



RUNNER ETIQUETTE

- The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the *Disneyland®* Half Marathon.
- Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course but will help keep you safe.
  - 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.
  - Move to the side if someone behind you says “Excuse Me” or “Coming Through”.
  - If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may also get water.
  - Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.
  - When you are approaching the Finish Line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the finish area is for registered runners and staff only.
  - Water and select food items will be available for all race finishers after the Finish Line. Please be courteous to those finishing behind you and take only one of each item.

Please remember to thank the volunteers and have a great race!

SAVE THE DATE

FLORIDA

- THE TWILIGHT ZONE TOWER OF TERROR™*  
10 MILER WEEKEND  
OCTOBER 4-5, 2013
- DISNEY WINE & DINE HALF MARATHON WEEKEND  
NOVEMBER 8-9, 2013
- WALT DISNEY WORLD® MARATHON WEEKEND  
PRESENTED BY Cigna®  
JANUARY 8-12, 2014
- DISNEY PRINCESS HALF MARATHON WEEKEND  
FEBRUARY 20-23, 2014
- EXPEDITION EVEREST® CHALLENGE  
MAY 2-3, 2014
- CALIFORNIA
- TINKER BELL HALF MARATHON WEEKEND  
JANUARY 16-19, 2014
- DISNEYLAND® HALF MARATHON WEEKEND  
AUGUST 29-31, 2014

FOR MORE INFORMATION,  
VISIT RUNDISNEY.COM



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FINAL RACE INSTRUCTIONS

- Friday, August 30, 2013  
10:00 a.m. – 8:00 p.m. • *Disneyland®* Health & Fitness Expo
- Saturday, August 31, 2013  
5:30 a.m. *Disneyland®* 5K  
6:15 a.m. *Disneyland®* 10K  
10:00 a.m. *runDisney* Kids Races  
10:00 a.m. – 5:00 p.m. • *Disneyland®* Health & Fitness Expo
- Sunday, September 1, 2013  
5:29 a.m. *Disneyland®* Half Marathon Wheelchair Start  
5:30 a.m. *Disneyland®* Half Marathon Runner Start

Welcome to the 2013 *Disneyland®* Half Marathon Weekend! Below are important reminders for your race weekend.

PACKET PICK-UP & WAIVERS

Participants must attend Packet Pick-Up at the *Disneyland®* Health & Fitness Expo to receive their race bib, bag check sticker, gEAR bag, and race shirt. Please arrive to the Lower Exhibit Hall of the *Disneyland®* Hotel to pick up your race bib FIRST, before continuing to the Upper Level for your shirt and gEAR bag. **Packet Pick-Up will not be available on race morning.**

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 race packet. To save time, print your personalized race waiver from *runDisney.com* and bring it to the Expo.

ABSENTEE PACKET PICK-UP

- If you are unable to attend Packet Pick-Up, the individual picking up on your behalf must provide the following items as well as their Photo ID:
- Copy of your Photo ID
  - Your signed waiver
  - Your signed Packet Pick-Up Authorization Form (available on *runDisney.com*)
- No exceptions will be made.

COMMEMORATIVE ITEMS

Pre-purchased commemorative items will be distributed during Packet Pick-Up in the Lower Level of the Exhibit Hall. Please remember items that are not picked up will not be mailed or refunded. Additional merchandise will be available at the *Disneyland®* Health & Fitness Expo.

runDISNEY KIDS RACES

- The *runDisney* Kids Races will utilize the Finish Line area located near ESPN Zone®. Parents who wish to run with their children are encouraged to do so. Plan to arrive with your registered children to Family Reunion Area in the Lilo Parking Lot by the following times:
- 9:30 a.m. • 100m (1-3 year olds) & 200m (4-6 year olds)
  - 9:45 a.m. • 400m (7-8 year olds)
  - 10:15 a.m. • Diaper Dash (crawlers only)

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.

runDisney Kids Races Post Race Area

All registered participants will receive a commemorative medallion at the Finish Line – those who choose to run with their children will not receive a medallion. Dasani® water and Clif® Z-Bars will be available for registered participants after the Finish Line.

RACE START

The start zone 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. Ensure your race bib is on your outer most garment and visible when entering the start area. Measures will be taken to prevent unofficial runners from starting. For safety reasons, and as a courtesy to others, please line up in the appropriate corral.

Disneyland® 5K

Please arrive by 4:30 a.m. and be in your corral no later than 5:00 a.m. Line up according to your expected pace, faster runners in the front and slower walkers in the back.

Disneyland® 10K

Please arrive by 5:15 a.m. and be in your corral no later than 5:45 a.m. The letter on your race bib will correspond with your assigned corral (based on your estimated finish time).

Disneyland® Half Marathon

Please arrive by 4:30 a.m. and be in your corral no later than 5:00 a.m. The letter on your race bib will correspond with your assigned corral (based on your estimated finish time).

BAG CHECK PRESENTED BY SAFECO

Family Reunion Area – Lilo Parking Lot

Saturday, August 31		Sunday, September 1	
Check Bags	3:30-5:30 a.m.	Check Bags	3:30-5:00 a.m.
Retrieve Bags	5:45-8:30 a.m.	Retrieve Bags	6:30-8:30 a.m.

