

OFFICIAL 2014 EVENT GUIDE



INAUGURAL

THE AVENGERS

SUPER HEROES
HALF MARATHON

WEEKEND

SUPER
HEROES



Welcome Avengers Super Heroes Half Marathon Weekend Participants!

You are about to embark on what has to be one of the most exciting races you'll experience all year. As president and CEO of the Anaheim Orange County Visitor & Convention Bureau, I welcome you to Anaheim and Orange County. I applaud each of you for making the personal commitment to train for and participate in this weekend of family, fun and fitness.

This year's half marathon will take you through four of Orange County's great cities. If you are an out-of-town visitor, I hope you have an opportunity to enjoy the many sights and attractions Anaheim and Orange County have to offer.

Don't miss the all-new Anaheim Packing House for some old world food hall dining and entertainment that has already become a favorite of Anaheim locals. I also invite you to visit Old Town Orange, where you'll conjure up the nostalgia of Main Street, U.S.A. with eclectic antique shops, pop culture memorabilia and plenty of fantastic food. Downtown Santa Ana is where you'll find amazing cuisine from Mexico, South America and Central America. Garden Grove is home to Historic Main Street, a unique and friendly place where you can experience shopping, food and loads of fun.

Most of all, please enjoy the place where runner's dreams come true. A weekend at the *Disneyland*® Resort is where family memories endure for generations to come.

I hope everyone takes home many wonderful memories and if you have traveled a long distance, I hope you enjoy your stay and will come visit us again. Welcome to Anaheim and Orange County!

Sincerely,

Jay Burress
President & CEO



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anaheimoc.org

MEET OUR RACE DIRECTOR

Mike Bone is the President and owner of Spectrum Sports Management, Inc., an event management company in Claremont, CA and has been involved with the *Disneyland®* Resort endurance events since 2008. 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 project-first philosophy has served well as Spectrum Sports has helped grow the *runDisney* events at the *Disneyland®* Resort in addition to working alongside the Los Angeles Angels of Anaheim, the 2015 Special Olympics World Games in Los Angeles, the PGA TOUR's Northern Trust Open, and a variety of runs and events in the Los Angeles market. This varied background and experience has led to Mike being recognized as a leader in Southern California sports marketing and event management, having worked with a variety of teams and colleges through consulting and event management. The Spectrum Sports' team is recognized for their professionalism, hard work and dedication to ensuring that the participant, the athlete, has a memorable time while participating in one of their events. The team is comprised of extremely talented people who share Mike's vision and dedication to the project and the athlete.

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 owned and directed a sports marketing company in Southern California for over twenty-five years. He has been married to his wife, Bonnie, for 27 years and has two sons, Andy and Matt. Both boys are not only competitive athletes themselves but are out working alongside their dad in preparing another extraordinary event.



FEATS OF STRENGTH AND ENDURANCE.



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WEEKEND ITINERARY

Friday, November 14

runDisney Health & Fitness Expo

Disneyland® Hotel Exhibit Hall

- Noon – 8:00 p.m.

Pasta in the Park Party

Disney California Adventure® Park – Stage 17

- 6:00 p.m. – 7:30 p.m.
(Advance reservations required.)

Saturday, November 15

Avengers Super Heroes 5K

Disneyland® Park & Disney California Adventure® Park

- 5:30 a.m.

runDisney Kids Races

Downtown Disney® District, near ESPN Zone®

- 9:00 a.m.

runDisney Health & Fitness Expo

Disneyland® Hotel Exhibit Hall

- 9:00 a.m. – 4:00 p.m.

Sunday, November 16

Avengers Super Heroes Half Marathon

Disneyland® Resort & surrounding areas

- Wheelchair Start: 5:29 a.m.
- Runner Start: 5:30 a.m.

ChEAR Zones

- 5:30 a.m. ChEAR Zones open
- 7:00 a.m. Disneyland® Park ChEAR Zone closes
- 10:00 a.m. Finish Line ChEAR Zone closes

Awards Ceremony

Family Reunion Area Stage, Lilo Lot
Overall Half Marathon Awards

- 8:00 a.m.



