

2014



Disneyland®

1/2 marathon

Official Event Guide

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Disneyland® Half Marathon Weekend

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Welcome Runners!

The ninth annual *Disneyland®* Half Marathon Weekend is fast approaching, and we look forward to seeing you. Whether you'll be chasing a personal best, or just looking to spend a fun and healthy weekend with friends and family, we hope you will have a safe and exciting visit.

We have lots of terrific events planned this year, including the three-day Health & Fitness Expo and a brand new welcome event inside *Disney California Adventure®* Park. We're also thrilled to offer the very popular Dumbo Double Dare Challenge for a second year in a row. For those of you planning to bring your friends and families, we look forward to seeing you at the *Disneyland®* Family Fun Run 5K on Friday and the *Disneyland®* 10K and *runDisney* Kids Races on Saturday.

runDisney events at the *Disneyland®* Resort are quickly becoming some of the most popular traditions among our Guests and Cast. We are delighted you are planning to be part of this year's *Disneyland®* Half Marathon Weekend, and we know you're going to have a great time.

Best of luck!



Michael Colglazier
President
Disneyland® Resort





Welcome *Disneyland®* Half Marathon Weekend Participants!

You are about to embark on what has to be the happiest 13.1 miles you'll experience all year. As president and CEO of the Anaheim Orange County Visitor and Convention Bureau, I welcome you to Anaheim and applaud each of you for making the personal commitment to train for and participate in this weekend of family, fun and fitness.

If you are an out-of-town visitor, I hope you have an opportunity to enjoy the many sights and attractions Anaheim has to offer – many of them are right within the *Disneyland®* Resort. Don't miss the all-new Anaheim Packing House for some Old World food hall dining and entertainment that has already become a favorite of Anaheim locals. I would also invite you to visit Anaheim's Center Street located in the heart of downtown Anaheim for a look at the historic Carnegie Library and Muzeo Museum, the Gehry-designed Anaheim ice rink, and the historic neighborhoods of the Colony District. Most of all, please enjoy the place where runner's dreams come true. A weekend at the *Disneyland®* Resort is where family memories endure for generations to come.

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

Sincerely,

Jay Burress
President & CEO



800 W. Katella Ave.

P.O. Box 4270

Anaheim, CA 92803

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anaheimoc.org

Meet Our Race Director

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

Mike was born and raised in Southern California and is a graduate of the University of California at Irvine, with a degree in economics. He has owned and directed a sports marketing company in Southern California for over twenty-five years. He has been married to his wife, Bonnie, for 27 years and has two sons, Andy and Matt. Both boys are not only competitive athletes themselves but are out working alongside their dad in preparing another extraordinary event.



Weekend Itinerary

Thursday, August 28

Disneyland® Half Marathon Weekend Welcome Event featuring Runner's World
Paradise Pier – *Disney California Adventure®* Park

- 5:30 a.m. – 7:00 a.m.
(Advance reservations required.)

runDisney Health & Fitness Expo
Disneyland® Hotel Exhibit Hall

- Noon – 8:00 p.m.

Friday, August 29

Disneyland® 5K
Disneyland® Park & *Disney California Adventure®* Park

- 5:30 a.m.

runDisney Health & Fitness Expo
Disneyland® Hotel Exhibit Hall

- 9:00 a.m. – 8:00 p.m.



Saturday, August 30

Disneyland® 10K
Disneyland® Resort and City of Anaheim

- 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, August 31

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, Lilo Lot
Overall Half Marathon Awards

- 8:00 a.m.

Park Hours

Thursday, August 28

Disneyland® Park:
9:00 a.m. – 10:00 p.m.

Disney California Adventure® Park:
9:00 a.m. – 9:00 p.m.

Friday, August 29

Disneyland® Park:
9:00 a.m. – Midnight

Disney California Adventure® Park:
9:00 a.m. – 10:00 p.m.

Saturday, August 30

Disneyland® Park:
9:00 a.m. – Midnight

Disney California Adventure® Park:
9:00 a.m. – 9:00 p.m.

Sunday, August 31

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.*



EXPERIENCE THE HALF MARATHON MAGIC.



LET'S MAKE
EXCELLENT
HAPPEN.

THIS IS THE 890v4

A part of the limited edition 2014
New Balance *runDisney* collection.

New Balance is proud to be the official running shoe of *runDisney*
new balance.com

Event Transportation

Complimentary Anaheim Transportation Network shuttles will depart from select Anaheim area hotels to the *Disneyland®* Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (8/28-8/31) 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:

Thursday 7:20-10:30 p.m. • Friday 3:30-12:30 a.m.

Saturday 3:30-12:30 a.m. • Sunday 3:30-12:30 a.m.

