CALIFORNIA
Avengers Super Heroes Half Marathon Weekend
November 12-15, 2015
Star Wars™ Half Marathon Weekend
January 14-17, 2016
Tinker Bell Half Marathon Weekend
presented by PANDORA Jewelry
May 5-8, 2016
Disneyland® Half Marathon Weekend
presented by Cigna®
September 1-4, 2016

FLORIDA
Disney Wine & Dine Half Marathon Weekend
November 6-7, 2015
Walt Disney World® Marathon Weekend
presented by Cigna®
January 6-10, 2016
Disney Princess Half Marathon Weekend
presented by Children’s Miracle Network Hospitals
February 18-21, 2016

PARIS
Disneyland® Paris Half Marathon Weekend
September 23-25, 2016
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You go the extra mile to be healthy. So whether you’re ready to run or here to cheer, Cigna has your back. And we’ll be with you every step of the way.

Cigna.com/together

Together, all the way.
Welcome Runners,

We are thrilled to have you here for the Disneyland® Half Marathon Weekend. This year’s event is packed with excitement as we honor both the 10th anniversary of the Disneyland® Half Marathon as well as the 60th anniversary of the Disneyland® Resort.

In addition to the 5K, 10K, Kids Races and Half Marathon, this weekend will include a three-day runDisney Health & Fitness Expo at the Disneyland® Hotel and an all-new Disneyland® Half Marathon 10th Anniversary Party, featuring exclusive access to attractions, entertainment, and characters.

Returning for a third year is the popular Dumbo Double Dare Challenge, which includes a very special medal for participants who complete both the 10K on Saturday and the Half Marathon on Sunday.

As we celebrate six decades of magic at the Disneyland® Resort, be sure to make time to experience our new entertainment for the Diamond Celebration. In Disneyland® Park, we have an amazing new parade, “Paint the Night,” featuring incredible music, your favorite Disney characters, and more than 1.5 million dazzling lights. Close out your evening with “Disneyland® Forever,” our newest fireworks show featuring stunning special effects that make it our most immersive show ever. Be sure to make your way to Disney California Adventure® Park for the all-new nighttime spectacular, “World of Color - Celebrate!”

You’ll definitely get your workout this weekend trying to capture all of the magic throughout the resort. Whether you are running from START to FINISH or from attraction to attraction, I wish you a safe, happy and wonderful weekend!

Sincerely,

Michael Colglazier
President
Disneyland® Resort

Welcome Disneyland® Half Marathon Racers!

All of your training and hard work is about to culminate in what has to be the happiest 13.1 miles you’ll experience all year. As president and CEO of Visit Anaheim, welcome to Anaheim and to the Disneyland® Half Marathon Weekend.

If you are an out-of-town visitor, I hope you have an opportunity to enjoy the many sights and attractions that Anaheim has to offer.

Just a few blocks from here is the highly popular Anaheim Packing House, a food hall reminiscent of the great public markets of Europe. Just a short walk from the Packing House are unique restaurants and shops at Anaheim’s Center Street Promenade located in the heart of downtown Anaheim. There’s plenty to see and do, starting with the indie clothing shops, unique restaurants, the historic Carnegie Library and MUZEO Museum.

Most of all, enjoy the place where runners’ dreams come true: a weekend at the Disneyland® Resort is where family memories are created for generations to come. After visiting the parks, the Downtown Disney® District, an exciting place for spontaneous fun, is a perfect setting for a post-race celebration.

Enjoy your stay, take home many wonderful memories and I hope you come visit us again soon. Welcome to Anaheim!

Sincerely,

Jay Burress
President & CEO
Visit Anaheim
HELLO RUNNERS, VOLUNTEERS & SPECTATORS!

Welcome to the 2015 Disneyland® Half Marathon Weekend presented by Cigna®. Thank you so much for joining us here in California.