Time to Refuel



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Dried Cranberries meets
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*Each 1/4 cup serving of Craisins® Dried Cranberries provides 1/2 cup of fruit.
The USDA MY Plate recommends a daily intake of 2 cups of fruit for a 2000 calorie diet.

***run*DISNEY HEALTH & FITNESS EXPO**

Disneyland® Hotel Exhibit Hall

Friday, November 14

Noon – 8:00 p.m.

Saturday, November 15

9:00 a.m. – 4:00 p.m.

The *run*Disney Health & Fitness Expo welcomes all Half Marathon Weekend participants to experience a three-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 event weekend participants are required to attend Packet Pick-Up in order to receive your race bib, bag check sticker, gEAR bag, and race shirt.

Packet Pick-Up will not be available on race morning. A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. No exceptions. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. A link to the waiver will be available at **runDisney.com**. If you do not have access to the Internet or lose your waiver, onsite waiver printing will be available.

Registration Packet Contents

Please make every effort to confirm that your registration packet includes the following items before you leave *run*Disney Health & Fitness Expo. Your signature in the receipt book will serve as acknowledgement that you have received all items.

- Race bib number with B-Tag attached for Half Marathon only
- Bag check sticker
- Pre-purchased Commemorative pin and/or necklace (if applicable)

Pasta in the Park 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. Photo identification is required to pick up items. A waiver is required for each Gold, Silver or Platinum ChEAR Squad member and Pasta in the Park Party attendee.

- Commemorative Ears*
- Commemorative Necklaces*
- Commemorative Pins*

** Please remember that items not picked up will not be mailed or refunded.*

Maximum potential.



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PASTA IN THE PARK PARTY

Friday, November 14, 2014

Pasta in the Park Party

6:00 –7:30 p.m.

Disney California Adventure® Park – Stage 17

Kick off the 2014 Avengers Super Heroes Half Marathon Weekend by joining us for the Pasta in the Park Party inside *Disney's California Adventure® Park**! This event is a great way to relax and be entertained before your big race.

Package Pick-Up

Pasta in the Park Party packages must be picked up at the *runDisney* Health & Fitness Expo. Look for the “Pasta in the Park” booth in the Lower Exhibit Hall. Packages will be listed by last name of the purchaser. A Photo ID and waiver will be required. Package Pick-Up will not be available at the event or at the expo after 5:00 p.m., Friday, November 14, 2014.

Waivers

A waiver must be completed and signed by each participant, or a parent or legal guardian if the participant is under 18 years old. Both a signed waiver and Photo ID are required to pick up your package. To save time, print your waiver from **runDisney.com** and bring it to the Expo.

Event Details

The Pasta in the Park Party at the Avengers Super Heroes Half Marathon features:

- Buffet pasta dinner and dessert
- Character appearances throughout the evening
- Opportunities for photos with Characters
- Entertainment

Admission

Each Party guest will receive an access wristband in their packet. A wristband is needed for entry into the Pasta in the Park Party.

** In addition to a Pasta in the Park Party ticket, Guests will also need valid Theme Park admission in order to gain entrance to the Park. If you purchased a Pasta in the Park Party WITHOUT a ticket, you must provide your own valid admission media for entry into Disney California Adventure® Park. If you purchased the Pasta in the Park Party WITH a theme park ticket, you'll receive a Twilight Ticket to enter the Park. This ticket can be used to enter Disney California Adventure® Park any time after 4:00 p.m. on Friday, November 14, 2014 and will expire on November 21, 2014. All tickets are non-refundable.*



GIVE OUR ENERGY ZONE A SHOT

**WE'LL RETURN
THE FAVOR**



CLIF BAR IS PROUD TO BE AN OFFICIAL NUTRITION PARTNER OF THE 2014 *AVENGERS SUPER HEROES* HALF MARATHON. THAT MEANS WE'LL BE ON COURSE WITH CLIF SHOT ENERGY GEL! PLEASE REFER TO THE OFFICIAL COURSE MAPS FOR THE EXACT LOCATION OF THE CLIF SHOT ENERGY ZONE ON COURSE.