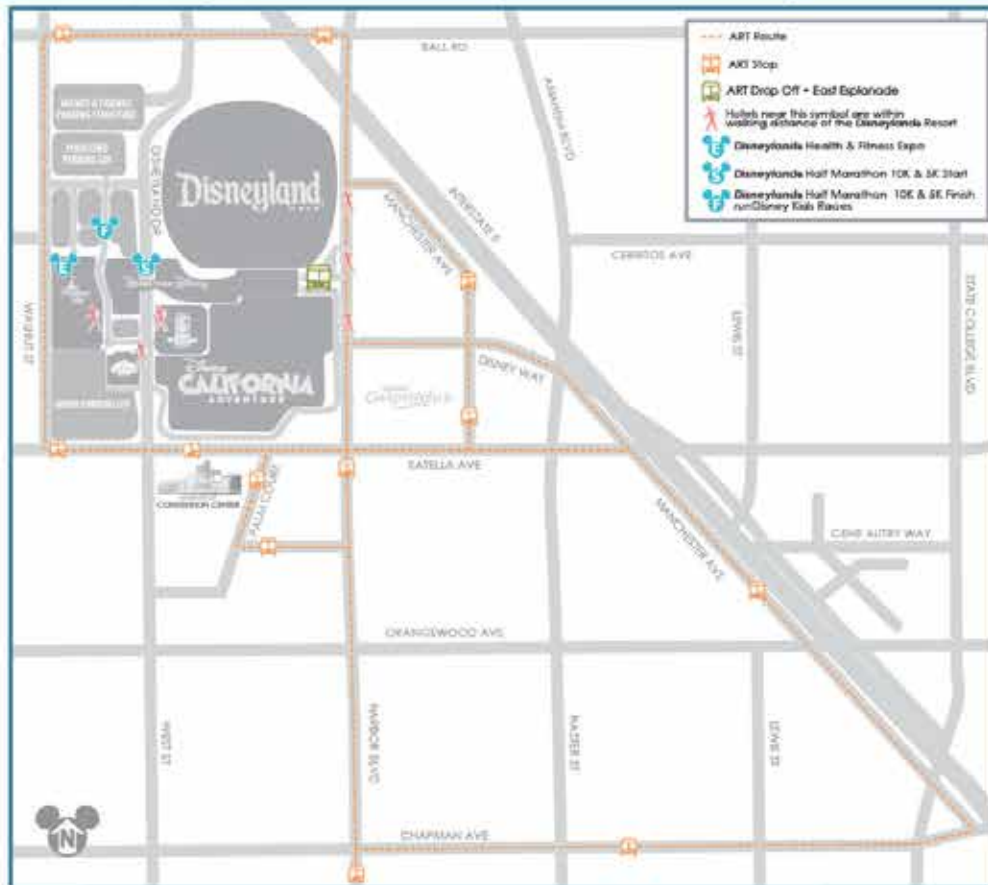




Complimentary Anaheim Transportation Network shuttles will depart from select Anaheim area hotels to the Disneyland® Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (8/28-8/31) during scheduled Disneyland® Half Marathon weekend events. You will receive a pass from your driver the first time you board the shuttle. *Please save this pass for use over the entire Disneyland® Half Marathon Weekend.*

Shuttle Operation Hours

Thursday, August 28	Friday, August 29	Saturday, August 30	Sunday, August 31
7:20 a.m. - 10:30 p.m.	3:30 a.m. - 12:30 a.m.	3:30 a.m. - 12:30 a.m.	3:30 a.m. - 12:30 a.m.



- 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
- Crowne Plaza Hotel Garden Grove
- 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
- Hotel Indigo (Holiday Inn Express)
- Hotel Ménage
- Howard Johnson Plaza Hotel
- Hyatt Regency Orange County
- Islander Inn & Suites
- Jolly Roger Inn
- 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
- Stanford Inn & Suites
- Staybridge Suites
- TownePlace Suites
- Travelodge International Inn
- WorldMark Anaheim

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

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 from approximately 5:30 a.m. to 8:00 a.m. on Sunday, August 31. Please plan your travel arrangements accordingly.

- I-5 Northbound, Katella Avenue – Closed 5:30 - 9:30 a.m.
- I-5 Southbound, Disney Way – Closed 5:30 - 9:30 a.m.
- I-5 Southbound, Harbor Blvd – Closed 5:30 - 7:30 a.m.

runDisney Health & Fitness Expo

Disneyland® Hotel Exhibit Hall

Thursday, August 28
Noon – 8:00 p.m.

Friday, August 29
9:00 a.m. – 8:00 p.m.

Saturday, August 30
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.**

Pasta in the Park Party Tickets, ChEAR Squad Packages and Commemorative Items

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

- Commemorative Ears
- Commemorative Necklaces
- Commemorative Pins

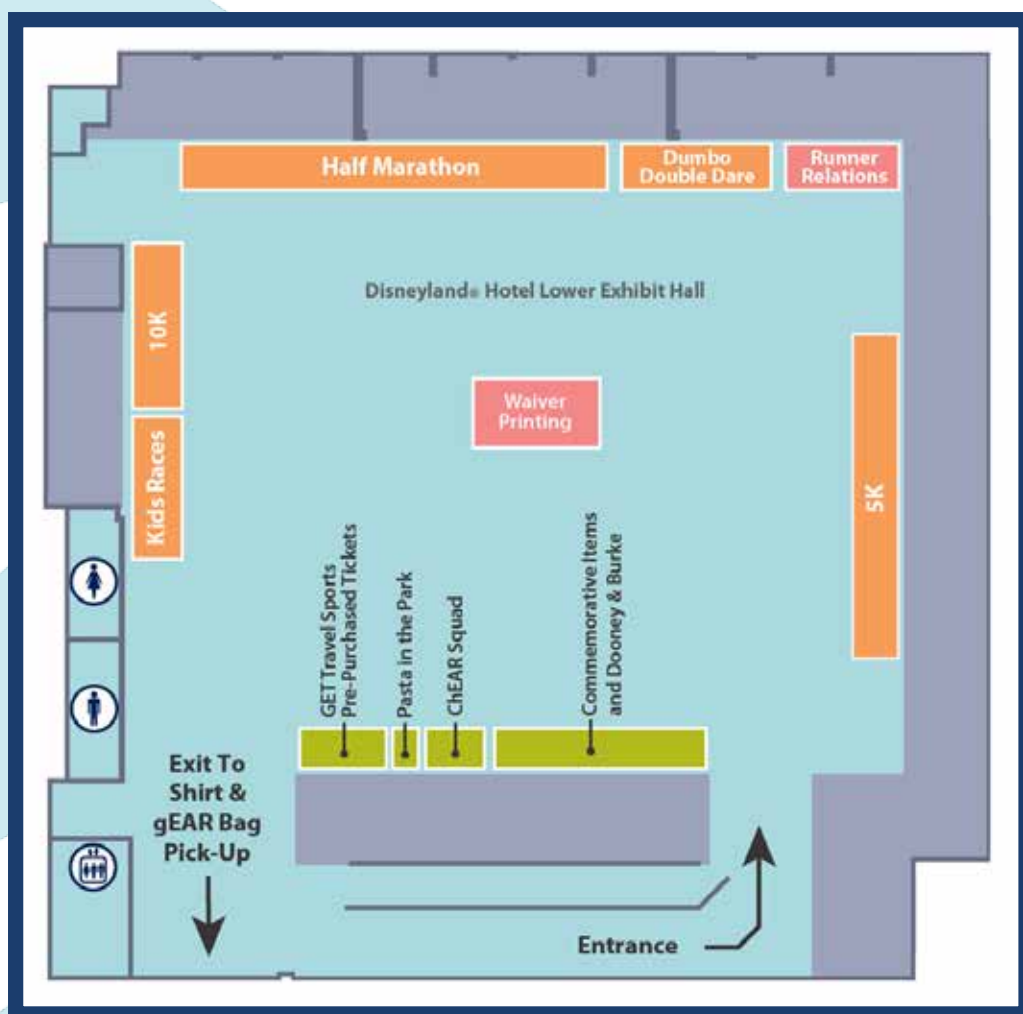
Photo identification is required to pick up items. A waiver is required for each Silver, Gold or Platinum ChEAR Squad member.



