



Half Marathon Final Race Instructions

Welcome to the 2012 *Disneyland®* Half Marathon Weekend. Below are important reminders for your race weekend.

PACKET PICK-UP

Participants must attend Packet Pick-up at the *Disneyland®* Health & Fitness Expo to receive their race packet, bib, B-tag timing device, and race shirt. Adults must show photo ID to receive their packet.

Packet Pick-Up is available:

- Friday, August 31: Noon - 8:00 p.m.
- Saturday, September 1: 9:00 a.m. - 5:00 p.m.

Please arrive to the Lower Exhibit Hall to pick up your race bib FIRST, before continuing to the Upper Level for your shirt and gEAR bag. Packet Pick-Up will not be available on race morning.

WAIVERS & ABSENTEE PACKET PICK-UP

A waiver must be completed and signed by each participant. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian.

If you are unable to attend Packet Pick-Up, the individual picking up on your behalf must provide the following items as well as their Photo ID:

- Copy of your driver's license or Photo ID
- Your signed waiver
- Your signed Packet Pick-Up Authorization Form

The Packet Pick-Up Authorization Form and Waiver will be available on the race website. It is important that you download these forms and bring them with you to the *Disneyland®* Health & Fitness Expo.

COMMEMORATIVE ITEMS

If you have pre-purchased a commemorative pin or necklace during registration, you will receive it when you pick up your race number. Commemorative items not picked up during Packet Pick-Up will not be mailed or refunded. Additional merchandise will be available at the *Disneyland®* Health & Fitness Expo.

RACE DAY REMINDERS

RACE START

The race will start promptly at 5:45 a.m. on Sunday, September 2, 2012 on Disneyland Drive. Please plan to arrive by 4:30 a.m. and be in your corral no later than 5:15 a.m. The race will be held rain or shine!



BAGGAGE CHECK

Baggage Check will be available in the Family Reunion Area from 3:30 a.m. - 10:30 a.m. 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. Once you finish, your race number will be used to verify your bag. Please do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Unclaimed baggage will be transferred to *Disneyland®* Resort Lost & Found. Please visit during park hours to claim lost items.

BIB NUMBERS

Each runner will be issued a bib number at Packet Pick-Up. Please wear the bib number on the front of your shirt. Participants without a bib number will be removed from the course for security and safety reasons. Please complete the Emergency Medical Information on the back of the bib.

TIMING

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

PACING

If you are unable to maintain a 16-minute-per-mile pace, orange flags will be posted at each mile marker to indicate that you are behind the required pace and that you will not be able to finish the race in the 3.5 hour time limit. Race Staff will also be on bicycles verbally announcing that a flag has been raised.

Those who have fallen behind pace will be escorted or transported to the Course Pick-Up tent located in the Pinocchio Parking Lot, adjacent to the Mickey & Friends Parking Structure, across from the Family Reunion Area. You may be picked up at any point along the course if you are behind pace. Runners unable to finish the race due to injury or fatigue may stop at any medical or water station for assistance. Support vans will pick up runners and transport them to the Course Pick-Up tent.

SAFETY

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. If you are seen in violation of one of these you will be removed from the course and transported to the finish line area. Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

WEATHER

The race will be held rain or shine. If there is lightning in the area, the race may have a delayed start or, depending on the intensity of the weather, be canceled. The determination will be made by Event Management staff.

MEDICAL SUPPORT

Medical personnel will be available to give emergency care, as well as tend to non-critical injuries near miles 3, 6, 9, 11.5, and the main medical tents located at the Finish Line and Family Reunion Area. Runners unable to finish the race may stop at any of the medical or water stations for assistance. Support vans will follow the race, picking up runners who need assistance to transport them to the Course Pick-Up tent located in the Pinocchio Parking Lot, adjacent to the Mickey & Friends Parking Structure, across from the Family Reunion Area. If you require information on a runner who does not return to the finish area, please see the Information Tent located in the Family Reunion Area.