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**SATURDAY
NOVEMBER 15,
2014
9:00 A.M. START**



**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!

Participants

For the little runners who want to get into the action, the *runDisney* Kids Races will give each participant the chance to earn his or her own finisher medallion!

- 12 months & under - Diaper Dash
- 1-3 years old - 100 meter dash
- 4-6 years old - 200 meter dash
- 7-8 years old - 400 meter dash

Each race will have its own start line, and all races will finish in between the *Disneyland*® Hotel and ESPN Zone®, utilizing the same finish line as the Half Marathon. Please follow the signs and listen to the Race Announcer for instructions regarding staging areas. Any parents who wish to run with their children are encouraged to do so. However, only registered participants will receive a medallion.

Race packets must be picked up at the *runDisney* Health & Fitness Expo by 8:00 p.m. on Friday, November 14. A completed event waiver is required for every *runDisney* Kids Races participant. To save time, print your child's personalized race waiver from **runDisney.com** and bring it with you to the Expo. Adults must present photo ID.

Staging Areas

Participants should arrive in the *Downtown Disney*® District Valet Loop behind the ChEAR Squad viewing location at the following time:

100 Meter Dash - 8:45 a.m.

200 Meter Dash - 9:00 a.m.

400 Meter Dash - 9:10 a.m.

Diaper Dash - 9:25 a.m.

Race Bibs

Each runner will be issued a race bib at Packet Pick-Up, and should wear their race bib on the front of their shirt. Please complete the Emergency Contact Information on the back of the bib.

Parent Claim Process

Each race bib will include a tear off tag with your child's race number on it. Remove this tag from your child's bib prior to their race. Present this tag at the conclusion of the race in order to leave the secure finish area with your child.

Races will begin at 9:00 a.m. and take place in the following order:

- 1-3 years old - 100 meter dash
- 4-6 years old - 200 meter dash
- 7-8 years old - 400 meter dash
- 12 months & under - Diaper Dash

RACE INFORMATION

Avengers Super Heroes 5K

Saturday, November 15, 2014

5:30 a.m. Start

Avengers Super Heroes Half Marathon

Sunday, November 16, 2014

5:29 a.m. Wheelchair Start

5:30 a.m. Runner Start

THE START

The start for the Avengers Super Heroes 5K and Half Marathon is located on Disneyland Drive between Magic Way and Paradise Way, near the Lilo Parking Lot of the *Downtown Disney®* District. Please follow event signs and the direction of event personnel. Please ensure your race bib is on your outer most garment and visible when entering the start area. Measures will be taken to prevent unofficial runners from starting.

RESTROOMS

Portable restroom facilities will be available near the start line, on the course near the beverage stations, and in the finish area. Guest restrooms inside the Theme Parks will also be available for runners.

gEAR BAG CHECK*

gEAR Bag Check is located in the Pre-Race/Family Reunion Area located inside the Lilo Parking Lot.

gEAR Bag Check Hours

Avengers Super Heroes 5K

Lilo Parking Lot

3:30 a.m. – 7:15 a.m.

Avengers Super Heroes Half Marathon

Lilo Parking Lot

3:30 a.m. – 10:30 a.m.

** All runners should be in their corrals and gEAR bags should be checked by 5:15 a.m. gEAR Bags not claimed will be moved to Resort Lost & Found.*

Please consider not bringing a bag to check on race day. All items may be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a bag, you **MUST** use the clear bag provided to you at Packet Pick-Up. **NO EXCEPTIONS.** Once you finish, your race number will be used to verify your bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

RACE INFORMATION

RACE BIBS

Each runner will be issued a race bib at Packet Pick-Up. Please wear the race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be in the gEAR bag.

In order to receive an accurate time for the Half Marathon, please confirm that your bib is:

- Clearly visible on the front of the torso
- Unaltered and unmodified (do not fold or wrinkle)
- Pinned in all four corners
- Not covered with shirts, jackets, winter wear, etc

TIMING

Clocks will be located at every mile marker along the course. When you receive your race bib for the Half Marathon, 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 time **WILL NOT**

be recorded.

