

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

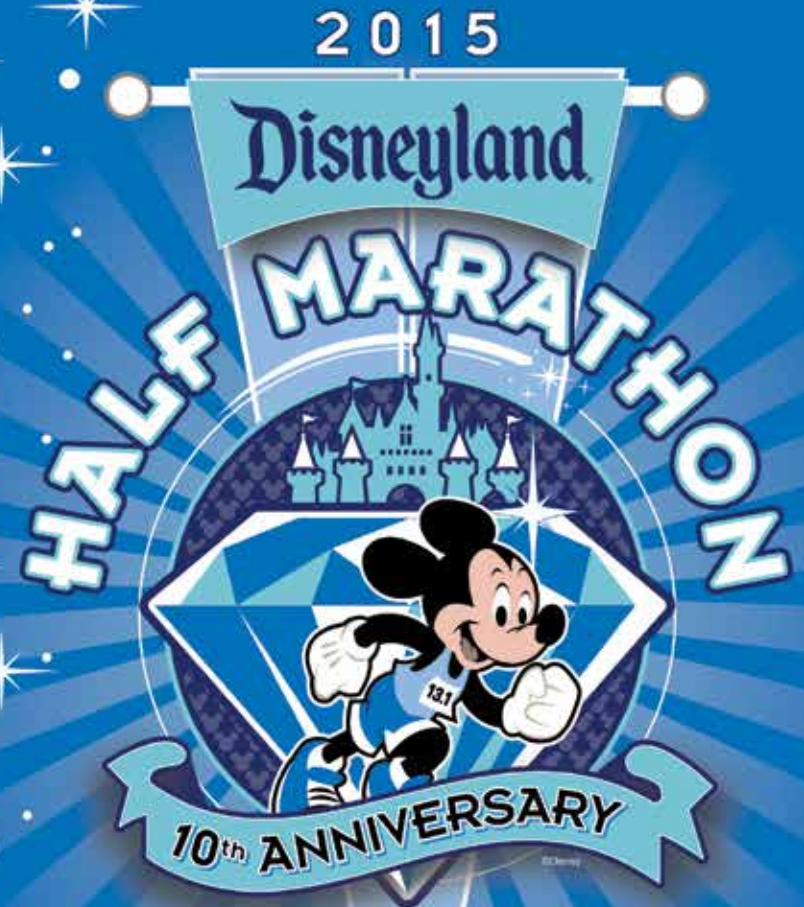
Disneyland® Paris Half Marathon Weekend
September 23-25, 2016

runDisney



All races subject to
eligibility requirements
and capacity limits.

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OFFICIAL
EVENT GUIDE

PRESENTED
BY
Cigna®



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WE'RE
UNSTOPPABLE**

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.®

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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



800 W. Katella Ave.

P.O. Box 4270

Anaheim, CA 92803

714.765.8888

fax 714.991.8963

anaheimoc.org

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

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.

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Together, all the way.®



JUST ENOUGH PIXIE DUST TO GET YOU TO THE FINISH

**This is the Tinker Bell
FRESH FOAM BORACAY**

Part of the limited edition
New Balance runDisney collection.

New Balance is proud to be the official athletic shoe of Walt Disney World® Resort and Disneyland® Resort.

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ALWAYS
IN BETA



THE OFFICIAL
RUNNING SHOE OF
runDisney

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.



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-  VAPOR FAST DRYING TECHNOLOGY
- CHAFE RESISTANT
- ULTRA LIGHT



The Official
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runDisney

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#REALCHAMPIONS
CHAMPIONUSA.COM/ALLGAINNOPAIN

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

Disneyland® 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 Adventure® Park:

10:00 a.m. – 8:00 p.m.

Friday, September 4

Disneyland® Park:

9:00 a.m. – Midnight

Disney California Adventure® Park:

9:00 a.m. – 10:00 p.m.

Saturday, September 5

Disneyland® Park:

9:00 a.m. – 11:00 p.m.

Disney California Adventure® Park:

9:00 a.m. – 9:00 p.m.

Sunday, September 6

Disneyland® Park:

9:00 a.m. – 11:00 p.m.

Disney California Adventure® Park:

9:00 a.m. – 9:00 p.m.

*All park hours are subject to change.



Event Transportation

Shuttle Transportation

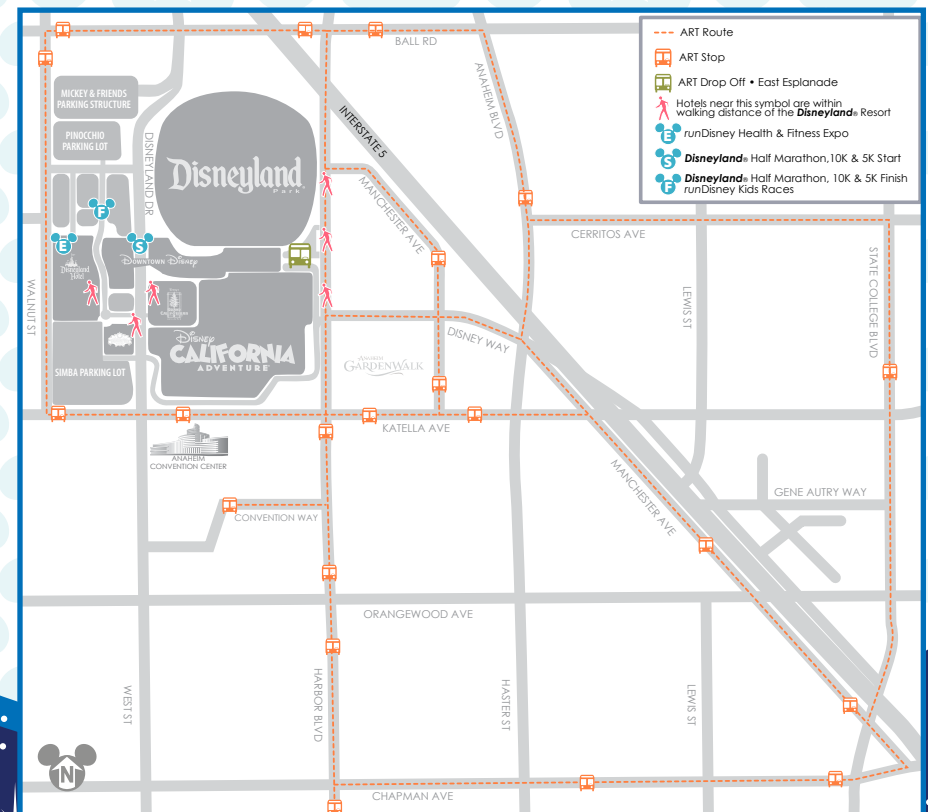
Complimentary Anaheim Resort Transportation shuttles will depart from select Anaheim area hotels to the Disneyland® Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (9/3-9/6) during scheduled Disneyland® Half Marathon Weekend events. Passes can be picked up at 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.*

