

10 TIPS TO AVOID RUNNING INJURIES

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St. Joseph Hospital, Orange

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

St. Joseph Health 
St. Joseph Hospital

EVENT CALENDAR

CALIFORNIA

Disneyland® Half Marathon Weekend

August 30-September 1, 2013

Tinker Bell Half Marathon Weekend

January 17-19, 2014

FLORIDA

Disney's Princess Half Marathon Weekend

February 22-24, 2013

The Twilight Zone Tower of Terror™

10-Miler Weekend

October, 2013

Disney Wine & Dine Half Marathon Weekend

November 8-9, 2013

Walt Disney World® Marathon Weekend

presented by CIGNA

January 9-12, 2014

For more information, visit:

runDisney.com



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January 18-20, 2013

FINAL RACE
INSTRUCTIONS

Welcome to the Tinker Bell Half Marathon Weekend

PACKET PICK-UP & WAIVERS

Participants must attend Packet Pick-Up at the Tinker Bell Half Marathon Expo to receive their race bib, ChronoTrack B-tag timing device, race shirt, and gEAR bag. Packet Pick-Up is available:

- Friday, January 18 from 11:00 a.m. – 7:00 p.m.
- Saturday, January 19 from 9:00 a.m. – 5:00 p.m.

Please arrive to the Lower Exhibit Hall of the *Disneyland®* Hotel to pick up your race bib **FIRST**, before continuing to the Upper Level for your shirt and gEAR bag. Packet Pick-Up will not be available on race morning.

A waiver must be completed and signed by each participant. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. Both a signed waiver and photo ID are required to pick up your race packet. To save time, print your personalized race waiver from runDisney.com and bring it with you to the Expo.

ABSENTEE PACKET PICK-UP

If you are unable to attend Packet Pick-Up, the individual picking up on your behalf must provide the following items as well as their Photo ID:

- Copy of your driver's license or Photo ID
- Your signed waiver
- Your signed Packet Pick-Up Authorization Form

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.

COMMEMORATIVE ITEMS

Pre-purchased commemorative items will be distributed during Packet Pick-Up in the Lower Level of the Exhibit Hall. Please remember items that are not picked up will not be mailed or refunded. Additional merchandise will be available at the Tinker Bell Half Marathon Weekend Expo.



RACE DAY REMINDERS

RACE START

The race will start promptly at 5:00 a.m. on Sunday, January 20, 2013 on Disneyland Drive. Please plan to arrive by 4:00 a.m. and be in your corral no later than 4:30 a.m. The letter on your race bib will correspond with your assigned corral. Letters are assigned based on your estimated finishing time. Signs, announcements and event personnel will help you find your corral. For safety reasons, and as a courtesy to others, please line up in the appropriate corral. Please allow for traffic delays and plan accordingly.

BAG CHECK

Bag Check will be available in the Family Reunion Area from 3:30 - 9:30 a.m. If you plan to check items on race morning, you **MUST** use the clear bag provided to you at Packet Pick-Up. Please affix your bag check sticker to your clear bag prior to arriving at the Bag Check tents located in the Family Reunion Area. All bags must be checked prior to 4:15 a.m. Once you finish, your race number will be used to verify your bag. Please do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Unclaimed baggage will be transferred to *Disneyland®* Resort Lost & Found. Please visit during park hours to claim lost items.

RACE BIBS

Each runner will be issued a race bib at Packet Pick-Up. Please wear the race bib on the front of your shirt. Participants without a race bib will be removed from the course for security and safety reasons. Please complete the Emergency Medical Information on the back of the bib.

TINKER BELL HALF MARATHON TEAMS

Participants registered as a team are eligible for Team awards, and receive a commemorative team bib for each participant. Please do not wear this bib race morning as your ChronoTrack B-tag is not affixed and your official time will not be recorded.

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 official time **WILL NOT** be recorded.