In the event of extreme heat

Heat Index: All course Medical Stops will have the appropriate flag color displayed according to the existing conditions:

- **YELLOW FLAG** - Those with high risk of heat stroke should withdraw.
- **RED FLAG** - All should be aware that heat injury is possible. Those susceptible to heat should be advised not to compete and all participants are urged to slow their pace and hydrate adequately.
- **BLACK FLAG** - If a black flag condition occurs, all participants will be advised not to compete; the race will become a fun run and no times will be recorded from that point forward.

REFRESHMENTS

Dasani® water and PowerAde® will be available at nine stops throughout the course and the finish area. Clif Shots® will be available near mile 9. Refreshments will be provided to registered participants at the secure finish area of the race.

RESTROOMS

For your convenience, port-o-lets will be located near the Start/Finish Lines, water stops, Angel Stadium, and the Family Reunion Area. Guest restrooms inside the Theme Parks will also be available for runners.

MEDALS & RESULTS

All finishers will receive a specially designed commemorative finisher medal before exiting the finish chute. Finisher's certificates will be available for download at mydisneyamarathon.com/ Disneyland approximately one week after the race. A complete list of results will be available online at runDisney.com/Disneyland beginning Sunday evening.

COAST TO COAST RACE CHALLENGE

Participants completing their second leg of the 2012 runDisney Coast to Coast Race Challenge, having an official finish time for the 2012 *Walt Disney World®* Marathon or Half Marathon or the 2012 Disney's Princess Half Marathon, will receive a wristband at the *Disneyland®* Health & Fitness Expo that must be worn until the completion of the *Disneyland®* Half Marathon in the allotted time limit. Once you receive your finisher's medal, you will trade your wristband in for a *runDisney* Coast to Coast Race Challenge medal. Limit one medal per runner per calendar year.

LEGACY RUNNERS

Those participants who have completed the *Disneyland®* Half Marathon all seven years will be honored as *Disneyland®* Half Marathon Legacy Runners. If you are a Legacy Runner, look for your special Legacy Lanyard when you receive your medal.

AWARDS

Overall Half Marathon top finishers will receive their awards at the Awards Ceremony at 8:30 a.m. on Sunday, September 2, 2012. 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 & Male Finishers
- Top 3 Overall Female & Male Wheelchair Finishers (push rim only)
- Overall Female & Male Masters Champion (Net Time)

Individual and military awards will be distributed by mail after the event. (Please allow 4-6 weeks for delivery.)

FAMILY REUNION AREA

Your family and friends are welcome to wait and watch you cross the finish line on the big screen in the Family Reunion Area, located in the Lilo Parking Lot near the Finish Line. There is only one entrance to this area for spectators, located near the parking tolls to the *Downtown Disney®* District. Runners will enter the Family Reunion Area after receiving their finisher's medal.

PHOTOGRAPHERS

Brightroom photographers will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt and remember to smile. Please visit brightroom.com/runDisneyphotos after the race to view your race photos. Race photos will be posted approximately one week following the event.



Training Tips Provided by St. Joseph Hospital, Orange

Eric W. Lee, M.D., Orthopedic Surgeon

1. Shoes: Running shoes must be in good condition; replace them every 300-500 miles.
2. Soft surface: Run on grass or dirt trails, especially for higher mileage runs.
3. Alignment: Proper orthotics may help for biomechanical or alignment programs.
4. Ease into it: Work up a base fitness level before embarking on any challenging running program.
5. Know your limits. Avoid increasing running intensity and mileage too quickly.
6. Don't over-stride: Shorter stride lengths are more efficient, "land softer" and lower their ground impact force.
7. Warm up/cool down: A regular stretching program prevents injuries.
8. Strength training: Helps maintain proper body alignment
9. Cross-train: Using an elliptical trainer, bicycling and swimming will all decrease impact loading on your lower extremity bones and joints.
10. RICE: Rest, ice, compression and elevation relieve pain, reduce swelling, and protect damaged tissues.