- America's Best Inn
- America's Best Value Astoria Inn
- America's Best Value Fantasy Inn
- Anabella Hotel
- Anaheim Resort RV Park
- Ayres Hotel Anaheim
- Ayres Hotel Orange
- Best Western Pavilions
- Best Western Plus Stovall's Inn
- Best Western Raffles Inn
- Buena Park Hotel
- Clarion Hotel Anaheim Resort
- Comfort Inn & Suites
- Cortona Inn & Suites
- Courtyard by Marriott - Disneyland® Park
- Courtyard by Marriott - Buena Park
- Courtyard by Marriott - Anaheim Waterpark
- Days Inn & Suites
- Days Inn Anaheim Maingate
- Desert Palm Hotel & Suites
- Dolphin's Cove Resort
- DoubleTree Suites by Hilton
- Econolodge
- Embassy Suites Anaheim North
- Embassy Suites Anaheim Orange
- Embassy Suites Anaheim South
- Extended Stay America
- Greenwood Suites Anaheim Resort
- Hampton Inn & Suites Anaheim (Garden Grove)
- Harbor RV Park
- Hilton Garden Inn Anaheim/Garden Grove
- Hilton Hotel & Towers
- Holiday Inn - Anaheim Resort
- Holiday Inn Hotel & Suites
- Homewood Suites by Hilton Anaheim Maingate/Garden Grove
- Hotel Indigo
- Hotel Mènage
- Howard Johnson Plaza Hotel
- Hyatt Place
- Hyatt Regency Orange County
- Islander Inn & Suites
- La Quinta Inn & Suites
- Marriott Anaheim
- Marriott Suites
- Marriott Suites Garden Grove
- Meridian Inn & Suites
- Motel 6
- Peacock Suites Resort
- Portofino Inn & Suites
- Ramada Limited Maingate North
- Ramada Limited Suites
- Ramada Plaza Hotel
- Red Lion Hotel
- Residence Inn by Marriott - Anaheim
- Residence Inn by Marriott - Garden Grove
- Sheraton Garden Grove
- Sheraton Park Hotel
- Springhill Suites by Marriott - Ball Road
- Springhill Suites by Marriott - Harbor Blvd
- Stanford Inn & Suites
- Staybridge Suites
- TownePlace Suites
- Travelodge International Inn
- WorldMark Anaheim



Driving Directions

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.



CLIF BAR IS PROUD TO BE THE OFFICIAL
ENERGY BAR AND GEL SHOT OF *runDisney*.



Road Closures

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® Half Marathon



Disneyland® 10K



Disneyland® 5K



runDisney Health & Fitness Expo

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.