PACING

All athletes are required to maintain a pace of 16-minutes-per-mile throughout the entire race. Anyone who is not able to maintain a 16-minute-per-mile pace may be escorted or transported to the Course Pick-Up Tent, in the Pinocchio Parking Lot, adjacent to the Mickey & Friends Parking Structure. Participants may be picked up at any point along the course for not maintaining a 16-minute-per-mile pace.

Pace cyclists will be on the course indicating when runners are behind pace by posting orange flags at mile markers according to the official pace time. If you reach a mile marker with an orange flag, please note that 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. Support vans will pick up runners and transport them to the Course Pick-Up Tent, in the Pinocchio Parking Lot.

SAFETY

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

WEATHER

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

MEDICAL SUPPORT

Medical personnel will be available to give emergency care, as well as tend to non-critical injuries near miles 3.5, 6, 8.5, 11, and the main medical tent located at the Finish Line. Runners unable to finish the race may stop at any of the medical or water stations for assistance. Support vans will follow the race, picking up runners who need assistance and transport them to the Course Pick-Up Tent, in the Pinocchio Parking Lot. If you require information on a runner who does not return to the finish area, please see the Information Tent located in the Family Reunion Area.

REFRESHMENTS

Water and PowerAde® will be available near miles 1.7, 3, 4.4, 5.9, 7, 8.5, 9.7, 11.2, and the finish area. Clif Shots® will be available near mile 8.5. There will be a refreshment area providing FitFul nutrition boxes to runners inside the finish area.

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.

MEDALS & RESULTS

All finishers will receive a specially designed commemorative finisher medal before exiting the finish chute. Finisher’s certificates will be available for download approximately one week after the race at mydisneymarathon.com. A complete list of results will be available at runDisney.com following the conclusion of the race.

runDISNEY COAST TO COAST RACE CHALLENGE

If you are completing the 2013 runDisney Coast to Coast Race Challenge, having raced in the 2013 Walt Disney World® Marathon or Half Marathon AND registered for the 2013 Tinker Bell Half Marathon, you will receive a wristband at the Tinker Bell Half Marathon Expo which you must wear until you complete the Tinker Bell Half Marathon. Upon completing the Tinker Bell Half Marathon, please present your attached wristband at the runDisney Coast to Coast Race Challenge Tent located in the Finisher’s Chute. You will trade your wristband in for a runDisney Coast to Coast Race Challenge medal. Please visit runDisney.com for more details on the runDisney Coast to Coast Race Challenge.

AWARDS

Overall female winners will receive their awards at the Awards Ceremony at 8:00 a.m. on Sunday, January 20, 2013. The following awards will be presented on-site at the Awards Ceremony. Please note, overall awards are based on Gun Time except where noted.

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

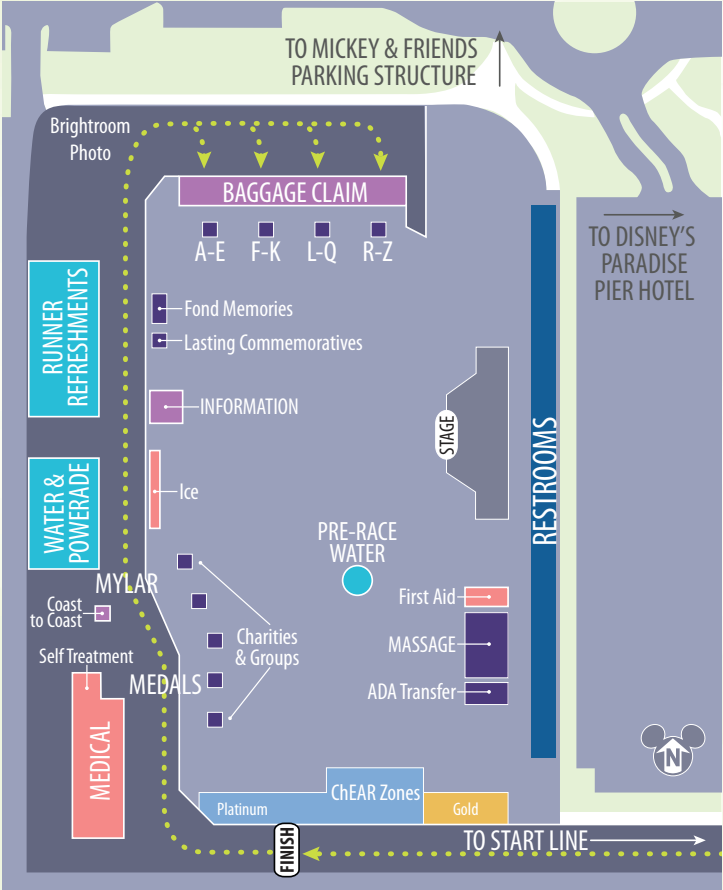
Individual, military and team awards will be distributed by mail after the event. Please allow 4-6 weeks for delivery.

