

**CELEBRATING 5 YEARS
OF MAGICAL FINISHES!**



Official Race Guide



Dear Participants,

Welcome to the **Disneyland®** Resort!

We're so happy that you are joining us for the 2010 **Disneyland®** Half Marathon Weekend, which has grown into one of our biggest and most rewarding events of the year.

Now celebrating its fifth year, the **Disneyland®** Half Marathon has become a tradition of fun and memories for thousands of athletes and their families from all over the world. Whether this is your first visit to the **Disneyland®** Resort or an annual trip, your first endurance race or your 14th, you are in for a weekend that you will remember forever. And with so many events to choose from, including the **Disneyland®** Health & Fitness Expo at the **Disneyland®** Hotel, **Disneyland®** Fabulous 5K & Kids' Races and the **Disneyland®** Half Marathon, there is something for everyone to enjoy.

Every year we partner with the city of Anaheim to bring you an event that is as unique as it is fun. Within the span of the 13.1-mile course, you will see some of the **Disneyland®** Resort and Anaheim's most treasured landmarks: Sleeping Beauty Castle, Mickey's Fun Wheel and the Big "A" at Angel Stadium. You'll also get motivation from the cheers of some very enthusiastic residents, including marching bands, dance clubs, cheerleaders and of course, Mickey Mouse and all his friends.

Once you cross the finish line, I hope you will take the time to celebrate your accomplishment at **Disneyland®** Park, **Disney California Adventure™** Park, the **Downtown Disney®** District or one of our three Resort hotels. It's the perfect way to complete a weekend of exciting activity.

On behalf of all of our Cast Members at the **Disneyland®** Resort, I wish you a safe, fun and memorable weekend!

Sincerely,

George A. Kalogridis
President
Disneyland® Resort



Low-cal options. No-cal options. However-you- and-your-family- roll options.

There are people's tastes. And then there are people's taste buds. Satisfying both is why we offer such a wide range of low- and no-calorie options (150 in the U.S. alone), as well as portion-control packages, that can fit into a balanced diet and active lifestyle. Variety – it's just another thing we're doing to help make the world we all live in a little bit better. To learn more about what we're doing and why we're doing it, join us at livepositively.com



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LIVE POSITIVELY™



Welcome to the City of Anaheim!

In 2006 the **Disneyland®** Resort hosted its first annual **Disneyland®** Half-Marathon and 5K Weekend. This year we are celebrating its 5th anniversary...and with each passing year, the event has gotten bigger and better!

We congratulate our friends at Disney for hosting this outstanding event. It is a wonderful opportunity to welcome guests from all over the world for a fun and healthy weekend. Whether you are participating or cheering on a family member or friend, we are glad you have chosen to spend your weekend with us.

Anaheim is the 10th largest city in California, and we are proud of our heritage and excited about our future. There is much to do here - a weekend in Anaheim will give you just a glimpse of this diverse city. We hope you can stay longer or come back soon to enjoy the entertainment, sports, art and other activities Anaheim offers visitors.

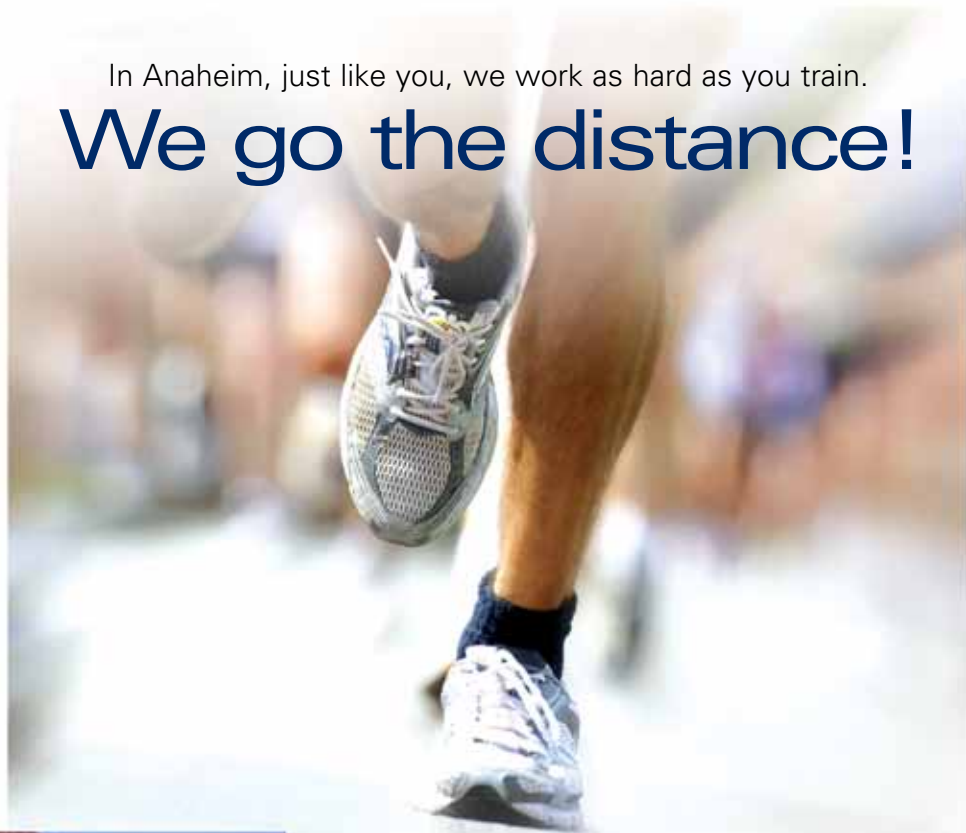
Our hearty congratulations go out to Disney, but more so our applause is for you - the participants. We are pleased to share Anaheim with you, and we hope you will return soon.

