

# Save the Date

Be a part of these great  
upcoming *runDisney* events!

## CALIFORNIA

- *Disneyland*, Half  
Marathon Weekend  
August 30-September 1, 2013
- Tinker Bell Half Marathon Weekend  
January 17-19, 2014

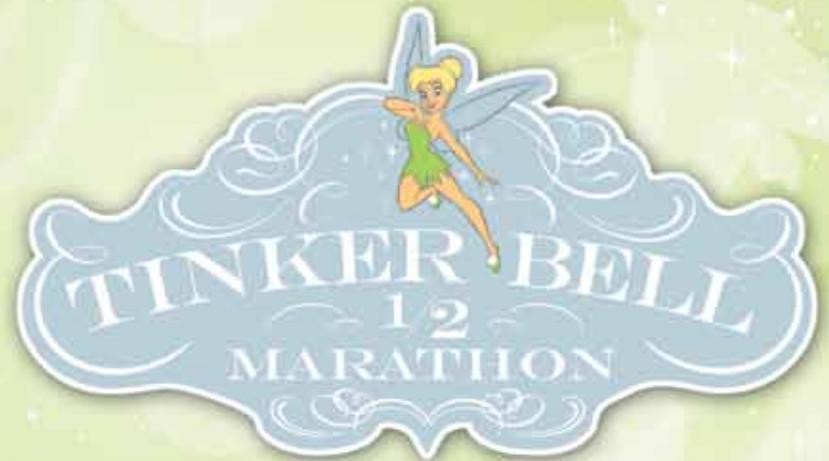
## FLORIDA

- 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](http://runDisney.com)

Event and dates subject to change. ©Disney

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# Official Race Guide

January 18-20, 2013

# 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

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Dear Participants,

Welcome to the *Disneyland*® Resort!

We are so pleased that you've decided to join us for the 2013 Tinker Bell Half Marathon Weekend. Tinker Bell's strong spirit and lively energy served as the inspiration for this half marathon, which has quickly grown into a celebration of the commitment, courage and determination of women of all ages.

The endurance race is only one of the many fun-filled activities you'll have the opportunity to enjoy throughout the weekend, including the two-day Health and Fitness Expo at the *Disneyland*® Hotel, the Never Land 5K throughout the *Disneyland*® Resort, and the *runDisney* Kids Races near the *Downtown Disney*® District.

Once again, the city of Anaheim has graciously partnered with us to design a 13.1 mile course that is sure to keep a spring in your step. The course will lead you through some of the most charming areas around the *Disneyland*® Resort, passing Tinker Bell's Pixie Hollow home in *Disneyland*® Park, traveling through the historic neighborhoods of downtown Anaheim, Hollywood Land, and Radiator Springs' majestic Ornament Valley, before ending at the *Paradise Pier*® Hotel. Along the way, friendly residents, cheering volunteers, live bands and your favorite Disney characters will add just enough Disney magic to help you keep up your pace.

Whether this is your first race or simply your first race of the year, please take a moment as you cross the finish line to celebrate your triumph and cherish the memories of this tremendous accomplishment.

On behalf of the 23,000 Cast Members here at the *Disneyland*® Resort, I wish you a safe, fun and unforgettable weekend!

George A. Kalogridis  
President  
*Disneyland*® Resort



# 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.



Welcome Race Participants and Guests:

Anaheim is pleased to be home to the 2nd Annual Tinker Bell Half Marathon Weekend! We welcome everyone to this wonderful Disney event—those who are back for this second annual run and those who are first time participants.

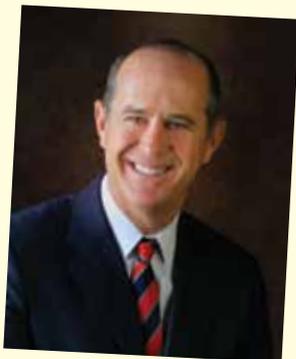
Anaheim was founded in 1857 by German settlers and pioneers who had the vision to imagine what our city could be. The City's four boundaries were North, South, East and West Streets, and those streets still mark Anaheim's original Colony district. As you run through the Colony district, you will be able to imagine Anaheim in its earliest days.

Anaheim is a unique city that blends great neighborhoods, a thriving business community and vibrant Resort district which greets more than 20 million guests a year. Whether you are a resident, a regular visitor or this is your first visit to Anaheim, I hope that you enjoy all that our great city has to offer. And we'd love to hear your feedback on our Facebook page or [www.anaheim.net](http://www.anaheim.net).

Have a great run, and we look forward to seeing you again next year!

Sincerely,

Tom Tait  
Mayor, City of Anaheim



## Meet Our Race Director



Mike Bone is the President of Spectrum Sports Management, Inc. As president, he oversees the daily operations of the variety of clients and services working with his company. 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 philosophy has helped steer both Mike and Spectrum Sports into new markets and projects, ranging from marketing Olympic Governing Bodies to directing the Northern Trust Open on the PGA TOUR's West Coast Schedule. In addition, Spectrum Sports Management manages and directs some of the largest runs in Southern California, including the Tinker Bell Half Marathon, the Disneyland® Half Marathon, Redondo Beach Super Bowl 10K, and the Angels 5K & Fun Run. This varied background and experience has led to Mike being recognized as a leader in Southern California sports marketing, having worked with nearly every professional team and Division I athletic department in the market. He believes strongly that, in addition to hard work, the key to creating and directing amazing events is surrounding the event with talented people and assembling the best team possible.

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 been involved in owning and operating sports marketing companies in Southern California for 25 years. He has been married to his wife, Bonnie, for 25 years and has two sons who are competitive athletes, Andy and Matt.



REDBOOK

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**9 MILLION**  
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YOU ON!



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[redbookmag.com](http://redbookmag.com)

# Weekend Itinerary

## FRIDAY, JANUARY 18

### Tinker Bell Half Marathon Weekend Expo

Disneyland® Hotel Exhibit Hall  
11:00 a.m. – 7:00 p.m.

## SATURDAY, JANUARY 19

### Never Land 5K\*

Start/Finish: Disneyland® Resort  
5:45 a.m. Start

### Breakfast\*

Magic Kingdom Ballroom,  
Disneyland® Hotel  
7:00 – 9:00 a.m.