PARTICIPANT CHECKLIST

- ☐ Race bib with ChronoTrack B-Tag and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)
- ☐ Clear plastic drawstring gEAR bag with bag check sticker
- ☐ Pre-determined reunion location (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)

THE FINISH

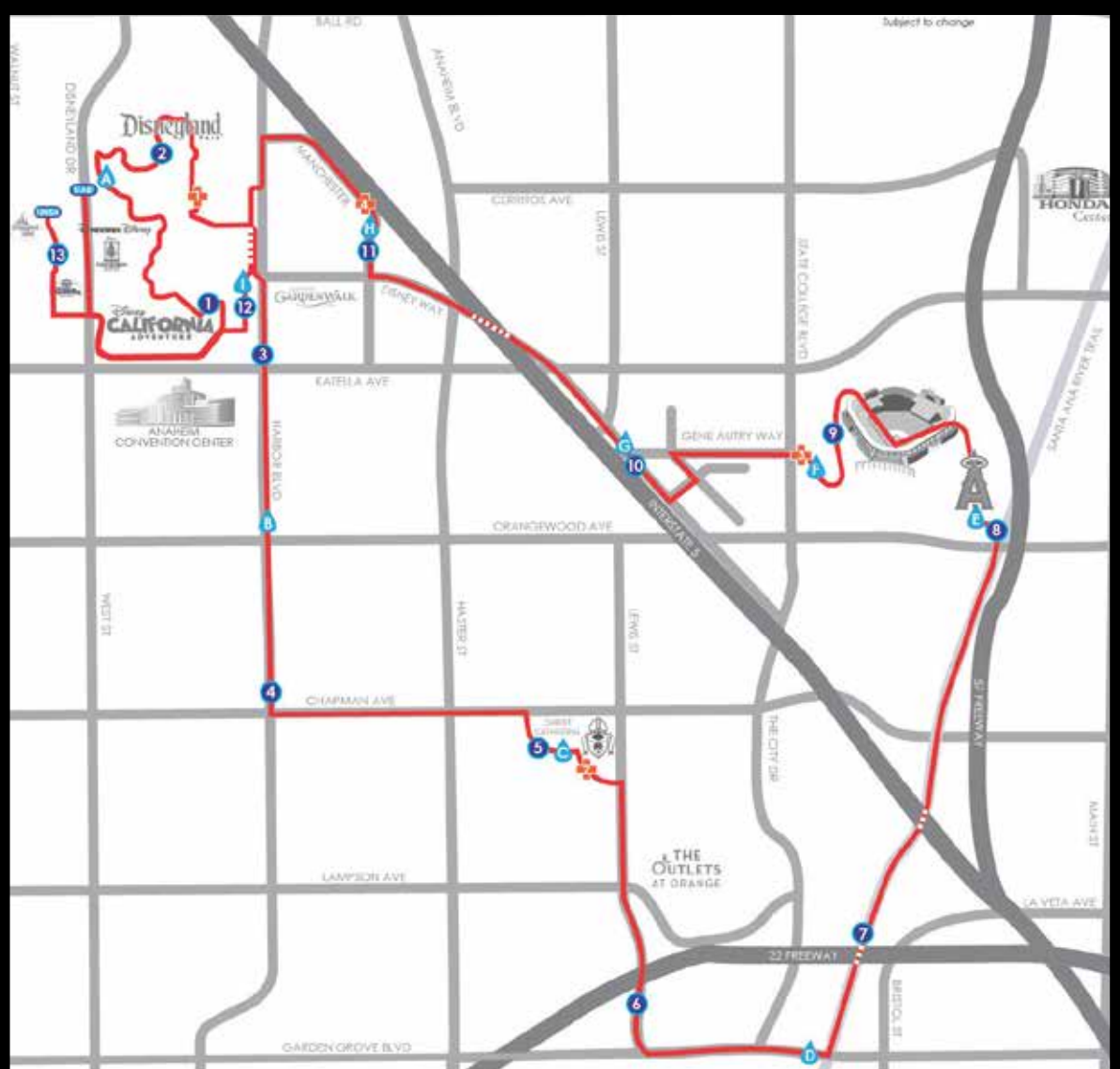
After you cross the finish line, please proceed through the finisher's chute. Volunteers will present you with your finisher medal(s) and post-race refreshments. Photographers will be available for post-race photos before you are directed to the gEAR Bag Check Area. These areas are restricted to runners 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 course support station along the course for assistance and direction. For those unable to continue at any point in the race, transportation is available to the Course Pick-Up Tent in the Pinocchio Parking Lot, just a short walk from the Family Reunion Area.