PHOTOGRAPHERS

Brightroom 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 and remember to smile. Please visit brightroom.com/runDisneyphotos after the race to view your race photos. Race photos will be posted approximately one week following the event.

FAMILY REUNION AREA

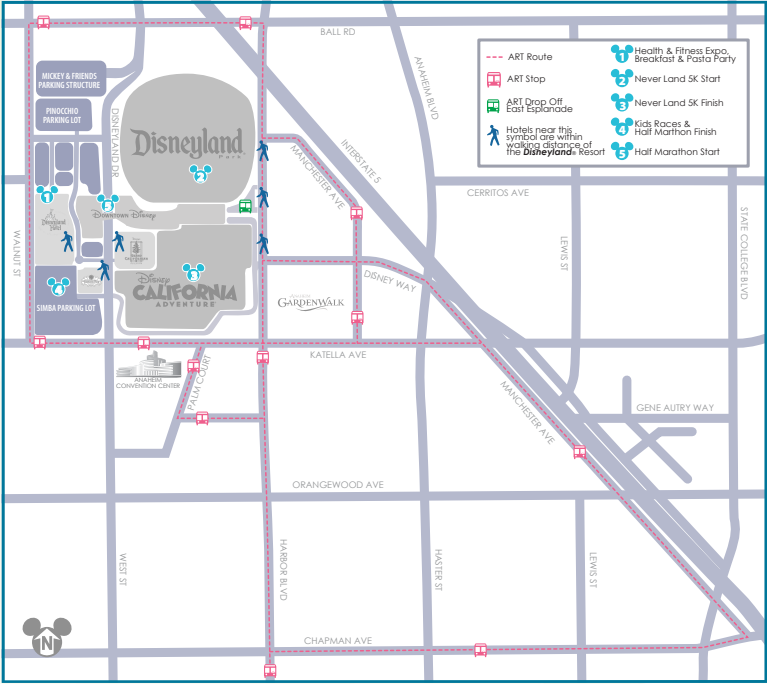
Your family and friends are welcome to wait and watch you cross the finish line on the big screen in the Family Reunion Area, located in the Simba Parking Lot. Runners will enter the Family Reunion Area after receiving their finisher’s medal.



TRANSPORTATION & PARKING

To avoid traffic and parking, complimentary event shuttles are available to runners and spectators. Shuttles will depart from select Disneyland® Resort Good Neighbor Hotels to the Disneyland® Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (1/18-1/20) during scheduled Tinker Bell 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 Tinker Bell Half Marathon Weekend. Please see the shuttle map for pick-up and drop-off locations.**

SHUTTLE HOURS: Friday 7:20 a.m. - 10:30 p.m. • Saturday 4:30 a.m. - 11:30 p.m. • Sunday 3:00a.m. - 10:30 p.m.



* Schedule Varies. Check with front desk.

ARRIVING BY CAR

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