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, 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.

runDisney Health & Fitness Expo

Expo Floorplan & Exhibitors



Exhibitor	Booth	Exhibitor	Booth
ABC Television	Magic Kingdom Ballroom [Fri & Sat]	Leukemia & Lymphoma Society	812
Angels Baseball Foundation	513	MarathonFoto	904
APEX by Sunglass Hut	906	Minute Rice	712
BeeCause Charms	1004	New Balance	1105, 1303
Bondi Band	715	One More Mile	610
Celebration Health	519	PRO Compression	813
Champion Apparel	719	Pro-Tec Athletics	515
Clif Bar	1013	Raw Threads	619
Coolcore	901	runDisney	805
D23: The Official Disney Fan Club	TBD	RunningSkirts	1106
Dannon	1002	SnuggBuds Sports Headsets	511
Disney Vacation Club	913	Sparkle Athletic	611
Endure Jewelry	713	SparkleSkirts	1005
Fit2Run	1111, 1211, 1410	Spectrum Sports Management	907
Fitletic	815	SPIbelt	1009
Fond Memories Graphics	909	SportHooks	912
Halo Headband	614	Sweaty Bands	1006
JayBird	615	TheStick.com	1104
KT Tape	900	Women's Running Series	714
Lasting Commemoratives	710	yurbuds	905

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ENHANCED WITH MINERALS FOR A PURE, FRESH TASTE

DASANI



redesigned plant
recyclable and



plantbottle

Up to 30% made from plants
100% recyclable plastic bottle

Welcome Event featuring Runner's World

Thursday, August 28

Packet Pick-Up

Packet Pick Up for the Welcome Event will open at 4:00 a.m. on Thursday, August 28th outside the main entrance of *Disney California Adventure*® Park. Guests will need a copy of their photo ID as well as signed waiver in order to pick up their packet at the main entrance of *Disney California Adventure*® Park. Packet pick up will close at 5:20 a.m. in order to start the event on time.

Admission

Each Welcome Event Guest will receive an access wristband in their packet. This wristband is required for entry into the Welcome Event and the 1 hour early entry into the "Official runDisney Merchandise Area" at the Expo.

Personal Items & gEAR Bag Check

Please bring limited personal items with you to the Welcome Event. There will be NO gEAR BAG CHECK for any personal items.

Welcome Event runDisney Official Merchandise Area at the Expo

Welcome Event participants will have access to the runDisney Official Merchandise Area of the expo between 7:30 a.m. – 8:30 a.m. on Thursday, August 28th. During this time, you will only have access to the runDisney Official Merchandise area. The remaining areas of the runDisney Health & Fitness expo will open at noon.

Pasta in the Park Party

Saturday, August 30

6:00 –7:30 p.m.

Big Thunder Ranch Jamboree, Disneyland® Park

Kick off the 2014 *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.

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, August 30, 2014.

Waivers

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

Absentee Package Pick-Up

If you are unable to attend the expo to pick-up your Pasta in the Park Party package, 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 Package Pick-Up Authorization Form (available on **runDisney.com**)

The Packet Pick-Up Authorization Form and Waiver will be available at **runDisney.com**. It is important that these completed forms are presented by the individual picking up on your behalf. **No exceptions will be made.**

Pasta in the Park Party

Event Details

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

- Buffet pasta dinner and dessert
- Disney character appearances throughout the evening
- Opportunities for photos with Disney Characters
- Entertainment
- Reserved parade viewing of Mickey's Soundsational Parade at 4:00 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.

*In addition to a Pasta in the Park Party ticket, Guests will also need valid Theme Park admission in order to gain entrance to the Park. If you purchased a Pasta in the Park Party WITHOUT a ticket, you must provide your own valid admission media for entry into *Disneyland*® Park. If you purchased the Pasta in the Park Party WITH a theme park ticket, you'll receive a Twilight Ticket to enter the Park. This ticket can be used to enter *Disneyland*® Park any time after 4:00 p.m. on Saturday, August 30, 2014 and will expire on September 6, 2014. All tickets are non-refundable.