RACE INFORMATION

Avengers Super Heroes Half Marathon



Course Description

It's the Avengers Super Heroes Half Marathon and the course for this magical half marathon event will take you through *Disney California Adventure*® Park, celebrating California's storied past and exciting future, and *Disneyland*® Park, home of Mickey, Minnie, Donald and the whole Disney gang. Then it's on to the scenic streets of the surrounding areas, and then on to *Disney's Paradise Pier*® Hotel and the *Disneyland*® Hotel for an exciting finish. Ideal weather and mostly a flat loop course set the stage for an exhilarating Half Marathon designed to shatter personal bests.

RACE INFORMATION

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.

Medical Aid Stations

Four medical aid stations will be set up along the course, staffed by Celebration Health.



RACE INFORMATION

Avengers Super Heroes 5K



Course Description

Assemble your family and friends at the *Disneyland*® Resort for the Avengers Super Heroes 5K. Unleash your super hero abilities during this exciting course through *Disney California Adventure*® Park and *Disneyland*® Park. It's going to be incredible!

Water Stations

Two water stations will be available along the 5K course.

Restrooms

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

RACE INFORMATION



RACE CHALLENGE

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 Challenge! If you complete a 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 to commemorate your achievement.

After completing the Half Marathon on Sunday, *runDisney* Coast to Coast participants must visit the Challenge tent with their *runDisney* Coast to Coast wristband to receive their *runDisney* Coast to Coast medal and to celebrate their accomplishment.

**runDisney* Coast to Coast wristband must be presented to receive the *runDisney* Coast to Coast medal.



be safe to and from the race!

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runDisney

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SAFETY

SAFETY REMINDER

For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, and animals of any kind are prohibited on 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.

COSTUMES

You are allowed to wear a costume. However, your costume cannot include a facemask. Anyone seen in violation of this will be removed from the course. If your costume is questionable or offensive to others, we reserve the right to either have you change into something more appropriate or remove you from the event.

PACING

All participants are required to maintain a pace of 16-minutes-per-mile throughout the entire race. Anyone who is not able to maintain a 16-minute-per-mile pace may be escorted or transported to the Course Pick-Up Tent in the Pinocchio Parking Lot. Participants may be picked up at any point along the course for not maintaining a 16-minute-per-mile pace. It is suggested that athletes train for a 15-minute per mile pace or faster to allow time for breaks (restroom breaks, photo opportunities, etc.).

Pace cyclists will be on the course indicating when runners are behind pace by posting orange flags at mile markers according to the official pace time. If you reach a mile marker with an orange flag, you are behind the required 16-minute-per-mile pace and can be picked up at any time.

Runners unable to finish the race due to injury or fatigue may stop at any medical or water station for assistance and transport to the Course Pick-Up Tent, in the Pinocchio Parking Lot.

SAFETY

WEATHER

The race will be held rain or shine. If there is lightning in the area the race will either have a delayed start or depending on the intensity of the weather, be canceled. All medical stations will have the appropriate flag color displayed according to existing heat conditions:

- ▶ **GREEN FLAG** – Good conditions. Enjoy the event but stay alert.
- ▶ **YELLOW FLAG** – Less than ideal conditions. Participants with high risk of heat stroke should withdraw.
- ▶ **RED FLAG** – Potentially dangerous conditions. Heat injury is possible. All participants urged to slow their pace and hydrate adequately.
- ▶ **BLACK FLAG** – Extreme and dangerous conditions. All participants advised not to compete. Course may be shortened and no times recorded.

For everyone's safety, delaying or canceling the event is at the discretion of the Event Management team. As a reminder, the registration fees are non-refundable and nontransferable.

Note: Please consider not bringing unnecessary bags with you on race day. All items will be inspected.



