



## 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](http://RUNDISNEY.COM)



YouTube

Event and dates subject to change. ©Disney

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OFFICIAL RACE GUIDE

AUGUST 30-SEPTEMBER 1, 2013

runDisney

# Pure Taste in a Better Bottle



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Dear Participants,

Welcome to the eighth annual *Disneyland®* Half Marathon Weekend. We're thrilled to have you with us and excited to share some brand new adventures throughout our resort. Whether you are out on the course or just having fun in the park, you are sure to find unique challenges and magical experiences at every step.

If you haven't done so already, be sure to check out the expansion of *Disney California Adventure®* Park. The openings of Cars Land and Buena Vista Street are a huge hit. You can take a relaxing ride down Buena Vista Street in a Red Car Trolley or open the throttle and race around Radiator Springs with Mater and Lightning McQueen.

This year, we've put the spotlight back on *Disneyland®* Park with brand new entertainment in Fantasyland. In Fantasy Faire you can laugh and play with your favorite Disney Princesses and enjoy two new shows in the Royal Theatre featuring Rapunzel and Belle. And don't miss "Mickey and the Magical Map," an amazing new stage production in the newly renovated Fantasyland Theatre.

As for the race activities, we've proudly added the *Disneyland®* 10K, a 6.2-mile run that gives you an incredible tour of the *Disneyland®* Resort and the city of Anaheim. And for those of you with boundless energy and stamina, we challenge you for the first time to complete both the *Disneyland®* 10K on Saturday and Sunday's *Disneyland®* Half Marathon as part of the Dumbo Double Dare.

As always, there is no shortage of weekend activities. This year's event also includes the *Disneyland®* Health & Fitness Expo at the *Disneyland®* Hotel, the *Disneyland®* Family Fun Run 5K in the parks and the *runDisney* Kids Races in *Downtown Disney®*.

All weekend long, the resort will be filled with excitement to keep you smiling and the race routes will be lined with fans, characters and entertainment to keep your energy high. Whether you are here to win, beat your best time, or just have fun, I want to thank you for being part of this amazing annual event.

Have a safe and magical weekend!

Michael Colglazier  
President  
*Disneyland®* Resort



# h2o+™ DISCOVER HYDRATION



CONGRATULATIONS ON  
GOING THE DISTANCE

KEEP YOUR SKIN HYDRATED WITH  
H2O PLUS SCIENTIFICALLY PROVEN  
FORMULAS WITH THE SKIN-CHANGING  
POWER OF MARINE-RICH INGREDIENTS



CITY OF ANAHEIM  
MAYOR TOM TAIT

Welcome Race Participants!

More than 27,000 runners in Anaheim and thousands more friends and family members to cheer them on can only mean one thing – the Happiest Race on Earth – the Disneyland Half Marathon Weekend – is on!

As we celebrate the 8th annual Disneyland Half Marathon Weekend, the City of Anaheim is pleased to welcome all participants as you run, hand cycle, walk and jog on city streets and through the grounds of Walt's original theme park. It is a special weekend for Anaheim, and we are glad you are here to join us. Whether this is your first race, or you have participated since the inaugural race in 2006, we are proud to count you as part of the Anaheim community.

Coordinating the race weekend is truly a team effort, and we are committed to ensuring you have a memorable experience. As you race along city streets, you'll be greeted by some of our wonderful and kind residents who are eager to volunteer, cheer and encourage you through this 13.1 mile trek.

We wish you all the best this weekend, and we hope to welcome you back to Anaheim again soon.

Enjoy!

Tom Tait  
Mayor  
City of Anaheim

200 South Anaheim Boulevard, Anaheim, California 92805  
(714) 765-5247 • FAX (714) 765-5164 • [www.anaheim.net](http://www.anaheim.net)



For the countless neighborhoods you ran through to get here, we congratulate and welcome you to

**OUR NEIGHBORHOOD**

2013 Disneyland® Half Marathon.





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, 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 26 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.



# Time to Refuel



**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](http://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.



## Friday, August 30

### Disneyland® Health & Fitness Expo

Disneyland® Hotel Exhibit Hall

- 10:00 a.m. – 8:00 p.m.

## Saturday, August 31

### Disneyland® 5K

Disneyland® Resort & City of Anaheim

- 5:30 a.m.

### Disneyland® 10K

Disneyland® Resort and City of Anaheim

- 6:15 a.m.

### runDisney Kids Races

Downtown Disney® District,  
near ESPN Zone®

- 10:00 a.m.

### Disneyland® Health & Fitness Expo

Disneyland® Hotel Exhibit Hall

- 10:00 a.m. – 5:00 p.m.

### Pasta in the Park Party

Big Thunder Ranch Jamboree -  
Disneyland® Park

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

## Sunday, September 1

### Disneyland® Half Marathon

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

### Awards Ceremony

Family Reunion Area Stage  
Overall Half Marathon Awards

- 8:00 a.m.



## Friday, August 30

Disneyland® Park:

9:00 a.m. – Midnight

Disney California Adventure® Park:

9:00 a.m. – 10:00 p.m.

## Saturday, August 31

Disneyland® Park:

9:00 a.m. – 11:00 p.m.

Disney California Adventure® Park:

9:00 a.m. – 10:00 p.m.

## Sunday, September 1

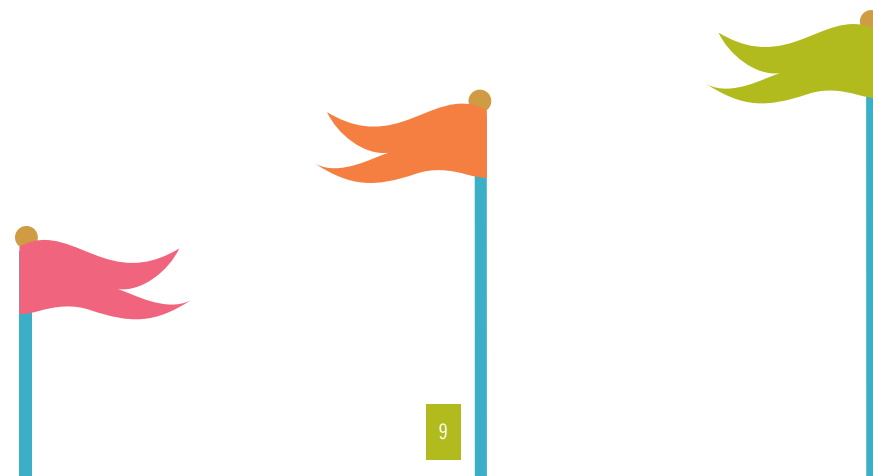
Disneyland® Park:

9:00 a.m. – 11:00 p.m.

Disney California Adventure® Park:

9:00 a.m. – 10:00 p.m.

\*All park hours are subject to change.