### runDisney Kids Races\*

Simba Parking Lot, adjacent to  
Downtown Disney® District and  
Disney's Paradise Pier® Hotel  
9:00 a.m. Start

### Tinker Bell Half Marathon Weekend Expo

Disneyland® Hotel Exhibit Hall  
9:00 a.m. – 5:00 p.m.

### Pasta Party\*

Magic Kingdom Ballroom,  
Disneyland® Hotel  
6:00 – 8:00 p.m.

## SUNDAY, JANUARY 20

### Tinker Bell Half Marathon\*

Start: Disneyland Drive, near  
Disney's Paradise Pier® Hotel  
Finish: Simba Parking Lot, near  
Disney's Paradise Pier® Hotel  
5:00 a.m. Start

### ChEAR Zones\*

On Course – Main Street, U.S.A.,  
Disneyland® Park  
Finish Line – Simba Parking Lot  
5:00-9:30 a.m.

### Awards Ceremony

Family Reunion Area Stage  
Simba Parking Lot, near  
Disney's Paradise Pier® Hotel  
8:00 a.m.

*\*Advance purchase required.*



# Disneyland® Resort

Celebrate your accomplishments at the *Disneyland® Resort!*

## FRIDAY, JANUARY 18

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

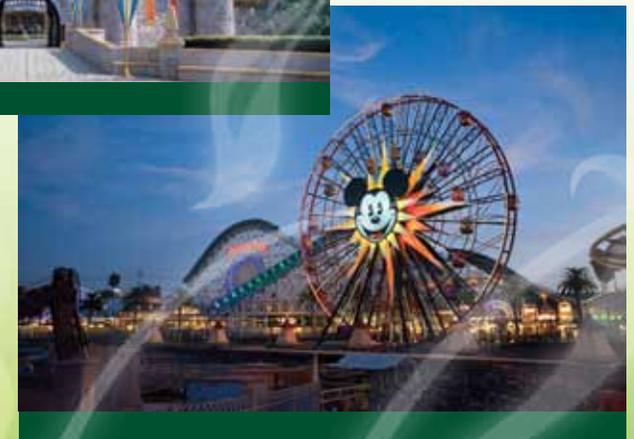
## SATURDAY, JANUARY 19

Disneyland® Park 9:00 a.m. – 11:00 p.m.  
Disney California Adventure® Park 9:00 a.m. – 10:00 p.m.

## SUNDAY, JANUARY 20

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

*\*Subject to change.*



# Tinker Bell Half Marathon Weekend Expo

## Disneyland® Hotel Exhibit Hall

**Friday, January 18, 2013**  
**11:00 a.m. – 7:00 p.m.**

**Saturday, January 19, 2013**  
**9:00 a.m. – 5:00 p.m.**

The Tinker Bell Half Marathon Weekend Expo is a two-day celebration located at the *Disneyland*® Hotel Exhibit Hall that will be your one stop for everything happening during race weekend. While picking up your official race number and packet, see the latest in fitness apparel, footwear, sunglasses, high-tech gadgets and nutritional products. Catch training tips from Jeff Galloway, the official *runDisney* training consultant, along with several others speaking on a variety of health and fitness topics.

Stop by the *runDisney* Official Merchandise store at the Expo for your Tinker Bell Half Marathon gear!

### Packet Pick-Up

Participants must attend Packet Pick-Up at the Tinker Bell Half Marathon Weekend Expo to receive their race bib, race shirt, gEAR bag, and ChronoTrack B-tag timing device, if applicable. To save time, print your personalized race waiver from [runDisney.com](http://runDisney.com) and bring it with you to the Expo.

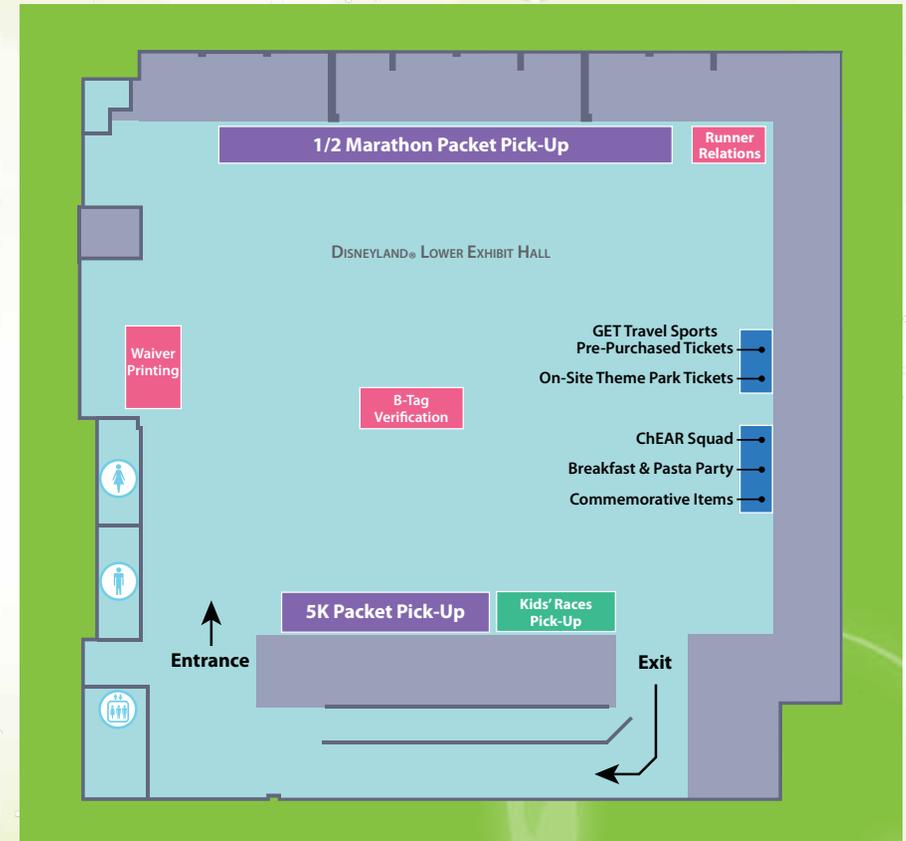
### Commemorative Items, ChEAR Squad, and Party Packages

Pick up pre-purchased Commemorative Items, ChEAR Squad, and Party packages at the Expo. You will need to show your photo ID to pick up your items including:

- Commemorative Pins
- Commemorative Necklaces
- Commemorative Mickey Ears
- ChEAR Squad Packages
- Tinker Bell Half Marathon Weekend Breakfast Packages
- Tinker Bell Half Marathon Weekend Pasta Party Packages

