



Final Race Instructions

Disneyland® Half Marathon

Sunday, September 5, 2010

PACKET PICK-UP

You are required to attend the *Disneyland*® Health & Fitness Expo at the *Disneyland*® Hotel to receive your event shirt, race bib, D-tag timing device, and goody bag. Please arrive to the Lower Exhibit hall to pick up your race bib FIRST, before continuing to the Upper Level for your T-shirt and Goody Bag. Packet Pick-up will not be available on race morning. A waiver must be completed and signed by each participant. A signed waiver and photo ID is required to receive your packet. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. Packet Pick-up is available:

- Friday, September 3: Noon - 8:00 p.m.
- Saturday, September 4: 9:00 a.m. - 6:00 p.m.

PINS

If you have pre-purchased a commemorative pin during registration, you will receive it when you pick up your race bib. Additional merchandise will be available at the *Disneyland*® Health & Fitness Expo.

BAGGAGE CHECK/CLAIM

Baggage Claim will be available in the Family Reunion Area from 3:30 - 10:30 a.m. You must utilize the goody bag you were provided at Packet Pick-up. Any bags not picked up by 10:30 a.m. will be taken to Resort Lost & Found to the left of the *Disney California Adventure*™ Park Main Entrance.

BIB NUMBERS

Each runner will be issued a bib number at Packet Pick-up. Please wear the bib number on the front of your shirt. Participants without a bib number will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the bib number.

TIMING

Clocks will be located at every mile marker along the course. You must wear your D-Tag in order to be scored. The D-Tag is located on the back of your bib.

PACING

If you are unable to maintain a 16-minute-per-mile pace, orange flags will be posted at each mile marker to indicate that you are behind the required pace and that you will not be able to finish the race in the 3.5 hour time limit. Half Marathon staff will also be on bicycles verbally announcing (via bullhorn) that a flag has been raised. Those that have fallen behind pace after exiting *Disneyland*® Park will be escorted to the Pinocchio Parking Lot, adjacent to the Family Reunion Area. Transportation will be available at Angel Stadium to take those behind pace from the course to the Pinocchio Parking Lot. Runners unable to finish the race due to injury or fatigue may stop at any medical or water station for assistance. Support vans will pick up runners and transport them to the Pinocchio Parking Lot, adjacent to the Family Reunion Area.

RACE START

The race will start promptly at 6:00 a.m. on Sunday, September 5, 2010 on Disneyland Drive. **Please plan to arrive by 4:30 a.m. and be in your corral no later than 5:15 a.m.** The race will be held rain or shine!

PARKING & TRANSPORTATION

Beginning at 3:30 a.m. parking will be available at the Mickey & Friends Parking Structure, located off Disneyland Drive at Ball Road. Follow the signs for Theme Park Parking. Standard parking fees apply. Additional information regarding weekend transportation is available at the end of this document.

SAFETY

For the safety of yourself and the other participants, baby joggers/strollers, baby carriers/backpacks, inline skates, bicycles, skateboards, and animals of any kind are prohibited from the course. Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

MEDICAL SUPPORT

Medical personnel will be available to give emergency care, as well as tend to non-critical injuries at miles 2.5, 6, 9, 12, and the main medical tents located at the Finish Line and Family Reunion Area. There will also be roving medical personnel on bicycles along the route. Runners unable to finish the race may stop at any of the medical or water stations for assistance. Support vans will follow the race, picking up runners who need assistance to transport them to the Pinocchio Parking Lot, which is adjacent to the Family Reunion Area. If you require information on a runner who does not return to the race area, please see the Information Tent located in the Family Reunion Area.

IN THE EVENT OF EXTREME HEAT

Heat Index: All course Medical Stops will have the appropriate flag color displayed according to the existing conditions:

- **YELLOW FLAG** - Those with high risk of heat stroke should withdraw.
- **RED FLAG** - All should be aware that heat injury is possible. Those susceptible to heat should be advised not to compete and all participants are urged to slow their pace and hydrate adequately.
- **BLACK FLAG** - If a black flag condition occurs, all participants will be advised not to compete; the race will become a fun run and no times will be recorded from that point forward.

REFRESHMENTS

Dasani® water and PowerAde® will be available near miles 1.5, 3.5, 4.5, 6, 7.5, 9, 10, 11, 12, and the finish area. Clif Shots® will be available at mile 9. There will be a refreshment area providing bagels, oranges, and bananas inside the Family Reunion Area.

RESTROOMS

For your convenience, port-o-lets will be located near the Start/Finish Lines, water stops, Angel Stadium, and the Family Reunion Area.

MEDALS & RESULTS

All finishers will receive a specially designed commemorative finisher medallion before exiting the finish chute. Finisher certificates will be available for download at mydisney marathon.com/Disneyland approximately one week after the race. A complete list of results will be available online at disneylandhalfmarathon.com beginning Sunday evening.

LEGACY RUNNERS

In celebration of the 5th anniversary of the *Disneyland*® Half Marathon, those participants that have completed the race each year will be honored as *Disneyland*® Legacy Runners. If you are a Legacy Runner, look for a special surprise as you receive your medal.