# DISNEYLAND® HEALTH & FITNESS EXPO



**Disneyland® Hotel Exhibit Hall**  
**Friday, August 30**  
**10:00 a.m. – 8:00 p.m.**

**Saturday, August 31**  
**10:00 a.m. – 5:00 p.m.**

The Disneyland® Health & Fitness Expo welcomes all Half Marathon Weekend participants to experience a two-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.**

## Pasta Party Tickets, ChEAR Squad Packages and Commemorative Items

Pick up Pasta in the Park Party tickets, ChEAR Squad packages, and pre-purchased Commemorative Items at the Expo.

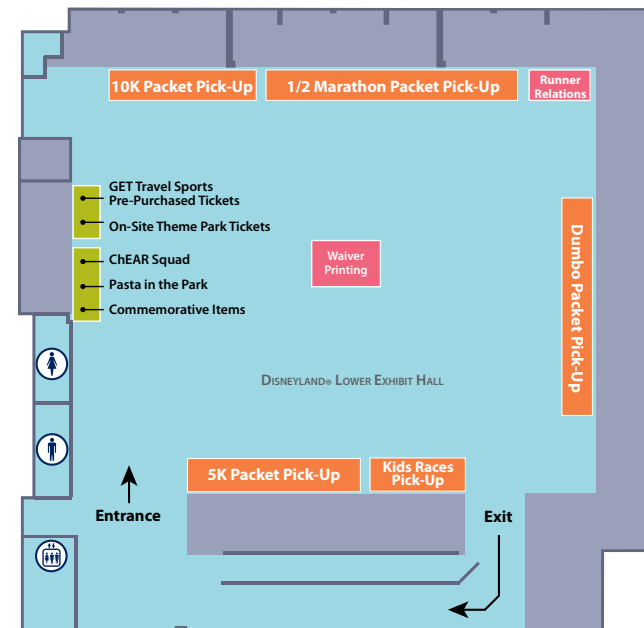
- Commemorative Ears
- Commemorative Necklaces
- Commemorative Pins

Photo identification is required to pick up items. A waiver is required for each Gold or Platinum ChEAR Squad member.



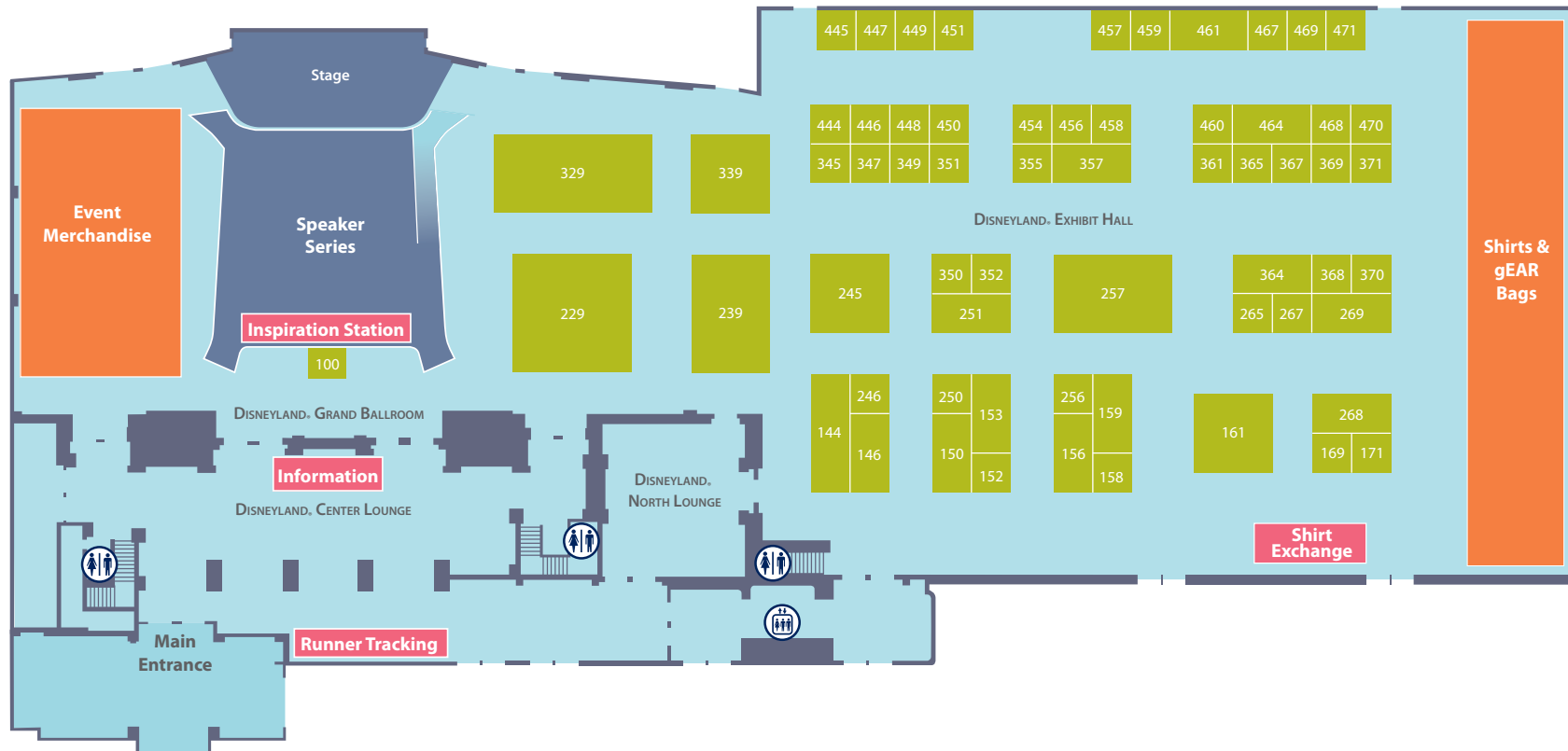
## Disneyland® Hotel Lower Level Exhibit Hall

When you arrive to the Disneyland® Health & Fitness Expo, please visit the Lower Level of the Disneyland® Hotel Exhibit Hall FIRST for Race Packet, Pasta in the Park 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 Event Shirt and gEAR Bag Pick Up.