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0 ADDED SUGAR*

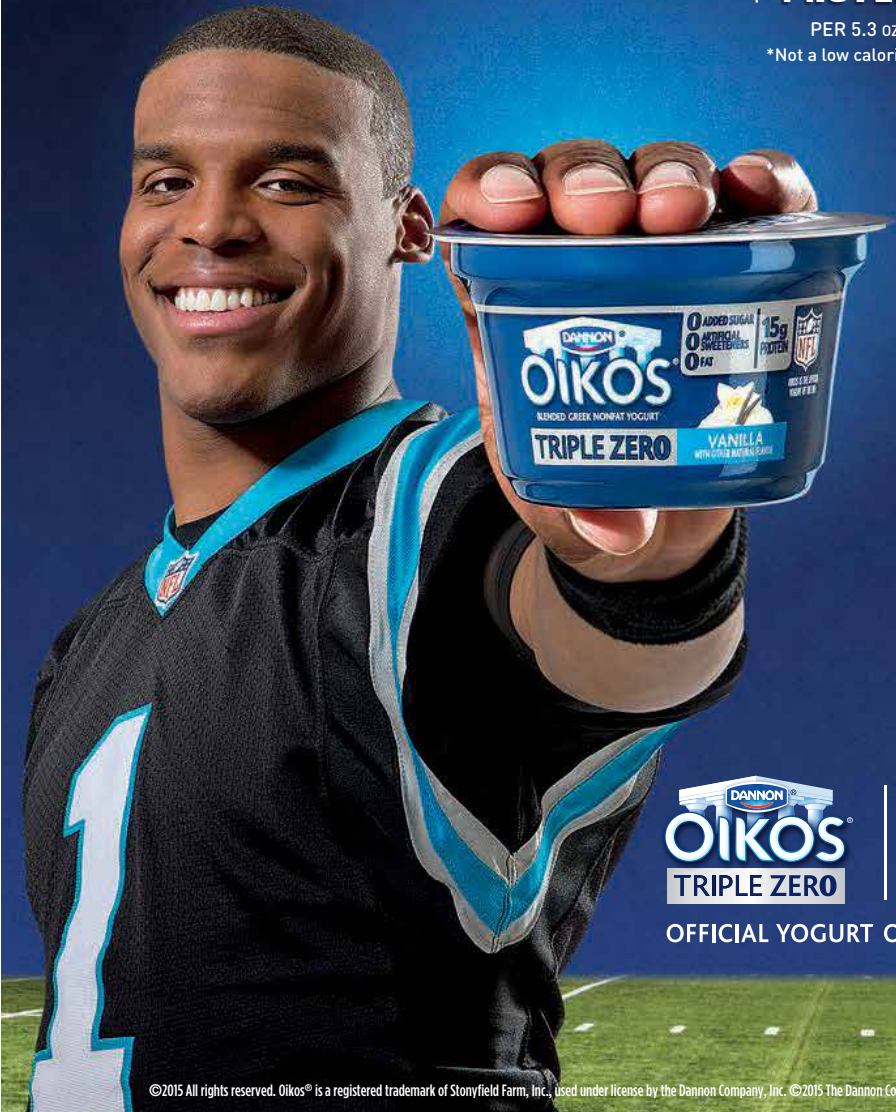
0 ARTIFICIAL SWEETENERS

0 FAT

15g
PROTEIN

PER 5.3 oz.

*Not a low calorie food



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Dried Cranberries meets
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fruit needs*

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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.

runDisney Health & Fitness Expo

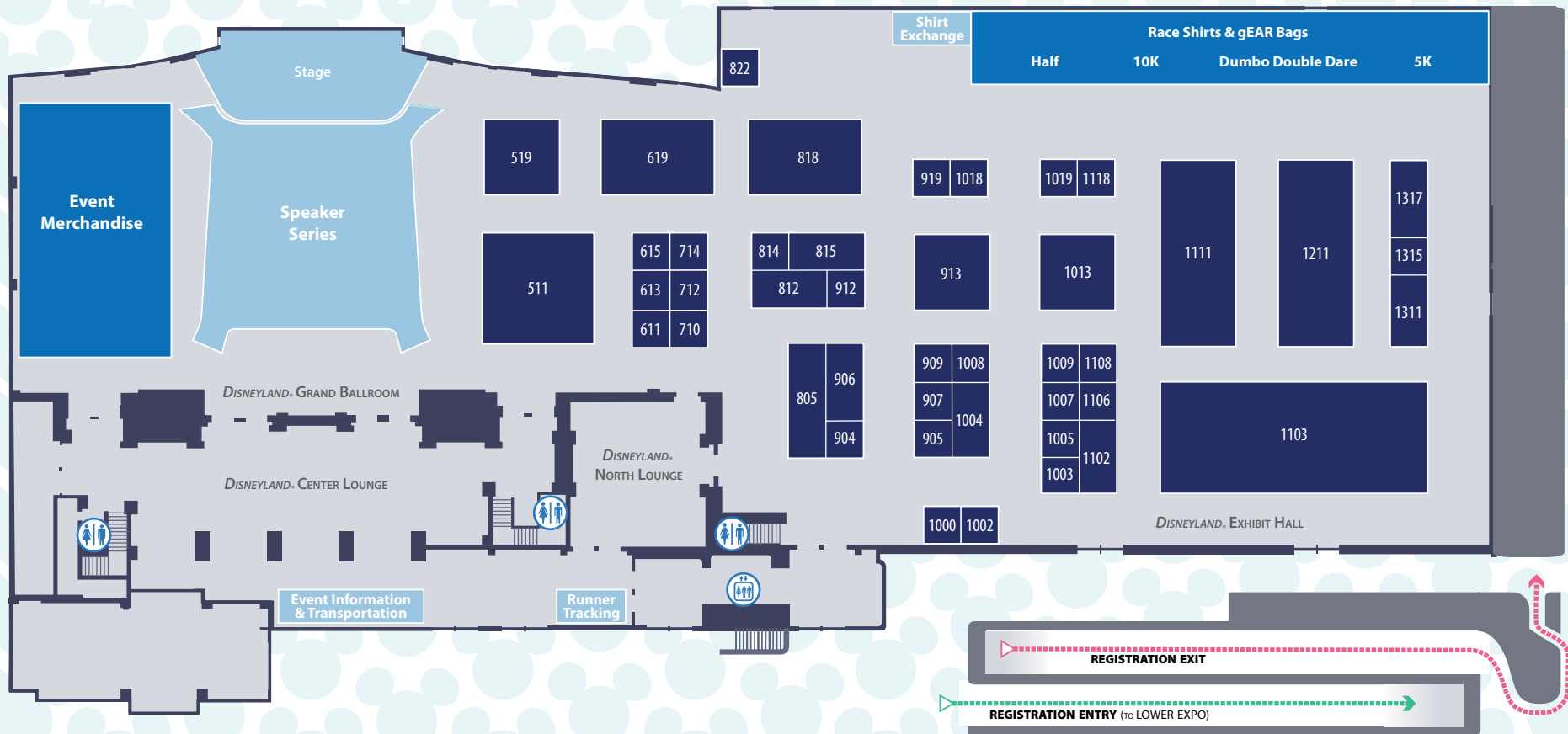
Disneyland® Hotel Lower Level Exhibit Hall