Cigna® is honored to sponsor this magical event. Our family of employees around the world is committed to working together with the people we serve to help them achieve healthier and more secure lives. That’s because nobody should have to go through this journey we call life alone.

That’s especially true this weekend, as we all experience the Happiest Race on Earth! From the Disneyland® 5K, to the Half Marathon, to the 19.3-mile Dumbo Double Dare and more, there’s something for everyone. Whether you’re a first-time runner, a racing veteran, or here to cheer on your family, friends and coworkers, I’m sure you’ll have an adventure.

And while you’re here, check out the Cigna® Mobile Wellness Van. We’ll be at the Downtown Disney® valet parking drop-off area throughout the weekend. Stop by for your free preventive health screening!

I hope you’ll find the entire weekend as exciting and memorable as I know I will. The runDisney team, along with hundreds of volunteers, has coordinated an extraordinary and magical experience for you. You’re in for a treat.

Again, thank you for being here with us this weekend, and I wish you a magnificent time at Disneyland® Resort.

Lisa Bacus
Chief Marketing Officer
Cigna®

P.S. I hope you’ll also join us for the 2016 Walt Disney World® Marathon Weekend next January.

Cigna.com/together
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 28 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.
Thursday, September 3
runDisney Health & Fitness Expo
Disneyland® Hotel Exhibit Hall
• 10:00 a.m. – 8:00 p.m.

Disneyland® Half Marathon 10th Anniversary Party
Disneylands® Park
• 4:00 p.m. – Midnight

Friday, September 4
Disneyland® 5K presented by Cigna®
Disneyland® Resort
• Wheelchair Start: 5:29 a.m.
• 5:30 a.m.
runDisney Health & Fitness Expo
Disneyland® Hotel Exhibit Hall
• Noon – 8:00 p.m.

Saturday, September 5
Disneyland® 10K presented by Cigna®
Disneyland® Resort & City of Anaheim
• Wheelchair Start: 5:29 a.m.
• 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.
Pasta in the Park Party
Big Thunder Ranch Jamboree -
Disneyland® Park
• 6:00 p.m. – 7:30 p.m. (Advance reservations required.)

Sunday, September 6
Disneyland® Half Marathon presented by Cigna®
Disneyland® Resort & City of Anaheim
• Wheelchair Start: 5:29 a.m.
• Runner Start: 5:30 a.m.

ChEAR Zones
• 5:30 a.m. ChEAR Zones open
• 7:15 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.

Thursday, September 3
Disneyland® Park: 10:00 a.m. – 9:00 p.m.
Disney California Adventures® Park: 10:00 a.m. – 8:00 p.m.

Friday, September 4
Disneyland® Park: 9:00 a.m. – Midnight
Disney California Adventures® Park: 9:00 a.m. – 10:00 p.m.

Saturday, September 5
Disneyland® Park: 9:00 a.m. – 11:00 p.m.
Disney California Adventures® Park: 9:00 a.m. – 9:00 p.m.

Sunday, September 6
Disneyland® Park: 9:00 a.m. – 11:00 p.m.
Disney California Adventures® Park: 9:00 a.m. – 9:00 p.m.

*All park hours are subject to change.
**Shuttle Transportation**

Complimentary Anaheim Resort Transportation shuttles will depart from select Anaheim area hotels to the Disneyland® Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (9/3-9/6) during scheduled Disneyland® Half Marathon Weekend events. Passes can be picked up at the Transportation Desk at the Expo, located at the Disneyland® Hotel, beginning Thursday, September 3 at 10:00 a.m. You must print and show your waiver to the shuttle driver to get to the runDisney Health & Fitness Expo and obtain a transportation pass. Please save this pass for use over the entire Disneyland® Half Marathon Weekend.

**Shuttle Hours:**
Thursday 8:20 a.m. - 1:00 a.m. • Friday 3:30 a.m. - 12:30 a.m. • Saturday 3:30 a.m. - 11:30 p.m. • Sunday 3:30 a.m. - 11:30 p.m.

