

## Save The Date



Be a part of these great upcoming *runDisney* events!

### CALIFORNIA

**Disneyland® Half Marathon Weekend**

Aug. 31 - Sept. 2, 2012

**Tinker Bell Half Marathon Weekend**

Jan. 18 - 20, 2013

### FLORIDA

**Disney's Princess Half Marathon Weekend**

Feb. 24 - 26, 2012

**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



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



Like us on Facebook  
[facebook.com/runDisney](http://facebook.com/runDisney)

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## Inaugural Event



January 27 - 29, 2012

*runDisney*

~H<sub>2</sub>O+™

sea-derived skincare

# Stay Hydrated

**Congratulations on going the distance.** Deeply hydrate and revitalize your skin with H<sub>2</sub>O Plus marine-rich ingredients powered by science.



## Table of Contents

Welcome to the <i>Disneyland</i> ® Resort.....	2
Welcome to Anaheim.....	4
Race Director.....	6
Weekend Itinerary.....	8
Tinker Bell Half Marathon Expo.....	10
Never Land Family Fun Run 5K.....	16
<i>runDisney</i> Kids' Races.....	18
Inaugural Tinker Bell Half Marathon.....	20
Meet Jeff Galloway.....	24
Pacing, Timing & Results.....	26
Awards.....	28
<i>runDisney</i> Coast to Coast Race Challenge.....	31
Transportation & Driving Directions.....	32
Spectator Information.....	35
Medical Information .....	38
Anaheim Community Foundation.....	40







Dear Participants,

As the *Disneyland*® Resort nears the completion of our expansion efforts, 2012 is shaping up to be one of the biggest years in the our history. I can't think of a better way to kick off the year than with the Inaugural Tinker Bell Half Marathon Weekend at the *Disneyland*® Resort!

With a little pixie dust and Disney magic, this event celebrates the commitment, courage, strength and determination of women of all ages. What better way to do that than with the symbol of "the magic of Disney," Tinker Bell herself, and, of course, all of you.

This new endurance race will serve as an opportunity to enjoy a multitude of activities, including the two-day Health and Fitness Expo at the *Disneyland*® Hotel, the Never Land Family Fun Run 5K throughout the *Disneyland*® Resort, and Disney Kids' Races at *Disney California Adventure*® Park.

As they do each summer with our *Disneyland*® Half Marathon, the city of Anaheim has partnered with us to design a 13.1 mile course that is sure to keep a spring in your step. The course will lead you through some of the most charming areas around the *Disneyland*® Resort, passing Tinker Bell's Pixie Hollow home in *Disneyland*® Park, traveling through the historic neighborhoods of downtown Anaheim and ending after a glamorous journey through old Hollywood and glittering Paradise Bay at *Disney California Adventure*® Park. Along the way, friendly residents, cheering volunteers, live bands and your favorite Disney characters will add just enough Disney magic to help you keep up your pace.

Whether this is your first race or simply your first of the year, take a moment as you cross the finish line to celebrate your triumph and cherish the memories of this tremendous accomplishment.

On behalf of the entire cast here at the *Disneyland*® Resort, I wish you a safe, fun and unforgettable weekend!

George A. Kalogridis  
President  
*Disneyland*® Resort



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To All Attendees:

On behalf of the City of Anaheim, I am delighted to extend a warm welcome to everyone participating in the inaugural *runDisney* Tinker Bell Half Marathon at the *Disneyland*® Resort from January 27-29, 2012.

Half marathons are a very exhilarating experience, and as they continue to become more and more popular, it is exciting that *runDisney* is holding their second signature event to showcase women's health, fitness and active lifestyles. Women runners have a passion for running. They not only inspire others, but find this is an opportunity to realize increased energy, endurance, improved health, and a true sense of accomplishment by completing the challenging 13.1 mile course throughout *Disneyland*®, *Disney California Adventure*® and past several well known City of Anaheim landmarks.

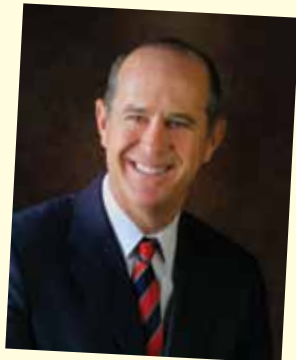
The Tinker Bell Half Marathon Weekend also includes other fun filled activities for runners to enjoy with their families including a Health and Fitness Expo and the Never Land Family Fun Run 5K. Moreover, the Tinker Bell Half Marathon takes great pride in helping to support a variety of worthwhile community programs.

All runners will find this competition a rewarding experience, and I hope it leads to a lifetime of healthy running.

Sincerely,

*Tom Tait*

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](http://www.anaheim.net)



## Meet Our Race Director

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 Inaugural Tinker Bell Half Marathon, 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.