When you arrive to the runDisney Health & Fitness Expo, please visit the Lower Level of the Disneyland® Hotel Exhibit Hall FIRST for Race Packet, Pasta in the Park Party, Disneyland® Half Marathon 10th Anniversary Party, ChEAR Squad, Commemorative Item 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 race shirt and gEAR Bag Pick-Up.



runDisney Health & Fitness Expo



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
APEX by Sunglass Hut	906	Fit2Run	1111, 1211
BeeCause Sneaker Charms	615	Filetic	1317
Bondi Band	919	Florida Hospital	519
Champion	818	Celebration Health	
Cigna	511 & North Lounge	Fond Memories Graphics	1018
Clif Bar	1013	GoodSense	812
Disney Vacation Club	913	Guest Health Services	822
Downtown Disney District	1002	Hands Only CPR	
Dr. Cool Ice Wraps and Instant Cooling Accessories	1311	Halo Headband	1118
Endure Jewelry	814	Jaybird	611
		Jelly Belly Sport Beans	1315
		KT Tape	1102

EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
Lasting Commemoratives	710	runDisney Instagram	904
Lorna Jane	1004	Complimentary Photo	
MarathonFoto	905	Running Skirts	714
Minute Rice	613	SnuggBuds Sports Headsets	1106
New Balance	1103	Sparkle Athletic	912
NiteBeams	1008	Sparkly Soul Headbands	907
One More Mile	815	Spectrum Sports	1007
PRO Compression	712	Management, Inc.	
Pro-Tec Athletics	1009	SportHooks	1019
Raw Threads	619	Sweaty Bands	1108
Rinse Bath & Body	1003	The Stick - amazing self	909
RooSport	1005	massage tool	
runDisney	805		

10th Anniversary Party

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. to 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.

Trams

- Trams will run to and from Mickey & Friends Parking Structure during the event. Tram operation will conclude at 1:00 a.m.

Anaheim Transportation Network

- ATN will run shuttles to local Anaheim area hotel until 1:00 a.m. To access shuttles, Guests will need to pick up an ATN transportation voucher at the Expo prior to the event.

*Subject to change

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.





Downtown Disney® District, near ESPN Zone®
Saturday, September 5, 2015
9:00 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!

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

Race Information

**Disneyland® 5K
presented by Cigna®**
Friday, Sept. 4, 2015
5:29 a.m. Wheelchair Start
5:30 a.m. Start

**Disneyland® 10K
presented by Cigna®**
Saturday, Sept. 5, 2015
5:29 a.m. Wheelchair Start
5:30 a.m. Start

**Disneyland® Half Marathon
presented by Cigna®**
Sunday, Sept. 6, 2015
5:29 a.m. Wheelchair Start
5:30 a.m. Runner Start

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 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

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.



Race Information

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.)