FIT2RUN

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Fit2Run
wishes you an awesome
experience

@runDisney!

Come by our booth at the Expo and
get great savings on your favorite
running merchandise.

Visit us at our newest store in
Westfield Century City,
Los Angeles

OPENING JULY 15

(Located near Macy's)

or any of our other

11 locations in Florida, including
Downtown Disney® West Side.



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OFFICIAL RUNNING RETAILER



www.fit2run.com



runDisney Kids Races
Downtown Disney® District, near
ESPN Zone®
Saturday, August 30, 2014
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

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!

- 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 7:00 p.m. on Friday, August 29. 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 Blue Balloon Column
- 200 Meter Dash -**
9:00 a.m. at the Red Balloon Column
- 400 Meter Dash -**
9:25 a.m. at the Blue Balloon Column
- Diaper Dash -**
9:40 a.m. at the Blue Balloon Column

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

Friday, August 29, 2014

5:30 a.m. Start

Disneyland® 10K

Saturday, August 30, 2014

5:30 a.m. Start

Disneyland® Half Marathon

Sunday, August 31, 2014

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 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 Information

RACE BIBS

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

In order to receive an accurate time, 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



Race Information

TIMING

Clocks will be located at every mile marker along the course. When you receive your 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.

SAFETY

Guests with strollers are not allowed to participate in the 5K, 10K or Half Marathon. For more safety information, please see pages 33 and 34.

PARTICIPANT CHECKLIST

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

THE FINISH

After you cross the finish line, please proceed through the finisher's chute. Volunteers will present you with your finisher medal(s) and post-race refreshments.

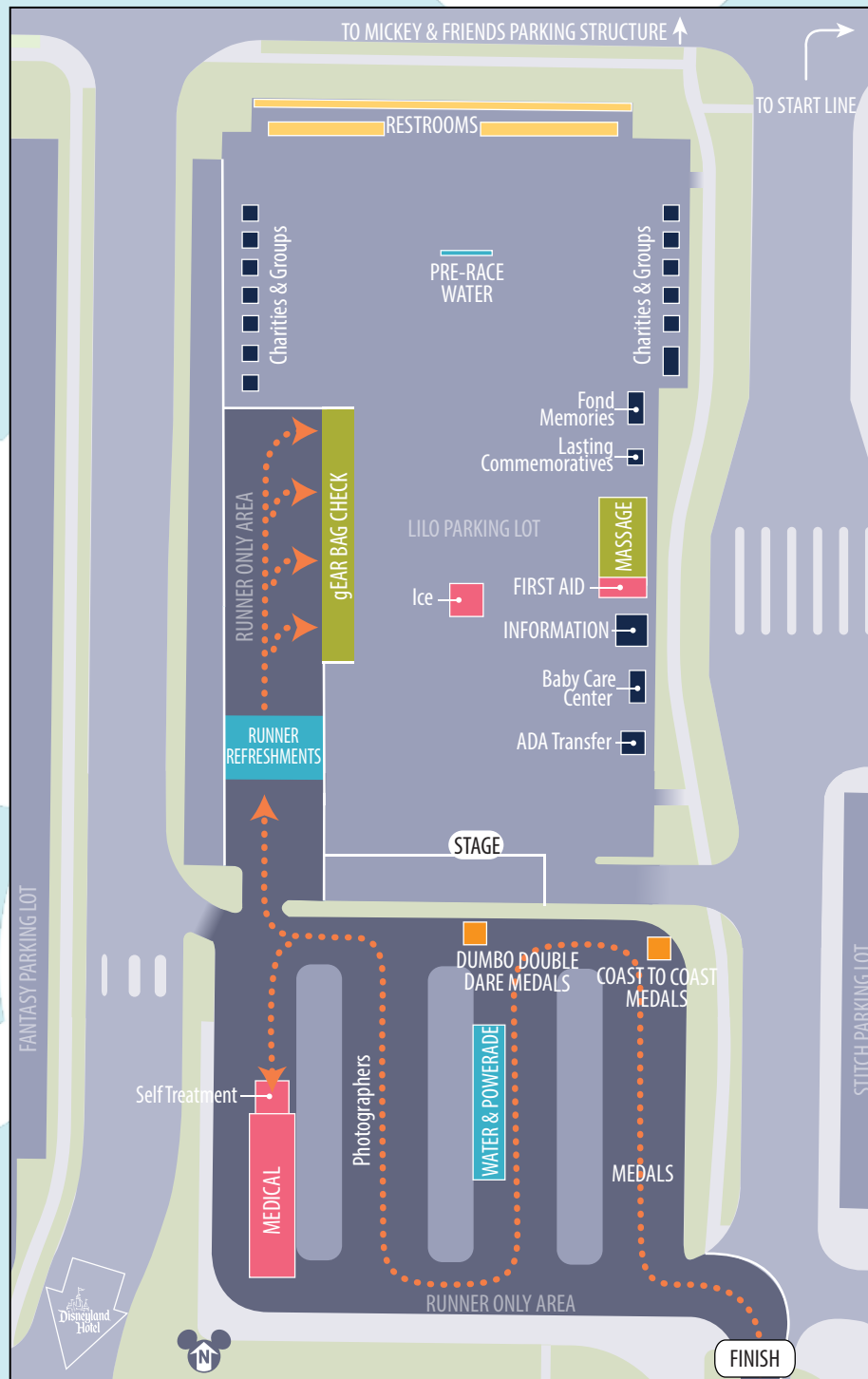
Photographers will be available for post-race photos before you are directed to the gEAR Bag Check Area. These areas are restricted to runners only. **Please move promptly towards the Family Reunion Area to meet your family and friends.**

NOT FINISHING

If you are unable to finish the race, please stop at the nearest course support station along the course for assistance and direction. For those unable to continue at any point in the race, transportation is available to the Course Pick-Up Tent in the Pinocchio Parking Lot, just a short walk from the Family Reunion Area.