DISNEY'S COAST TO COAST RACE CHALLENGE

If you are participating in the 2010 Disney's Coast to Coast Race Challenge, having raced in the 2010 *Walt Disney World*® Marathon or Half Marathon or the 2010 Disney's Princess Half Marathon AND the 2010 *Disneyland*® Half Marathon, you will receive a wristband at the *Disneyland*® Health & Fitness Expo that you must wear until you finish the *Disneyland*® Half Marathon. Once you receive your half marathon finisher medal, you will trade your wristband in for a Disney's Coast to Coast Race Challenge medal.

FAMILY REUNION AREA

Your family and friends are welcome to wait and watch you cross the finish line on the big screen on the Family Reunion Area, located in the Lilo Parking Lot near the Finish Line. **There is only one entrance to this area for spectators, located near the parking tolls to the Downtown Disney® District.** Runners will enter the Family Reunion Area after receiving their finisher medal.

AWARDS

The Overall Awards Ceremony will begin at approximately 8:15 a.m. The age group awards will take place at the conclusion of the Half Marathon. Both ceremonies will take place in the Family Reunion Area. All award winners are requested to be present to receive their awards.

PHOTOGRAPHERS

ASI photographers will be on the course and at the finish line taking pictures of you during the race. Please wear your bib number on the front of your shirt and remember to smile. Please visit asiorders.com after the race to view your race photos.

RUNNER ETIQUETTE

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the 5th anniversary of the *Disneyland*® 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 and correct wave. 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.

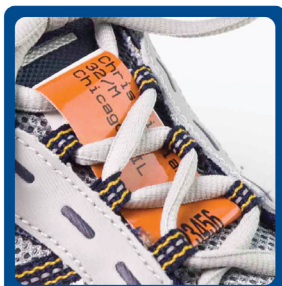
CELEBRATE! THIS IS YOUR DAY. THANK YOUR VOLUNTEERS AND HAVE A GREAT RACE!

ChronoTrack D-Tag Instructions

The ChronoTrack D-Tag system will be used to time this race. In order to receive accurate timing results be sure to follow the instructions attached to your D-Tag or please see the following information. ChampionChips cannot be used.



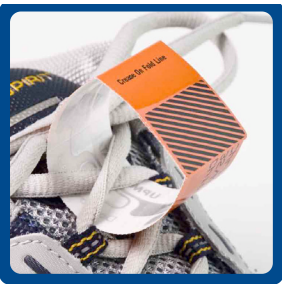
DO NOT
LOOP THROUGH ALL LACES



DO NOT
TUCK UNDER LACES



DO NOT
FORM TEARDROP SHAPE



DO NOT
LEAVE UNDERSIDE ROTATED UP



"D" Race Timing Tag Instructions



Step 1



Remove shoe tag
directions from bib

Step 2



Separate shoe tag
from directions by
folding at perf and
tearing apart

Step 3



Crease tag on
fold lines

Step 4



Insert under lace face
down

Step 5



Remove adhesive
tab (located on backside
of marked black area)

Step 6



Attach adhesive
tab to non-adhesive
tab

SAVE THE DATE! *Disneyland*® Half Marathon Weekend - SEPTEMBER 2-4, 2011

Weekend 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. **Due to the 5K start, shuttles will drop off at the Pinocchio Parking Lot from 5:30 - 7:00 a.m. on Saturday, September 4, returning to their scheduled route at 7:00 a.m.**



- Anabella Hotel
- America's Best Inn
- America's Best Value Fantasy Inn
- America's Value Inn & Suites
- Anaheim Marriott
- Anaheim Resort RV Park
- Ayres
- Best Western Meridian Inn & Suites
- Best Western Pavilions
- Best Western Raffles
- Best Western Stovall's Inn
- Clarion Hotel Anaheim Resort
- Comfort Inn Maingate
- Comfort Inn & Suites
- Cortona Inn & Suites
- Courtyard by Marriott *Disneyland®* Park
- Days Inn Anaheim West
- Desert Palm
- Dolphin's Cove
- DoubleTree Guest Suites
- Econolodge
- Embassy Suites
- Extended Stay
- Greenwood Suites Anaheim Resort
- Hampton Inn & Suites
- Harbor RV Park
- Hilton Anaheim
- Hilton Garden Inn
- Hilton Suites
- Holiday Inn – Anaheim Resort
- Holiday Inn & Suites
- Homewood Suites
- Hotel Ménage
- Howard Johnson
- Jolly Roger Hotel
- La Quinta Inn
- Islander Inn
- Marriott Suites
- Motel 6
- Peacock Suites
- Portofino
- Quality Inn
- Ramada Limited Maingate North
- Ramada Limited Suites
- Ramada Plaza
- Red Lion Hotel
- Residence Inn Anaheim Resort
- Residence Inn Garden Grove
- Sheraton Park
- Staybridge Inn & Suites
- TownePlace Suites
- Travelodge International Inn
- WorldMark Anaheim