Best wishes,

Curt Pringle
Mayor, City of Anaheim



In Anaheim, just like you, we work as hard as you train.
We go the distance!



www.anaheim.net

Weekend Itinerary

Friday, September 3

Disneyland® Health & Fitness Expo

Disneyland® Hotel Exhibit Hall

- Noon – 8:00 p.m.

Saturday, September 4

Disneyland® Fabulous 5K & Kids' Races

Disneyland® Park & Disney

California Adventure™ Park

- 5K Runner Start: 7:00 a.m.
 - Kids' Races Start: 8:30 a.m.
- (Following the conclusion of the 5K)

Disneyland® Health & Fitness Expo

Disneyland® Hotel Exhibit Hall

- 9:00 a.m. – 6:00 p.m.

Disneyland® Half Marathon Pasta in the Park Party

Disney California Adventure™ Park

Stage 17 in the Hollywood Backlot Area

- 6:00 p.m.

(Advance reservations required.)

Sunday, September 5

Disneyland® Half Marathon

Disneyland® Park & Disney

California Adventure™ Park

- Wheelchair Start: 5:58 a.m.
- Runner Start: 6:00 a.m.

Awards Ceremony

Family Reunion Area Stage

Overall Awards

- Approximately 8:15 a.m.

Age Group Awards

(Following the conclusion of the race.)



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SPORT CHALET

What Will You Celebrate at the *Disneyland®* Resort?

Think about it...a birthday, an anniversary, a family or class reunion, victories and triumphs... the list goes on and on. Really, there couldn't be a better time for you to bring your celebration to the **Disneyland®** Resort and combine it with a celebration of running and finishing the **Disneyland®** Half Marathon! Whatever you're celebrating, highlight it with an entire weekend of fun and competition!

With the summer vacation rush ended, it's the perfect time to enjoy the **Disneyland®** Resort!



Park Hours

Friday, September 3

Disneyland® Park:	8:00 a.m. — Midnight
Disney California Adventure™ Park:	10:00 a.m. — 11:00 p.m.
Downtown Disney® District:	8:00 a.m. — 2:00 a.m.

Saturday, September 4

Disneyland® Park:	9:00 a.m. — Midnight
Disney California Adventure™ Park:	10:00 a.m. — 11:00 p.m.
Downtown Disney® District:	8:00 a.m. — 2:00 a.m.

Sunday, September 5

Disneyland® Park:	9:00 a.m. — Midnight
Disney California Adventure™ Park:	10:00 a.m. — 11:00 p.m.
Downtown Disney® District:	8:00 a.m. — 2:00 a.m.

*All park hours are subject to change.



American Honda
is a proud sponsor of the 2010

Disneyland® 1/2 Marathon

HONDA
The Power of Dreams



Disneyland® Health & Fitness Expo

Disneyland® Hotel Exhibit Hall

Friday, September 3

Noon – 8:00 p.m.

Saturday, September 4

9:00 a.m. – 6:00 p.m.

The **Disneyland®** Health & Fitness Expo welcomes all Half Marathon Weekend participants to experience a two-day celebration focused on health and fitness. The event features the opportunity to experience the latest in running and fitness equipment. Don't miss last minute race tips presentation on Friday at 6:00 p.m. and Saturday at Noon and 4:00 p.m.

Packet Pick-Up

All participants must attend the Expo for race number, ChronoTrack D-Tag and packet pick-up! There will be absolutely no pick-up on race day!

Online Process for Race Number Pick-up Card/Waiver

You will need to download your personalized race number pick-up card/waiver form online in advance and bring it with you to packet pick-up at the Expo on September 3 or 4. You can also download this form upon your arrival at the Expo.