*Schedules may vary. Please check with the front desk to confirm your hotel shuttle schedule.*
Arriving by Car

Please plan accordingly and allow enough time to arrive with detour traffic. Expect delays. We encourage all runners and their spectators to avoid traffic and parking by using the complimentary shuttles, which are provided free of charge to guests staying at select Anaheim area hotels. See the transportation shuttle map for pick-up and drop-off locations. Should you choose to drive, please utilize the Mickey & Friends Parking Structure, located on Disneyland Drive and Ball Road, for all weekend events. Standard fees apply.

Driving Directions to Mickey & Friends Parking Structure:

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, September 6. Please plan your travel arrangements accordingly.

Sunday, September 6, 2015
• I-5 Northbound, Katella Avenue – Closed 5:30 a.m. - 9:30 a.m.
• I-5 Southbound, Disney Way – Closed 5:30 a.m. - 9:30 a.m.
• I-5 Southbound, Harbor Blvd – Closed 5:30 a.m. - 7:30 a.m.
Various road closures around the Disneyland® Resort will be in effect prior to and during Disneyland® Half Marathon Weekend events. Please expect delays and plan your travel arrangements accordingly.
Disneyland® Hotel Exhibit Hall
Thursday, September 3  
10:00 a.m. – 8:00 p.m.
Friday, September 4  
Noon – 8:00 p.m.
Saturday, September 5  
9:00 a.m. – 4:00 p.m.

The runDisney 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 participants must attend the Expo to receive their race bib, participant shirt and gEAR bag. Each participant must provide a signed race waiver and photo identification in order to receive their race packet. Save time and download your personalized race waiver in advance and bring it with you to the Expo.

Pick up Disneyland® Half Marathon 10th Anniversary Party Tickets, Pasta in the Park Party tickets, ChEAR Squad packages and pre-purchased Commemorative Items at the Expo.

• Commemorative Ears
• Commemorative Pins
• Dooney & Bourke

• Commemorative Necklace
• Commemorative Jackets

Photo identification is required to pick up items. A waiver is required for Disneyland® Half Marathon 10th Anniversary Party Tickets, Pasta in the Park Party tickets, and Silver, Gold or Platinum ChEAR Squad packages.
1 Serving of Craisins® Original Dried Cranberries meets 25% of your daily recommended fruit needs*

Tastes good. Good for you.™

For more information visit www.oceanspray.com

*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.
### EXHIBITOR • BOOTH

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Thursday, September 3, 2015
4:00 p.m. – 12:00 midnight
Disneyland® Park

Kick off the Disneyland® Half Marathon Weekend by joining us and celebrating 10 magical years during the Disneyland® Half Marathon 10th Anniversary Party!

Day of Purchase

Guests looking to purchase tickets can do so at the main entrance ticket booths of Disneyland® Park until 9 p.m. or until event sell out (subject to availability).

Packet Pick-Up

Pre-purchased Anniversary Party packages must be picked up at the runDisney Health & Fitness Expo. Look for the “Disneyland® Half Marathon 10th Anniversary Party” booth in the Lower Exhibit Hall. Packages will be listed by last name of the purchaser, and a Photo ID will be required. Package Pick-Up will not be available at the event or at the main entrance of Disneyland® Park.

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 Disneyland® Half Marathon 10th Anniversary Party features:

- Entry into Disneyland® Park at 4:00 p.m.
- Enjoy attractions, entertainment, characters and shows
- After hours private Anniversary Party on the west side of Disneyland® Park from 9:00 p.m. – 12:00 midnight (includes Frontierland, Adventureland, New Orleans Square, and Critter Country)*
- Exclusive after-hours access to select attractions including Big Thunder Mountain Railroad, Indiana Jones™ Adventure, Pirates of the Caribbean, and Splash Mountain*
- “Paint the Night” nighttime spectacular private showing featuring Disney characters and over 1.5 million lights*
- Special Disney entertainment*
- Disney character appearances and meet and greets throughout the evening*
- Ability to purchase a commemorative Disneyland® Half Marathon 10th Anniversary Party pin (subject to availability)*

Admission

Each Party guest will receive an access wristband in their packet. A wristband is needed for entry into the Anniversary Party and must be worn to remain in Disneyland® Park between 9:00 p.m. and midnight. An access wristband is needed to be eligible to purchase a commemorative 10th Anniversary Party pin. Entry into Disneyland® Park prior to 4:00 p.m. will require a separate valid Theme Park admission.