# Time to Refuel



**1/3 Cup  
of Craisins® Dried  
Cranberries Equals  
1 Full Serving  
of Fruit**

*Tastes good. Good for you.™*

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

# Weekend Itinerary & Park Hours



## FRIDAY, JANUARY 27

### Tinker Bell Half Marathon Expo

Disneyland® Hotel Exhibit Hall  
10:00 a.m. – 7:00 p.m.

### Never Land Family Fun Run 5K\*

Friday, January 27, 2012  
Start: Main Street, U.S.A. –  
Disneyland® Park  
Finish: Paradise Pier –  
Disney California Adventure® Park  
10:30 p.m. Start

## SATURDAY, JANUARY 28

### Disney Kids' Races\*

Disney California Adventure® Park  
8:00 a.m. Start

### Tinker Bell Half Marathon Expo

Disneyland® Hotel Exhibit Hall  
10:00 a.m. – 5:00 p.m.

## SUNDAY, JANUARY 29

### Inaugural Tinker Bell Half Marathon\*

Start: Disneyland Drive, near  
Disney's Paradise Pier® Hotel  
Finish: Simba Parking Lot, near  
Disney's Paradise Pier® Hotel  
5:45 a.m. Start

### ChEAR Zones\*

Near AMC® 12 Theatres -  
Downtown Disney District  
Finish Line – Simba Parking Lot  
5:45-10:15 a.m.

### Awards Ceremony

Family Reunion Area Stage  
Simba Parking Lot, near  
Disney's Paradise Pier® Hotel  
8:30 a.m.

*\*Advance purchase required.*

## DISNEYLAND® RESORT

Celebrate your accomplishments at the Disneyland® Resort!

### Park Hours

#### Friday, January 27

Disneyland® Park	8:00 a.m. – 8:00 p.m.
Disney California Adventure® Park	10:00 a.m. – 9:00 p.m.

#### Saturday, January 28

Disneyland® Park	8:00 a.m. – Midnight
Disney California Adventure® Park	10:00 a.m. – 9:00 p.m.

#### Sunday, January 29

Disneyland® Park	9:00 a.m. – 10:00 p.m.
Disney California Adventure® Park	11:00 a.m. – 9:00 p.m.

*\*Subject to change.*





# Tinker Bell Half Marathon Expo

**Disneyland® Hotel Exhibit Hall**

**Friday, January 27, 2012**

**10:00 a.m. – 7:00 p.m.**

**Saturday, January 28, 2012**

**10:00 a.m. – 5:00 p.m.**



The **Tinker Bell Half Marathon Expo** is a two-day celebration located at the *Disneyland®* Hotel Exhibit Hall that will be your one stop for everything happening during race weekend. While picking up your official race number and packet, see the latest in fitness apparel, footwear, sunglasses, high-tech gadgets and nutritional products. Catch training tips from Jeff Galloway, the official *runDisney* training consultant, along with several others speaking on a variety of health and fitness topics.

Stop by the *runDisney* Official Merchandise store at the Expo for your Tinker Bell Half Marathon gear!

## Packet Pick-Up

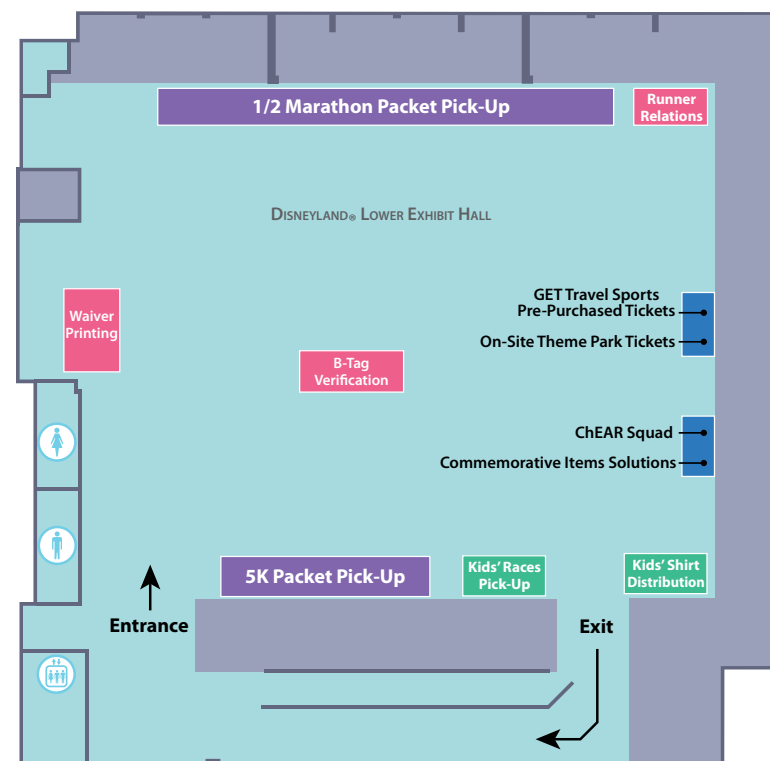
All participants must attend the Expo for race number, ChronoTrack B-Tag, and participant shirt pick-up. To save time, download your personalized race waiver from [runDisney.com/TinkerBell](http://runDisney.com/TinkerBell) in advance and bring it with you to the Expo.