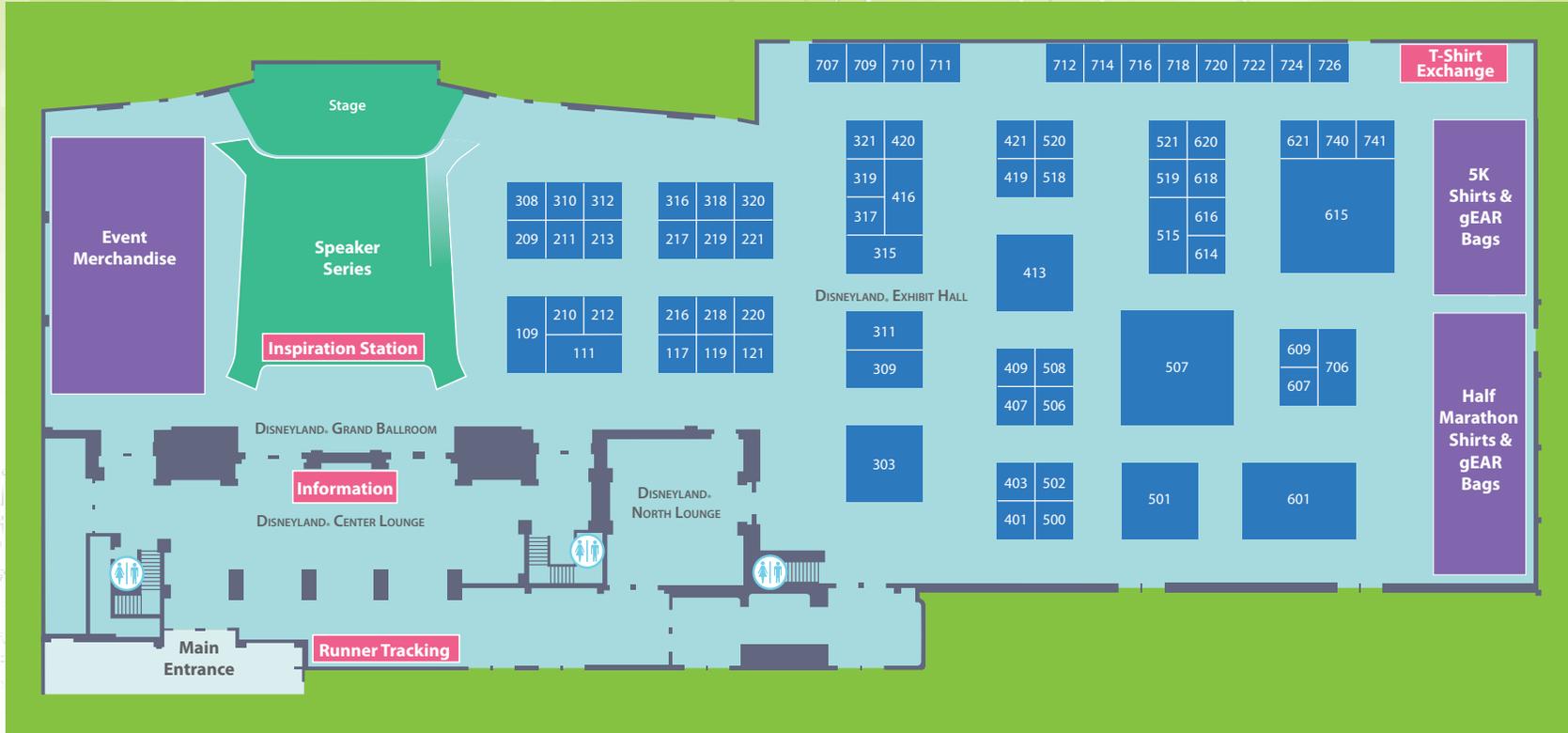


When you arrive to the Tinker Bell Half Marathon Weekend Expo, proceed to the Lower Level of the *Disneyland*® Hotel Exhibit Hall for Race Packet, Commemorative Item, ChEAR Squad, Party Package, and Theme Park Ticket pick-up.



After you've picked up your packet at the Lower Level, please proceed to the Main Level of the *Disneyland*® Hotel Exhibit Hall for Half Marathon and 5K participant shirt and gEAR bag pick up.

# Expo Floorplan & Exhibitors



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
ABC Television Network	308	KT Tape	741	Raw Threads	413	Team Glam	121
Aline Performance Insoles	419	<b>Lady Foot Locker</b>	<b>507</b>	REDBOOK	724	Team Sparkle	718
BeeCause Charms	508	Lasting Commemoratives	315	<b>runDisney</b>	<b>303</b>	The OC Marathon	618
Bondi Band	212	LifeStyle Sports	607	RunningSkirts	515	The RooSport	521
brightroom - race photography	319	Live Well Network	111	San Jose Police Dept.	519	TheStick.com -	506
Disney Vacation Club	312	<b>LUNA Bar</b>	<b>401</b>	Sanuk	309	best self massage tool	
Divas Half Marathon Series	714	National Running Center	219	SnuggBuds Headsets	209	Tragedy Assistance Program	217
Endure	409	<b>New Balance</b>	<b>601</b>	SparkleSkirts	416	for Survivors (TAPS)	
Fond Memories Graphics, Inc	609	Nite Beams	711	Spectrum Sports Management, Inc.	317	Whooha Gear	220
Garmin	616	Nuu-Muu	320	SPIbelt	216	Women's Running Series	502
Halo Headband	614	Oculus Eyewear	420	SportHooks	117	yurbuds Sport Earphones	407
i declare! Charms	620	One More Mile	501	<b>St. Joseph Hospital</b>	<b>615</b>		
<b>iFitness</b>	<b>311, 706</b>	Power Crunch	213	Studio Disney 365	109		
Injinji Performance Toesocks	621	PRO Compression	421	Sweaty Bands	518		

# 2013 Tinker Bell Half Marathon Weekend Speaker Schedule

## FRIDAY, JANUARY 18, 2013

**11:15 a.m.**  
**Jeff Galloway**

### **How to Enjoy Every Mile**

Jeff has a simple proven method that can help anyone avoid injury, stay strong to the finish and enjoy every mile of the race.