Race Information

Staging Map

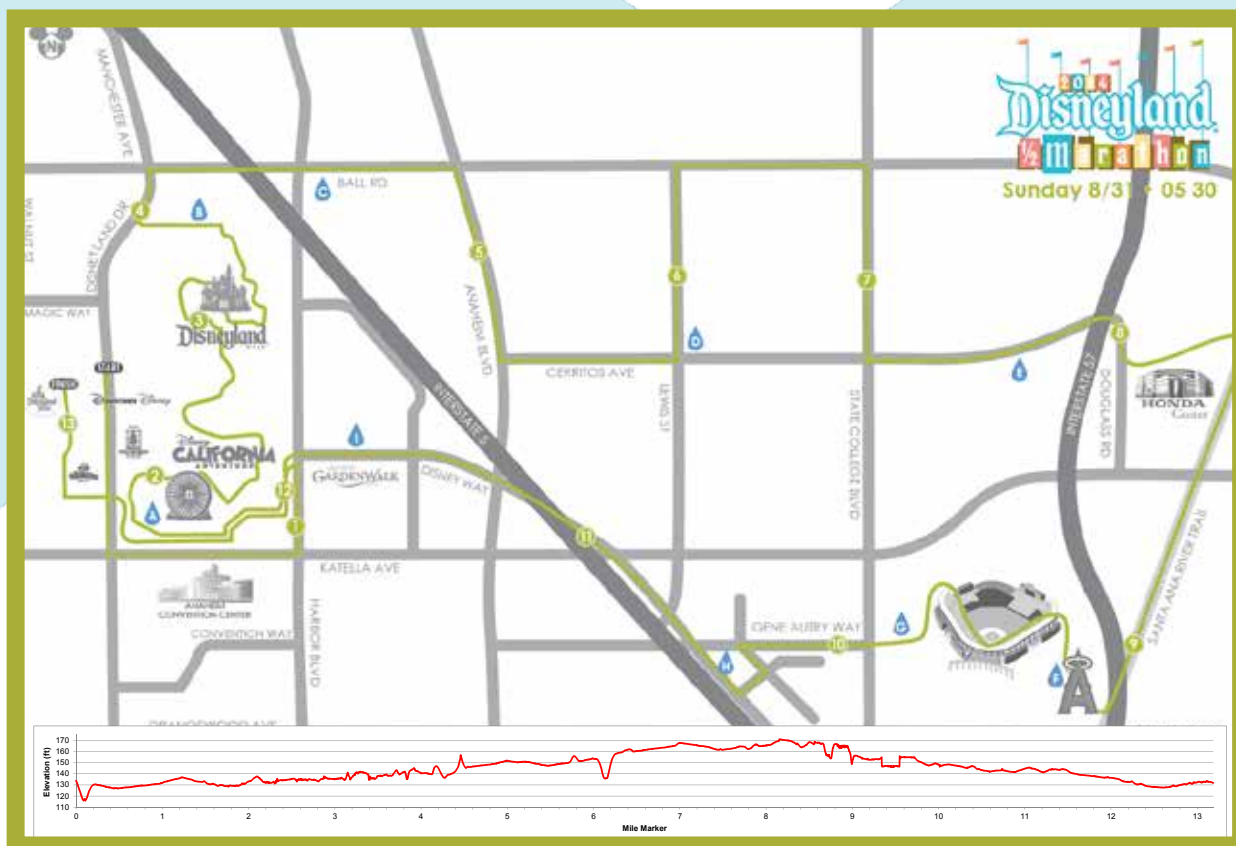


Race Information

Disneyland® Half Marathon

SUNDAY, AUGUST 31, 2014

5:30 a.m. Start



Start: Disneyland Drive, between Magic Way and Paradise Way

Finish: Lilo Parking Lot

Course Description

The course for *Disneyland*® Half Marathon is packed with fun and will begin on Disneyland Drive where runners will race past the Anaheim Convention Center to Harbor Blvd and into *Disney California Adventure*® Park. Runners will experience the magic backstage, wind around the glistening Paradise Bay and cruise down Cars Land before taking in the glitz and glamour of the Park's Hollywood Boulevard and Condor Flats. The race will continue into *Disneyland*® Park down the famed Main Street U.S.A., through Frontierland, the enchantment of Fantasyland, the future of Tomorrowland and then it is on to 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.

Race Information

Disneyland® Half Marathon



Food and Beverage Stations

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

Medical Aid Stations

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

Race Information

Disneyland® 10K



SATURDAY, AUGUST 30, 2014

5:30 a.m. Start

Start: Disneyland Drive,
between Magic Way and
Paradise Way

Finish: Lilo Parking Lot

Course Description

The *Disneyland® 10K* will follow Stitch on his mischievous adventure through the *Disneyland®* Resort. Rock and roll along the streets of Anaheim and into Cars Land at *Disney California Adventure®* Park. Experience the magic of *Disneyland®* Park and *Downtown Disney®* before arriving at the finish line where your ohana awaits.