# EXPO FLOORPLAN & EXHIBITORS



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
110 % Compression	169	Divas Half Marathon® & 5K Series	471	Marathonfoto	150	Spectrum Sports Management, Inc.	447
ABC Television	457	El Capitan Theatre	459	<b>New Balance</b>	<b>229</b>	SPIbelt	153
Aline Foot Performance System	355	Endure	256	New Year's Race	451	Sport Beans	349
Alpine Sport	454	Fitletic by iFitness	269, 352	Nite Beams	250	SportHooks	460
Angels Baseball Foundation	469	FOND MEMORIES GRAPHICS, INC.	370	OhYeah! Nutrition	467	<b>St. Joseph Hospital, Orange</b>	<b>239</b>
Balega International	444	Garmin	448	On The Go Towels	458	Success Rice & Minute Rice	456
Beach Cities Challenge & Holiday Half Marathon	464	Glam Headbands	350	One More Mile	161	SWEATY BANDS	159
BeeCause Charms	345	Halo Headband	470	PRO Compression	369	The Leukemia & Lymphoma Society - Team In Training	449
Big Sur Marathon	365	Handana SweatBand	347	Pro-Tec Athletics	351	The RooSport	361
Bondi Band	364	JayBird	446	Raw Threads	257	The San Jose Police Department	367
California Highway Patrol	468	KT Tape	445	Rock 'n' Roll Marathon Series	158	The Stick - award winning self massage tool	171
<b>Champion</b>	<b>329</b>	Lasting Commemoratives	251	<b>runDisney</b>	<b>144</b>	Women's Running St. Pete	368
<b>Clif Bar</b>	<b>339</b>	LifeStyle Sports	371	Running Skirts	357	yurbuds Sport Earphones	265
D23: The Official Disney Fan Club	100	"Live Big with Ali Vincent"/ Live Well Network	152	<b>Safeco Insurance</b>	<b>156</b>	Zensah Compression	267
Disney Vacation Club	245	Magic Masseuse	450	SnuggBuds Headsets	246		
Disney's Fairy Tale Weddings	146			Sparkle Athletic	461		
				SparkleSkirts	268		



# DISNEYLAND® HALF MARATHON SPEAKER SERIES



## Friday, August 30

11:00 a.m.

**Jeff Galloway, runDisney Official Training Consultant Running Clinic**

Jeff will teach participants how to build endurance and improve their finish time, while staying injury free!

Noon

**Ali Vincent, First Female Winner of "The Biggest Loser"**

**Change Your Life One Step at a Time**

Maybe some of your habits could use some fine tuning. To change the equation and create a different result is not changing who you are, but simply shifting/changing one thing. Who you are is perfect!

1:00 p.m.

**Sean Astin, Actor and running enthusiast**

Sean Astin is a television and movie actor best known for his roles in *Rudy*, *The Lord of the Rings* and *The Goonies*. Sean will share his motivation for running and leading a healthy active lifestyle, while at the same time balancing family and work. He will talk about the inspiration he has found through social media and his #Run3rd project.

2:00 p.m.

**Mike Bone, Race Director  
Mary Ancona, Sales Manager  
Robin Trowbridge, Entertainment Show Director  
Shannon Valentine, Operations Event Manager**  
**Event Weekend Information for Runners and Spectators**

This panel of *runDisney* race experts will provide detailed race information to runners and spectators, along with answers to your race questions.

5:00 p.m.

**Star Blackford, Clif Bar Pace Team**  
**13.1 Tips for Your Best Half Marathon**

The Clif Bar Pace Team will share their secrets to help athletes of all abilities run or walk their best half marathon.

6:00 p.m.

**Tara Gidus, runDisney Official Nutritionist**  
Tara will teach how to maintain proper nutrition in order to lose weight while training for your race!

## Saturday, August 31

10:15 a.m.

**Alison Sweeney, Actress, Host of The Biggest Loser and Author of The Star Attraction**

For twelve consecutive seasons as host of *The Biggest Loser*, Alison Sweeney has played a major role in transforming people lives through healthy active lifestyles. Alison will talk about her own focus on fitness and nutrition and offer tips on staying motivated to exercise and remaining healthy.

11:00 a.m.

**Jeff Galloway, runDisney Official Training Consultant Running Clinic**

Jeff will teach participants how to build endurance and improve their finish time, while staying injury free!

Noon

**Darris and Star Blackford, Clif Bar Pace Team**

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**Event Weekend Information for Runners and Spectators**

This panel of *runDisney* race experts will provide detailed race information to runners and spectators, along with answers to your race questions.

3:00 p.m.

**Ali Vincent, First Female Winner of "The Biggest Loser"**

**Change Your Life One Step at a Time**

Maybe some of your habits could use some fine tuning. To change the equation and create a different result is not changing who you are, but simply shifting/changing one thing. Who you are is perfect!

4:00 p.m.

**Tara Gidus, runDisney Official Nutritionist**

Tara will teach how to maintain proper nutrition in order to lose weight while training for your race!

# PASTA IN THE PARK PARTY



**Saturday, August 31**

**6:00 – 8:00 p.m.**

**Big Thunder Ranch Jamboree,  
Disneyland® Park**

Kick off the 2013 *Disneyland*® Half Marathon Weekend by joining us for the Pasta in the Park Party inside *Disneyland*® Park\*! This event is a great way to relax and be entertained before your big race. The party includes a buffet pasta dinner with self seating, a live DJ and Disney characters eager to meet you.

The Pasta in the Park Party at the *Disneyland*® Half Marathon features:

- Buffet pasta dinner and dessert at the Big Thunder Ranch Jamboree inside *Disneyland*® Park
- Disney character appearances
- Live DJ

Pick up your pre-purchased tickets at Pasta in the Park Party booth, located in the Lower Level Exhibit Hall of the *Disneyland*® Health & Fitness Expo.

\*A theme park ticket is required to enter this party.



# REDEFINE GIRLS' NIGHT OUT.



Boston, MA. Thursday night. 9:15 P.M.  
Some go out. Others go out and make  
excellent happen. The night is yours.

**THIS IS RUNNOVATION.**

**new balance.com**

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**runDisney Kids Races**  
**Saturday, August 31, 2013**  
**10:00 a.m.**

**Packet Pick-Up**

Race packets must be picked up at the *Disneyland* Health & Fitness Expo on Friday, August 30 from 10:00 a.m.-8:00 p.m. for the *runDisney* Kids Races. Completed race waivers are required for all participants. To save time, print your personalized race waiver from [runDisney.com](http://runDisney.com) and bring it to the Expo.

**Downtown Disney District, near ESPN Zone.**

For the little runners who want to get into the action, the *runDisney* Kids Races will give them the chance to earn his or her own finisher medallion! Races will begin at 10:00 a.m. and take place in the following order:

- 100m Dash - 1-3 years old
- 200m Dash - 4-6 years old
- 400m Dash - 7-8 years old
- Diaper Dash - 12 months and under

