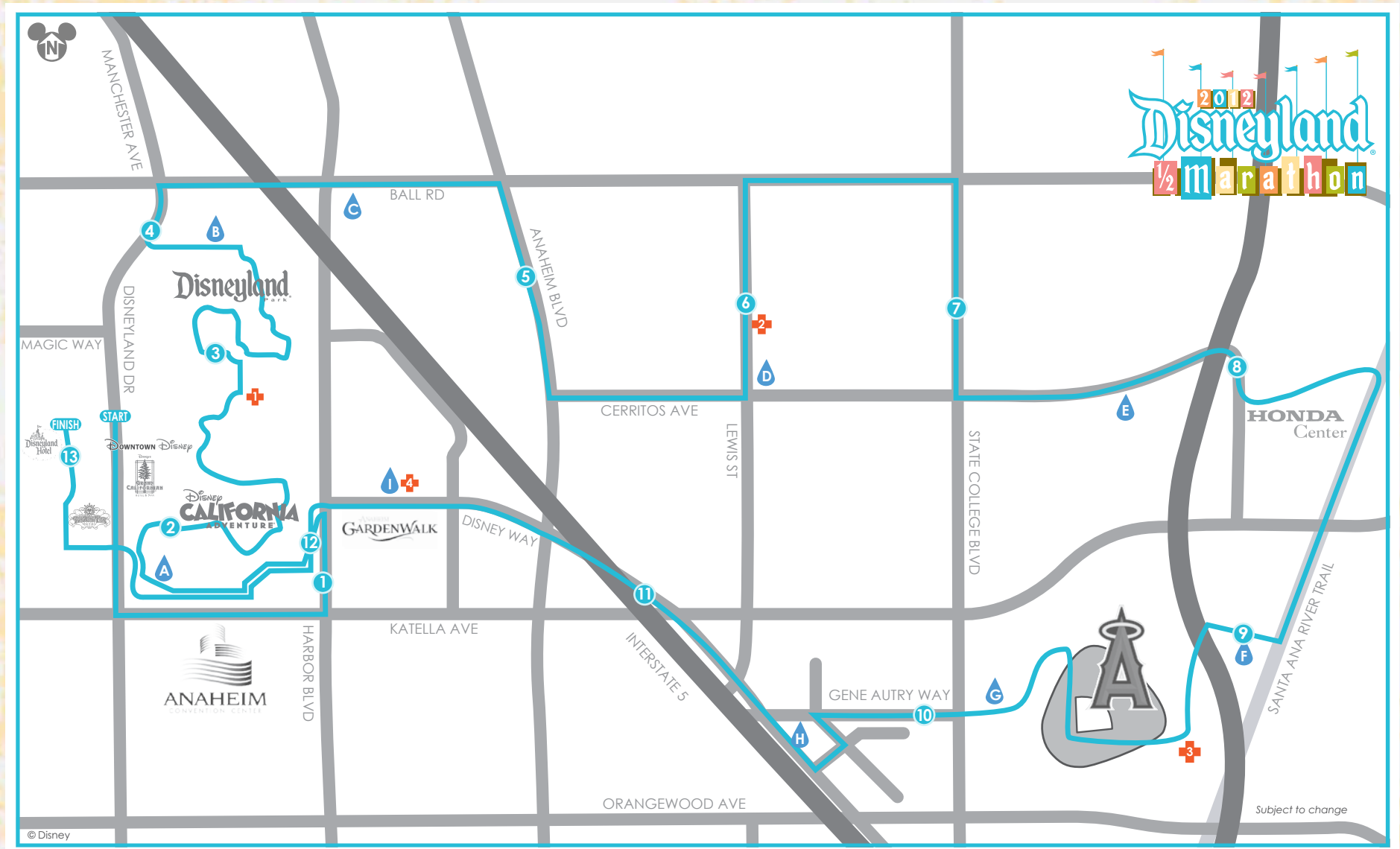
Staging Map



Corral Map



# Disneyland® Half Marathon Course Map



## Course Map and Information

The course for this magical event will take runners through the newly reimagined **Disney California Adventure®** Park, before retracing Walt Disney's footsteps during a magical run through **Disneyland®** Park

and onto the streets of Anaheim, before a magical finish by the **Disneyland®** Hotel. Memories are sure to be made on an experience you'll never forget!