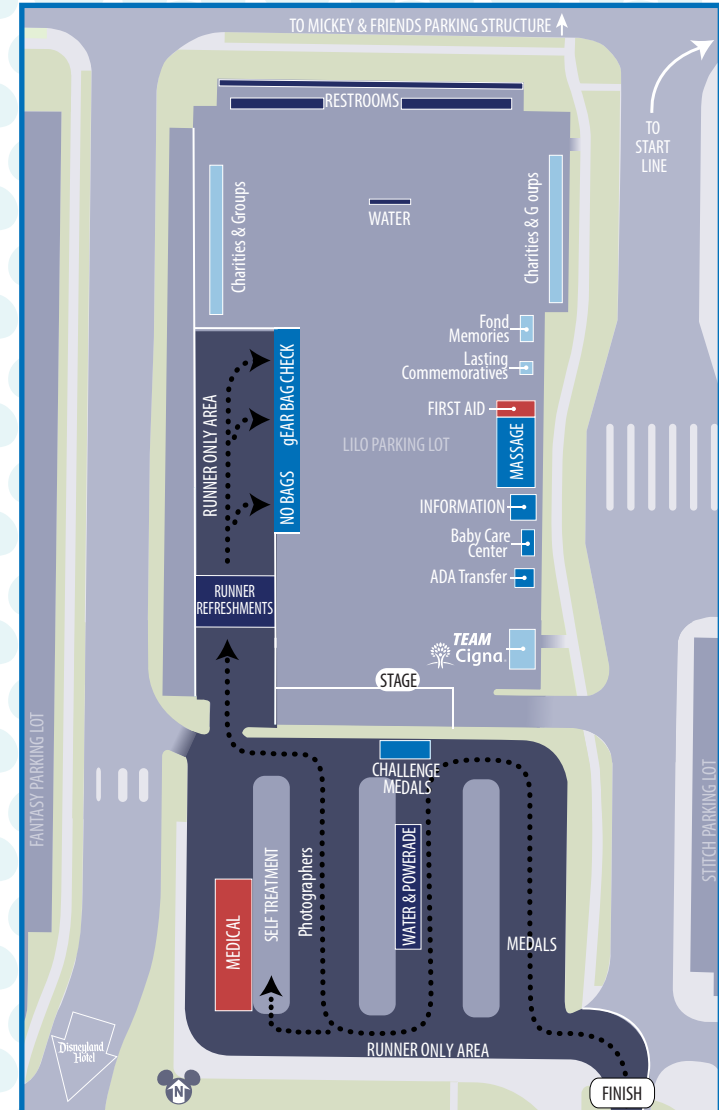
The Finish

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®

Disneyland® Half Marathon presented by Cigna®

Sunday, September 6, 2015

5:29 a.m. Wheelchair Start

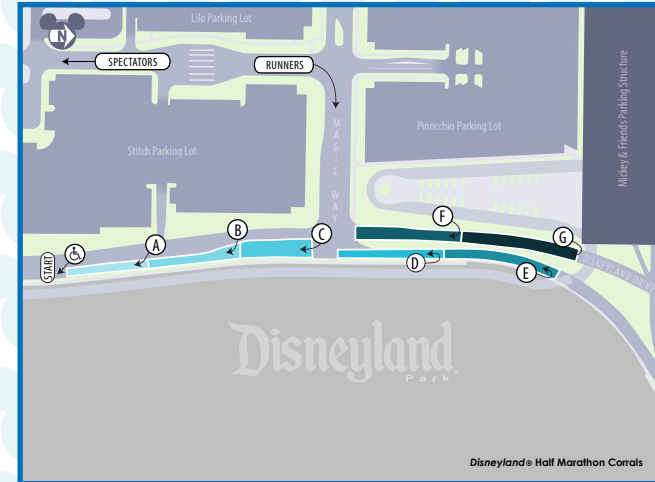
5:30 a.m. Start

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

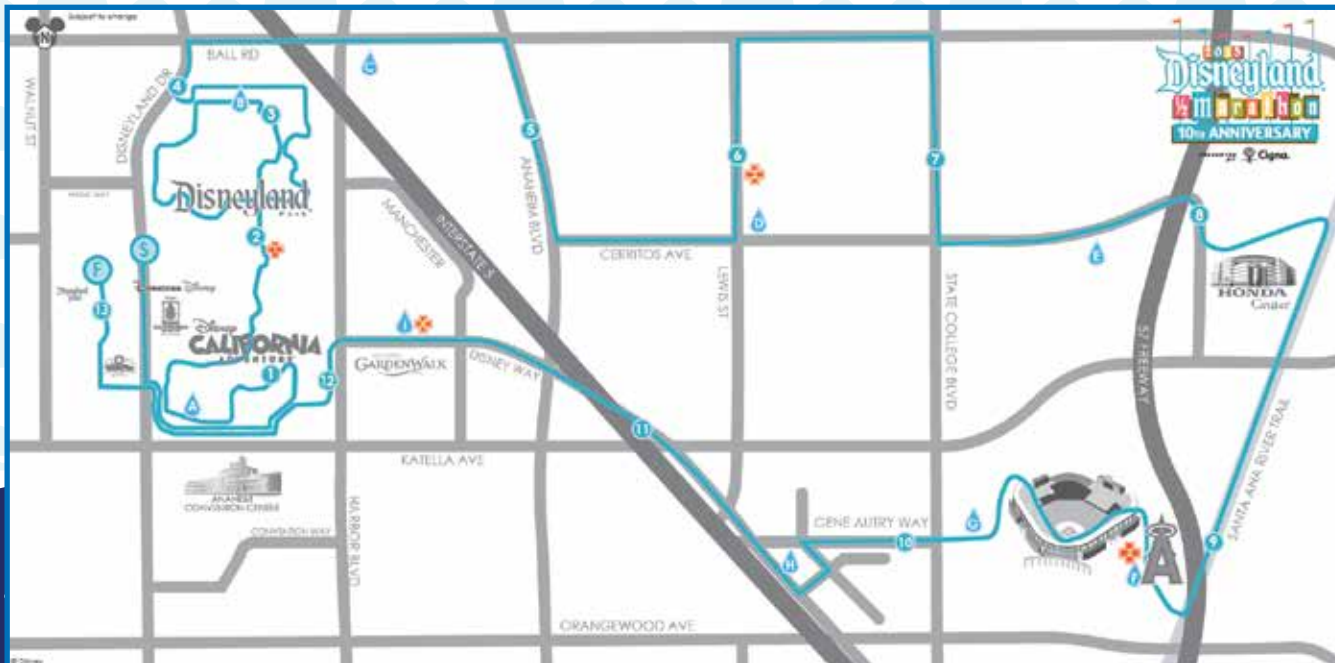
For your convenience port-o-lets will be located near the Start & Finish Lines, water stops and the Family Reunion Area. Guest restrooms inside the Theme Parks will also be available for runners.

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

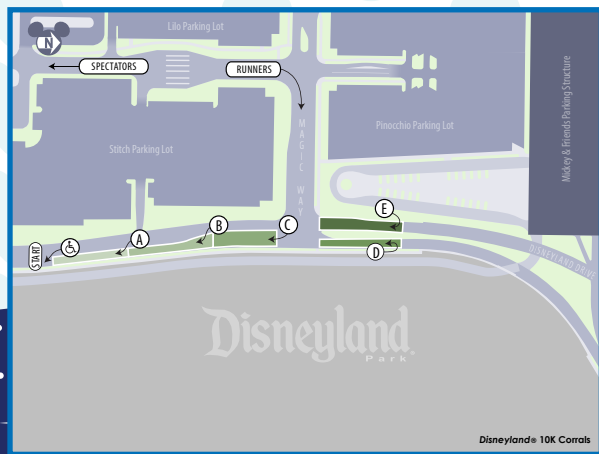
The Disneyland® 10K starts on the streets of Anaheim right through the Grand Plaza of the Anaheim Convention center, and then races down Route 66 in Cars Land at Disney California Adventure® Park. Then it's on to world famous Disneyland® Park, where runners must beware the presence of Disney Villains 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.