- 1 Drink up! Even a slight 2% dehydration will decrease your performance. Stay hydrated by eating a diet high in fruits, vegetables and drinking plenty of fluids.
- 2 Recover with protein. After a race that demands endurance and creates muscle breakdown, it's essential to repair with protein. Endurance athletes need more protein than the average person, so be sure to eat protein rich foods within 2 hours after your run like chicken breast, lean beef, seafood, eggs, dairy, beans, or nuts or nut butter.
- 3 Use sports drinks--it's what they're made for! When running longer than an hour, drink full strength sports drinks instead of reduced calorie versions or "fitness" waters. Reduced calorie drinks don't adequately meet carbohydrate needs. If running fewer than 45 minutes to an hour, water alone will hydrate just fine.
- 4 Eat well prior to a race. Pre-race rule of thumb: eat a nice base of carbohydrates from grains, fruits, and vegetables and balance your meal with a moderate amount of lean protein while keeping it low fat.
- 5 Focus on low fat foods. High fat foods take longer to digest which can lead to stomach upset, making it harder to run at your best. Avoid high fat pastries, fried foods, and fatty meats.
- 6 When doing a long run, eat at least 300 calories of primarily carbs with a little bit of protein, but keep it low in fat. Eating before a long run will help sustain your energy and can help prevent "hitting the wall."
- 7 Pre-run food should be high in quick digesting carbohydrates, which provide the primary fuel for working muscles. A small amount of protein will keep you feeling satisfied without slowing you down. Avoid excess fat, which digests very slowly, making you feel sluggish. For quick digesting carbs and protein, have a bowl of Greek yogurt, berries and granola.
- 8 At fluid stations along the course, aim for a few gulps (1/2 to 1 oz per gulp) of sports drink or water per station to prevent under hydrating or over hydrating. Keep in mind it's best to drink 4-8 ounces every 15-20 minutes while you're running.
- 9 Eat within your 30-minute window. Aim to begin replenishing within 30 minutes after your run. This is the short window after a workout when storage of fuel is maximized. It is critical to refuel as quickly as possible to prepare for your next run and to prevent injury.
- 10 Remember the 3 R's for recovery nutrition: Refuel with carbohydrates, Rebuild with protein, and Rehydrate with fluid. The fourth R: Rest!
- 11 Consume carbs during your run for quick energy to carry you through to the finish line. Many runners stick to sports drinks and gels, but others eat foods like bananas, raisins, or sport beans or blocks.
- 12 Don't overdo the carbs the night before the race. Many runners think that "carbloading," or eating as much pasta as you possibly can the night before the race, will increase endurance. In reality, too much food will leave you feeling sluggish in the morning. It IS important to eat carbs, but don't overdo it to the point of feeling stuffed.
- 13 Remind yourself of the benefits your hard work and training has on your health and fitness level. Be proud that you completed the *Disneyland*® Half Marathon and are healthier for doing so! Good luck!

# DISNEYLAND® HALF MARATHON RACE INFORMATION

## Disneyland® 5K

Saturday, August 31, 2013  
5:30 a.m.

## Disneyland® 10K

Saturday, August 31, 2013  
6:15 a.m.

## Disneyland® Half Marathon

Sunday, September 1, 2013  
5:29 a.m. - Wheelchair Start  
5:30 a.m. - Runner Start

## Packet Pick-Up

Race packets must be picked up at the Disneyland® Health & Fitness Expo on Friday, August 30 from 10:00 a.m.- 8:00 p.m. for the Dumbo Double Dare, 5K, 10K, and Kids Races. Half Marathon participants may pick up their packets on Friday, August 30 from 10:00 a.m.- 8:00 p.m. or Saturday, August 31 from 10:00 a.m.- 5:00 p.m. Completed race waivers are required for all participants. To save time, print your personalized race waiver from [runDisney.com](http://runDisney.com) and bring it to the Expo.

The Disneyland® Half Marathon, 10K and 5K races will all utilize the same start line, finish line, and post race area.

## The 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. Please ensure your race bib is on your outer most garment and visible when entering the start area. Measures will be taken to prevent unofficial runners from starting.

## The Finish

After you cross the finish line, please proceed through the finisher's chute. Volunteers will present you with your finisher medal(s) and post-race refreshments. Photographers will be available for post-race photos before you are directed to the 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.

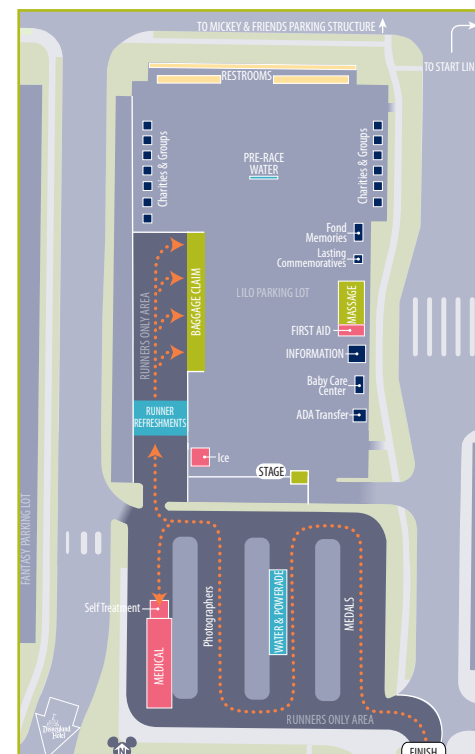
## Family Reunion Area

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

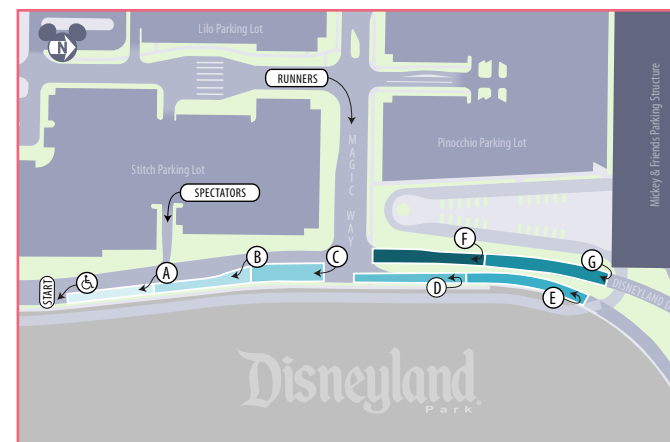
## Meet Up Tips:

- 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.