RUNNER ETIQUETTE

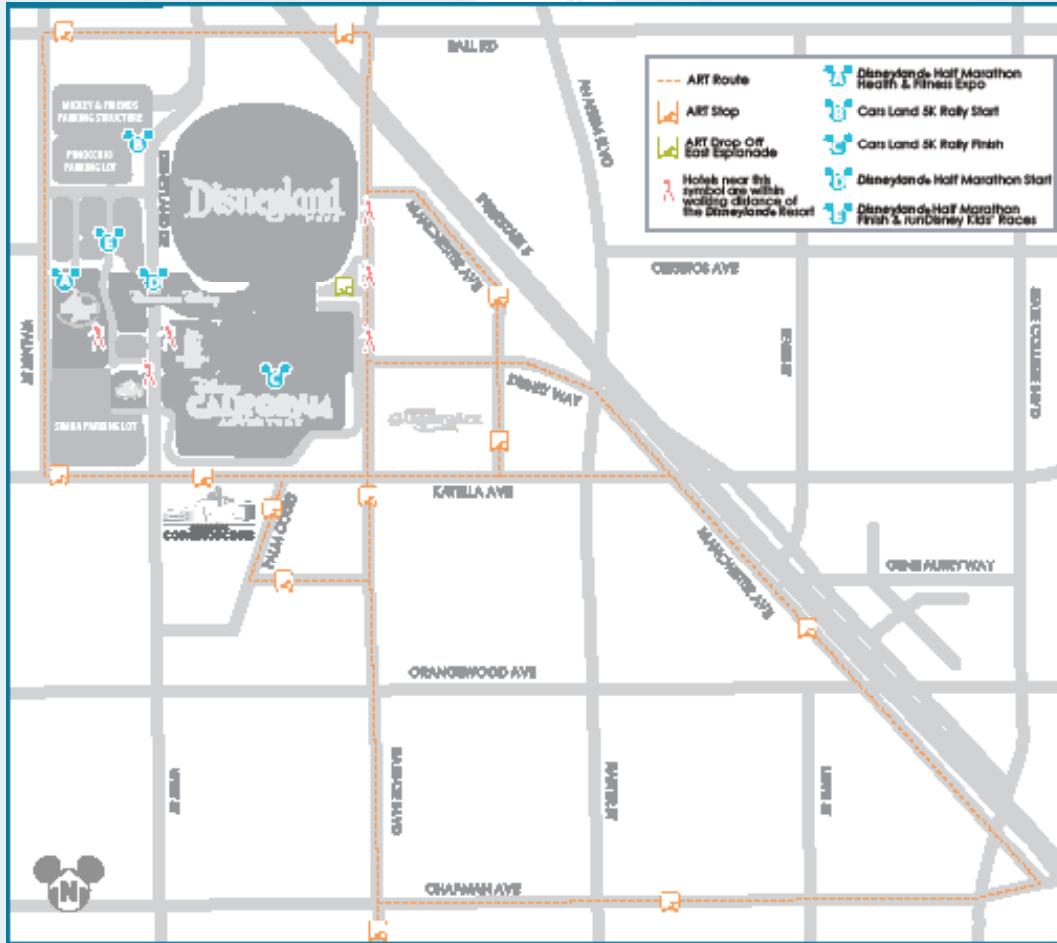
The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the *Disneyland®* Half Marathon.

- Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course but will keep you safe.
- Please enter your correct start corral and correct wave. This will ensure that you are running with people who have a similar pace.
- Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, please start in the last corral.
- If you want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.
- Move to the side if someone behind you says "Excuse Me" or "Coming Through".
- If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.
- Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.
- When you are approaching the Finish Line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the finish area is for registered runners and staff only.
- Water and select food items will be available for all race finishers after the Finish Line. Please be courteous to those finishing behind you and take only one of each item.

TRANSPORTATION & PARKING

To avoid traffic and parking, complimentary event shuttles are available to runners and spectators. 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. Please see the shuttle map for pick-up and drop-off locations.

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



For those who choose to drive, parking will be available in the Mickey & Friends Parking Structure, located off Disneyland Drive at Ball Road. Follow the signs for Theme Park Parking. Standard parking fees apply.

- | | | | |
|--|--|---|---|
| <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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. Check with front desk.

Information in this brochure is subject to change without notice.