Disneyland® 5K presented by Cigna®

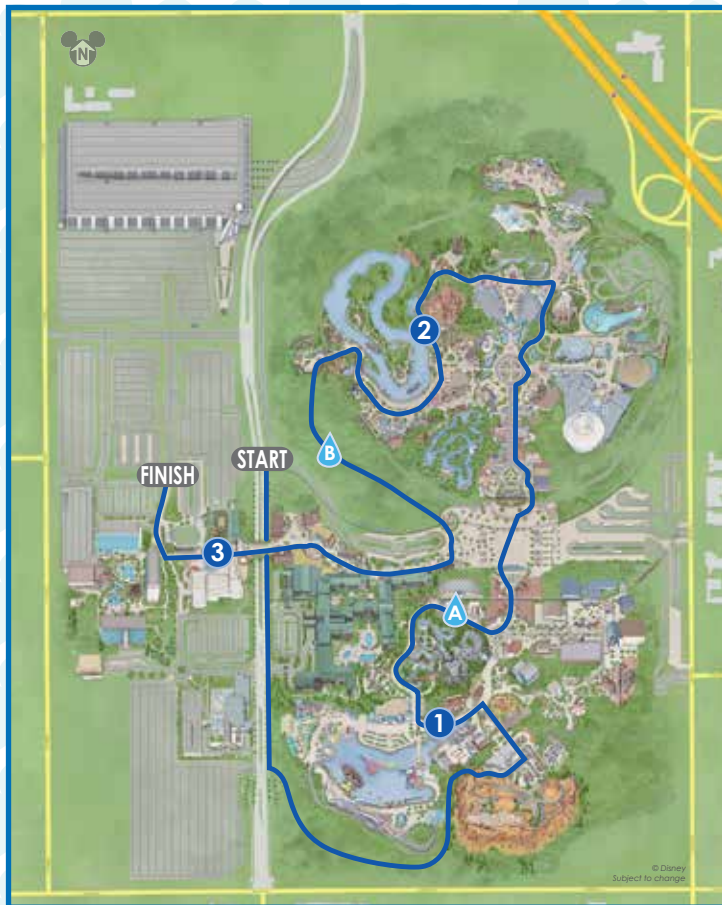
Friday, September 4, 2015

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

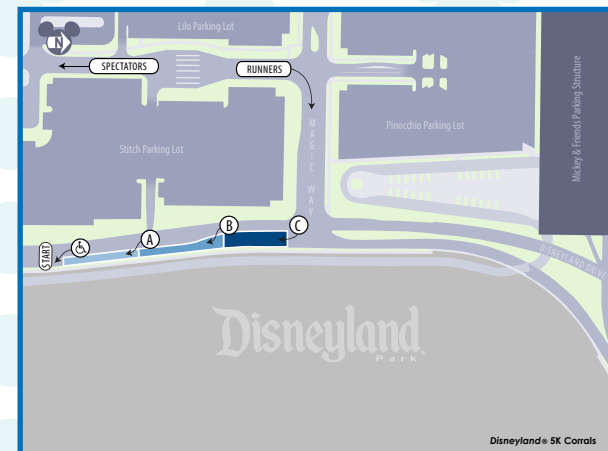
The Disneyland® 5K kicks off Friday morning with classic Disney characters as participants race a glistening 5K Course throughout the Disneyland® Resort. Adults, teens and tweens are invited to join the fun through Disney California Adventure® Park and Disneyland® Park and celebrate the 10th Anniversary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

OVERCOMING

RUNNING ROADBLOCKS

Did you know 90% of running is mental?

MILE 1

You're confident & prepared. Set your own pace & save your **ENERGY.**

MILE 3

3 miles down. Pace yourself. Listen to music & **ENJOY** your surroundings.

MILE 10

Self-doubt may start creeping in. Focus on yourself, not the other runners.

MILE 5

Starting to feel tired? Break the race into chunks & **FOCUS** on the next mile marker.

MILE 12

The dreaded "wall" may be nearing. Think positive: it will give you more **ENERGY.**

MILE 13.1

You did it! Months of hard work has paid off. Now,

CeleBRate

with family and friends!

cigna.com/runtogether

This flyer is for informational purposes only and is not intended as medical advice. Please consult with your doctor before beginning any exercise program.



As to Disney Artwork/Properties: ©Disney

10th Anniversary Legacy Runners

Congratulations 10th Anniversary Legacy Runners!

You have earned your place in *runDisney* history.