RACE ETIQUETTE

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the Avengers Super Heroes Half Marathon Weekend events.

- 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.
- Wear your race bib on the front of your shirt and SMILE! Photographers will be taking pictures of you throughout the race.
- Please enter your correct start corral. 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.
- 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.
- Move to the side if someone behind you says “Excuse Me” or “Coming Through.”
- 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 race course and finish area is for registered participants and staff only.
- Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too. Please be courteous to those finishing behind you and take only one of each item.
- Celebrate! Thank your volunteers and have a great race!



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POST-RACE

Results

All results will be posted on **runDisney.com** the evening of the race.

Photos

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. Photos usually take between 2-3 days to be loaded onto the website. You will need your race number to access your photos.

Finisher Certificates

Participants who finish the Half Marathon will be able to download a finisher certificate at **MyDisneyMarathon.com** approximately two weeks after the race.

Family Reunion Area

Reunite with your friends and family after you complete the race.

Meet Up Tips:

- 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.
- 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 Information Tent in the Family Reunion Area.



AWARDS

Awards Ceremony

Every athlete who competes in the Kids Races, 5K and Half Marathon will receive a commemorative medal upon finishing the race.

Overall Awards

Sunday, November 16, 2014

8:00 a.m.

Family Reunion Area Stage, Lilo Lot

The following Half Marathon 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

Individual Awards

Military and Individual awards for the Half Marathon will be distributed by mail after the event.

Awards will be awarded to the top five male and female Half Marathon runners in 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.

TRAINING TIPS

YOU CAN DO IT! ON TO THE WALT DISNEY WORLD® MARATHON IN JANUARY

By Olympian Jeff Galloway

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 *Walt Disney World*® Resort, wearing their medals.

Finishing a marathon is an elite accomplishment: only one-tenth of one percent of the population finishes a marathon each year. The journey to the marathon finish line is one of the most empowering experiences in life—and it doesn't have to leave you "out of commission" from family or career activities. Just follow my free program, available at runDisney.com.

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 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 runDisney.com site).

Other *runDisney* events, such as the Tinker Bell Half Marathon, Disney Wine & Dine Half Marathon, 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

TRAINING TIPS

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 **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.

For more information, including nutrition, motivation, running form, etc. see GALLOWAY TRAINING PROGRAMS and **runDisney.com** or **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 **RunInjuryFree.com**

Run-Walk-Run Strategies

Pace per mile run amount/walk amount

9 minutes/mile---4 minutes/1 minute—OR 2 min/30 seconds

10 minutes/mile--3 minutes/1 minute OR 1:30/30 or 60 sec/20 sec

11 & 12 minutes/mile—2 minutes/1 minute or 60/30 or 40/20 or 30/15

13 & 14 minutes/mile—1 minute/1 minute or 30/30 or 20/20 or 15/15

15 minutes/mile---15 seconds/30 seconds or 20/40

16 minutes/mile---10 seconds/30 seconds or 15/45

FIT2RUN

THE RUNNER'S SUPERSTORE



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- Top footwear brand names
- Performance apparel
- Sunglasses, GPS wrist personal trainers
- and more

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Life well lit™ 

MEDICAL INFORMATION

Celebration Health Medical Stations are located along the course. With prior training, you should be prepared for the physical demands of the marathon. Nevertheless, you may suffer cold or heat stress, or become dehydrated. The following can help you prepare for a safe and enjoyable race.

What to Know About Fluid Intake

- 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 20 minutes during the race.
- At least every other water stop, you should have some form of electrolyte replacement (PowerAde, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.
- Runners and walkers who are interested in the endurance “experience” rather than pursuing a “personal best” performance, must resist the tendency to over-drink. Runners/walkers planning to spend between 4-6 hours or longer on the course are at risk for developing fluid-overload (hyponatremia) and usually do not need to ingest more than one cup (4-6 oz) of fluid every 20 minutes (3 oz if you weigh approximately 110 lbs. and 6 oz if you weigh approximately 200 lbs).