**Noon**  
**Jenny Hadfield, National Training Expert**  
**Betsy Hughes, Co-owner of Track Shack Orlando**  
**Preparing for Race Day**

Jenny is not only a nationally recognized training expert, but she is also a columnist for *Women's Running Magazine*. Joining Jenny will be Betsy Hughes for a stretching clinic where she will guide you through dynamic pre-run stretching and static post-run stretching poses. They will offer their insight on what it takes to prepare for your race!

**1:00 p.m.**  
**Colleen Cooke, Registered Dietician at LUNA**  
**Feeding Your Strength**

Colleen Cooke will discuss how critical it is to form a plan around what you will eat, when you will eat and how you will get the food you need to feed your strength before during and after your event.

**2:00 p.m.**  
**Mike Bone, Race Director**  
**Mary Ancona, Ancillary Products Manager**  
**Shannon Abeyta, Event Manager**  
**Last Minute Tips & Information for Runners & Spectators**

Mike, Mary, and Shannon will provide helpful last minute tips and race information for both runners and spectators including a course review and the best places for spectators to watch the race. A question and answer session will be included.

**3:00 p.m.**  
**Tara Gidus, RD, CSSD, runDisney Official Nutritionist**  
**Nutrition for Runners**

Good nutrition is vital to sports performance! Tara is a nationally recognized expert in sports nutrition and the Team Dietician for the NBA's Orlando Magic. Get the latest tips on what to eat before, during and after training runs and races and how to prevent injuries through good nutrition.

**4:00 p.m.**  
**Jenny Hadfield, National Training Expert**  
**Training Tips for Women**

Jenny will provide in-depth training tips, specifically for women, on how to prepare for race day and will answer any questions that you have!

**6:00 p.m.**  
**Jeff Galloway**  
**Strong to the Finish Line!**

Jeff will discuss proven techniques that have helped thousands of half marathoners – at all levels – enjoy their events, every year. Bring your questions!

## SATURDAY, JANUARY 19, 2013

**9:15 a.m.**  
**Jeff Galloway**  
**How to Enjoy Every Mile**

Jeff has a simple proven method that can help anyone avoid injury, stay strong to the finish and enjoy every mile of the race.

**10:00 a.m.**  
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**3:00 p.m.**  
**Jeff Galloway**  
**Strong to the finish line!**

Jeff will discuss proven techniques that have helped thousands of half marathoners – at all levels – enjoy their events, every year. Bring your questions!



Never Land 5K  
Main Street, U.S.A  
Disneyland® Park

Saturday, January 19, 2013  
5:45 a.m. Start

Tinker Bell will kick off the weekend adventure with her pals Peter Pan and the Lost Boys. Run a 5K with your whole family on a fun run through Never Land and the Disneyland® Resort. Adults, teens and tweens can take part in this warm up run during the Tinker Bell Half Marathon Weekend. Just follow the “second star to the right and straight on till morning!”



Race packets must be picked up at the Tinker Bell Half Marathon Weekend Expo on Friday, January 18 from 11:00 a.m.-7:00 p.m. Completed event waivers are required for all participants. To save time, print your personalized race waiver from [runDisney.com](http://runDisney.com) and bring it with you to the Expo.

# runDisney

# KIDS RACES

Simba Parking Lot, adjacent to *Downtown Disney*® District and *Disney's Paradise Pier*® Hotel

Saturday, January 19, 2013  
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

- 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

Race packets must be picked up at the Tinker Bell Half Marathon Weekend Expo on Friday, January 18 from 11:00 a.m.-7:00 p.m. Completed event waivers are required for all *runDisney* Kids Races participants. To save time, print your child's personalized race waiver from [runDisney.com](http://runDisney.com) and bring it with you to the Expo. Adults must present photo ID.



**JANUARY 19, 2013**



# Tinker Bell Half Marathon

**Start:** Disneyland Drive, near Disney's Paradise Pier® Hotel

**Finish:** Simba Parking Lot, near Disney's Paradise Pier® Hotel

**Sunday, January 20, 2013**  
**5:00 a.m. Start**

Sassy, feisty, and fun loving, Tinker Bell is the fairy we all know and love! You can run. You can run. You can run through the Disneyland® Resort and historic streets of Anaheim, California on your way to a Fairy Finish where you will earn your "wings." Each finisher will receive an exclusive Tinker Bell-inspired Finisher Medal.

## Corral Assignments

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 direct you to the appropriate corral on race day. Please remember to complete the emergency medical information on the back of the bib number. For safety reasons, and as a courtesy to others, please line up in the appropriate corral.

## The Start

The start for the Half Marathon is located on Disneyland Drive, adjacent to the Simba Parking Lot, near Disney's Paradise Pier® Hotel. For safety reasons, and as a courtesy to others, please line up in the appropriate corral. Measures will be taken to prevent unofficial runners from starting.

## The Finish

After you cross the finish line, where your time is automatically recorded, proceed through the finisher's chute, where you will receive your Tinker Bell Half Marathon Finisher Medal. If you have earned a runDisney Coast to Coast Race Challenge medal, please look for the runDisney Coast to Coast Race Challenge sign prior to the refreshment area. After the finish, you will be directed to the bag check and refreshment areas. These areas are restricted to the 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 medical station or water station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to the Course Pick-Up tent located in the Pinocchio Parking Lot, adjacent to the Mickey & Friends Parking Structure.

## Family Reunion

The Family Reunion Area will have tents arranged alphabetically with large letter signs for easy identification.

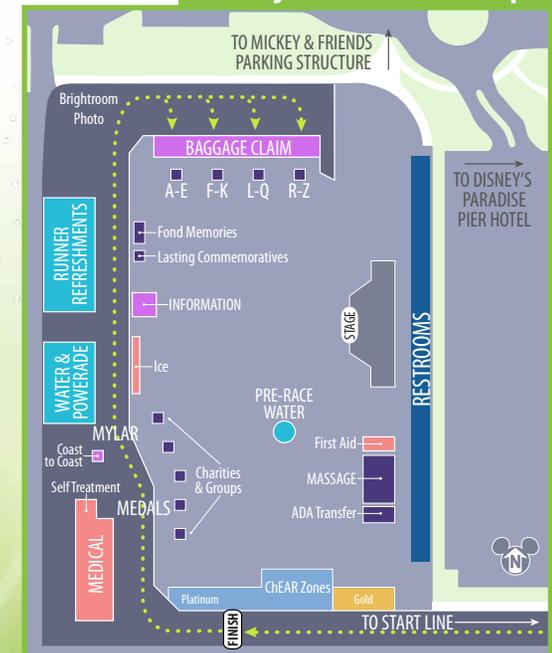
Tips for meeting up with friends and family:

- 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. We recommend the Family Reunion Area tents in alphabetical order.
- Have a back-up meeting location in place as well.
- Agree upon a phone number from which both parties can call and retrieve messages.