Parking & Transportation

- Guests driving to the event are asked to park in the Mickey & Friends Parking Structure. The parking structure will be open to Guests from 4:00 p.m. until 1:00 a.m. Upon arrival to the Mickey & Friends Parking Structure Toll, Guests are required to present their event wristband in order to access the parking structure. Please keep in mind parking fees are not included in the price of the admission to the Anniversary Party. Standard Parking rates apply.

Pasta in the Park Party

Saturday, September 5, 2015
6:00 p.m. – 7:30 p.m.
Big Thunder Ranch Jamboree, Disneyland® Park

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, and a Photo ID will be required. Package Pick-Up will not be available at the event or at the Expo after 4:00 p.m., Saturday, September 5, 2015.

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 Disneyland® Half Marathon Weekend features:

- Buffet pasta dinner and dessert
- Disney character appearances throughout the evening
- Entertainment
- Reserved parade viewing of Mickey’s Soundsational Parade at 4:30 p.m.

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 as well as the reserved viewing location, at Small World Promenade, for Mickey’s Soundsational Parade.

If you purchased a Pasta in the Park Party WITHOUT a ticket, you must provide your own valid admission media for entry into Disneyland® Park. A valid Theme Park admission is required in order to gain entrance to Disneyland® Park.

If you purchase a ticket for the Pasta in the Park Party WITH a Theme Park ticket, you’ll receive a Twilight Ticket to enter the party. This ticket can be used to enter Disneyland® Park for the Pasta in the Park Party only after 4:00 p.m. on Saturday, September 5, 2015. All tickets are non-refundable.

*Subject to change
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
- 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 the Disneyland Hotel Valet Parking Lot, utilizing the same finish line as the 5K, 10K and 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, September 4. 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 be in their Staging Areas in the Downtown Disney District Valet Loop at the following times:
- 100 Meter Dash - 8:45 a.m. at the 100 meter Banner
- 200 Meter Dash - 9:00 a.m. at the 200 meter Banner
- 400 Meter Dash - 9:25 a.m. at the 400 meter Banner
- Diaper Dash - 9:40 a.m. at the Diaper Dash Banner

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
The Start
The start for the Disneyland® 5K, 10K 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 the front of your outermost 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
Disneyland® 5K
Lilo Parking Lot
3:30 a.m. – 7:15 a.m.

Disneyland® 10K
Lilo Parking Lot
3:30 a.m. – 8:15 a.m.

Disneyland® Half Marathon
Lilo Parking Lot
3:30 a.m. – 11:00 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 Bibs
Each runner will be issued a race bib at Packet Pick-Up. Please wear the race bib centered on the front of your outermost garment. 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, 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 a 10K, Half Marathon, or Dumbo Double Dare 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 time WILL NOT be recorded.

Legacy Runners
If you are a Legacy Runner participant, please stop by the Legacy Runner registration counter located at the Lower Exhibit Hall of the runDisney Health & Fitness Expo to pick up your commemorative item in celebration of ten years running. Once you complete the Half Marathon, please proceed directly to the Legacy Tent located in the finish chute to receive your Half Marathon Medal and Legacy lanyard.
Safety
Guests with strollers are not allowed to participate in the Disneyland® 5K, 10K or Half Marathon. For more safety information, please see pages 40 and 41.