## Commemorative Items & 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:

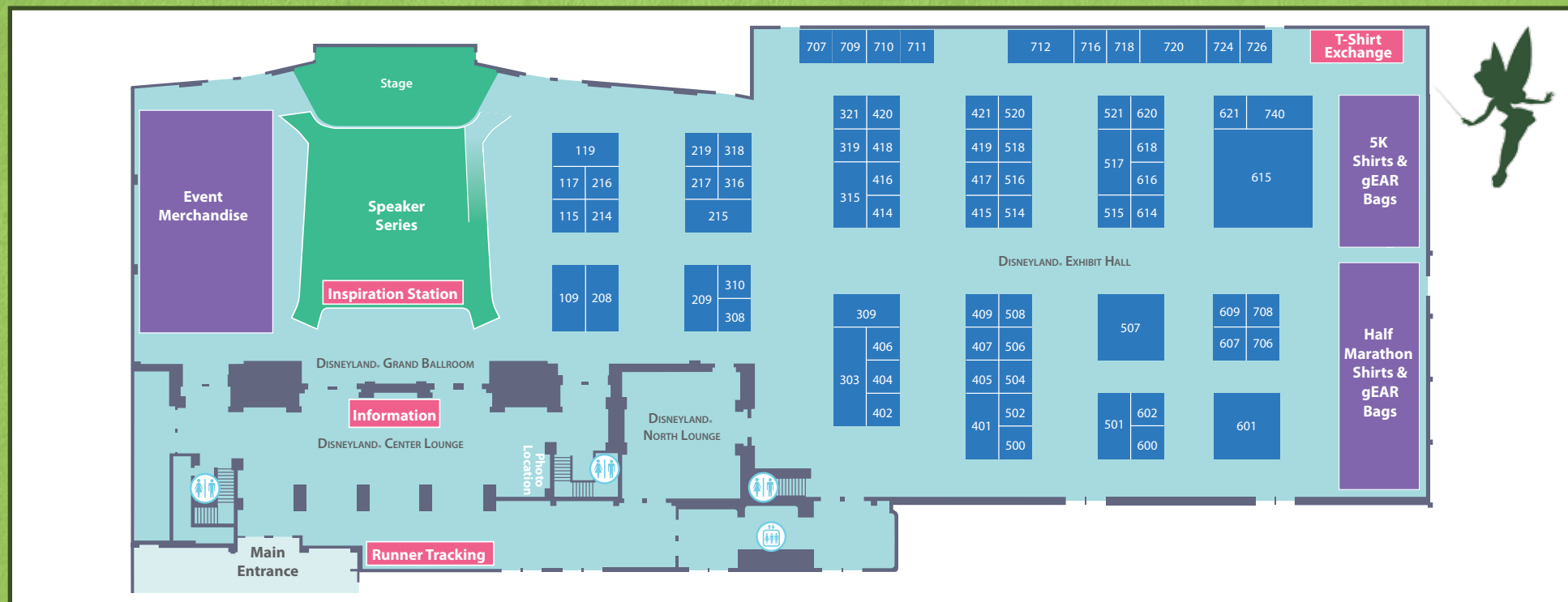
- Commemorative Pins
- Commemorative Necklaces
- Commemorative Mickey Ears
- ChEAR Squad Packages

When you arrive to the Tinker Bell Half Marathon Expo, proceed to the Lower Level of the *Disneyland®* Hotel Exhibit Hall for Race Packet, Commemorative Item, ChEAR Squad and Theme Park Ticket pick-up.



After you've picked up your packet at the Lower Level, please proceed to the Main Level of the *Disneyland®* Hotel Exhibit Hall for Half Marathon and 5K participant shirt and gEAR bag pick up.