## 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 near mile 9 where Clif product will be distributed.



# runDisney Training Consultant, Jeff Galloway

## Yes - You Can Finish The Marathon!

*By Olympian Jeff Galloway, Official runDisney Training Consultant*

Training for a marathon does not require much more training than for a half marathon: 30 minutes on Tuesday and Thursday, and 60 minutes on most weekends, as the minimum. Hundreds of thousands of runners have crossed the 26.2 finish line following this program, and have had plenty of energy to enjoy the **Disneyland®** Resort, wearing their medals.

The sense of accomplishment and empowerment from crossing the marathon finish line changes lives for the better. With my free program, available at [www.runDisney.com](http://www.runDisney.com), you can carry on your life while training for this significant event. I hope that you can join me in earning a very special Marathon medal in January 2013: the 20th edition of the *Walt Disney World®* Marathon.

Here are the key elements of the program: Minimum workouts needed: 30 minutes on Tuesday and Thursday plus a weekend run. There is a schedule listed at [www.runDisney.com](http://www.runDisney.com)

Weekend Run gradually increases to goal distance in gentle increases every 2-3 weeks, followed by short runs on non-long-run weekends. There is minimal time

needed for training except for a few long runs at the end of the program, every 21 days.

Walk breaks are inserted into every run, from the beginning, to erase fatigue, and give you vitality for the rest of the day.

Avoid running too fast by using my “magic mile” prediction exercise (also detailed on the [www.runDisney.com](http://www.runDisney.com) site.

Other Disney events, such as Tinker Bell Half, Wine & Dine Half, etc., can be inserted into the training. The schedule is included on the *runDisney* website also.

Surprisingly, veterans tend to run faster when taking walk breaks, as compared with running continuously.

The long runs build the exact endurance needed for the marathon. Two short runs, during the week, maintain the adaptations gained on the longer ones. There is no pace that is too slow. Slower long runs with more walk breaks help runners recover faster. Walk breaks, when used according to the table below, allow the body to adapt, reducing the chance that joints, muscles, tendons, feet, etc. will require significant recovery time.

The “Magic Mile” can set the correct pace—for you. This is also detailed on the [www.runDisney.com](http://www.runDisney.com) website. It can predict your current potential, dictate a safe long run pace, and tell you if you have the conditioning to stay ahead of the 7 hour pick up bus. Almost all runners who use this program, even beginners and former couch potatoes, are capable of doing this.

Look at the Run-Walk-Run table below to determine how much running (followed by how much walking) you would need to do at any pace.

### Run-Walk-Run Strategies

| Pace per mile   | run amount | walk amount           |
|-----------------|------------|-----------------------|
| 9 minutes/mile  | ---        | 4 minutes/1 minute    |
| 10 minutes/mile | --         | 3 minutes/1 minute    |
| 11 minutes/mile | —          | 2.5 minutes/1 minute  |
| 12 minutes/mile | —          | 2 minutes/1 minute    |
| 13 minutes/mile | —          | 1 minute/1 minute     |
| 14 minutes/mile | —          | 30 seconds/30 seconds |
| 15 minutes/mile | ---        | 30 seconds/45 seconds |
| 16 minutes/mile | ---        | 20 seconds/40 seconds |

For more information, including nutrition, motivation, running form, etc. see GALLOWAY TRAINING PROGRAMS and [www.runDisney.com](http://www.runDisney.com) or [www.RunInjuryFree.com](http://www.RunInjuryFree.com)

*Note: Olympian Jeff Galloway has coached over a million runners to their goals through his training groups, ecoaching, books, retreats and running schools. For more information visit [www.RunInjuryFree.com](http://www.RunInjuryFree.com)*



## Pacing Requirements, Timing & Results

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](http://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.