Participant Checklist
☐ Race bib (with ChronoTrack B-Tag on 10K, Half Marathon, or Dumbo Double Dare bibs only) 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) or medallion 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.
Disneyland® Half Marathon presented by Cigna®
Sunday, September 6, 2015
5:29 a.m. Wheelchair Start
5:30 a.m. Start
Start: Disneyland Drive, between Magic Way and Paradise Way
Finish: Lilo Parking Lot

Course Description
The course for the Disneyland® Half Marathon 10th Anniversary is sure to shine this year as it begins on Disneyland Drive where runners will race into Disney California Adventure® Park to experience the magic backstage at the Disneyland® Resort. Runners will cruise through Cars Land, soak in the sights of glistening Paradise Bay and journey down Buena Vista Street. The race will continue into Disneyland® Park down dazzling Main Street U.S.A., wind around the Rivers of America, and then it’s off to whimsical Mickey’s Toontown. Runners will experience the enchantment of Fantasyland and Sleeping Beauty Castle as it dazzles at dawn, then journey through the future of Tomorrowland before reaching the City of Anaheim. Runners will make their way through the city, around the Honda Center, through the Santa Ana River Trail and on to the field of Angel Stadium. Then it’s back to the Disneyland® Resort for a photo finish near the Disneyland® Hotel where all finishers will receive their medal to commemorate the Happiest Race on Earth.

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.

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.

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

Massage
Celebration Health massage students will be available in the Family Reunion Area. Massages will be available at a rate of $1.00 per minute (CASH ONLY).
Disneyland® 10K presented by Cigna®
Saturday, September 5, 2015
5:29 a.m. Wheelchair Start
5:30 a.m. Start
Start: Disneyland Drive, between Magic Way and Paradise Way
Finish: Lilo Parking Lot

Course Description
The Disneyland® 10K starts on the streets of Anaheim right through the Grand Plaza of the Anaheim Convention center, and then races down Route 66 in Cars Land at Disney California Adventure® Park. Then it’s on to world famous Disneyland® Park, where runners must beware the presence of Disney Villains as they race while the good-vs.-evil of classic Disney stories surrounds them as they race down Main Street, U.S.A. and continue through six magical lands. Runners must escape the Disney Villains takeover before completing the final stretch of the course through the Downtown Disney® District and arriving at the finish line next to the Disneyland® Hotel, where all finishers will receive a gleaming medal to celebrate their accomplishment.

Water Stations
Three water stations will be available along the 10K course and drinking fountains will be available throughout both Theme Parks.

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.
$\text{Disneyland® 5K presented by Cigna®}$

Friday, September 4, 2015
5:29 a.m. Wheelchair Start
5:30 a.m. Start
Start: Disneyland Drive, between Magic Way and Paradise Way
Finish: Lilo Parking Lot

Course Description
The Disneyland® 5K kicks off Friday morning with classic Disney characters as participants race a glistening 5K Course throughout the Disneyland® Resort. Adults, teens and tweens are invited to join the fun through Disney California Adventure Park and Disneyland® Park and celebrate the 10th Anniversary of the Disneyland® Half Marathon weekend and the 60th Diamond Celebration at the Disneyland® Resort.

Water Stations
Two water stations will be available along the 5K course and drinking fountains will be available throughout both Theme Parks.

Restrooms
For your convenience port-o-legs 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 Challenges**

**Dumbo Double Dare presented by Cigna®**

If you think that a half marathon is just a walk in the park, put your endurance to the test and compete in the Dumbo Double Dare! A 19.3-mile adventure held over two days, participants will run the Disneyland® 10K on Saturday, followed by the Disneyland® Half Marathon on Sunday.

In an effort to enhance our runners’ check-in process, we ask that all Dumbo Double Dare participants have their photo taken with their race bibs. This photo will be used at the finish line of each race to expedite the finish line experience.

After completing both races, please check in at the Dumbo Double Dare tent located at the Finish Line chute on Sunday. Please note that all Dumbo Double Dare Participants must complete both the 10K and the Half Marathon in the allotted time to receive the Dumbo Double Dare Medal.