# Expo Floorplan & Exhibitors



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
ABC Television Network	119	HappyFamily	502	NUUN Hydration	420	Sanuk	219
ABC's The Revolution	218	Higher Balance	506	OC Marathon	417	Skirt Sports	421
Aline Systems Inc	514	Hippie Runner	310	Ocean Spray Craisins	315	SnuggBuds Headsets	402
BeeCause Charms	614	Hollywood Half Marathon	516	One More Mile	601	SparkleZone LLC	517
Brightroom	501	i declare! charms	414	One More Mile - Sunglasses	607	Spectrum Sports Management	405
Continental Event & Sports Management	616	iFitness	215 & 706	Phiten USA	520	SPIbelt	740
Dannon	711	Injinji Inc.	621	Pinnacle Performance Eyewear	308	SportHooks	600
Endure	316	INKnBURN	712	Power Crunch	602	St. Joseph's	615
ESPNw	318	Lasting Commemoratives	409	Raw Threads	309	Studio Disney	365 & 109
Fond Memories	708	Lift Your Soul	504	Redbook	726	Sweaty Bands	208
Glam Headbands	500	Los Angeles Angels	707	Rock 'n' Roll Marathon Series	406	Team Sparkle	720
GU Energy Labs	115	Luna	401	Run Racing	724	TheStick.com	214
Gypsy Runner	209	Macy's	418	runDisney	303	Village Runner	618
Halo Headband	609	Marine Corps Marathon	117	Running Skirts	415	Whooha Gear	508
		National Running Center	507	RUseeN Reflective Apparel	620	Yurbuds	515



# 2012 Tinker Bell Half Marathon Speaker Schedule



## Friday, January 27, 2012

**11:00 a.m.**

**Jeff Galloway, runDisney Official Training Consultant**

### **How to Enjoy Every Mile**

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

**Noon**

**Nicole DeBoom, Skirt Sports Founder and CEO**

### **Find Your Balance**

Nicole DeBoom, former professional tri-athlete and Founder & CEO of Skirt Sports, is in the middle of the most exciting balancing act of her life! She will share stories of her journey as she juggles being an entrepreneur, a wife, an athlete, and a new mom.

**1:00 p.m.**

**Colleen Cooke, Luna Registered Dietitian**

### **Eating for your Power Curve**

Join Colleen Cooke, as she discusses how to fuel your body on your Power Curve, a good strategy that keeps your energy up and keeps you performing at your best. Come learn how to eat for consistent, lasting energy!

**2:00 p.m.**

**Mike Bone, Race Director  
Shannon Abeyta, Event Manager  
Mary Ancona, ChEAR Squad**

## **Last Minute Tips & Information for Runners & Spectators**

Looking for race information? This panel 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. This session will include a question and answer session.

**4:00 p.m.**

**Dr. Jessica Pierog, St. Joseph Hospital Medical Staff  
Women's Health**

Join Dr. Jessica Pierog from St. Joseph Hospital as she discusses relevant issues in women's health. Bring your questions!

**5:00 p.m.**

**Jenny Hadfield, Coach, Author & Columnist**

### **Preparing for Event Day**

Jenny has revolutionized the sport of running and has coached and inspired women to run their best races! She will share last minute tips and information on how to prepare for your best race day.

**6:00 p.m.**

**Jeff Galloway, runDisney Official Training Consultant**  
**Strong to the Finish**

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

## Saturday, January 28, 2012

**11:00 a.m.**

**Jeff Galloway, runDisney Official Training Consultant**

**Colleen Cooke, Luna Registered Dietitian**

### **How to Enjoy Every Mile**

Jeff and Colleen team up to share tips and methods that can help anyone avoid injury, stay strong to the finish, keep energy levels up and enjoy every mile of the race.

**Noon**

**Jenny Hadfield, Coach, Author & Columnist**

### **Preparing for Event Day**

Jenny has revolutionized the sport of running and has coached and inspired women to run their best races! She will share last minute tips and information on how to prepare for your best race day.

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**Nicole DeBoom, Skirt Sports Founder and CEO**

### **Find Your Balance**

Nicole DeBoom, former professional tri-athlete and Founder & CEO of Skirt Sports, is in the middle of the most exciting balancing act of her life! She will share stories of her journey as she juggles being an entrepreneur, a wife, an athlete, and a new mom.

**2:00 p.m.**

**Mike Bone, Race Director  
Shannon Abeyta, Event Manager  
Mary Ancona, ChEAR Squad**  
**Last Minute Tips & Information for Runners & Spectators**

Looking for race information? This panel 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. This session will include a question and answer session.

**3:00 p.m.**

**Dr. Jessica Pierog, St. Joseph Hospital Medical Staff  
Women's Health**

Join Dr. Jessica Pierog from St. Joseph Hospital as she discusses relevant issues in women's health. Bring your questions!