## Staging Map

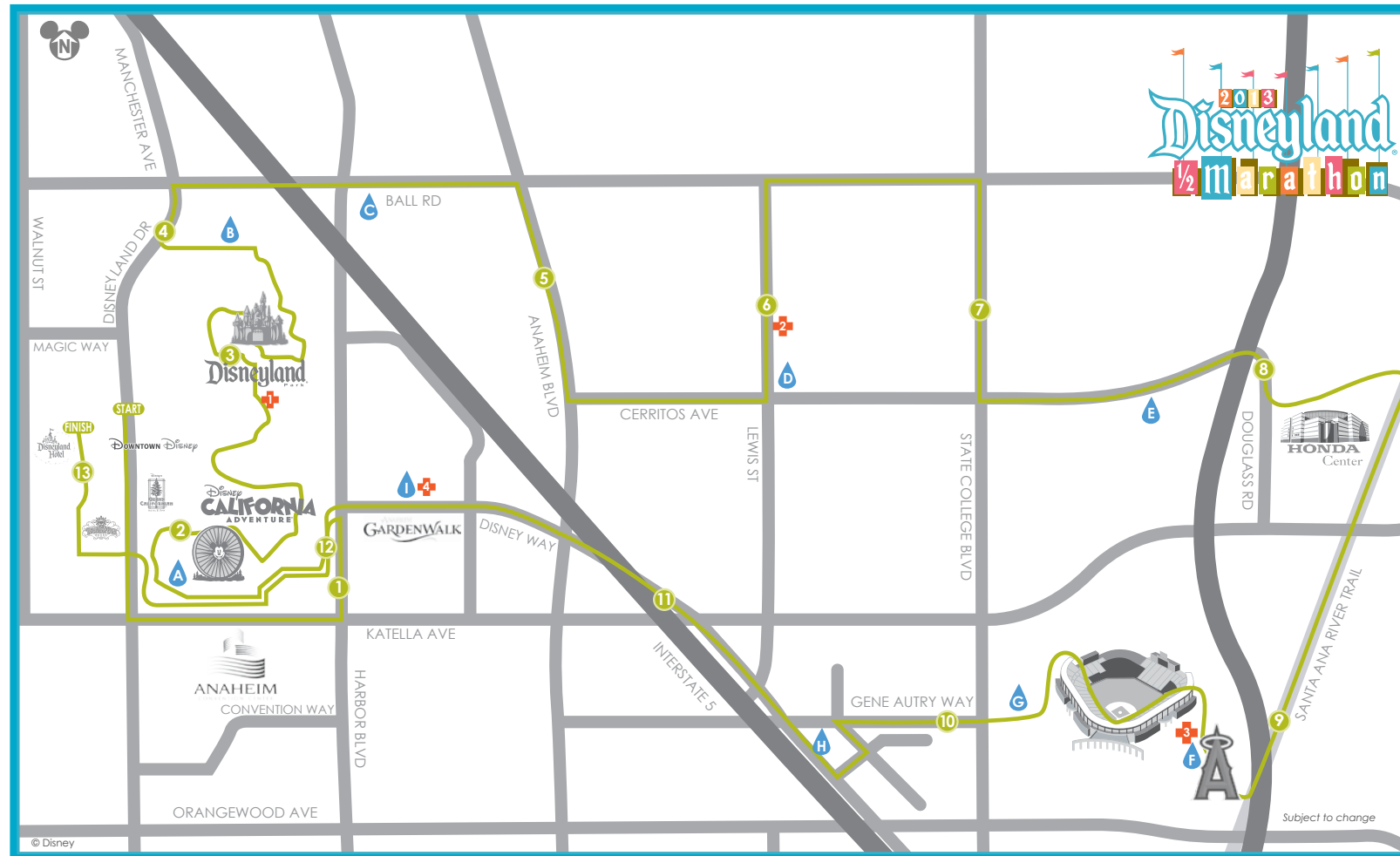


## Corral Map





# DISNEYLAND® HALF MARATHON COURSE MAP



It's the moment you've been training for. Your 13.1 mile run on a magical course in the Happiest Race on Earth takes you through *Disney California Adventure*® Park, along legendary Main Street, U.S.A. in *Disneyland*® Park, and then on to the streets of Anaheim. You'll complete your

*Disneyland*® Half Marathon race with an exciting finish near the *Disneyland*® Hotel. It all adds up to miles of smiles, unforgettable memories, and a perfect ending to a magical *Disneyland*® Half Marathon Weekend.

## Food and Beverage Stations

Nine beverage stations will be set up along the course, offering Dasani water and PowerAde. There will be one nutrition stop near mile 9 where Clif product will be distributed.

## Medical Aid Stations

Four medical aid stations will be set up along the course, staffed by St. Joseph's Hospital.

# DISNEYLAND® 5K AND 10K COURSE MAP

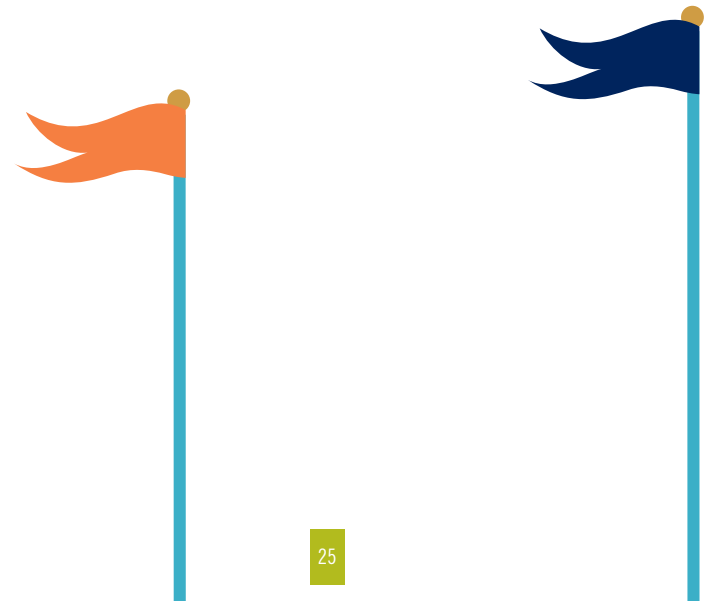


Get ready to race through the *Disneyland®* Resort where you'll be greeted by Alice and the Mad Hatter on your wacky journey through Wonderland. The *Disneyland®* Family Fun Run 5K kicks off Saturday morning as you race a 5K course throughout the *Disneyland®* Resort. The Inaugural *Disneyland®* 10K follows the path of the White Rabbit as he tries to catch up with Alice and the Mad Hatter.

This all-new event will take you into Cars Land at *Disney California Adventure®* Park and through *Disneyland®* Park along with the streets of Anaheim.

## Water Stations

Two water stations will be available along the 5K course, and three stations will be available along the 10K course.







If you think that a half marathon is just a walk in the park, put your endurance to the test and compete in the all-new **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.

**Dumbo Double Dare** participants will receive a special bib at packet pick-up noting their participation in this special challenge. Be sure to wear this one bib for both the 10K and Half Marathon, as it's your ticket to the special commemorative Dumbo Double Dare medal, which you'll receive at the finish of the Half Marathon.



TRY OUR  
DELICIOUS  
**VARIETY**  
of FLAVORS



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# PACING REQUIREMENTS, TIMING & RESULTS



All athletes participating in the *Disneyland*® 5K, 10K, and Half Marathon must be able to maintain a 16-minute per mile pace throughout the race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up at any point along the course and transported to the Course Pick-Up Tent in the Pinocchio Parking Lot, a short walk from the Family Reunion Area.

## Timing

The *Disneyland*® 10K and Half Marathon will be timed utilizing the ChronoTrack B-Tag, which will be attached to the back of the race bib. Do not remove, bend or break the ChronoTrack B-Tag. The ChronoTrack B-Tag records your official and net time. The net time is the time it takes you to get from the start line mats to the finish line mats and will be used to determine the scoring for awards. Please do not alter the ChronoTrack B-Tag in any way. Without the B-Tag, your official time WILL NOT be recorded.

## Runner Tracking

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

## Event Results

A complete list of results for the Half Marathon and 10K will be posted online at [runDisney.com](http://runDisney.com) following the events.

## Half Marathon Finisher Certificates

Participants who finish the Half Marathon in less than three and a half hours will be able to download a finisher certificate at [MyDisneyMarathon.com/Disneyland](http://MyDisneyMarathon.com/Disneyland) approximately two weeks after the race.