**10K**

After completing the 10K, Dumbo Double Dare participants’ official results will be reviewed by race staff at the Dumbo Double Dare tent.

**Half Marathon**

After completing the Half Marathon, Dumbo Double Dare participants must visit the Dumbo Double Dare tent with their Dumbo Double Dare bib to receive the prestigious Dumbo Double Dare medal and to celebrate their accomplishment.

**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 Coast to Coast 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.
Congratulations 10th Anniversary Legacy Runners!

You have earned your place in runDisney history.
Safety Reminder

- For everyone’s safety, baby joggers, strollers, baby carriers, baby backpacks, skates, scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Violators 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

Disney reserves the right to deny admission to or remove any person wearing attire that we consider inappropriate or attire that could detract from the experience of other Guests. All participants and spectators may dress as their favorite character, but must follow these guidelines as determined solely by Disney:

- Costumes must be family-friendly and may not be obstructive, offensive, objectionable or violent
- Guests may not wear masks of any kind
- Guests who dress like Characters may not pose for pictures or sign autographs for other Guests
- Costumes may not drag on the ground
- Costumes may not contain sharp objects, pointed objects or materials that may accidentally strike another Guest
- Costumes may not contain any weapons which resemble or could easily be mistaken for an actual weapon
- Guests who do not adhere to these guidelines may be refused entry into, and/or removed from, a race or any race related event/activity unless his or her costume can be modified to meet the above standards

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.

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:

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

Introducing APEX by Sunglass Hut™ the premier sport and active lifestyle sunglass retailer. Finding the right sunglasses for your sport and active lifestyle just got easier. Two of the most trusted names in the sunglass industry OAKLEY® and SUNGLASS HUT™ have joined forces to bring you the largest selection of sunglasses, where each and every sunglass is hand picked based on performance, protection, comfort and style from the best sunglass makers on the planet.

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RACE RECOVERY by Olympian Jeff Galloway, Official runDisney Training Consultant

Races are invigorating and the excitement can stimulate us to run a lot harder than we have been running. The Disney events leave us with a special glow because of the costumes, characters and the great medals! Here are some proven ways to maximize the empowerment from finishing while minimizing the recovery period.

Watch your pace during the first few miles. You will be able to run faster than you should—without feeling it. It will be crowded so, relax, enjoy the tour of the parks, and save resources.

Take every walk break—from the beginning. Get over to one side of the road or the other before taking your walk breaks. The first walk, when taken early enough can erase all of the fatigue to that point. As you continue to use my Run Walk Run method, you will reduce fatigue, recover fast, and enjoy the parks and friends/family afterward.

Keep walking after the finish. Gentle walk steps help to pump the blood through the system and will speed recovery. At least 10 minutes. Your legs will thank you later.

Reload during the first 30 minutes. Drink about 8 oz of water or PowerAde and eat about 250 to 300 calories of simple carbohydrates [energy bar, etc.]. You can combine the water and the sugar by drinking a sports drink or a soft drink. This is prime time for reloading your muscles with the fuel they will need in the next workout.

Cool water leg soak. Once you return to your room, soak your legs in a cool tub of water for 10-15 minutes. Ice is not needed for this cool down—just fill the tub with cool water or jump in the pool. Pool time is a great way to unwind and cool the legs down.

Compression sleeves on the calf muscles can speed recovery. Many run in these sleeves, and wear a second pair during the afternoon and evening. Calf Sleeves improve circulation and help recovery.

Walk around. Going to the Disney venues is a great recovery activity. Walking continues to bring blood flow to the legs, allowing them to feel better, sooner.

After a gentle wake up the next morning, walk around throughout the day. This is a great time to spend with family members in the various theme parks. Walking the day after a half marathon is the best recovery exercise.

Pick your next race. Registering for a race improve motivation. Put the registration dates on your calendar so that you can get registered before they close out!