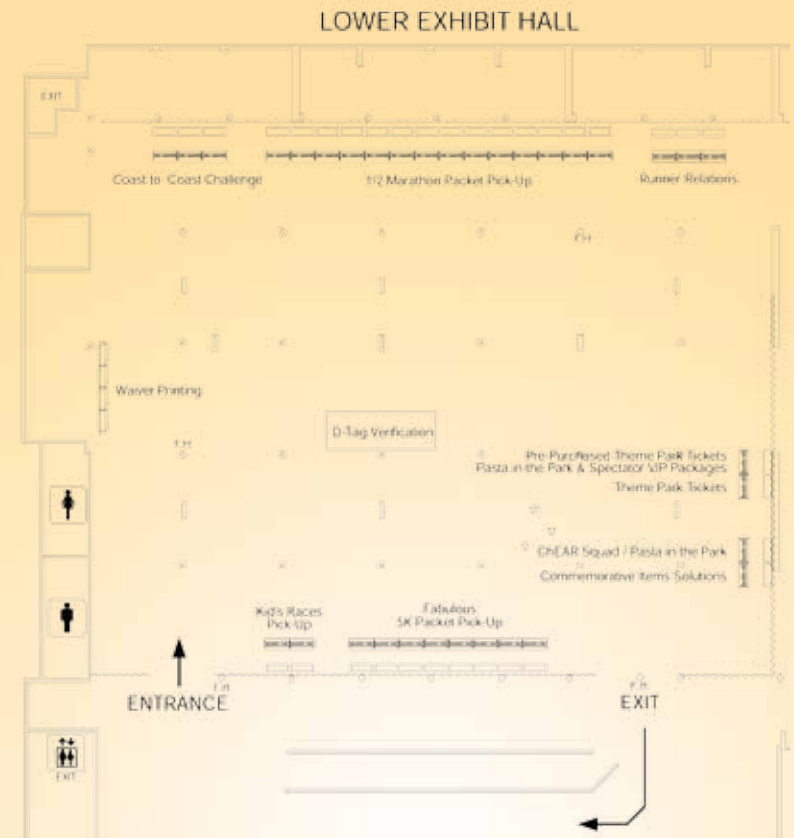
ChronoTrack D-Tag

When you receive your race bib, your ChronoTrack D-Tag will be attached to the back. Instructions for wearing the D-Tag will be printed on the back of the bib and there will be an instructional video and volunteers to assist you with questions at the Expo. The ChronoTrack D-Tag records your official and net time. The net time is the time that 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 forget your ChronoTrack D-Tag on race day or exchange it with another runner. Without the D-Tag, your official time WILL NOT be recorded.