Explore Moments. Add your 2013 *Disneyland*® Half Marathon Weekend Moment at [www.meetthemoment.com](http://www.meetthemoment.com)

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## FROM 13.1 TO THE MARATHON—YOU CAN DO IT!

By Olympian Jeff Galloway, Official runDisney Training Consultant

Training for a marathon does not require much more training than for a half marathon: 30 minutes on Tuesday and Thursday, and 60 minutes on most weekends, as the minimum. Hundreds of thousands of runners have crossed the 26.2 finish line following this program, and have had plenty of energy to enjoy the Theme Parks, wearing their medals.

The sense of accomplishment and empowerment from crossing the marathon finish line changes lives for the better. With my free program, available at [runDisney.com](http://runDisney.com), you can carry on your life while training for this significant event. I hope that you can join me at the *Walt Disney World®* Marathon.

Here are the key elements of the program: Minimum workouts needed: 30 minutes on Tuesday and Thursday plus a weekend run. There is a schedule listed at [runDisney.com](http://runDisney.com)

Weekend Run gradually increases to goal distance in gentle increases every 2-3 weeks, followed by short runs on non-long-run weekends. There is minimal time needed for training except for a few long runs at the end of the program, every 21 days.

Walk breaks are inserted into every run, from the beginning, to erase fatigue, and give you vitality for the rest of the day.

Avoid running too fast by using my “magic mile” prediction exercise (also detailed on the [runDisney.com](http://runDisney.com) site.

Other Disney events, such as the Tinker Bell Half Marathon, Disney Wine & Dine Half Marathon, etc., can be inserted into the training. The schedule is included on the [runDisney](http://runDisney.com) website also.

Surprisingly, veterans tend to run faster when taking walk breaks, as compared with running continuously.

The long runs build the exact endurance needed for the marathon. Two short runs, during the week, maintain the adaptations gained on the longer ones. There is no pace that is too slow. Slower long runs with more walk breaks help runners recover faster. Walk breaks, when used according to the table below, allow the body to adapt, reducing the chance that joints, muscles, tendons, feet, etc. will require significant recovery time.



The “Magic Mile” can set the correct pace—for you. This is also detailed on the [runDisney.com](http://runDisney.com) website. It can predict your current potential, dictate a safe long run pace, and tell you if you have the conditioning to stay ahead of the 7 hour pick up bus. Almost all runners who use this program, even beginners and former couch potatoes, are capable of doing this.

Look at the Run-Walk-Run table below to determine how much running (followed by how much walking) you would need to do at any pace.

For more information, including nutrition, motivation, running form, etc. see GALLOWAY TRAINING PROGRAMS and [runDisney.com](http://runDisney.com) or [RunInjuryFree.com](http://RunInjuryFree.com)

Note: Olympian Jeff Galloway has coached over a million runners to their goals through his training groups, ecoaching, books, retreats and running schools. For more information visit [RunInjuryFree.com](http://RunInjuryFree.com)

### Run-Walk-Run Strategies

Pace per mile run amount/walk amount

9 minutes/mile---	4 minutes/1 minute
10 minutes/mile--	3 minutes/1 minute
11 minutes/mile—	2.5 minutes/1 minute
12 minutes/mile—	2 minutes/1 minute
13 minutes/mile—	1 minute/1 minute
14 minutes/mile—	30 seconds/30 seconds
15 minutes/mile---	30 seconds/45 seconds
16 minutes/mile---	20 seconds/40 seconds



## Sunday, September 1, 2013

8:00 a.m.

Family Reunion Area Stage

### Overall Awards

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

### Other Awards

Disneyland® 10K awards, along with Military and Individual awards for the Disneyland® Half Marathon will be distributed by mail after the event.

Awards will be presented to the top five male and female Half Marathon runners and the top three male and female 10K runners will receive awards 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+	

Overall awards are based on Gun Time. In the interest of fairness, masters and age group award winners will be based on Net Time. Masters (40 and over) who place in the overall division will receive that overall award only. Please note that a runner will not receive two awards for the same race result.

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 Half Marathon participants with runner tracking available on [runDisney.com](http://runDisney.com). Participants will also have the opportunity to send split times via e-mail or text messaging by registering for the service at the website or at the Expo.

Please make sure to allow adequate time for transportation to the Start and Finish area. The runners' safety is foremost, therefore, traffic on area roadways will be limited. Expect delays!

### Half Marathon

The recommended locations to view the Half Marathon are:

#### The Start

Disneyland Drive to Katella Avenue  
5:30 a.m. to 6:35 a.m.

#### Mile 2.6

Disneyland® Resort Esplanade  
5:40 a.m. to 7:05 a.m.

#### Mile 9.5

Angel Stadium (Accessible via  
Orangewood Ave. entrance)  
6:05 a.m. to 9:05 a.m.

### The Finish

Between Disneyland® Hotel and ESPN Zone®  
6:15 a.m. to 10:00 a.m.

### 5K & 10K Viewing Areas

Viewing for the 5K and 10K will be available at the Start (Disneyland Drive to Katella Ave), the Finish (between the Disneyland® Hotel and the ESPN Zone), and throughout the Downtown Disney® District.

Viewing is limited and available on a first come, first served basis.

### ChEAR Squad

During the Half Marathon, ChEAR Squad offers special access inside Disneyland® Park only available to ChEAR Squad Gold and Platinum package members along with the best seating at the finish line for your biggest fans to see you cross the finish line. Purchase ChEAR Squad packages at the Disneyland® Health & Fitness Expo. Please consult your Final Race Instructions for access details.

### Disneyland® Park (Mile 2.7)

5:30 a.m. to 7:00 a.m.

### Finish Line

5:30 a.m. to 10:00 a.m.



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](https://facebook.com/runDisney)

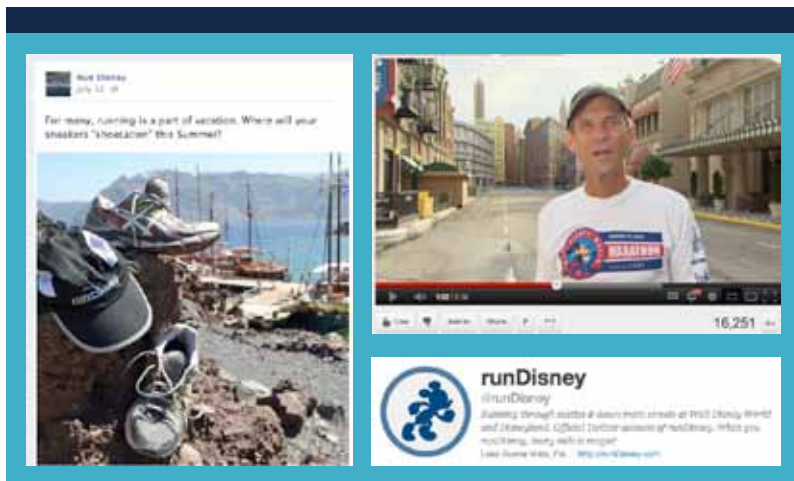


Follow Us at:  
[twitter.com/runDisney](https://twitter.com/runDisney) or @runDisney

#DisneylandHalf #Disneyland 10K  
#DumboDoubleDare



Subscribe to our Channel:  
[youtube.com/runDisney](https://youtube.com/runDisney)

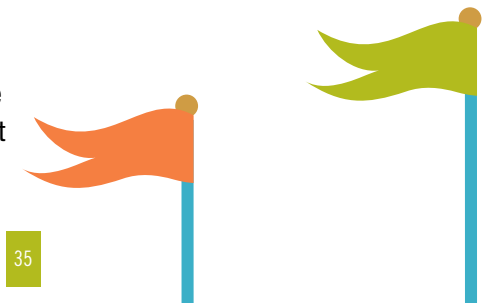


Do you want the ultimate test in endurance with a Disney twist? Then join the *runDisney* Coast to Coast Race Challenge! If you complete a *runDisney* half marathon or marathon at the *Walt Disney World*® Resort and the *Disneyland*® Resort in the same calendar year, then you will receive an additional medal commemorating your achievement!