Water Stations

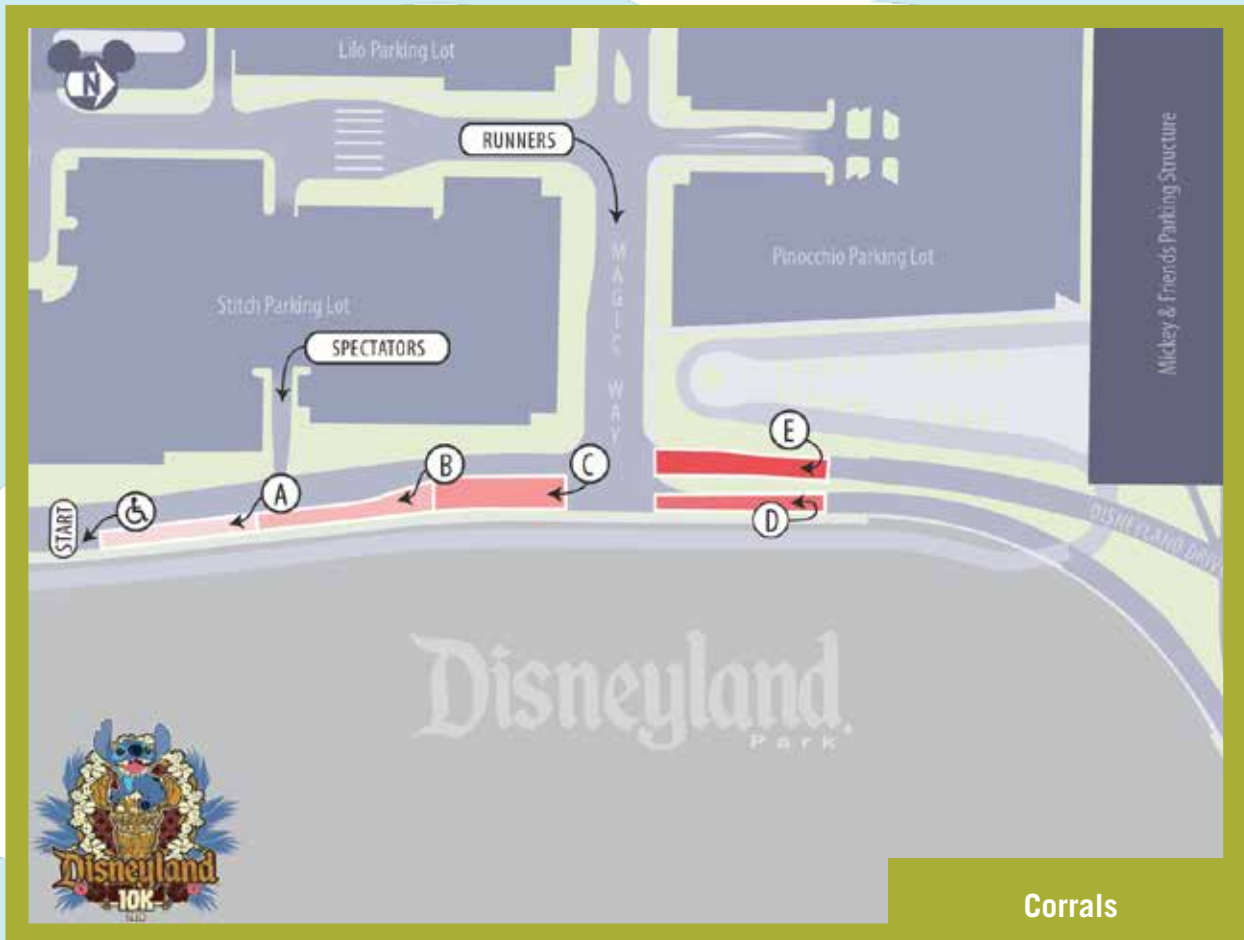
Three water stations will be available along the 10K course and drinking fountains will be available throughout both Theme Parks.

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.

Race Information

Disneyland® 10K



Race Information

Disneyland® 5K

FRIDAY, AUGUST 29, 2014
5:30 a.m. Start



Start: Disneyland Drive, between Magic Way and Paradise Way
Finish: Lilo Parking Lot

Course Description

Aloha! Come enjoy the 5K with your 'ohana on a fun run through the *Disneyland®* Resort. Adults, teens and tweens are invited to join Lilo and Stitch on their tropical adventure through *Disney California Adventure®* Park and *Disneyland®* Park.

