10 TIPS TO AVOID RUNNING INJURIES

• 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.

• Soft surface: Run on grass or dirt trails, especially for high mileage runs.

• Shoes: Running shoes must be in good condition; check the soles and inner lining regularly.

• 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 may prevent injuries.

• RICE: Rest, ice, compression, elevation relieve pain, reduce swelling, and protect damaged tissues.

• Cross-train: Using an elliptical trainer, bicycling and swimming will all decrease impact loading on your lower extremity bones and joints.

• Bag Check: Bag Check will be available in the Family Reunion Area from 3:30 – 9:30 a.m. To avoid leaving your belongings at the Expo, please check them in at least 30 minutes prior to race start.

• Timing: Clocks will be located at every mile marker along the course. When you finish, your race number will be used to verify your bag. Please do not wear this bib race morning as your ChronoTrack B-tag is not affixed and your official time will not be recorded.

• Pre-purchased commemorative team bibs for each participant. Please do not wear the 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 Weekend

Welcome to the Tinker Bell Half Marathon Weekend

Event and dates and information subject to change - ©Disney

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Disney Wine & Dine Half Marathon Weekend
November 8-9, 2013

Walt Disney World® Marathon Weekend presented by CIGNA
January 19-20, 2013

For more information, visit: runDisney.com

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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 touch 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 to the finish line minus your stoppage time if any. The official time 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.
MEDICAL SUPPORT

Support vans will follow the race, picking up runners who need medical attention. The Medical Team will be located at the Finish Line. 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 finish area.

REFRESHMENTS

Water and Powerade® will be available near miles 1.7, 3, 4.4, 5.7, 7, 8.5, 10.6, and the finish area. Clif Shots® will be available near mile 8.5. Water and Powerade® will be available near miles 1.7, 3, 4.4, 5.7, 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.

RECREATION AT THE FINISH LINE

Cycle by or walk to the finish line 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.

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