Corral Map

Family Reunion Area Map



# Tinker Bell Half Marathon Course



## Course Description

The course for this race is packed with pixie dust and will begin on Disneyland Drive where runners will pass under *Downtown Disney*® on their way into *Disney California Adventure*® Park. Runners will experience the glitz and glamour of the Park's Hollywood Boulevard, before racing down Route 66 into Cars Land, and winding around the glistening Paradise Bay. The race will continue down the famed Main Street U.S.A. and pass the home of Tinker Bell and her pixie pals, Pixie Hollow, before it makes its way around the Rivers of America. After *Disneyland*® Park, the race will cut through *Downtown Disney*® by the *Disneyland*® Hotel and then it is on to the City of Anaheim. Runners will race through the enchanting, historic neighborhoods of downtown Anaheim, down the Anaheim Center Street Promenade and past Anaheim Ice on their way towards City Hall. Before returning to the *Disneyland*® Resort, runners make their way past the Anaheim GardenWalk, and then it's time for their "Fairy"-tale finish near *Disney's Paradise Pier*® Hotel.

## Beverage and Food Stations

Eight beverage stations will be set up along the course, offering Dasani water and PowerAde. There will be one nutrition stop near mile 8.5 where Clif Shots will be distributed.



# runDisney Training Consultant, Jeff Galloway

## Your Race Day Checklist

By Olympian Jeff Galloway

Official Running Consultant, runDisney

By focusing on the following items you can reduce the pre-race jitters—and gain control over your motivation.

- Don't eat too much the night before the race: After 2 p.m., eat snacks that digest easily and don't have a lot of bulk.
- Pack your bag and check it twice. Use the checklists at the bottom of this page and include anything else that you need.
- Avoid alcohol the night before. Drink about 20-30 oz of electrolyte beverages the day before, and an additional 4-5 glasses of water, spread throughout the day.
- Fluid and potty stops. Arise early enough on race morning so that you can consume 6-8 oz of water or a cup of coffee, right away. You want to leave plenty of time to hit the bathroom before the start. Drinking too much or too close to the start will mean more stops during the race.
- Put on your clothes with the race number pinned to the front of the shirt you plan to wear during the second half of the race. If you aren't sure whether you'll use one or two layers, put the number on the one next to your body, low on the front.

Roll up the outside shirt so that the number is visible at the start and the finish.

- On race morning, eat the foods that you have used successfully before.
- Most of the runners I've worked with on this issue have eaten little or nothing.
- Get to the shuttle stop early (As instructed by the race information). Upon arrival, get your bearings, check your clothing, see how you will walk to the start. Choose a side of the road for taking walk breaks, and line up on that side of the corral.
- If you use calf compression sleeves for better blood flow and quicker recovery, put them on if you didn't do this earlier.
- Make sure your timer is set for the run-walk-run ratio that you will be using. There will be some timers with vibration available at the runDisney/Galloway table at the expo (\$20)
- Move over to the side of the road to take a walk break.
- Start the race more slowly than you believe you can run. Line up at the back of your corral and walk slowly to the starting line. This will give you greater freedom of movement during the first few miles.
- During the race, stick with your plan of pacing and walk breaks unless you want to go slower. Whatever you save in effort by going slower, you can use during the last 3 miles.

- At the finish, cross in the upright position, have a smile on your face and celebrate afterward.
- Remember to slow down by 30 sec a mile for every 5 degrees of temperature increase above 60F during the race.

**PACKING LIST**—prepare the night before

- Your watch or timer, set for the appropriate run-walk-run ratio
- A pace chart or wrist band, with mile times for your goal
- A spare pair of socks
- An extra long sleeve top, in case you are cool
- A garbage bag, in case of rain
- A hat, if you wear one (take it off if the temperature is above 60F)
- A post race drink, if desired
- A post race snack, if desired
- Your storage bag with race number attached, to insert extra items for pickup after the race

**WAIST PACK LIST**—prepare the night before

- Bandages and other first aid items
- Skin lubricant
- Blood sugar booster food
- Money for refreshments afterwards
- Medication for afterward (only if your doctor instructs)\*
- Mantras: upbeat statements you can use when motivation starts to stagnate

**MANTRAS**—that work at any time

- Don't Give Up
- I can do it
- This is my day
- I feel good
- I am strong
- I have control
- I'm getting it done
- I feel confident
- I'm running smooth
- I will prevail
- The spirit is strong  
(mantras from MENTAL TRAINING, at [JeffGalloway.com](http://JeffGalloway.com))

**YOU CAN DO IT!**



*Note: taking anti inflammatory medication before or during the run is not recommended—check with your doctor.*