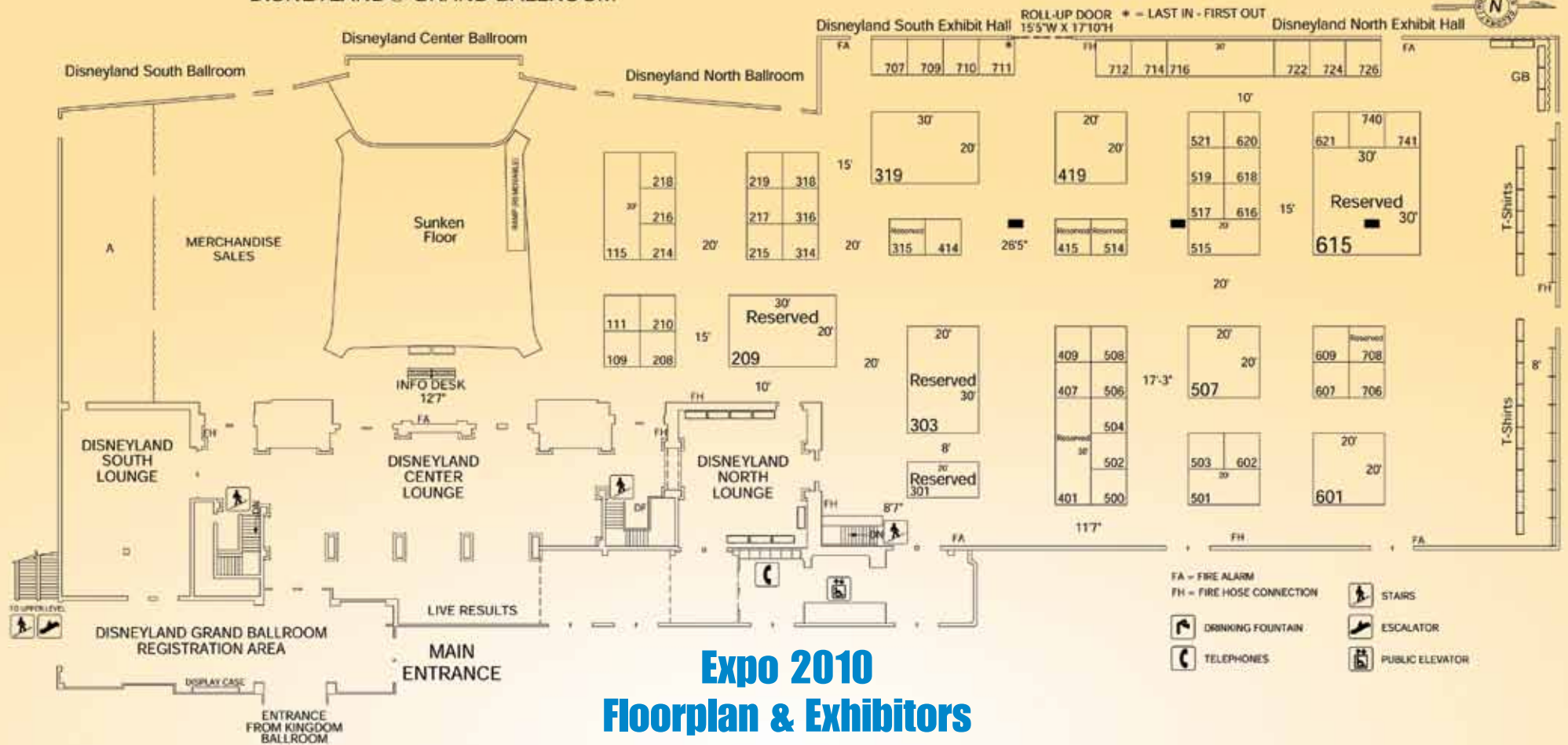
Disneyland® Hotel Exhibit Hall Map

When you arrive at the **Disneyland®** Health & Fitness Expo, proceed to the Lower Level of the **Disneyland®** Hotel Exhibit Hall for Packet Pick-Up, Pasta in the Park Party, ChEAR Squad and Theme Park Ticket pick up.



DISNEYLAND® GRAND BALLROOM

DISNEYLAND® EXHIBIT HALL



Expo 2010 Floorplan & Exhibitors

EXHIBITOR	BOOTH
A Snail's Pace.....	419
ABC Television Network.....	318
Aetrex.....	517
Aline Systems, Inc.....	111
ASICS.....	319
Balega Socks.....	621
Big Sur International Marathon Events.....	519
Bondi Band.....	506
Clif Bar.....	401
Competitor Group.....	716
Dasani.....	415
Disney Vacation Club.....	409
Disneyland Half Marathon.....	500

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EXHIBITOR	BOOTH
Doctor's Foot Lab.....	706
Double Take Images.....	216
EFX Performance Technology.....	314
Endure.....	316
Fond Memories Graphics, Inc.....	708
Gypsy Runner.....	214
Halo Headbands/Gearup.....	508
iFitness.....	215 & 609
Jelly Belly Sport Beans.....	740
LA Times.....	301
Lasting Commemoratives.....	315
National Running Center.....	507
Nature's Liquid.....	218

EXHIBITOR	BOOTH
One More Mile.....	601
Phiten USA.....	602
Power Balance.....	521
Powerade.....	514
Precision Sport Eyewear.....	208 & 210
Run Happy Tees.....	714
Run Racing.....	217 & 219
Running Skirts.....	414
Skechers.....	115
Snugg Buds.....	607
Spectrum Sports.....	710
SPIbelt.....	504 & 741
Spira.....	303

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EXHIBITOR	BOOTH
Sport Chalet - Champion.....	209
St Joseph Hospital.....	615
Success & Minute Rice.....	711
Sweaty Bands.....	712
Walt Disney World Marathon/ Disney's Princess Half Marathon/ Disney Wine & Dine Half Marathon	502
www.asipphoto.com.....	Disneyland Center Lounge
www.TheStick.com.....	515
Yur Buds.....	109

Expo Speaker Series

Friday, September 3

2:00 p.m.

Jeff Galloway

“Strong To The Finish”

Jeff has a simple and proven method that can help anyone feel better, avoid injury, and (best of all) enjoy the celebration afterward.

4:00 p.m.

Jeff Galloway

“Eating, Drinking, and Thinking Secrets”

Jeff’s tips have been used successfully by hundreds of thousands of runners. He will explain what works in all areas and take your questions.

6:00 p.m.

Mike Bone, Race Director

Last Minute Tips & Race Information

Dr. Jessica Pierog, St. Joseph Hospital Medical Staff



Saturday, September 4

11:00 a.m.

Jeff Galloway

“Running Until You’re 100”

Adding the right amount of exercise can enhance your life in many ways. Jeff will explain why research shows that runners have healthier joints than non runners over the decades, and how to enjoy running and eating even more.

12:00 noon

Mike Bone, Race Director

Last Minute Tips & Race Information

Dr. Jessica Pierog, St. Joseph Hospital Medical Staff

2:00 p.m.

Jeff Galloway

Pacing and Motivation

Jeff’s proven techniques have helped thousands of half marathoners—at all levels—enjoy their events, every year. Bring your questions.

4:00 p.m.

Mike Bone, Race Director

Last Minute Tips & Race Information

Dr. Jessica Pierog, St. Joseph Hospital Medical Staff

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**No sweeteners
or calories.**

Flavored water, naturally.

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Disneyland® Fabulous 5K presented by Los Angeles Times

5K Information

All registered Fabulous 5K participants must pick up their race packets at the **Disneyland® Health & Fitness Expo** on Friday, September 3 from Noon-8:00 p.m. Adults must present photo ID. Waivers must be completed for all Fabulous 5K participants. For everyone's safety, baby joggers/strollers, bicycles, inline skates, skateboards, headphones and animals are prohibited on the course.

Start time and location: September 4, 7:00 a.m. at the Mickey & Friends Parking Structure Tram Loading Area. Parking will be available in the structure and all standard parking fees will apply.

Course: Participants will run through **Disneyland® Park** and **Disney California Adventure™ Park**. The Finish Line will be located in **Disney California Adventure™ Park** near Paradise Park. All 5K participants will receive a t-shirt and a medal.