**4:00 p.m.**

**Jeff Galloway, runDisney Official Training Consultant**  
**Strong to the Finish**

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



## Never Land Family Fun Run 5K

**Start:** Main Street, U.S.A. – *Disneyland®* Park

**Finish:** Paradise Pier – *Disney California Adventure®* Park

**Friday, January 27, 2012**

**10:30 p.m. Start**

Tinker Bell will kick off the weekend adventure with her pals Peter Pan and the Lost Boys. Adults, teens and tweens can enjoy a nighttime 5K with the whole family on a fun run through Never Land and the *Disneyland®* Resort during the inaugural Tinker Bell Half Marathon Weekend. Just follow the “second star to the right and straight on till morning!”

All registered Never Land Family Fun Run 5K participants must bring a completed race waiver to pick up their race packets at the Tinker Bell Half Marathon Expo on Friday, January 27 from 10:00 a.m. - 7:00 p.m. Save time and download your personalized race waiver from [runDisney.com/TinkerBell](http://runDisney.com/TinkerBell) in advance and bring it with you to the Expo. Adults must present photo ID.





# runDisney KIDS' RACES

Disney California Adventure® Park

Saturday, January 29, 2012

8:00 a.m. Start

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! Children ages 13 and under can participate in Kids' Races ranging from the 100 meter dash to the 1-Mile Run based on their age group. Even the infants can crawl in the Diaper Dash.

Race packets must be picked up at the Tinker Bell Half Marathon Expo on Friday, January 27 from 10:00 a.m.-7:00 p.m. Completed event waivers are required for all Disney Kids' Races participants. Save time and download a personalized race waiver from [runDisney.com/TinkerBell](http://runDisney.com/TinkerBell) in advance and bring it to the Expo. Adults must present photo ID.

**JANUARY 29, 2012**



# Inaugural Tinker Bell Half Marathon

**Start:** Disneyland Drive, near *Disney's Paradise Pier® Hotel*

**Finish:** Simba Parking Lot, near *Disney's Paradise Pier® Hotel*

**Sunday, January 29, 2012 • 5:45 a.m. Start**

Sassy, feisty, and fun loving, Tinker Bell is the fairy we all know and love! You can run. You can run. You can run through the *Disneyland®* Resort and historic streets of Anaheim, California on your way to a Fairy Finish where you will earn your "wings". Each finisher will receive an exclusive Tinker Bell-inspired Finisher Medal.

## Corral Assignments

Corral and Wave assignments will be given during Packet Pick-Up at the Tinker Bell Half Marathon 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. Please remember to complete the emergency medical information on the back of the bib number.

## The Start

The start for the Half Marathon is located on *Disneyland®* Drive, adjacent to the Simba Parking Lot, near *Disney's Paradise Pier® Hotel*. 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, where you will receive your Tinker Bell Half Marathon Finisher Medal. If you have earned a Coast to Coast medal, please look for the *runDisney*

Coast to Coast Race Challenge signs prior to the refreshment area. 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, transportation is available to the Course Pick-Up tent located near the Mickey & Friends Parking Structure.