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 on the front of your shirt. Participants without a race bib will be removed from the course for security and safety reasons. **Please complete the Emergency Information on the back of the bib.**



TIMING

A ChronoTrack B-Tag will be attached to the back of the 10K and Half Marathon race bibs to record your official and net time (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. Do not remove, bend or break the ChronoTrack B-Tag, or alter it in any way. Without the B-Tag, your official time **WILL NOT** be recorded.

PACING

All athletes 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.

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.

RESTROOMS

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

SAFETY

For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. If you are seen in violation of one of these you will be removed from the course and transported to the finish line area. Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

MEDICAL SUPPORT

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

IN THE EVENT OF EXTREME HEAT

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

WEATHER

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

REFRESHMENTS

Water stations will be available along the 5K and 10K courses. For the Half Marathon, both Dasani water and PowerAde® will be available at 9 stops along the course, along with Clif Shots® near mile 9. There will be a refreshment area providing Dasani water, PowerAde® and nutrition boxes to runners inside the finish area of the 5K, 10K, and Half Marathon.

MEDALS & RESULTS

All finishers will receive a specially designed commemorative finisher medal before exiting the finish chute. Half Marathon finisher's certificates will be available for download approximately one week after the race at [mydisneymarathon.com](http://mydisneymarathon.com). Timed race results will be available at [runDisney.com](http://runDisney.com) following the conclusion of the race.

Dumbo Double Dare

Dumbo Double Dare participants will receive one race bib which must be worn for both the 10K and the Half Marathon. After completing the 10K, Dumbo Double Dare participants will receive a special wristband. Upon completing the *Disneyland®* Half Marathon, please present your attached wristband at the Dumbo Double Dare Tent located in the Finisher's Chute. You will trade your wristband in for a Dumbo Double Dare medal.

runDisney Coast to Coast Race Challenge

Participants completing their second leg of the 2013 *runDisney* Coast to Coast Race Challenge will receive a wristband at the *Disneyland®* Health & Fitness Expo that must be worn until the completion of the *Disneyland®* Half Marathon in the allotted time limit. Upon completing the *Disneyland®* Half Marathon, please present your attached wristband at the *runDisney* Coast to Coast Race Challenge Tent located in the Finisher's Chute. You will trade your wristband in for a *runDisney* Coast to Coast Race Challenge medal.

AWARDS

Overall Half Marathon top finishers will receive their awards at the Awards Ceremony at 8:00 a.m. on Sunday, September 1, 2013. The following awards will be presented on-site at the Awards Ceremony. Please note, overall awards are based on Gun Time except where noted.

- Top 3 Overall Female & Male Finishers
- Top 3 Overall Female & Male Wheelchair Finishers (push rim only)
- Overall Female & Male Masters Champion (Net Time)

10K, individual and military awards will be distributed by mail after the event. Please allow 4-6 weeks for delivery.

PHOTOGRAPHERS

MarathonFoto will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt and remember to smile. Please visit [MarathonFoto.com](http://MarathonFoto.com) after the race to view your race photos. Race photos will be posted approximately one week following the event.

FAMILY REUNION AREA

Your family and friends are welcome to wait and watch you cross the finish line on the big screen in the Family Reunion Area, located in the Lilo Parking Lot. Runners will enter the Family Reunion Area after receiving their finisher's medal.