PRESENTED BY
Los Angeles Times

Course Map



Kids' Races

Packet Pick-Up

All registered Kids' Races participants must pick up their race packets at the **Disneyland® Health & Fitness Expo** on Friday, September 3 from Noon-8:00 p.m. Adults must present photo ID. Waivers must be completed for all Kids' Races participants. For everyone's safety, baby joggers/strollers, bicycles, inline skates, skateboards, headphones and animals are prohibited on the course.

Kids' Races Information

Start time and location: September 4, approximately 8:30 a.m. at **Disney California Adventure™** Park. Parents should bring their registered children to the 5K finish line area and look for signs directing them to the appropriate age group holding area by 7:45 a.m. Children must be accompanied by an adult. All Kids' Race Participants will receive a t-shirt and a medal.



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Disneyland® Half Marathon Race Information

Sunday, September 5

Disneyland® Park, Disney California Adventure™ Park and City of Anaheim

5:58 a.m. Wheelchair Start
6:00 a.m. Runner Start

The Last Shuttles to the Start depart at 4:30 a.m.

On Sunday, transportation will begin at 3:00 a.m. for select **Disneyland®** Resort Good Neighbor Hotels with shuttles marked “Race Start.” Race signage at the entrance of your resort will direct you to the bus load zone. The race shuttle is complimentary for all runners and spectators. Runners will be dropped off and picked up at the **Disneyland®** Resort East Esplanade (which is a short walk away from the Start Line through the **Downtown Disney®** District). Shuttles will transport you back to your hotel after you have reunited with your party at the Family Reunion Area.

Shuttle transportation will not be available from the **Disneyland®** Hotel, **Disney's Grand Californian Hotel® & Spa**, or **Disney's Paradise Pier®** Hotel, as they are all within walking distance of the Start and Finish. Please note, the race shuttles will not service the Tropicana Inn and Suites, Park Inn & Suites, Anaheim Fairfield Inn, Carousel Inn and Suites, Best Western Park Place Inn, The Sheraton Anaheim Hotel and Ramada Inn Maingate (which are within

walking distance of the Start & Finish via the Esplanade).

Bag Check

Please use the plastic bag provided at Race Number Pick-Up for your warm-up clothes. Due to safety regulations and limited storage space, the race staff cannot accommodate full-sized suitcases, paper bags, or clothing bundles. Please do not check valuables. The race staff is not responsible for bags, although every effort will be made to have your bag waiting for you after the race. To check in your bag, detach the tag from your race number, attach to your bag using the zip tie supplied at Bag Check, and give it to an attendant at the appropriate claim tent. **All bags must be checked in before 5:00 a.m.** Half Marathon bags must be claimed before 10:30 a.m. Sunday. Unclaimed baggage will be transferred to Resort Lost & Found, located next to the Guest Relations window in the East Esplanade (left of **Disney California Adventure™** Park main entrance). Please visit during park hours to claim lost items.

The Start

The start zone for the Half Marathon is located in the Lilo Parking Lot at **Downtown Disney®** District. 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. Due to safety considerations, no bicycles, baby joggers, strollers, skateboards, roller skates, inline skates, or dogs will be allowed on the course. Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

Corral and Wave assignments will be given during packet pick-up at the **Disneyland®** Health and Fitness Expo. The letter on your race number will determine your assigned corral. Letters are assigned based on your estimated finishing time. Signs, announcements and race personnel will direct you to the appropriate corral on race day.

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 **Disneyland®** Half Marathon Finisher Medal. If you have earned a Coast to Coast medal, please look for the **Coast to Coast Race Challenge Medal** tent prior to the Refreshment tent. After the finish, you will be directed to the bag claim 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, a van will pick you up as soon as possible to transport you to the **Pinocchio** Parking Lot. From there, it is a short walk to the Family Reunion Area.

Family Reunion

The Family Reunion Area will have tents arranged alphabetically with large character 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.
- Make note of where you have parked or the shuttle stop for your hotel.
- Agree upon a phone number from which both parties can call and retrieve messages.
- Leave a message at the Family Reunion Tent if your plans change.

Disneyland LEGACY RUNNERS

JAYMI ABUSHAM
TODD ADAMS
HOWARD AIRHART
WILLIAM AKERBOOM
LAWRENCE ALBINSKI
KIKI ALDONAS
CHRIS ALEXANDER
CHRIS ALEXANDER
ELISE ALLEN
AMY ANAYA
GINA ANDERSON
MARTHA ANTELO
DANIEL AOKI
DIANNE AREA
KIRSTEN AREIAS
ROGER ARTEAGA
SANDI ASKEW
JOAN ATLAS
ANA AZIZIAN
LAURA BAILIFF
DONNA BAKER
BULLET BALES
LAHOMA BALLESTER
TERESA BALTIERRA
ELIA BARRAGAN
DEREK BARTOLOME
KIM BATES
PATTY BEARE
BRUCE BEARE
SHERLYN BEATTY
JENNIFER BECKER
ROBIN BECKMAN
MARY BENARTH
JAMES BENICE
BONNIE BENSON
TRENT BENSON
EDWARD BERNAL
ANGELA BERZIN
JOEL BOCANEGRA
TOM BONSNES
NICOLE BONSNES
BERNADETTE BOUTELIER
TANGIE BRAMBILA
DAVID BRANTLY
EMILY BREDEHOFT
KEVIN BROADY
CHRISTOPHER BROCKEL
BRIAN BRONSON
DAVID BRUNKEN
JOEY BRYAN
ANTHONY BRYAN
JENNIFER BUCKLEY
MICHAEL BUDD
BOB BURGESS
DAVID BURNELL
DUKE CALDWELL
GINO CAMILLETI
BRETT CANGEMI