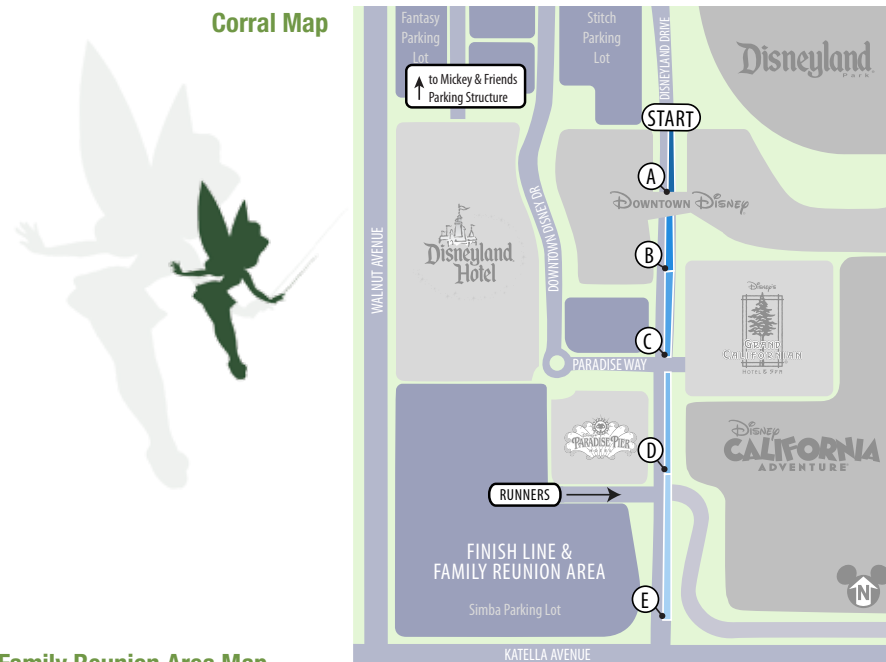
## Family Reunion

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

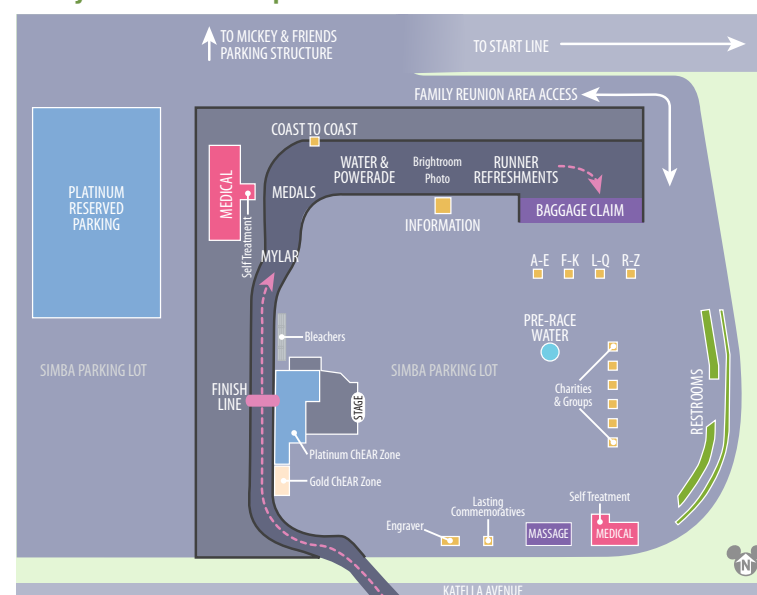
## Tips for meeting up with friends and family:

- 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.
- Agree upon a phone number from which both parties can call and retrieve messages.

## Corral Map



## Family Reunion Area Map





# 2012 Tinker Bell Half Marathon Course



## Course Description

The course for this race is packed with pixie dust will begin on Disneyland Drive where runners will pass under *Downtown Disney*® on their way into *Disneyland*® Park. The race will travel down the famed Main Street U.S.A. and pass the home of Tinker Bell and her pixie pals, Pixie Hollow, before it makes its way around the Rivers of America. After *Disneyland*® Park, the race will cut through *Downtown Disney*® by the *Disneyland*® Hotel and then it is on to the City of Anaheim. Runners will race through the enchanting, historic neighborhoods of downtown Anaheim, down the Anaheim Center Street Promenade and past Anaheim Ice on their way towards City Hall. Before returning to the *Disneyland*® Resort, runners make their way past the Anaheim GardenWalk and then into *Disney California Adventure*® Park. Just before a spectacular finish, runners experience the glitz and glamour of the Park's Hollywood Boulevard and glistening Paradise Bay, and then it's time for their "Fairy"-tale finish near *Disney's Paradise Pier*® Hotel.

## Beverage and Food 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 Shots will be distributed.

# runDisney Training Consultant, Jeff Galloway

## Your Race Day Checklist

By Olympian Jeff Galloway  
Official Training Consultant, runDisney

To avoid “pre-race jitters”, here’s a list to stay on track for packing and running.

- Don’t eat too much the night before the race: After 2pm, eat snacks that digest easily and don’t have a lot of bulk.
- Use the checklists on the next page and include anything else you need.
- Avoid alcohol the night before. Drink about 20-30 oz of electrolyte beverages the day before, and an additional 4-5 glasses of water, spread throughout the day.
- Fluid and potty stops. Arise early enough on race morning so that you can consume 6-8 oz of water or a cup of coffee, right away. You want to leave plenty of time to hit the bathroom before the start. Drinking too much or too close to the start will mean more stops during the race.
- Put on your clothes with the race number pinned to the front of the shirt you plan to wear during the second half of the race. If you aren’t sure whether you’ll use one or two layers, put the number on the one next to your body, low on the front. Roll up the outside shirt so that the number is visible at the start and the finish.
- On race morning, eat the foods that you have used successfully before. Most of the runners I’ve worked with on this issue have eaten little or nothing.
- Get to the shuttle stop early (As instructed by the race information). Upon arrival, get your bearings, check your clothing, see how you will walk to the start. Choose a side of the road for taking walk breaks, and line up on that side of the corral.
- Attach your chip as noted in the entry instructions.
- If you use calf compression sleeves for better blood flow and quicker recovery, put them on if you didn’t do this earlier.
- Make sure your timer is set for the run-walk-run ratio that you will be using. There will be some timers with vibration available at the runDisney/Galloway table at the expo (\$20)
- Move over to the side of the road to take a walk break.
- Start the race more slowly than you believe you can run. Line up at the back of your corral and walk

slowly to the starting line. This will give you greater freedom of movement during the first few miles.