Jeff Galloway
www.JeffGalloway.com

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AT&T reminds you to keep your eyes on the road, not on your phone. When you’re behind the wheel, nothing is more valuable than your life, or the lives of others. It Can Wait®
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 or Dumbo Double Dare 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
Every athlete that competes in the runDisney Kids Races, Disneyland® 5K, Disneyland® 10K, Disneyland® Half Marathon and Dumbo Double Dare will receive a commemorative medal or medallion upon finishing the race.

Overall Half Marathon Awards
Sunday, September 6, 2015
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
Half Marathon Awards will be presented by mail to the top five male and female Half Marathon runners in the Military division and the following age groups:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>14-17</th>
<th>18-24</th>
<th>25-29</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K Awards</td>
<td>10-13</td>
<td>14-17</td>
<td>18-24</td>
<td>25-29</td>
<td>30-34</td>
<td>35-39</td>
<td>40-44</td>
</tr>
</tbody>
</table>

Because of the number of people who participate, it can often take several minutes to cross the start line. In the interest of fairness, Military and Individual award winners will be based on Net Time. Military and Masters (40 and above) 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. Please allow 6-8 weeks for delivery.
Now you can connect with other Fans and participate in runDisney events on Facebook, get the latest news and chat during events on Twitter, and watch training tips from Jeff Galloway, nutrition advice from the Diet Diva and more on YouTube!

Become a Fan at: facebook.com/runDisney

Follow Us at: twitter.com/runDisney or @runDisney

Subscribe to our Channel: youtube.com/runDisney

Follow Us at: instagram.com/runDisney

Share your photos with us using these hashtags: #DisneylandHalf #Disneyland10K #Disneyland5K #DumboDoubleDare
Spectators are encouraged to share in the Disneyland® Half Marathon Weekend excitement. To increase the possibility of seeing your friends and family run, be aware of their pace, expected time at each mile marker and anticipated finish time.

**Runner Tracking**
Family and friends will be able to track 10K and Half Marathon participants with Runner Tracking available on runDisney.com. Participants will also be able to set up Runner Tracking at the runDisney Health & Fitness Expo.

**Spectator Viewing**
Viewing is limited and available on a first come, first served basis. Recommended spectator viewing locations:

### Disneyland® 5K presented by Cigna®

<table>
<thead>
<tr>
<th>Mile</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Start</td>
<td>5:30 a.m. - 6:51 a.m.</td>
<td>Disneyland Drive to Katella Avenue</td>
</tr>
<tr>
<td>Mile 1.4</td>
<td>5:35 a.m. - 6:15 a.m.</td>
<td>Disneyland® Main Entrance Plaza</td>
</tr>
<tr>
<td>Mile 2.7</td>
<td>5:43 a.m. - 6:35 a.m.</td>
<td>Downtown Disneyland® District</td>
</tr>
<tr>
<td>The Finish</td>
<td>5:45 a.m. - 6:43 a.m.</td>
<td>Between Disneyland® Hotel and ESPN Zone®</td>
</tr>
</tbody>
</table>

### Disneyland® 10K presented by Cigna®

<table>
<thead>
<tr>
<th>Mile</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Start</td>
<td>5:30 a.m. - 6:06 a.m.</td>
<td>Disneyland Drive to Katella Avenue</td>
</tr>
<tr>
<td>Mile 3.8</td>
<td>5:48 a.m. - 7:05 a.m.</td>
<td>Disneyland® Main Entrance Plaza</td>
</tr>
<tr>
<td>Mile 5.9</td>
<td>5:58 a.m. - 7:40 a.m.</td>
<td>Downtown Disneyland® District</td>
</tr>
<tr>
<td>The Finish</td>
<td>6:00 a.m. - 7:46 a.m.</td>
<td>Between Disneyland® Hotel and ESPN Zone®</td>
</tr>
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</table>