SHANNON CAPUTO TAMMY
CARTER
CHARLIE CARTER
TOM CASEY
STEVE CASTELBLANCO
CHRISTINA CASTRO
TERESA CASTRO
DEBBIE CAZARES
DOUGLAS CHAPLIN
ANNA CHAVEZ
RICHARD CHAVEZ
MICHELLE CHEN
EMIL CHENG
FERNIS CHOW
RAJAN CHRISTIAN
ROGER ARTEAGA
DANIEL CLARK
JOHN CLEARY
FRANK COLEMAN
GARY COLEMAN
JANICE COLEMAN
TRENT COLICOTT
CHRIS COLLINS
TIMOTHY CONSVILIO
ERICK CONTRERAS
CYNTHIA CONTRERAS
MARC COSEP
JACK COVY
LINDA COYNE
JUDY CRAIG
RICK CRAIG
SUSAN CROOK
RICHARD CURRIER
ROBERT CUTHBERTSON
DEANA CUTHBERTSON
DANNY DAHLKE
DORA DAHLKE
CHERIE DALE
JOEL BOCANEGRA
KIRK DALEY
DANA DANCEY
CHRISTINE DANCEY
THOM DAVIS
CINDY DAY
JOHN DELA CRUZ
JASON DIFRANCESCO
BRIEN DODD
TONY DONAGRECHIA
SHERRY DONALDSON
JAMES DOTI
JENNIFER DOUILLARD
STEVE DOW
CURTIS DOYLE
JULIE DUDAR
BRIANNA DUFFY
KRISTEN DUHAMEL
CHRISTINE DUNN
NADINE ECHEVERRY
DANIEL EDELSON

MEGAN EGERT
KRISTOFFER ELLISON
DEXTER EMOTO
DEANNE ENGLAND
WILLIAM ENGLISH
PATRICIA ENGLISH
ROSHEEN ERANGEY
JULIE ESPINOSA
CYNTHIA ESTRADA
PETER FELDMAN
KEN FERRELL
CHARLIE FIVECOAT
ELIZABETH FLEMING
DANIELLE FLOWERS
THERESA FLOWERS
MICHAEL FLOWERS
CHRISTAL FONTANILLA
KATHLEEN FRANZAK
BRIAN FRANK
TODD FRANTZ
KATERINA FREEMAN
GARY FUJITA
MARTIN FUNG
PAUL FURIA
ANN GALLAUGHER
KEVIN GALLOWAY
EDWARD GARCIA
KEN GARDNER
GEORGE GENSLE
SCOTT GIBSON
TAMMY GIORDANO
RENEE GIRARD
JIM GLICK
ROBERT GOEKLER
DAVID GOFORTH
ROSE GOODSON
MICHELLE GOSOM
ELIZABETH GRACE
MONICA GRAGE
DAMON GREENE
JOLENE GUERRERO
MICHELE GUEVARRA
ARCHIE GUEVARRA
TAMERA GURIEN
KATHRYN GUZIEJKA
BRIEN GUZMAN
MARYCARMEN GUZMAN
BRANDON HALL
JACQUELINE HALLAM
CARA HALLAM
SCOTT HALSEMA
ELIZABETH HANDLEY
BEVERLY HANDY
DEXTER HANDY
ARNE HANSON
JOAN HANSON
STEPHEN HARMS
PHIL HARRIS

DANIEL HARRISON
MICHELE HARRISON
MICHAEL HARTNETT
BETSY HAVERLANDT
MARK HAYS
JEFFREY HEINKEL
TAMMIE HENSON
DAVID HERING
EDUARDO HERNANDEZ
PAOFEN HERNANDEZ
STEPHANIE HERNANDEZ
RAMIRO HERNANDEZ
JESSICA HERNANDEZ
CHERYL HERNANDEZ
LISA HESS
VALERIE R. CISCO
JENNIFER HIGDON
RACHEL HILL
ALAN HIRASUNA
KATHY HIRASUNA
DESIREE HITCHCOCK
SAMUEL HO
KAREN HOFFMAN
KRISTOPHER HOLMEN
KAREN HORNOR
LINDA HTAY
KELLY HUA
EUGENE HUANG
BRIANNE HUGHES
MARK HUNT
HILLARY IFFRIG
CYNTHIA IGE-AOKI
TETSUTOMO IIZUKA
CHARLES ITAGAKI
MICHAEL IWAI
JACQUELINE JACKSON
CAROL JACKSON
STEVEN JACKSON
SARAH JAGER
JACKIE JAKOB
CYNTHIA JAMES
CLAUDIA JENKINS
HEIDI JENSEN
DANIEL JEUNG
KARA JOHAN
DAN JOHNSON
PATRICIA JOHNSON
KIRK JOHNSON
NICCARIA JOHNSON
JULIE JUAIRE
DONNA KARR
MICHELLE KASKE
MAYA KASS
AMY KATZ
TIM KAUFMAN
WALTER KAWAKAMI
NANCY KEITH KELLY
MU KENNEDY