- During the race, stick with your plan of pacing and walk breaks unless you want to go slower. Whatever you save in effort by going slower, you can use during the last 3 miles.
- At the finish, cross in the upright position, have a smile on your face and celebrate afterward.
- Remember to slow down by 30 sec a mile for every 5 degrees of temperature increase above 60F during the race.

**PACKING LIST**—prepare the night before

- Your watch or timer, set for the appropriate run-walk-run ratio
- A pace chart or wrist band, with mile times for your goal
- A spare pair of socks
- An extra long sleeve top, in case you are cool
- A garbage bag, in case of rain
- A hat, if you wear one (take it off if the temperature is above 60F)
- A post race drink, if desired
- A post race snack, if desired
- Your storage bag with race number attached, to insert extra items for pickup after the race

**FANNY PACK LIST**—prepare the night before

- Bandages and other first aid items
- Skin lubricant
- Blood sugar booster food
- \$ for refreshments afterwards
- Medication for afterward (only if your doctor instructs)
- Note: taking anti inflammatory medication before or during the run is not recommended—check with your doctor.
- Mantras—upbeat statements you can use when motivation starts to stagnate

**MANTRAS**—that work at any time

- Don’t Give Up
- I can do it
- This is my day
- I feel good
- I am strong
- I have control
- I’m getting it done
- I feel confident
- I’m running smooth
- I will prevail
- The spirit is strong (mantras from MENTAL TRAINING, at [www.JeffGalloway.com](http://www.JeffGalloway.com))

**YOU CAN DO IT!**





# Pacing, Timing & Results

## Pacing Requirements

All athletes must be able to maintain a 16-minute per mile pace throughout the race. 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 Course Pick-Up tent located near the Mickey & Friends Parking Structure. It is suggested that athletes train for a 15-minute per mile or faster pace to allow for breaks (restroom breaks, photo opportunities, etc.).

## Timing

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.

## Results & Runner Tracking

A complete list of Tinker Bell Half Marathon results will be posted at [runDisney.com/TinkerBell](http://runDisney.com/TinkerBell) beginning Sunday evening following the event.

Family and friends will be able to track Half Marathon participants with runner tracking available on [runDisney.com/TinkerBell](http://runDisney.com/TinkerBell). Participants will also have the opportunity to send split times via e-mail or text messaging by registering for the service through the website before 5:00 p.m. on Saturday, January 28 or at the Expo.

# Nourish Your Workout



## A nutritious snack to keep you moving.



# LUNA

CALCIUM • FOLIC ACID • VITAMIN D • IRON  
9g PROTEIN • 3g FIBER\*

The Whole Nutrition Bar for Women®  
[lunabar.com](http://lunabar.com)

# Awards Ceremony

## Overall Awards

Overall Half Marathon female winners and wheelchair winners will receive their awards at the Awards Ceremony at 8:30 a.m. on Sunday, January 29, 2012. The following awards will be presented on-site at the Awards Ceremony. Note: overall awards are based on Gun Time except where noted.

- Top 3 Overall Female Finishers
- Top 3 Female Wheelchair Finishers (push rim only)
- Overall Female Masters Champion

## Military, Team and Age Group Awards

The Military, Team and Age Group awards listed below for the Tinker Bell 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 each event, it can often take several minutes to cross the start line. In the interest of fairness, Masters, Military, Team and Age Group awards 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.

- Top 3 Mother/Daughter Teams
- Top 3 Sister/Sister Teams
- Top 3 Open Women's Division Teams
- Top 3 Co-Ed Teams\*
- Top 5 Female Military
- Top 5 Age Groups (Female)
 

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 & Over		

\*Male athletes are eligible for Open Co-Ed Team awards. Co-Ed Teams consist of one male and one female athlete.

## Event Results

A complete list of Tinker Bell Half Marathon results will be posted at [runDisney.com/TinkerBell](http://runDisney.com/TinkerBell) 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 [mydisney marathon.com/TinkerBell](http://mydisney marathon.com/TinkerBell) approximately 1 week after the race.



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runDisney



| [runDisney.com](http://runDisney.com)

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## *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!

### Complete one of the following *runDisney* Races at the *Walt Disney World*® Resort:

- *Walt Disney World*® Marathon
- *Walt Disney World*® Marathon Relay
- *Walt Disney World*® Half Marathon
- Goofy's Race and a Half Challenge
- Disney's Princess Half Marathon
- Disney Wine & Dine Half Marathon

### Complete one of the following *runDisney* Races at *Disneyland*® Resort:

- Tinker Bell Half Marathon
- *Disneyland*® Half Marathon

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 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 Coast to Coast Race Challenge.