You are automatically entered into the *runDisney* Coast to Coast Race Challenge when you register and complete the required combination of races. Travel West to East or East to West, you choose how to earn your *runDisney* Coast to Coast Race Challenge medal, but you must complete one race at the *Walt Disney World*® Resort and one race at the *Disneyland*® Resort. You must have an official time for each of the events that you complete and each event must be either a half marathon or marathon. You

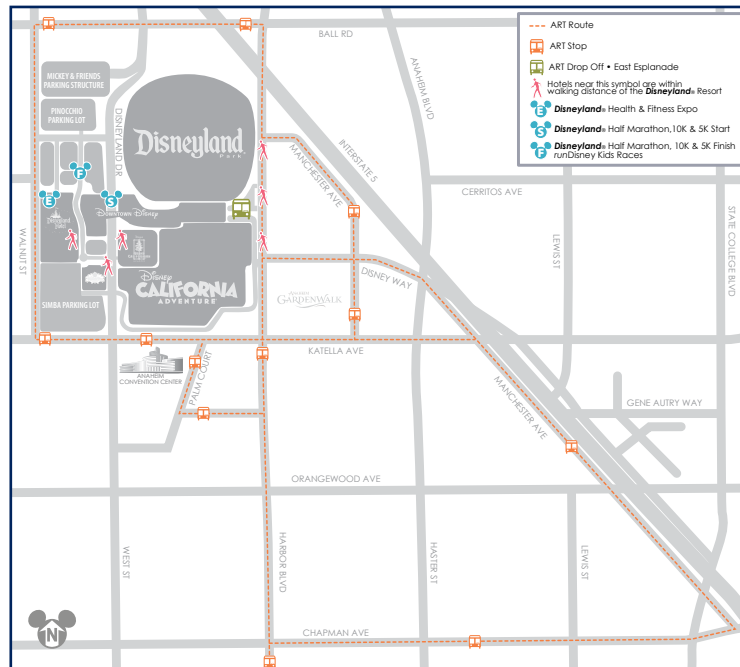
will receive your medal after completing the second leg of your *runDisney* Coast to Coast Race Challenge. Limit one medal per runner per calendar year.

Participants completing their second leg of the 2013 *runDisney* Coast to Coast Race Challenge, having an official finish time for the 2013 *Walt Disney World*® Marathon or Half Marathon or the 2013 Disney's Princess Half Marathon, 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. Once you cross the finish line, you will trade your wristband in for a *runDisney* Coast to Coast Race Challenge medal.



Complimentary Anaheim Transportation Network shuttles will depart from select *Disneyland® Resort Good Neighbor Hotels* to the *Disneyland® Resort Esplanade Shuttle Drop-Off* area every 20 minutes continuously through the weekend (8/30-9/1) during scheduled *Disneyland® Half Marathon Weekend* events. You will receive a receipt from your driver the first time you board the shuttle. Please save this ticket for use over the entire *Disneyland® Half Marathon Weekend*.

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.



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 *Disneyland® Resort Good Neighbor 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.

## 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 1. Please plan your travel arrangements accordingly.

- 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.



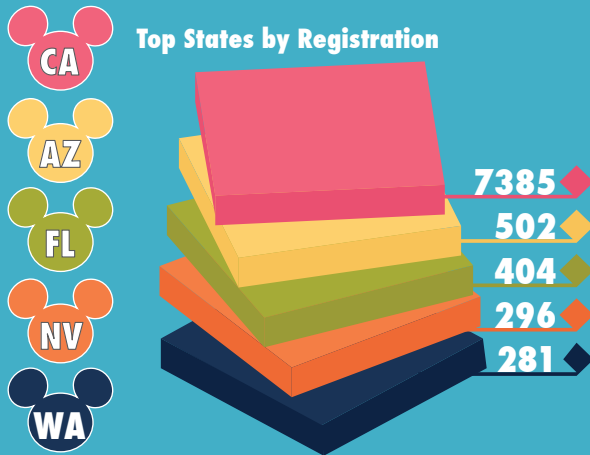
- Anabella Hotel
- America's Best Inn
- America's Best Value Fantasy Inn
- America's Value Inn & Suites
- Anaheim Marriott
- Anaheim Resort RV Park
- Ayres Hotel\*
- Best Western Meridian Inn & Suites
- Best Western Pavilions
- Best Western Raffles
- Best Western Stovall's Inn
- Clarion Hotel Anaheim Resort
- Comfort Inn Maingate
- Comfort Inn & Suites
- Cortona Inn & Suites
- Courtyard by Marriott Disneyland® Park
- Days Inn Anaheim West
- Desert Palm Hotel/Suites
- Dolphin's Cove
- DoubleTree Guest Suites
- Econolodge
- Embassy Suites Anaheim South
- Extended Stay
- Greenwood Suites Anaheim Resort
- Hampton Inn & Suites
- Harbor RV Park
- Hilton Anaheim
- Hilton Garden Inn
- Hilton Suites
- Holiday Inn - Anaheim Resort
- Holiday Inn & Suites
- Homewood Suites
- Hotel Mènage
- Howard Johnson
- Jolly Roger Hotel
- La Quinta Inn
- Islander Inn
- Marriott Suites
- Motel 6
- Peacock Suites
- Portofino
- Quality Inn
- Ramada Limited Maingate North
- Ramada Limited Suites
- Ramada Plaza
- Red Lion Hotel
- Residence Inn Anaheim Resort
- Residence Inn Garden Grove
- Sheraton Park
- Staybridge Inn & Suites
- TownePlace Suites\*
- Travelodge International Inn
- WorldMark Anaheim

\*Schedule varies. Please confirm with hotel front desk.



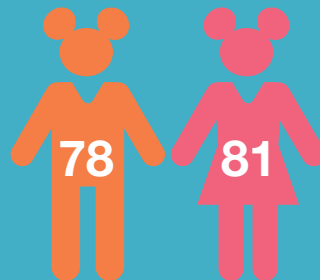


# By The Numbers...



**Number of Happy Birthdays!**

80



**Oldest**

## Top 5 International Countries



## Number of Participating Countries



**You've prepared for this.**

**You're in the moment.**

**For the moments you can't prepare for, there's Safeco.**

Safeco Insurance® is proud to sponsor the 2013 *Disneyland*® Half Marathon Weekend.