CAROL KEY
KELCEY KINJO
CHERYL KINOSHITA
SUSAN KIRCH
JOHN KIRSTENPFAD
MARV KLEINJAN
CARLA KLEINJAN
ROBYN KLINGONSMITH
SCOTT KOCH
JIM KOCLANIS
SARAH KOCLANIS
CONSTANCE KOENIG
LANCE KOLLEDA
VERONICA KOONS
DANIEL KOPP
SCOTT KRAUSS
LISA KRAUSS
NAOMI KRESS
BRENDA KRONBORG
JOYCE KUBO
KEN KUMAMOTO
ROY KUMAMOTO
GORDON KUWANOE
STEVEN KUWANOE
WILLIAM LAFOR
RICH LANGHORST
PATRICIA LANTER
DANNY LAPINID
PEGGY LARSEN
TODD LARSON
MICHELLE LAU
JUSTIN LAU
MARITA LAUINGER
LAURA LAYNE
MARY LEDEZMA
YOON LEE
ANNA LEE
JOE LEE
THEODORE LENGEL
JENNIFER LEONARD
KEN LEONARD
TERESA LEONARD
SANDI LESSERT
MELISSE LEUNG
ART LEW
SARAH LEWIS
CATHY LIBITSKY
MARTIN LIM
ANDREA LIM
PAUL LINDBERG
LESLIE LITTLE
THOMAS LITTLER

THOMAS LITTLER
PAUL LIU
RICHARD LONG
CARIANNE LONG
JESSICA LOPRETTA
TINA LOTT
TERI LOVANO
SHANNON LOVE
VINCENT LOWDER
MARY LYNCH
KEITH LYNN
EDWARD MAAS
TOM MAKOWSKI
DRAKE MALECHA
MICHAEL MALETA
LOREN MANKIN
CURTIS MARCELL
BILL MARTIN
EDITH MARTINEZ
ALFRED MARTINEZ
JEREMY MATTESON
DANA MATTESON
JOHN MCBATH
JOHN MCCAIN
KEVIN MCGRODY
JOHN MCINTYRE
BOBBY MCKEE
BOBBIE MCKINNEY
PAM MEDHURST
DAN MEDICI
ANNETTE MEDINA
MARTA MEJIA
ROB MENDES
LIBBEY MICHELINI
EDWARD MICHL
ROBERT MIGNOSA
LAUREN MIKOV
CORRINA MILLER
SAMUEL MIMILA
CHRISTOPHER MITCHELL
MICHAEL MITCHELL
NANCY MITCHELL
GRACE MITJANS
JERRY MOE
JOSH MOE
JUSTIN MONAST
THOMAS MOORE
DENISE MOORE
DOMINIQUE MORLEY
NANCY MORRIS
MIKE MOWRY
GEORGE MOYA

JILL MUCKENTHALER
JUNE MULLER
ANDRE MUNOZ
MARK MURPHY
BILL MURVIN
AARON MYRICK
ANNA NAGMAY
CORY NAKANISHI
DEREK NAZARENO
SUZY NEAL
AIMEE NEIGHBORS
LINDA NEIGHBORS
BRET NELSON
MIKE NEUE
JAMIE NEWBURG
PEDER NIELSEN
STEVE NOBLE
LISA NOLL
KIM NOVAK
IRMA NUNEZ
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Pacing Requirements

All athletes entering the **Disneyland®** Half Marathon must be able to maintain a 16-minute per mile pace throughout the race, finishing the Half Marathon in 3.5 hours. Anyone who is not able to maintain a 16-minute per mile pace will be picked up and transported to the Pinocchio Parking Lot, a short walk from the Family Reunion Area.

The following are points on the Half Marathon course that you must reach by a certain time. If you do not reach the following points at the indicated time, you will be picked up and transported to the finish. The time allocation begins when the last person crosses the start line.

Mile Mark:	Location Description:	Time Allowed:
4	Disneyland Drive exiting Disneyland® Park	1:35:00
10	Exiting Angel Stadium Parking Lot	3:10:00

Runner Tracking

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



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Awards Ceremony

Sunday, September 5

Individual Awards

The overall Half Marathon winners, wheelchair and masters champions, men and women, will receive their awards at the Family Reunion Area Stage between 8:15 – 8:30 a.m. on Sunday. The following awards will be distributed:

- Top 3 Overall Male
- Top 3 Overall Female
- Top 3 Male Wheelchair
- Top 3 Female Wheelchair
- Male Masters Champion
- Female Masters Champion

The following Age Group and Military awards will be distributed at a ceremony following the conclusion of the race at the Family Reunion Area on Sunday morning:

The top five in each age group (Male and Female)

Award Categories

14-17	50-54
18-24	55-59
25-29	60-64
30-34	65-69
35-39	70-74
40-44	75-79
45-49	80 & Over

- Top 3 Male Military
- Top 3 Female Military

Event Results

A complete list of results for the Half Marathon will be posted online at disneylandhalfmarathon.com beginning Sunday evening following the event.