# BY THE NUMBERS



## WEEKEND RUNNERS

21,680

## BIRTHDAY RUNNERS

73

## YOUNGEST RUNNER

14

## OLDEST RUNNER

77

## TOP 3 STATES REGISTERED

California 9,359

Arizona 669

Washington 517

## PARTICIPATING COUNTRIES

Canada 273

Australia 16

Mexico 15

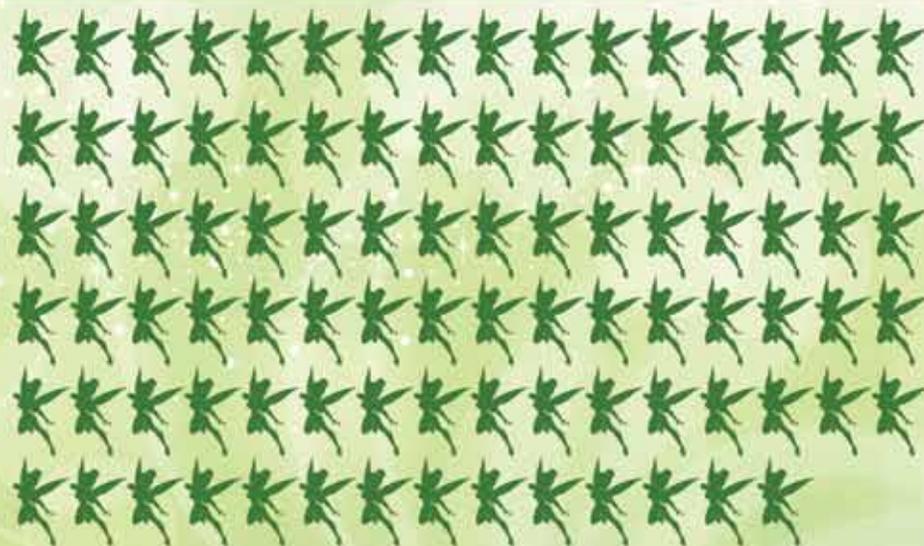
## INTERNATIONAL RUNNERS

348



## 2013 FEMALE RUNNERS

11,704



## H2O (GALLONS)

8,513.70

## CLIF SHOTS

22,000

## BANANAS

12,000

## 2013 MALE RUNNERS

1,361



## Pacing, Timing & Results

### Pacing Requirements

All athletes entering the Tinker Bell Half Marathon or Never Land 5K must maintain a 16-minute per mile pace or faster throughout the race. Anyone not able to maintain the pace may be picked up and transported to the finish. You may be picked up at any point along the course and transported for not maintaining pace. It is suggested that you train at a 15-minute per mile pace to allow for breaks (restroom breaks, photo opportunities, etc.).

### Timing

Clocks will be located at every mile marker along the course. An assigned ChronoTrack B-Tag will be attached to the back of half marathon race bibs. 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 age group awards. Please do not alter the ChronoTrack B-Tag in any way. Without the B-Tag, your official time WILL NOT be recorded.

### Results & Runner Tracking

A complete list of Tinker Bell Half Marathon results will be posted at [runDisney.com](http://runDisney.com) following the event.

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 through [runDisney.com](http://runDisney.com) approximately one week before the event until 5:00 p.m. on Saturday, January 19 or at the Tinker Bell Half Marathon Weekend Expo.



# Feed Your Strength

## SNACKS TO KEEP YOU MOVING



[LUNABAR.COM](http://LUNABAR.COM)

*While other nutrients are also essential for human nutrition, the CORE 4 nutrients are listed because of their importance to many women seeking to maintain their health. †Contains 5–6g total fat*

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# Awards Ceremony

## Overall Awards

Overall Half Marathon female winners and wheelchair 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. Note: overall awards are based on Gun Time except where noted.

- Top 3 Overall Female Finishers
- Top 3 Female Wheelchair Finishers (push rim only)
- Overall Female Masters Champion (based on net time)

## Military, Team and Age Group Awards

The Military, Team and Age Group awards listed below for the Tinker Bell Half Marathon will be distributed by mail after the event. Please allow 4-6 weeks for delivery. Because of the number of people who participate in each event, it can often take several minutes to cross the start line. In the interest of fairness, Masters, Military, Team and Age Group awards will be based on Net Time. Masters (40 and over) that 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.

- Top 3 Mother/Daughter Teams
- Top 3 Sister/Sister Teams
- Top 3 Open Women's Division Teams
- Top 3 Co-Ed Teams\*
- Top 5 Female Military
- Top 5 Age Groups (Female)

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 & Over

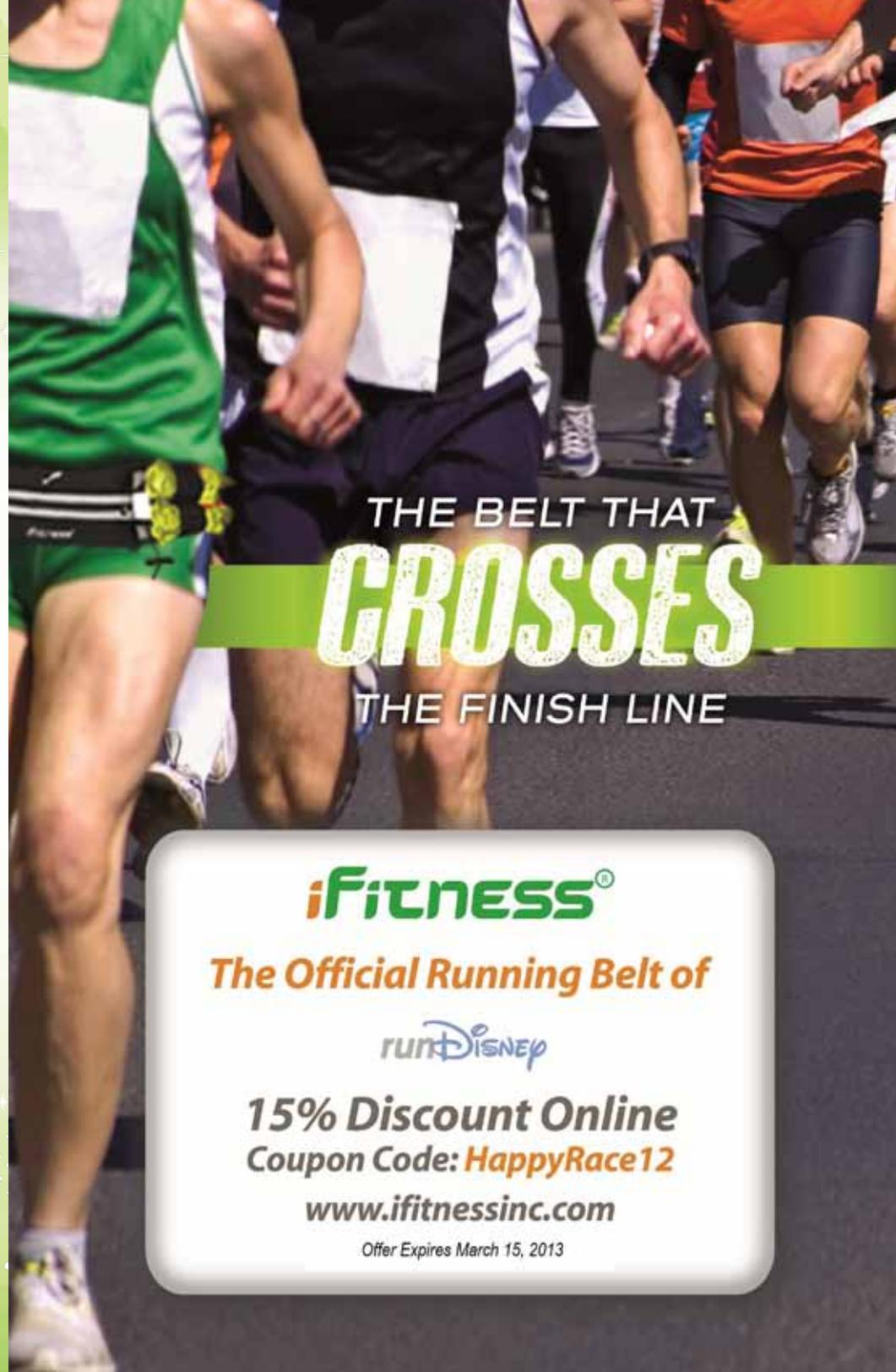
\*Male athletes are eligible for Open Co-Ed Team awards. Co-Ed Teams consist of one male and one female athlete.