### Event Results

A complete list of results for the Half Marathon will be posted online at [runDisney.com/Disneyland](http://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 [mydisneymarathon.com/Disneyland](http://mydisneymarathon.com/Disneyland) approximately 1 week after the race.



## 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.**



[ Clif Bars ]

[ Shot Products ]



## Awards Ceremony

Sunday, September 2

8:30 a.m.

Family Reunion Area Stage

### Overall Awards

The following 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)
- Overall Female Masters Champion
- Overall Male Masters Champion

### Military & Individual Awards

Military and Individual awards for the **Disneyland®** Half Marathon will be distributed by mail after the event. The top five male and female runners will receive awards in the military division and the following age groups:

|       |       |       |       |
|-------|-------|-------|-------|
| 14-17 | 18-24 | 25-29 | 30-34 |
| 35-39 | 40-44 | 45-49 | 50-54 |
| 55-59 | 60-64 | 65-69 | 70-74 |
| 75-79 | 80+   |       |       |

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.



## 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 Race Challenge! If you complete a *runDisney* 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 commemorating your achievement!

You are automatically entered into the *runDisney* Coast to Coast Race Challenge when you register and complete the required combination of races. Travel West to East or East to West, you choose how to earn your *runDisney* Coast to Coast Race Challenge medal, but you must complete one race at the **Walt Disney World®** Resort and one race at the **Disneyland®** Resort. 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 completing the second leg of your *runDisney* Coast to Coast Race Challenge. Limit one medal per runner per calendar year.

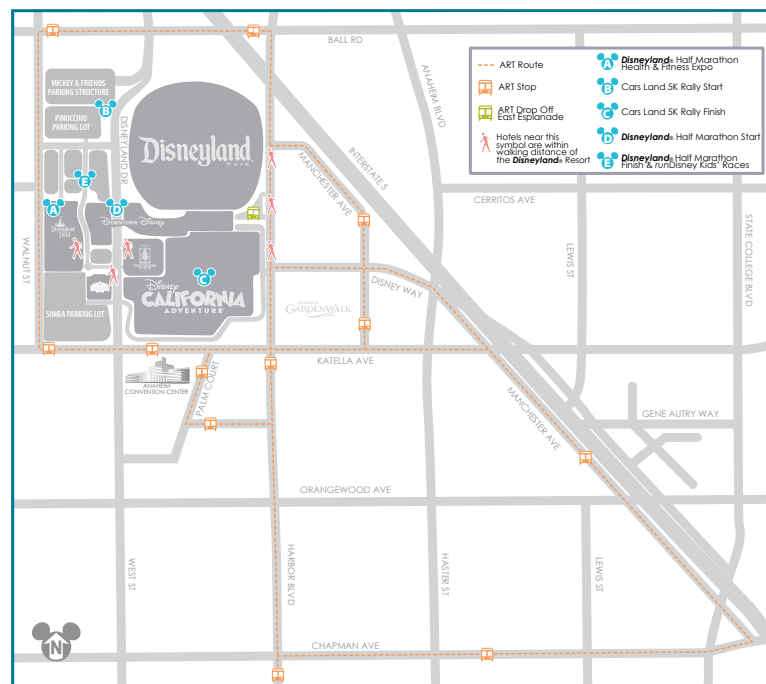


# Event Transportation

# Driving Directions to the Disneyland® Half Marathon

Complimentary Anaheim Transportation Network shuttles 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 (8/31-9/2) during scheduled **Disneyland®** Half Marathon weekend events. 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.

Shuttle Hours: Friday 8:00-12:30 a.m. • Saturday 5:30-12:30 a.m. • Sunday 3:00-12:30 a.m.