### Disneyland® Half Marathon presented by Cigna®

<table>
<thead>
<tr>
<th>Mile</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>The Start</td>
<td>5:30 a.m. - 6:30 a.m.</td>
<td>Disneyland Drive to Katella Avenue</td>
</tr>
<tr>
<td>Mile 1.8</td>
<td>5:35 a.m. - 7:00 a.m.</td>
<td>Disneyland® Resort Main Entrance Plaza</td>
</tr>
<tr>
<td>Mile 4</td>
<td>5:50 a.m. - 7:35 a.m.</td>
<td>Disneyland Drive to Ball Road</td>
</tr>
<tr>
<td>Mile 9.5</td>
<td>6:05 a.m. - 9:05 a.m.</td>
<td>Angel Stadium (Accessible via Orangewood Ave. entrance)</td>
</tr>
<tr>
<td>The Finish</td>
<td>5:30 a.m. - 10:00 a.m.</td>
<td>Between Disneyland® Hotel and ESPN Zone®</td>
</tr>
</tbody>
</table>
ChEAR Squad

During the Half Marathon, ChEAR Squad offers special access inside Disneyland® Park only available to those guests who purchased a Silver, Gold, or Platinum ChEAR Squad Package. ChEAR Squad Gold and Platinum members have access to reserved seating at the finish line where they can see their runner cross the finish!

ChEAR Squad is only available during the Disneyland® Half Marathon on Sunday. Silver, Gold, and Platinum ChEAR Squad wristbands must be picked up at the runDisney Health & Fitness Expo at package pick-up located at the Disneyland® Hotel Lower Exhibit Hall (see page 16). There will be no package pick up on-site. ChEAR Squad wristbands must be worn and are required for admission into ChEAR Zones. NO EXCEPTIONS.

ChEAR Squad packages may be purchased at the Lower Exhibit Hall of the runDisney Health & Fitness Expo (subject to availability).

<table>
<thead>
<tr>
<th>Mile</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mile 2.0 (Silver, Gold and Platinum)</td>
<td>5:30 a.m. - 7:15 a.m.</td>
<td>Disneyland® Park</td>
</tr>
</tbody>
</table>
| The Finish (Gold and Platinum Only) | 5:30 a.m. - 10:00 a.m. | Between Disneyland® Hotel and ESPN Zone  

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Pure Taste in a Better Bottle

Up to 30% made from plants.
100% recyclable plastic bottle.
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 (GoodSense) has been shown to be safe.
- 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 (GoodSense) 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.
- 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.
Anaheim Community Foundation

The Disneyland® Half Marathon Weekend presented by Cigna® celebrates the Anaheim Community Foundation, an organization dedicated to providing and improving programs, services, and facilities not ordinarily supported by government, which enrich the lives of Anaheim residents. With the support of thousands of volunteers, the Disneyland® Half Marathon Weekend will help to enhance or expand a wide variety of programs that greatly benefit the Anaheim community.

The Anaheim Community Foundation is proud of more than thirty years of building Anaheim’s community through people, partnerships and pride. To learn more, visit anaheimcf.org.

Race Crew

Over 3,000 volunteers will support the Disneyland® Half Marathon Weekend on behalf of Anaheim Community Foundation.

- 1,100+ volunteers will help participants with packet pick-up during the runDisney Health & Fitness Expo
- 700+ volunteers will assist with the Disneyland® 5K, Disneyland® 10K & runDisney Kids Races
- 150+ medical volunteers will have a presence at Celebration Health medical stations during the Disneyland® 5K, Disneyland® 10K & Disneyland® Half Marathon
- 1,100+ volunteers will contribute at the Disneyland® Half Marathon Start Line, Food Stop, Water Stops and Finish Line locations

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GET $20 OFF
A Purchase of $100 or More

Discount Code: LANDCA2015

Valid online only. Not to be combined with any other offers or discounts. Valid through 9/30/15.

GET IT FIRST AT FIT2RUN
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Thank You Sponsors

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Learn more at Cigna.com

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