TODD ADAMS	SHANNON CAPUTO	DANIEL EDELSON	MICHELE HARRISON	JOHN KIRSTENPFAD	KEITH LORITZ	JUNE MULLER	FRANK POTURICA	MARY SMITH	KRISTEN WARREN
HOWARD AIRHART	DR. GAVIN CARR	MEGAN EGERT	MICHAEL HARTNETT	KEN KLEIN	TINA LOTT	BILL MURVIN	ERIC PRIEBE	WESLEY SMITH	LARRY WATTS
WILLIAM AKERBOOM	TAMMY CARTER	DENISE ELLIOTT	BENJAMIN HAVERLANDT	MARY KLEINJAN	EDWARD MAAS	AARON MYRICK	DIANE PRINTZ-WHITE	CHRIS SMITH	TERESA WATTS
LAWRENCE ALBINSKI	KAREN CASTELBLANCO	KRISTOFFER ELLISON	BETSY HAVERLANDT	CARLA KLEINJAN	ART MAGSAYO	ANNA NAGMAY	GLENN PURDY	KARA SNELL	KATHERINE WEBER
CHRIS ALEXANDER	STEVE CASTELBLANCO	DEXTER EMOTO	MARK HAYS	JIM KOCLANIS	ALYSA MAJER	AIMEE NEIGHBORS	JOERG RADLER	JOE SOTELO	SHARON WEIR
ELISE ALLEN	JACQUELINE CENCI-MCGRODY	DIANA ENDLER	JEFFREY HEINKEL	SARAH KOCLANIS	TOM MAKOWSKI	LINDA NEIGHBORS	MELISSA RAMSEY	HERME SOTELO	STACY WELK
GINA ANDERSON	ANNA CHAVEZ	PATRICIA ENGLISH	TAMMIE HENSON	CONSTANCE KOENIG	DRAKE MALECHA	BRET NELSON	MELINDA RATHBURN	STACIE SOTO	STEVE WELK
MARTHA ANTELO	RICHARD CHAVEZ	WILLIAM ENGLISH	DAVID HERING	LANCE KOLLEDA	ROBERT MANON	NIKKI NIESLEY-MITCHELL	CLINT REBIK	MARY ANNE SOUZA	SANSANEE WELLS
DANIEL AOKI	EMIL CHENG	ROSHEEN ERANGEY	JUDY HERING	VERONICA KOONS	TOM MARTINEZ	STEVE NOBLE	SUSAN REINHARDT	JAMES SPARACO	SHON WELLS
SANDI ASKEW	FERNIS CHOW	JULIE ESPINOSA	CHERYL HERNANDEZ	DANIEL KOPP	ALFRED MARTINEZ	JACQUELINE (HALLAM) NOLAN	ELAINE RIENDEAU	ALAN SQUYRES	CYNTHIA WERELIUS
JOAN ATLAS	JENNIFER CHRISTIAN-HERMAN	ELIZABETH FLEMING	RAMIRO HERNANDEZ	LISA KRAUSS	EDITH MARTINEZ	JO ROBERTS	BRENDA RIPPON	CHRISTINA STANLEY	MICHAEL WETHERELL
ANA AZIZIAN	DAVID HESS	DANIELLE FLOWERS	STEPHANIE HERNANDEZ	BRENDA KRONBORG	DANA MATTESON	BRETT ROBINSON	BRIAN STEINES	KEITH STEVENS	DEBRA WETHERELL
DONNA BAKER	TERREY LEE HESTER	MICHAEL FLOWERS	LISA HESS	JOYCE KUBO	JEREMY MATTESON	KIM NOVAK	ASHTON STINE	KEITH STEVENS	MARK WHITAKER
MICHAEL BAKER	GLENN HIGAKI	DALE FOLKENS	TERRY LEE HESTER	ROY KUMAMOTO	JOHN MCBATH	JANETTE OCA	NATHAN STUMP	ASHTON STINE	BEN WHITE
JENNIFER BALDWIN	RACHEL HILL	CHRYSTAL FONTANILLA	GLENN HIGAKI	STEVEN KUWANOE	JOHN MCCAIN	HUMBERTO OCHOA	CRYSTAL SURAS	NATHAN STUMP	ROB WHITE
LAHOMA BALLESTER	ALAN HIRASUNA	KATHLEEN FRANCAZAK	RACHEL HILL	BRIANNE LAGRANDE	KEVIN MCGRODY	PAMELA OGATA	ANDREA SWANSON	CRYSTAL SURAS	CINDY WHITE
ROBYN BALONEK	KATHY HIRASUNA	BRIAN FRANK	ALAN HIRASUNA	PATRICIA LANE	BOBBY MCKEE	JEFF OH	TIM SWANSON	ANDREA SWANSON	KENDRA WHITMIRE
TERESA BALTIERRA	MICHAEL HOSCH	MARTIN FUNG	KATHY HIRASUNA	RICH LANGHORST	BOBBIE MCKINNEY	BRIAN OLKOWSKI	DAVID RUIZ	TIM SWANSON	MATT WILSON
ELLA BARRAGAN	KELLY HUA	PAUL FURIA	MICHAEL HOSCH	PATRICIA LANTER	PAM MEDHURST	JOHN OLSEN	SAMUEL SABIN III	LORREE TACHELL	ALLIS WONG
DEREK BARTOLOME	EUGENE HUANG	ERICK CONTRERAS	KELLY HUA	DANNY LAPINID	MARTA MEJIA	SALLY OLSEN	WAYNE TAKEDA	WAYNE TAKEDA	WAYNE WRIGHT
KIM BATES	MICHAEL HUGHES	MARC COSEP	EUGENE HUANG	ABRAHAM LARIOS JR.	ROB MENDES	CAROLYN ONO	WARREN TAYLOR	WARREN TAYLOR	ANNMARIE WUNSCH
ROXANN BAUMFALK-LEE	MARK HUNT	JACK COVY	MICHAEL HUGHES	TODD LARSON	EDWARD MICHL	AMANDA ORLANDELLA	ROBERT TEBBE	ROBERT TEBBE	KEN YAMAGATA
BRUCE BEARE	CYNTHIA IGE-AOKI	LINDA COYNE	MARK HUNT	LAURA LAYNE	LAURA MICHL	PATTY ORTEGA	MIKE TEDESCO	MIKE TEDESCO	MARK YANAURA
PATTY BEARE	TETSUTOMO IIZUKA	JUDY CRAIG	CYNTHIA IGE-AOKI	MARY LEDEZMA	ROBERT MIGNOSA	AILEEN OSATO	TOM TORKILDSEN	TOM TORKILDSEN	ELY YARON
SHERLYN BEATTY	CHARLES ITAGAKI	RICK CRAIG	TETSUTOMO IIZUKA	JOHN LEE	LAUREN MIKOV	MARCELO PAGADUAN	LANA TORKILDSEN	LANA TORKILDSEN	DOUGLAS YEOMAN
MARY BENARTH	JACQUELINE JACKSON	SUSAN CROOK	CHARLES ITAGAKI	JOE LEE	MICHAEL MILLER	MELODY PAHEL	JOHN TOTH	JOHN TOTH	DEAN YORK
JAMES BENCE	STEVEN JACKSON	DEANA CUTHBERTSON	JACQUELINE JACKSON	MELISSA LEE-MUSTAMANDY	CORRINA MILLER	ALAN PAREDES	WILLIE TOTH	WILLIE TOTH	CAROL YOSHIMURA
BONNIE BENSON	JACKIE JAKOB	ROBERT CUTHBERTSON	STEVEN JACKSON	CAROL ANN LEONARD	JUDITH MILLER	MARK PARILLA	MATT TRUEBA	MATT TRUEBA	STEPHANIE YOSHIMURA
TRENT BENSON	CYNTHIA JAMES	DANNY DAHLKE	JACKIE JAKOB	KEN LEONARD	CATHE MILWARD	BOB PAUL	MARCIA TSANG	MARCIA TSANG	CHAZ YOST