ARRIVING BY CAR

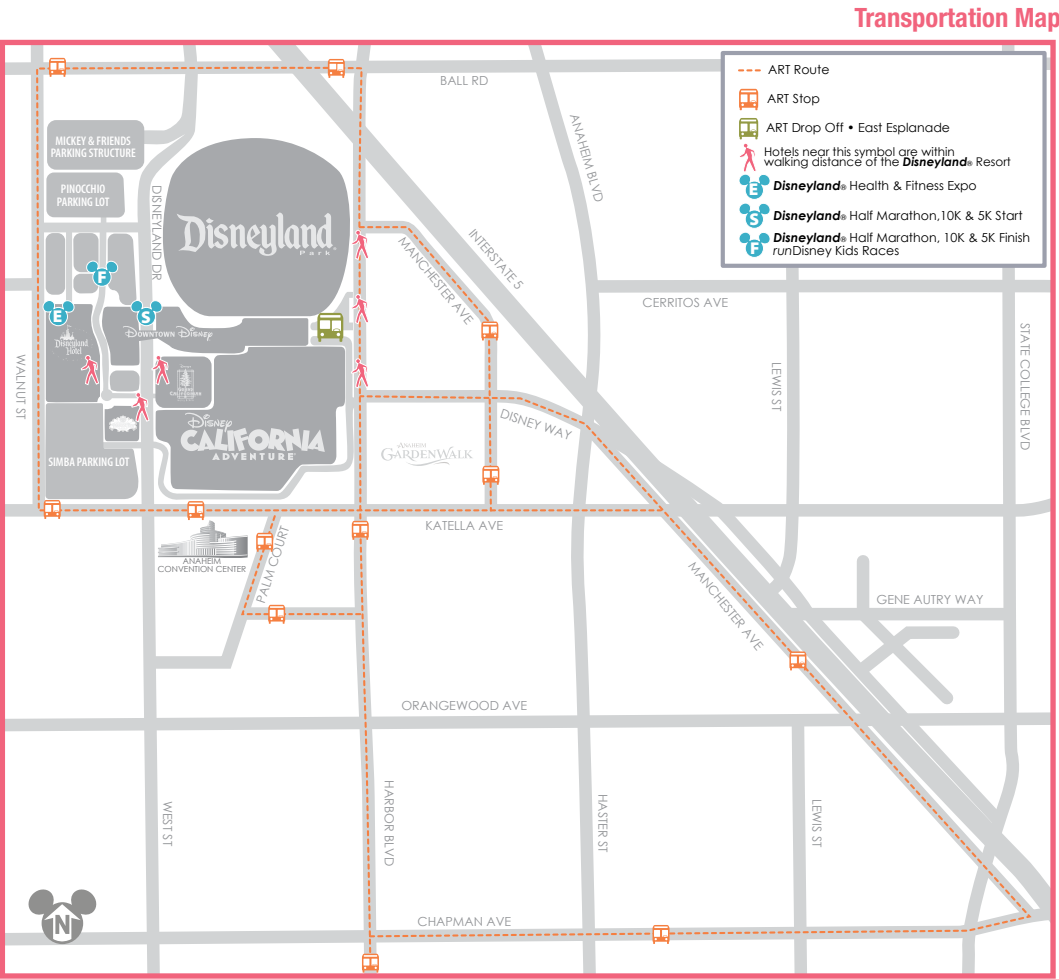
We encourage all runners and spectators to avoid traffic and parking by using the **complimentary** shuttles, which are provided **free of charge**. See the transportation shuttle map for pick-up and drop-off locations. For those who choose to drive, parking for all weekend events, including the Expo and all races, is available in the Mickey & Friends Parking Structure, located off Disneyland Drive at Ball Road. Follow the signs for Theme Park Parking. Standard parking fees apply.

TRANSPORTATION & PARKING

To avoid traffic and parking, complimentary event shuttles are available to runners and spectators. Shuttles will depart from select *Disneyland®* Resort Good Neighbor Hotels to the *Disneyland®* Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (8/30-9/1) during scheduled *Disneyland®* Half Marathon weekend events. You will receive a pass from your driver the first time you board the shuttle. **Please save this pass for use over the entire *Disneyland®* Half Marathon Weekend. Please see the shuttle map for pick-up and drop-off locations.**

**SHUTTLE HOURS:**  
Friday 6:20 a.m.-12:30 a.m.  
Saturday 3:30 a.m.-11:30 p.m.  
Sunday 3:00 a.m.-11:30 p.m.

Schedule varies. Please confirm with hotel front desk.



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| <ul style="list-style-type: none"><li>• Anabella Hotel</li><li>• America's Best Inn</li><li>• America's Best Value Fantasy Inn</li><li>• America's Value Inn &amp; Suites</li><li>• Anaheim Marriott</li><li>• Anaheim Resort RV Park</li><li>• Ayres Hotel*</li><li>• Best Western Meridian Inn &amp; Suites</li><li>• Best Western Pavilions</li><li>• Best Western Raffles</li><li>• Best Western Stovall's Inn</li><li>• Clarion Hotel Anaheim Resort</li><li>• Comfort Inn Maingate</li><li>• Comfort Inn &amp; Suites</li><li>• Cortona Inn &amp; Suites</li><li>• Courtyard by Marriott <i>Disneyland®</i> Park</li><li>• Days Inn Anaheim West</li></ul> | <ul style="list-style-type: none"><li>• Desert Palm Hotel/Suites</li><li>• Dolphin's Cove</li><li>• DoubleTree Guest Suites</li><li>• Econolodge</li><li>• Embassy Suites Anaheim South</li><li>• Extended Stay</li><li>• Greenwood Suites Anaheim Resort</li><li>• Hampton Inn &amp; Suites</li><li>• Harbor RV Park</li><li>• Hilton Anaheim</li><li>• Hilton Garden Inn</li><li>• Hilton Suites</li><li>• Holiday Inn – Anaheim Resort</li><li>• Holiday Inn &amp; Suites</li><li>• Homewood Suites</li><li>• Hotel Ménage</li><li>• Howard Johnson</li><li>• Jolly Roger Hotel</li><li>• La Quinta Inn</li></ul> | <ul style="list-style-type: none"><li>• Islander Inn</li><li>• Marriott Suites</li><li>• Motel 6</li><li>• Peacock Suites</li><li>• Portofino</li><li>• Quality Inn</li><li>• Ramada Limited Maingate North</li><li>• Ramada Limited Suites</li><li>• Ramada Plaza</li><li>• Red Lion Hotel</li><li>• Residence Inn Anaheim Resort</li><li>• Residence Inn Garden Grove</li><li>• Sheraton Park</li><li>• Staybridge Inn &amp; Suites</li><li>• TownePlace Suites*</li><li>• Travelodge International Inn</li><li>• WorldMark Anaheim</li></ul> |
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