- Anabella Hotel
- America's Best Inn
- America's Best Value Fantasy Inn
- America's Value Inn & Suites
- Anaheim Marriott
- Anaheim Resort RV Park
- Ayres Hotel\*
- 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 Hotel/Suites
- Dolphin's Cove
- DoubleTree Guest Suites
- Econolodge
- Embassy Suites Anaheim South
- 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 Ménage
- 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

\*Schedule varies. Please confirm with hotel front desk.

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 approximately 6:00 a.m. to 8:00 a.m. on Sunday, September 2. 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





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## Spectator Information

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.

### Runner Tracking

Family and friends will be able to track Half Marathon participants with runner tracking available on [runDisney.com/Disneyland](http://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.

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

5:45 a.m. to 6:40 a.m. — 1 mile  
(Accessible ONLY by foot)

#### The Esplanade between Disneyland® Park and Disney California Adventure® Park

5:55 a.m. to 7:00 a.m. — 1.7 to 1.9 miles  
(Accessible ONLY by foot)

#### Disneyland Drive to Ball Road

6:05 a.m. to 7:26 a.m. —  
4 to 4.5 miles  
(Accessible ONLY by foot)

#### Angel Stadium

6:30 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®

6:45 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

5:45 a.m. to 7:15 a.m. —  
2.5 to 2.7 miles  
(Accessible ONLY by foot)

#### Finish Line

5:45 a.m. to 10:15 a.m.  
(Accessible ONLY by foot)



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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

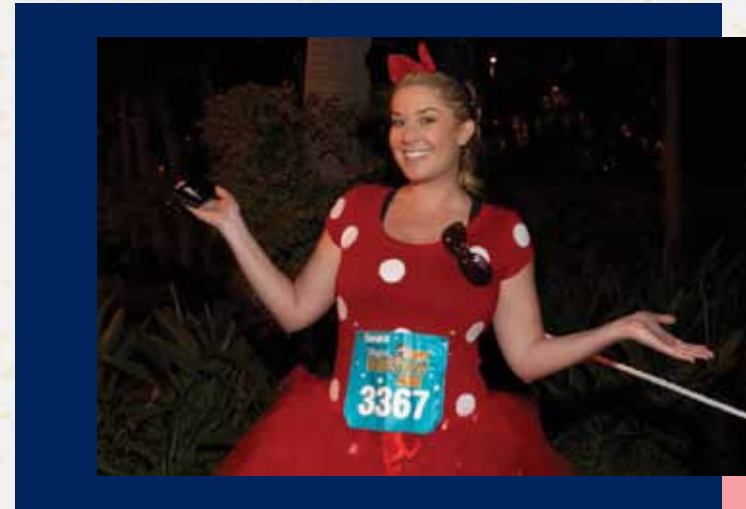
- Nausea and/or vomiting – this can be a sign of dehydration or over-hydration and electrolyte imbalance. Proceed

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](http://www.anaheimcommfound.org).



## Race Crew

Over 2,100 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 2013 **Disneyland®** Half Marathon Weekend by visiting [runDisney.com/Disneyland](http://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 Cars Land 5K Rally & *runDisney* 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

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# Save the Date

## FLORIDA

*The Twilight Zone Tower of Terror™* 10 Miler Weekend

Sept. 28-29, 2012

Disney Wine & Dine Half Marathon Weekend

Nov. 9-10, 2012

WALT DISNEY WORLD® Marathon Weekend

*PRESENTED BY Cigna.*

Jan. 10-13, 2013

Disney's Princess Half Marathon Weekend

Feb. 22-24, 2013

## CALIFORNIA

Tinker Bell Half Marathon Weekend

Jan. 18-20, 2013

DISNEYLAND® Half Marathon Weekend

Aug. 30-Sept. 1, 2013

For more information, visit  
[www.runDisney.com](http://www.runDisney.com)



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Event and dates subject to change. ©Disney

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