For those participants completing the 2012 *runDisney* Coast to Coast Race Challenge with the Tinker Bell Half Marathon, please be sure to pick up your Coast to Coast Race Challenge wristband when you receive your race number. Upon completing the Tinker Bell Half Marathon, please present your attached wristband at the Coast to Coast Race Challenge Tent located in the Finisher's Chute. Your wristband will be cut off at this location and must be surrendered. You will be awarded your Coast to Coast Race Challenge medal at that time.

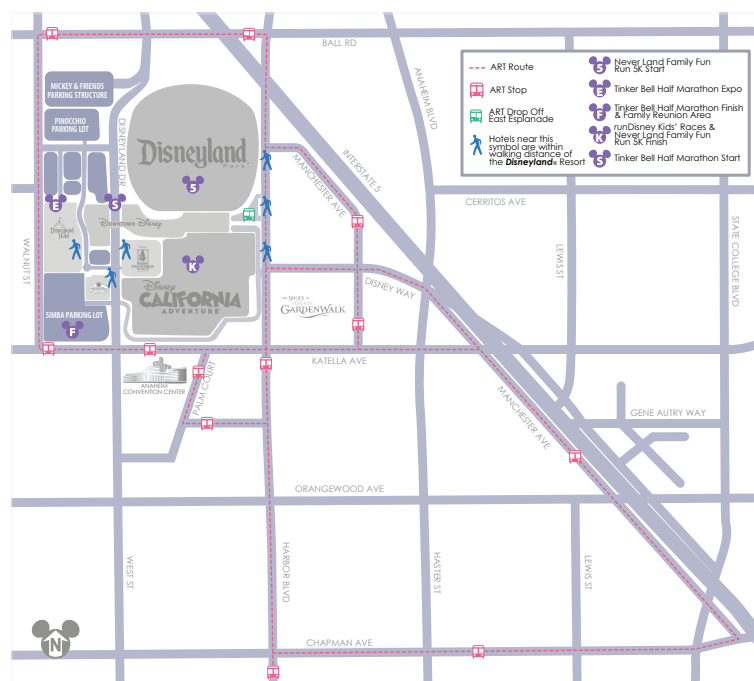
*Restrictions apply. Limit one medal per runner per calendar year. See website for details.*



# Transportation

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 (1/27-1/29) during scheduled Tinker Bell 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 Tinker Bell Half Marathon Weekend.

Shuttle Hours Friday 7:20-12:30 a.m. • Saturday 7:00-12:30 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 Menage
- 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 check with hotel front desk.

# Driving Directions

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. See the transportation shuttle map for pick-up and drop-off locations.

Parking will be available at the Mickey & Friends Parking Structure, located off Disneyland Drive at Ball Road. Follow the signs for Theme Park Parking. Standard parking fees apply. From 5:30-8:00 a.m., please access this parking structure from the Disneyland Drive off ramp of the southbound I-5 due to road closures in the area.

## 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 on Sunday, January 29. Please plan your travel arrangements accordingly.

- I-5 Northbound, Harbor Blvd. 5:30-6:30 a.m.
- I-5 Southbound, Harbor Blvd 5:30-8:30 a.m.
- I-5 Southbound, Disney Way 5:30-9:30 a.m.



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## *Spectator Viewing*

Spectators are encouraged to share in the Inaugural Tinker Bell 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 Ball Road  
5:45 a.m. to 6:20 a.m.

#### **Mile 4:**

*Downtown Disney®* District  
6:00 a.m. to 7:20 a.m.

#### **Mile 11:**

Disney Way  
6:45 a.m. to 9:12 a.m.

#### **Mile 13:**

Disneyland Drive & Katella Ave.  
6:55 a.m. to 9:45 a.m.

#### **The Finish:**

Simba Parking Lot, near  
*Disney's Paradise Pier®* Hotel  
6:57 a.m. to 9:50 a.m.

### **ChEAR Squad**

ChEAR Squad offers special reserved viewing on the Half Marathon course at *Downtown Disney®* District 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 Tinker Bell Half Marathon Expo. Please consult your Final Race Instructions for access details.





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



[sjo.org](http://sjo.org)

**St. Joseph Hospital**   
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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

## Clothing

- For cold weather running - considering starting with a thin layer of synthetic material such as polypropylene, which wicks sweat from your body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it’s really cold out, you’ll need a middle layer, such as polar fleece, for added insulation.

## 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 Ketoprofen 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.*

# Anaheim Community Foundation

The Inaugural Tinker Bell 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 Tinker Bell 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 2,000 volunteers will assist throughout the Tinker Bell 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](http://runDisney.com/Disneyland).

- Over 300 volunteers will assist with packet pick-up during the Tinker Bell Half Marathon Expo
- Approximately 100 volunteers will assist with the Never Land Family Fun Run and Disney 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



# Thank You Sponsors