## Event Results

A complete list of Tinker Bell Half Marathon results will be posted at [runDisney.com](http://runDisney.com) following the event.

## Half Marathon Finisher Certificates

Participants who finish the Half Marathon in three and a half hours or less will be able to download a finisher certificate online at [mydisneyrun.com](http://mydisneyrun.com) approximately 1 week after the race.



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THE FINISH LINE

**iFITNESS**<sup>®</sup>

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[www.ifitnessinc.com](http://www.ifitnessinc.com)

Offer Expires March 15, 2013

## Runner Etiquette

**The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the Tinker Bell Half Marathon.**

- Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course but will keep you safe.
- Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.
- Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, please start in the last corral.
- If you want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.
- Move to the side if someone behind you says “Excuse Me” or “Coming Through”.
- If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.
- Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.
- When you are approaching the Finish Line, you may see loved ones cheering you on. Please do not encourage anyone to join you in the finish line stretch. Your support team is very important, but please communicate that the finish area is for registered runners and staff only.
- Water and select food items will be available for all race finishers after the Finish Line. Please be courteous to those finishing behind you and take only one of each item.



## 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 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!

### Complete one of the following *runDisney* Races at the *Walt Disney World*® Resort:

- *Walt Disney World*® Marathon
- *Walt Disney World*® Half Marathon
- Goofy's Race and a Half Challenge
- Disney's Princess Half Marathon
- Disney Wine & Dine Half Marathon

### Complete one of the following *runDisney* Races at *Disneyland*® Resort:

- Tinker Bell Half Marathon
- *Disneyland*® Half Marathon

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 in the same calendar year. 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.

Those participants completing the 2013 *runDisney* Coast to Coast Race Challenge at the Tinker Bell Half Marathon will receive a wristband with their bib number which must be worn until the completion the Tinker Bell Half Marathon. Once you receive your finisher's medal, you will trade in your wristband for a *runDisney* Coast to Coast Race Challenge medal.

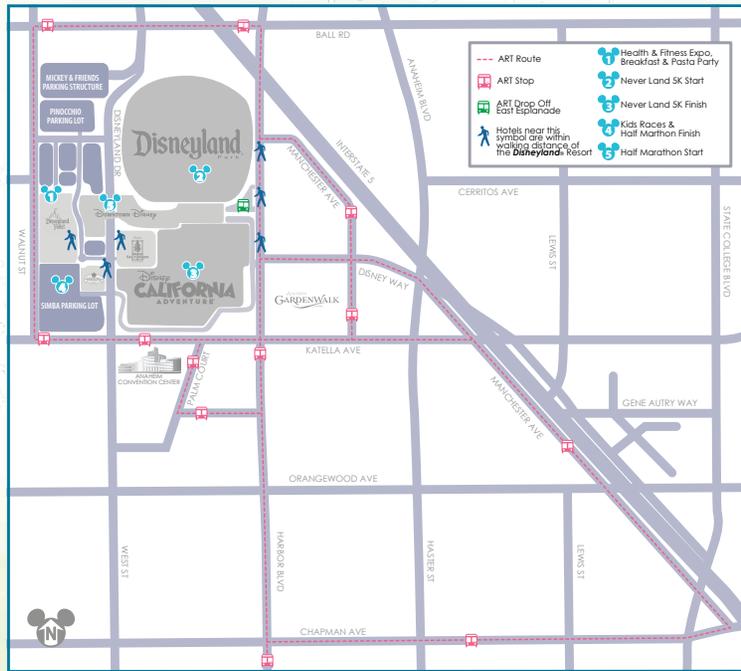
Restrictions apply. Limit one medal per runner per calendar year. See website for details.

# Runner Transportation

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 3:00 a.m.-10:30 p.m.

Hours subject to change.



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

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

# Driving Directions

## 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. Please plan accordingly and allow enough time to arrive with detour traffic. Expect delays.

## Mickey & Friends Parking Structure

From 5:30-8:00 a.m., on Sunday, January 20, 2013, please access this parking structure from the Disneyland Drive off ramp of the southbound I-5 due to road closures in the area.

## 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, January 20. Please plan your travel arrangements accordingly.

- I-5 Northbound, Harbor Blvd. 5:00-8:00 a.m.
- I-5 Southbound, Harbor Blvd 5:00-8:00 a.m.
- I-5 Southbound, Disney Way 5:00-10:00 a.m.



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- Delicious Rich Greek Yogurt
- Creamy Thick
- 2X More Protein Than Regular Lowfat Yogurt\*

\*10% more of the DV of protein than regular lowfat yogurt. Oikos Greek Nonfat yogurt: 12g Protein (24%DV), Regular lowfat yogurt: 5g protein (10%DV) per 5.3oz

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## Spectator Viewing

Spectators are encouraged to share in the Tinker Bell Half Marathon 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.

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 Ball Road  
5:00 a.m. to 5:30 a.m.

#### Mile 3.2:

Disneyland® Resort Esplanade  
5:20 a.m. to 6:20 a.m.

#### Mile 5.5:

Downtown Disney® District  
5:30 a.m. to 7:00 a.m.

#### The Finish:

Simba Parking Lot, near  
Disney's Paradise Pier® Hotel  
6:00 a.m. to 9:15 a.m.

### ChEAR Squad

ChEAR Squad offers special reserved viewing on the Half Marathon course on Main Street, U.S.A. in 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 your ChEAR Squad package at the Tinker Bell Half Marathon Weekend Expo. Please consult your Final Race Instructions for access details.