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extraordinary gift.

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

St. Joseph Health   
St. Joseph Hospital

The following information is courtesy of the Medical Director, Dr. James Pierog. St. Joseph Hospital Medical Stations will be located along the course approximately every 3.5 miles. With proper training, you should be prepared for the physical demands of the Half Marathon. Nevertheless, you may suffer cold or heat stress, or become dehydrated.

The following can help you prepare for a safe and enjoyable race:

#### Fluids

The old adage of “drink as much as possible” has fallen by the wayside in recent years in response to actual marathon experience, as opposed to lab studies conducted in environments that cannot be correlated to actual conditions. It has been found that over-hydration (hyponatremia) can actually be more dangerous than mild dehydration due to electrolyte imbalances. Hyponatremia occurs from over-hydration during marathons, and is possible for slow runners (more than 4-hour marathons) to get too much fluid. Look for the following signs and symptoms: feeling light-headed, dizzy, or “puffy,” or experiencing headache, nausea, vomiting, severe muscle cramps or confusion. Proper hydration is an individual’s responsibility, but here are some guidelines for participants:

- Drink enough before the race so that your urine is clear to light straw colored (this will vary per person)
- Limit fluids to approximately 4-6 ounces every 15 minutes during the race
- At least every other water stop, you should have some form of electrolyte replacement (PowerAde, etc.)
- Drinking approximately 16 ounces of electrolyte enriched fluid is appropriate after the race

#### Supplements

- Performance enhancing supplements, and even some basic vitamin supplements, can be dangerous around race time
- Avoid medications containing ephedrine compounds. Ephedrine can significantly increase core body temperature, blood pressure and heart rate and can cause irregular heartbeats
- Vitamin supplements (Vitamin A,C,E...) can alter urine color so be wary of hydration status if taking these supplements
- Caffeine and other amphetamine-like compounds containing pseudophedrine, such as Sudafed and most sinus and cold preparations, taken within 24 hours of race time can also raise core temperature, blood pressure and heart rate and should be drastically limited during this time.

## Pain Relievers

It is common to have some soreness, muscle and joint aches before and after a marathon but some precaution must be heeded:

- NSAIDS such as Ibuprofen (Motrin and Advil), Naproxen (Aleve) and Ketoprophren can affect the body's electrolyte regulation systems, especially sodium, and increase the risk of hyponatremia. They can also increase local edema and should be avoided 24 hours before and 48 hours after the race. After that time they can be a potent pain reliever
- Acetaminophen is generally regarded as safe before, during and after competition
- Narcotics – these should be avoided within 48 hours of race day due to harmful effect on performance, perception, and mental status

## Warning Signs

- Nausea and/or vomiting – this can be a sign of dehydration or over-hydration and electrolyte imbalance. Proceed directly to a medical aid station located throughout the course
- Dizziness, confusion, loss of peripheral vision or general tingling are more concerning and greater precautions should be taken. Find a course representative and ask for assistance immediately

- Chest pain – Stop all activity and ask another participant to assist with locating a course representative or medical volunteer
- Dry skin – A sign of significant dehydration and loss of normal regulatory systems. Proceed directly to a medical aid station located throughout the course

## For Your Own Safety

- Complete the medical history on the back of your race number
- Drink plenty of fluids. Do not wait until you feel thirsty
- Know the symptoms of heat illness, run responsibly and don't be afraid to ask for help
- Help your fellow runners. If you see someone in distress, tell him or her what we have told you. If they refuse to stop, report their race number to one of the volunteers along the route
- Your friends and family should know your race number so they can find you if you are in the medical tent
- Consult your physician. Your health is too important
- Listen to the weather forecast and plan accordingly. Both heat-related injuries and hyponatremia are life-threatening conditions
- Skin in high friction areas (nipples, thighs, armpits, etc) should be well

lubricated with a non-water soluble lubricant (petroleum jelly)

- Proper equipment – Make sure your shoes and clothes are appropriate for the event and environmental conditions

## About Our Medical Director

James Pierog, MD is the Medical Director of Emergency Services at St. Joseph Hospital (the 2nd busiest emergency

room in the State). He is the Medical Director and Managing Partner of Emergency Medicine Specialists of Orange County. Dr. Pierog is board certified in Emergency Medicine. Dr. Pierog received his medical degree from the University of California, Los Angeles. Dr. Pierog is committed to improving the health and quality of life of the people in our community.

## 10 Tips to Avoid Running Injuries

Dr. Eric Lee is a fellowship-trained sports medicine orthopedic surgeon specializing in knee, shoulder, and sports-related injuries and minimally-invasive arthroscopic surgery. He completed his fellowship at The Orthopedic Specialty Hospital in Salt Lake City, Utah, the official care providers for the United States Ski, Snowboard, and Speedskating teams for the 2002 Winter Olympics. Start from the ground up.



Eric W. Lee, M.D., orthopedic surgeon St. Joseph Hospital, Orange County, CA

1. **Shoes:** Running shoes must be in good condition; replace them every 300-500 miles.
2. **Soft surface:** Run on grass or dirt trails, especially for higher mileage runs.
3. **Alignment:** Proper orthotics may help for biomechanical or alignment programs.
4. **Ease into it:** Work up a base fitness level before embarking on any challenging running program
5. **Know your limits.** Avoid increasing running intensity and mileage too quickly.
6. **Don't over-stride:** Shorter stride lengths are more efficient, "land softer" and lower their ground impact force.
7. **Warm up/cool down:** A regular stretching program prevents injuries.
8. **Strength training:** Helps maintain proper body alignment
9. **Cross-train:** Using an elliptical trainer, bicycling and swimming will all decrease impact loading on your lower extremity bones and joints.
10. **RICE:** Rest, ice, compression and elevation relieve pain, reduce swelling, and protect damaged tissues.





The *Disneyland*® Half Marathon Weekend 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 their more than twenty years of building community through people, partnerships and pride. To learn more, visit [anaheimcf.org](http://anaheimcf.org).



## Race Crew

Over 2,400 volunteers will assist throughout the *Disneyland*® Half Marathon Weekend on behalf of the Anaheim Community Foundation. Family and friends can register to volunteer for the 2014 *Disneyland*® Half Marathon Weekend by visiting [runDisney.com](http://runDisney.com).

- Over 1,000 volunteers will assist with packet pick-up during the *Disneyland*® Health & Fitness Expo
- Approximately 380 volunteers will assist with the *Disneyland*® 5K, *Disneyland*® 10K & *runDisney* Kids Races
- 100 medical volunteers will staff St. Joseph Hospital medical stations during the Half Marathon
- Over 1,000 volunteers will staff the Start Line, Food Stop, Water Stops and Finish Line locations



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