Water Stations

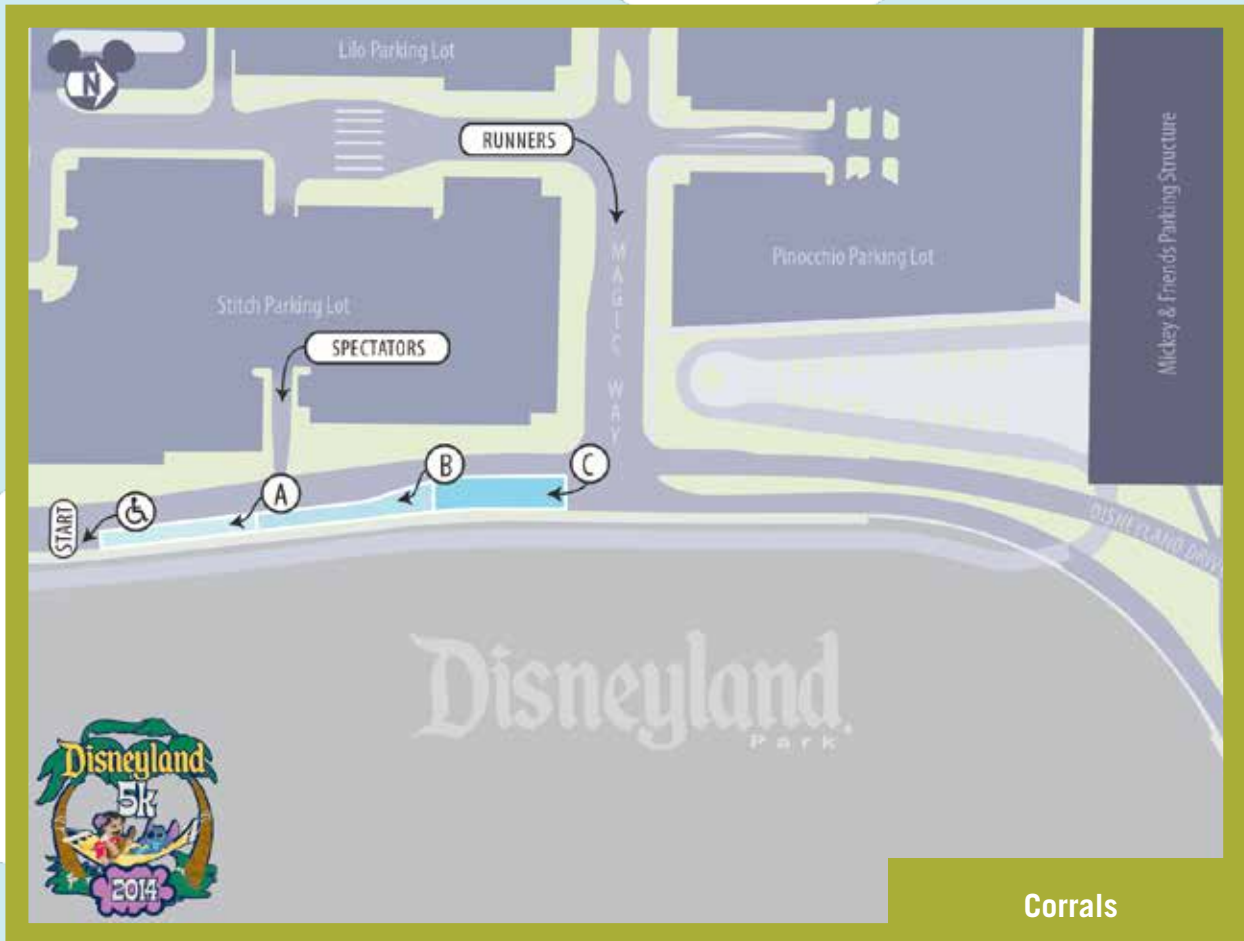
Two water stations will be available along the 5K course and drinking fountains will be available throughout both Theme Parks.

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 Information

Disneyland® 5K



Race Challenges

Dumbo Double Dare

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.

After completing the 10K on Saturday and the Half Marathon on Sunday, please check in at the Dumbo Double Dare tent located at the Finish Line.

10K

After completing the 10K, Dumbo Double Dare Participants must visit the Challenge tent with their Dumbo Double Dare Bib to receive their “10K Finisher” wristband.

**Dumbo Double Dare Challenge Bib must be presented in order to receive the “10K Finisher” wristband.*

Half Marathon

After completing the Half Marathon, Dumbo Double Dare participants must visit the Challenge tent with their Dumbo Double Dare Challenge Bib and “10K Finisher” wristband to receive the Dumbo Double Dare medal and to celebrate their accomplishment.

**Both Dumbo Double Dare Bib and “10K Finisher” wristband must be presented in order to receive the Dumbo Double Dare Challenge medal.*

runDisney Coast to Coast Race Challenge

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

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

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

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

*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.

Safety

SAFETY REMINDER

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

COSTUMES

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

PACING

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

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

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

Safety

WEATHER

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

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

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

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



Race Etiquette

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the *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!





GIVE OUR ENERGY ZONE A SHOT

**WE'LL RETURN
THE FAVOR**



CLIF

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



Post-Race

Results

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

Photos

Photographers will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt. Photos usually take between 2-3 days to be loaded onto the website. You will need your race number to access your photos.

Finisher Certificates

Participants who finish the Half Marathon 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.

Post-Race

Awards

Every athlete who competes in the Kids Races, 5K, 10K, Half Marathon and Dumbo Double Dare will receive a commemorative medal upon finishing the race.

Overall Awards

Sunday, August 31, 2014

8:00 a.m.

Family Reunion Area Stage, Lilo Lot

The following Half Marathon awards will be presented on-site at the Awards Ceremony.

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

Individual Awards

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.

runDisney Training Consultant, Jeff Galloway

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

By Olympian Jeff Galloway

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

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

Here are the key elements of the program:

Minimum workouts needed: 30 minutes on Tuesday and Thursday plus a weekend run. There is a schedule listed at **www.runDisney.com**.

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

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

Avoid running too fast by using my "magic mile" prediction exercise (also detailed on the **runDisney.com** site).

Other *runDisney* events, such as the Tinker Bell Half Marathon, Disney Wine & Dine Half Marathon, etc., can be inserted into the training. The schedule is included on the *runDisney* website also.

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

The long runs build the exact endurance needed for the marathon. Two short runs, during the week, maintain the adaptations gained on the longer ones. There is no

runDisney Training Consultant, Jeff Galloway

pace that is too slow. Slower long runs with more walk breaks help runners recover faster. Walk breaks, when used according to the table below, allow the body to adapt, reducing the chance that joints, muscles, tendons, feet, etc. will require significant recovery time.

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

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

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

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

Run-Walk-Run Strategies

Pace per mile run amount/walk amount

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

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

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

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

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

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

Friends and family can track your
Disneyland® Half Marathon
progress with AT&T Athlete Alerts!

Text your runner's Bib Number to **345678**
to get alerts during the: 5K, 10K, 15K,
and the Finish Line* race markers.