Sleepy. Happy. Grumpy.  
And That's Just The First Three Miles.

**Disneyland® Half Marathon Weekend 8/30-9/1/13**  
Retrace Walt Disney's footsteps during a magical race through Disneyland® Resort, and run inside Angel Stadium of Anaheim as cheers echo through the crowd. This year a special all new Disneyland® 10K joins The Happiest Race on Earth! Registration fills quickly. You can book early when you visit the Tinker Bell Half Marathon Weekend Expo.

Registration must be complete by 1/12/12. Offer subject to change or termination without notice. Event and dates subject to change. All races are subject to age eligibility requirements and capacity limits. Registration fees are nonrefundable.

runDisney.com |

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# Going Social

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



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





Run Till You Drop

**The Twilight Zone Tower of Terror™ 10-Miler Weekend October 2013**

We double-dare you to brave dark and ghostly streets haunted by Disney villains! Your commemorative medal announces your towering triumph as you ride thrilling *Disney's Hollywood Studios* attractions till 3 a.m. Registration begins February 12 and fills quickly. Sign up at [runDisney.com](http://runDisney.com) for your reminder to register.

**runDisney**

[runDisney.com](http://runDisney.com)



# Nutrition

## 13 Nutrition Tips for Tinker Bell Half Marathon

**Tara Gidus, MS, RD, CSSD, LD/N**  
Official Dietitian for *runDisney*

- 1 Don't ever skip pre run snack! Try to eat or drink small amounts of carbohydrates (15-30 grams) within the 30 minutes leading up to your run. Dry cereal never fails!
- 2 Pre-run food should be high in carbohydrates, which digest quickly and 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.
- 3 Ideally meals should be eaten 3-4 hours before your run and then you can top off with sports drink or a banana an hour before with something small.
- 4 An hour before race stick to liquids like water, sports drinks and avoid beverages like soda, juice, drinks or "energy" drinks
- 5 The goal of fueling during a run is to maintain energy levels through adequate carbohydrate intake and to maintain hydration.
- 6 Drink full strength regular sports drinks and not reduced calorie versions or "fitness" waters for runs longer than one hour. If running less than one hour, water alone will hydrate just fine.
- 7 Losing as little as 2% of your body weight can mean dehydration that can affect performance and recovery.
- 8 Aim for a few gulps (1/2 to 1 oz per gulp) of sports drink or water at every break during runs this will prevent under hydrating or over hydrating. (4-8 oz every 15-20 minutes)
- 9 Ensure hydration by checking urine color. You want it to be barely yellow!
- 10 Aim for within 30 minutes of your run to refuel with food. This is the short window after a workout in when storage of fuel is maximized. It is critical that you re-fuel as quickly as possible to prepare for your next run and to prevent injury.
- 11 If you know you struggle to eat a post-run meal due to a lack of time or appetite, drink a fluid replacement drink that has carbs and protein like chocolate milk, a smoothie, or recovery beverage.
- 12 The combination of not eating before a run followed by a lack refueling after your run will lengthen your recovery time and potentially lead to injury and fatigue.
- 13 Follow your liquid snack/meal with a recovery meal 1-2 hours after that to complete your refueling needs.

When you're healthy,  
every moment is an  
extraordinary gift.

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

St. Joseph Health   
St. Joseph Hospital



Dear Tinker Bell Half Marathon Participants -

Ponce de León never found the fountain of youth, but the exercise he got during his search might have kept him young anyway. Research shows that regular exercise and a healthy diet may prevent heart disease, many forms of cancer, diabetes and osteoporosis.

In addition to leading a healthy, active lifestyle, another way to fend off disease is detecting it early – before it develops into a life-changing event. While screening for breast, cervical, prostate and colon cancers are highly effective (as is applying sunscreen before you run), clinical research shows that screening for lung cancer and heart and vascular disease also saves lives. The following health screenings should be an important consideration in your commitment to good health, especially if you or a loved one has risk factors such as family history, tobacco use, high blood pressure, high cholesterol or diabetes.

- **CT Lung Screening** - CT lung screening can detect cancers not visible on chest X-rays. More than 80 percent of lung cancers detected with CT lung screenings have been in the earliest, most treatable stage.
- **Electron Beam Computed Tomography (EBCT)** - Did you know that the amount coronary calcium (plaque) in your arteries can predict your chance of having a future cardiac event? EBCT is an ultrafast CT scan that's been labeled the "gold standard" when screening for heart disease.
- **Vascular Screenings** - Peripheral arterial disease (PAD) is a serious health risk factor leading to stroke, heart attack and sudden death. Unfortunately, most people are not aware they are at risk until it's too late. However, the following screenings can detect PAD early and reduce your risks: Stroke/Carotid Artery Screening, Abdominal Aortic Screening and Peripheral Arterial Disease Screening

Leading a healthy lifestyle that includes regular exercise, a balanced diet and health screenings might very well be our modern day fountain of youth for you or someone you love. Run a safe half marathon, and don't forget to wear sunscreen!

For more information on screenings, visit [www.sjo.org](http://www.sjo.org) or call 714-633-DOCS.

Raymond Casciari, M.D.  
Chief Medical Officer  
St. Joseph Hospital



# Medical Information

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 lightheaded, 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

## Clothing

- For cold weather running - considering starting with a thin layer of synthetic material such as polypropylene, which wicks sweat from your body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation.

## 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 Ketoporphen 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.

DIAMOND EDITION

Disney

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GENERAL AUDIENCES



# Lady Foot Locker.

Good luck to all the women participating in this year's Tinker Bell Half Marathon.



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# Anaheim Community Foundation

The Tinker Bell Half Marathon Weekend benefits 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 Tinker Bell 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 twenty years of building community through people, partnerships and pride. To learn more, visit [anaheimcommfound.org](http://anaheimcommfound.org).

## Race Crew

Over 2,000 volunteers will assist throughout the Tinker Bell 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 300 volunteers will assist with packet pick-up during the Tinker Bell Half Marathon Expo
- Approximately 100 volunteers will assist with the Never Land 5K and *runDisney* Kids Races
- 300 medical volunteers will staff St. Joseph Hospital medical stations during the Half Marathon
- Over 1,400 volunteers will staff the Start Line, Food Stop, Water Stops and Finish Line locations