Half Marathon Finisher Certificates

Participants who finish the Half Marathon in less than three and a half hours will be able to download a finisher certificate online at mydisney marathon.com/Disneyland approximately 1 week after the race.



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Runner Transportation

Shuttle buses will depart from select **Disneyland® Resort Good Neighbor Hotels** to the **Disneyland® Resort East Esplanade Shuttle Drop-Off** area every 20 minutes continuously through the weekend (9/3-9/5) during scheduled **Disneyland® Half Marathon** weekend events. The event shuttle is a complimentary service to all runners and spectators who are staying at the select hotels. 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**.



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|---|---|--|---|
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|---|---|--|---|

Driving Directions to the Disneyland® Half Marathon

Please plan accordingly and allow enough time to arrive with detour traffic. Expect delays. We encourage all runners and their spectators to avoid traffic and parking by using the complimentary shuttles, which are provided free of charge to guests staying at select **Disneyland® Resort Good Neighbor Hotels**. See the transportation shuttle map for pick-up and drop-off locations.

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 6:00 a.m. to 8:00 a.m. on Sunday, September 5. Please plan your travel arrangements accordingly.

- I-5 Northbound, Katella Avenue
- I-5 Northbound, Harbor Blvd.
- I-5 Southbound, Disney Way
- I-5 Southbound, Harbor Blvd



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Spectator Viewing

Spectators are encouraged to share in the **Disneyland® 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

Due to space restrictions, there will be no viewing areas available for the Half Marathon Race in the Theme Parks. The recommended locations to view the Half Marathon are:

The Start:

Disneyland® Drive to Katella Avenue
6:00 a.m. to 6:40 a.m. — 1 mile
(Accessible ONLY by foot)

The Esplanade between Disneyland® Park and Disney California Adventure™ Park

6:12 a.m. to 7:02 a.m. —
2.6 mile and 2.8 mile
(Accessible ONLY by foot)

Disneyland Drive to Ball Road

6:20 a.m. to 7:26 a.m. —
4 to 4.5 miles
(Accessible ONLY by foot)

Angel Stadium

6:45 a.m. to 9:20 a.m. — 9.5 to 10 miles
(Accessible via Orangewood Ave. entrance)

Disneyland® Hotel, Disney's Paradise Pier® Hotel and ESPN Zone®

7:00 a.m. to 10:00 a.m. —
12.5 to 13.1 miles
(Accessible ONLY by foot)

Viewing Areas at Hotels of the **Disneyland® Resort**

If you are a **Disneyland® Resort Hotel** guest, you can watch the Half Marathon in viewing areas at selected resorts.

Disney's Grand Californian Hotel® & Spa
6:00 a.m. to 6:40 a.m.

Disney's Paradise Pier® Hotel
6:00 a.m. to 6:40 a.m. &
7:00 a.m. to 10:00 a.m.

Disneyland® Hotel
7:00 a.m. to 10:00 a.m.

Finish Line

7:00 a.m. to 10:00 a.m.
13.0 to 13.1 miles
(Accessible ONLY by foot)

ChEAR Squad offers 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 **Disneyland® Health & Fitness Expo**.

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Anaheim Community Foundation

The **Disneyland®** 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 **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 twenty years of building community through people, partnerships and pride. To learn more, visit www.anaheimcommfound.org.



RACE CREW

Over 2,000 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 2011 **Disneyland®** Half Marathon Weekend by visiting disneylandhalfmarathon.com.

- Over 300 volunteers will assist with packet pick-up during the **Disneyland®** Health and Fitness Expo
- Approximately 100 volunteers will assist with the **Disneyland®** Fabulous 5K & 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, Course Monitors, Food Stop, Water Stops and Finish Line locations



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

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 Ketorophren 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.



Live healthy. Play healthy. Be healthy. It's a message we take to heart. We are proud to sponsor the amazing children from Boys & Girls Clubs of Garden Grove in the Disneyland® Kids' Races. It's part of our mission through the Healthiest Communities initiative to help provide children and their families the wellness resources they need to live a healthier life. For more information, visit us online at our new wellness website healthylivingoc.org, which features healthy recipes, cooking videos and other online health tools.



St. Joseph Hospital of Orange is the Exclusive Health Care Sponsor for the Disneyland® Half Marathon.



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to register and learn more.

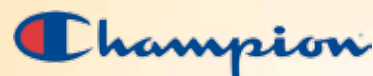
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January 6-9, 2011

Disney's Princess Half Marathon Weekend presented by Lady Foot Locker at WALT DISNEY WORLD® Resort

February 25-27, 2011

DISNEYLAND® Half Marathon Weekend

September 2-4, 2011

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