Tips For Race Day

- Check your urine a half hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!
- DO NOT take any product with ephedra in it. Ephedra increases your risk of “heat illness.” It should not be used while training or on race day!
- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

Pain Relievers / Supplements

- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners’ kidney function if taken within 24 hours of running. Only acetaminophen (Tylenol®) has been shown to be safe.

MEDICAL INFORMATION

- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt. Therefore it is recommended that on race day (specifically beginning midnight before you run) you DO NOT use anything but acetaminophen (Tylenol®) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, a NSAID would be beneficial in preventing post-event muscle soreness.
- Narcotics should be avoided within 48 hours of race day due to the harmful effect on performance, perception, and mental status.
- 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; increase blood pressure and heart rate and should be drastically limited during this time.

Warning Signs

- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical 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 station located throughout the course.

For Your Own Safety

- Complete the medical history on the back of your race number.
- Drink plenty of fluids.
- 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.

MEET OUR MEDICAL DIRECTOR

- Let your friends and family know your race number so they can find you if you are in a medical tent.
- 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).
- Make sure your shoes and clothes are appropriate for the event and environmental conditions.

Questions

The Medical Team is here to help! On race day, there will be sports medicine professionals at the finish line tent and throughout the course. Remember, we will have medical staff at all four tents on the course, as well as medical bike teams to help you along the way.

About Our Medical Director

James Scelfo, MD is the Medical Director of all *runDisney* endurance events. Dr. Scelfo is board certified in Family Medicine with a special interest in Sports Medicine. Dr. Scelfo received his medical degree from Louisiana State University and completed his residency training with Florida Hospital. He is actively involved in Orlando sporting events acting as Medical Director of the Russell Athletic Bowl, the Capital One Bowl, and high school athletics. He also serves as the Medical Director to the cholesterol anticoagulant and smoking cessation clinics at Florida Hospital Celebration Health. He continues to remain on the cutting edge of medical technology with a focus on prevention, diagnosis and aggressive management of disease. In his free time, Dr. Scelfo maintains an active lifestyle and enjoys jogging, reading, and spending time with his family.



YOU'RE ON A MAGICAL RUN

WE'RE HERE TO KEEP YOU IN THE RACE



You love sports. You love the thrill of competition, the sense of personal accomplishment and the simple joy of exercising with your family and friends. Unfortunately, injuries can sometimes knock you out of the race.

Florida Hospital Celebration Health delivers elite sports medicine to you and your family when you need it the most. As the official medical provider of runDisney, we know what it takes to help you overcome your injuries and bounce back stronger than before. You won't find a finer orthopaedic team of specialists offering the most advanced surgical techniques and state-of-the-art rehab and therapy services anywhere in the state of Florida.

From first-time runners to first place finishers, we're here for you through every magical mile you run.

**OFFICIAL MEDICAL
PROVIDER OF** 

To learn more about us visit
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**CELEBRATION
HEALTH**
FLORIDA HOSPITAL

The skill to heal. The spirit to care.®

EVENT SUPPORT

The Anaheim 13th Marine Expeditionary Unit Adoption Committee

The Anaheim 13th Marine Expeditionary Unit Adoption Committee is a volunteer based, citizen run committee dedicated to support the men and women that provide their service to protect our country, focusing on the 13th MEU. The Mission is to continuously generate community wide support, and encourage mutually beneficial interaction between the residents of Anaheim and the Marines, the Sailors, and the families of the 13th MEU, both at their home based at Camp Pendleton and /or when the unit or elements thereof are deployed, in order to render support and create strong and lasting ties in the years to come.

Race Crew

Over 2,400 volunteers will assist throughout the Avengers Super Heroes Half Marathon Weekend on behalf of the Anaheim Community Foundation. Family and friends can register to volunteer for the 2015 Avengers Super Heroes Half Marathon Weekend by visiting runDisney.com.

- Over 1,000 volunteers will assist with packet pick-up during the runDisney Health & Fitness Expo
- Over 300 volunteers will assist with the 5K & runDisney Kids Races
- 200 medical volunteers will staff Celebration Health medical stations during the Half Marathon
- Over 1,000 volunteers will staff the Start Line, Food Stop, Water Stops and Finish Line locations

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