Disneyland®
Half Marathon



*You will receive up to 6 msgs per bib number. Msg & data rates may apply. Text **STOP** to cancel.
Text **HELP** for help. Available on participating carriers only. Privacy Policy at: www.att.com/privacy.

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 have the opportunity to send split times via e-mail or text messaging by registering through **runDisney.com** approximately one week before the event until 4:00 p.m. on Saturday, August 30 or at the *runDisney* Health & Fitness 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!

Please consider not bringing a bag on race day. All items may be inspected. We suggest that you do not bring any unnecessary articles with you including cold packs or gel packs. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Spectator Viewing

Recommended spectator viewing locations:

Disneyland® 5K

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®

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

Spectator Information

Disneyland® 10K

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

Mile	Time	Location
The Start	5:30 a.m. - 6:35 a.m.	Disneyland Drive to Katella Avenue
Mile 2.6	5:40 a.m. - 7:05 a.m.	<i>Disneyland®</i> Resort Esplanade Plaza
Mile 4	5:44 a.m. - 7:30 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®

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

Spectator Information

ChEAR Squad

During the Half Marathon, ChEAR Squad offers special access inside *Disneyland®* Park only available to those guests who purchased Silver, Gold, and Platinum ChEAR Squad Packages. ChEAR Squad Gold and Platinum members have access to reserved seating at the finish line where they can see their runner cross the finish line! ChEAR Squad packages may be purchased at the *Disneyland®* Health & Fitness Expo. ChEAR Squad wristband provided at package pick-up must be worn and is required for admission into ChEAR Zones. NO EXCEPTIONS.

Mile	Time	Location
Mile 2.7 (Silver, Gold and Platinum)	5:30 a.m. - 7:30 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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Medical Information

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

What to Know About Fluid Intake

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

Tips For Race Day

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

Pain Relievers / Supplements

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

Medical Information

- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt. Therefore it is recommended that on race day (specifically beginning midnight before you run) you DO NOT use anything but acetaminophen (Tylenol®) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, a NSAID would be beneficial in preventing post-event muscle soreness.
- Narcotics should be avoided within 48 hours of race day due to the harmful effect on performance, perception, and mental status.
- Vitamin supplements (Vitamin A, C & E) can alter urine color so be wary of hydration status if taking these supplements.
- Caffeine and other amphetamine-like compounds containing pseudophedrine, such as Sudafed and most sinus and cold preparations, taken within 24-hours of race time can also raise core temperature; increase blood pressure and heart rate and should be drastically limited during this time.

Warning Signs

- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical station located throughout the course.
- Dizziness, confusion, loss of peripheral vision or general tingling – are more concerning and greater precautions should be taken. Find a course representative and ask for assistance immediately.
- Chest Pain – stop all activity and ask another participant to assist with locating a course representative or medical volunteer.
- Dry Skin – a sign of significant dehydration and loss of normal regulatory systems. Proceed directly to a medical station located throughout the course.

For Your Own Safety

- Complete the medical history on the back of your race number.
- Drink plenty of fluids.
- Know the symptoms of heat illness. Run responsibly and don't be afraid to ask for help.
- Help your fellow runners. If you see someone in distress, tell him or her what we have told you. If they refuse to stop, report their race number to one of the volunteers along the route.

Medical Information

- Let your friends and family know your race number so they can find you if you are in a medical tent.
- Listen to the weather forecast and plan accordingly. Both heat-related injuries and hyponatremia are life-threatening conditions.
- Skin in high friction areas (nipples, thighs, armpits, etc.) should be well lubricated with a non-water soluble lubricant (petroleum jelly).
- Make sure your shoes and clothes are appropriate for the event and environmental conditions.

Questions

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

About Our Medical Director

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



YOU'RE ON A MAGICAL RUN

WE'RE HERE TO KEEP YOU IN THE RACE



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

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

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

**OFFICIAL MEDICAL
PROVIDER OF** 

To learn more about us visit
CelebrationHealth.com

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HEALTH**
FLORIDA HOSPITAL

The skill to heal. The spirit to care.®

Anaheim Community Foundation

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 thirty years of building community through people, partnerships and pride. To learn more, visit anaheimcf.org.



Race Crew

Over 2,700 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.

- 1,100+ volunteers will assist with packet pick-up during the *runDisney* Health & Fitness Expo
- 500+ volunteers will assist with the *Disneyland*® 5K, *Disneyland*® 10K & *runDisney* Kids Races
- 150 medical volunteers will staff Celebration Health medical stations during the Half Marathon
- 1,000+ volunteers will staff the *Disneyland*® Half Marathon Start Line, Food Stop, Water Stops and Finish Line locations

Thank You Sponsors

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Transiti©ns

Florida

Walt Disney World® Marathon Weekend

January 7-11, 2015

Registration now open

Disney Princess Half Marathon Weekend

presented by Children's Miracle Network Hospitals

February 19-22, 2015

Registration now open

Expedition Everest® Challenge

May 1-2, 2015

The Twilight Zone Tower of Terror™ 10-Miler Weekend

October 3-4, 2014

SOLD OUT

Disney Wine & Dine Half Marathon Weekend

November 7-8, 2014

SOLD OUT

California

Star Wars™ Half Marathon Weekend

presented by Sierra Nevada Corporation

January 15-18, 2015

SOLD OUT

Tinker Bell Half Marathon Weekend

May 7-10, 2015

Registration opens August 12, 2014

Disneyland® Half Marathon Weekend

August 28-31, 2014

SOLD OUT

Avengers Super Heroes Half Marathon Weekend

November 14-16, 2014

SOLD OUT

runDisney.com



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