JOEL BOCANEGRA	HEIDI JENSEN	DORA DAHLKE	CYNTHIA JAMES	TERESA LEONARD	LETICIA MIMILA	JOHN PEARSON	STEVEN TUCH	STEVEN TUCH	DEBRA YOST
TONY BOSCO	DANIEL JEUNG	KIRK DALEY	HEIDI JENSEN	VIRGINIA LESPON	SAMUEL MIMILA	RICHARD PERSON	TRACY TUCKER-GEORGES	TRACY TUCKER-GEORGES	GRACE YOUNG
DON BRAKEBILL	KARA JOHAN	CHRISTINE DANCEY	DANIEL JEUNG	SANDI LESSERT	CHRISTOPHER MITCHELL	MICHAEL PETRUCCI	GINNY TURNER	GINNY TURNER	ALAN YOUNG, DMD
SHARON BRAKEBILL	DAN JOHNSON	DANA DANCEY	KARA JOHAN	TIM LEUNG	MICHAEL MITCHELL	CORINNE PETTIT	DAVID YUNG	DAVID YUNG	DAVID YUNG
TANGIE BRAMBILA	KIRK JOHNSON	THOM DAVIS	DAN JOHNSON	JEFFREY LEW	NANCY MITCHELL	COBY PEWITT	REBECCA ZACHAU	REBECCA ZACHAU	REBECCA ZACHAU
DAVID BRANTLY	NICCARIA JOHNSON	CINDY DAY	KIRK JOHNSON	SARAH LEWIS	GRACE MITJANS	MARK PHAIR	DAMON ZALESKI	DAMON ZALESKI	DAMON ZALESKI
CHRISTOPHER BROCKEL	PATRICIA JOHNSON	ROYAL DEAN	NICCARIA JOHNSON	CATHY LIBITSKY	JERRY MOE	BANG PHAM	ANNE ZAVALA	ANNE ZAVALA	ANNE ZAVALA
BRIAN BRONSON	MEGANNE KANATANI	JOHN DELA CRUZ	PATRICIA JOHNSON	ANDREA LIM	JOSH MOE	MAX PIWONKA	JASON ZDENEK	JASON ZDENEK	JASON ZDENEK
MARY BROOKS	MICHELLE KASKE	TERI CAT DENGATE	MEGANNE KANATANI	MARTIN LIM	JUSTIN MONAST	LINDA PLETCHER	JEANETTE ZIOLKOWSKI	JEANETTE ZIOLKOWSKI	JEANETTE ZIOLKOWSKI
V BROWN	AMY KATZ	NANCY DENNIS	MICHELLE KASKE	LESLIE LITTLE	DENISE MOORE	SARAH POLJAK	STEPHEN ZIOLKOWSKI	STEPHEN ZIOLKOWSKI	STEPHEN ZIOLKOWSKI
JOEY BRYAN	TIM KAUFMAN	BRIEN DODD	AMY KATZ	PAUL LIU	THOMAS MOORE	JASON POLLOCK	JEFF ZONICK	JEFF ZONICK	JEFF ZONICK
MICHAEL BUDD	MJ KENNEDY	SHERRY DONALDSON	TIM KAUFMAN	STEPHEN LOMBARD	DOMINIQUE MORLEY	KIM POOLER			
DAVID BURNELL	CAROL KEY	KATIE DONATELLI	MJ KENNEDY	RICHARD LONG	BRIANNA MOWRY	JOE POOLER			
DUKE CALDWELL	CHERYL KINOSHITA	JAMES DOTI	CAROL KEY	JESSICA LOPRETTA	MIKE MOWRY	BUDDY POPE			
GINO CAMILLETI		JENNIFER DOUILLARD	CHERYL KINOSHITA		ANNE MULKINS	GONZALO PORTAS-HERNANDEZ			
BRETT CANGEWI		NADINE ECHEVERRY							



#REALCHAMPIONS

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.

Race Etiquette

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!



THE LARGEST SELECTION OF SPORT AND ACTIVE LIFESTYLE SUNGLASSES ON THE PLANET



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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Training Tips for Success

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!

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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:

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+

10K Awards will be presented by mail to the top three male and female 10K runners in the Military division and the following age groups:

10-13	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+	

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.

Get Social

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:
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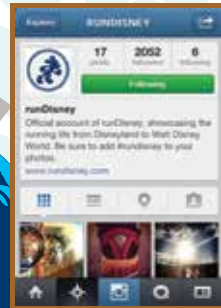
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#DumboDoubleDare



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RUN
IS ALL THAT MATTERS

Spectator Information

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[®]

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

Disneyland[®] 10K presented by Cigna[®]

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

Disneyland[®] Half Marathon presented by Cigna[®]

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

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).

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



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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.

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To learn more about us visit
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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 (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

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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