



Presented by
PANDORA[®]

OFFICIAL EVENT GUIDE

CREATE YOUR OWN
FAIRY TALE



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Welcome Runners,

It's amazing what a sprinkle of pixie dust can do to make a magical weekend. That's why this year's Tinker Bell Half Marathon Weekend at the *Disneyland*® Resort will be the most exciting race yet!

The year's event will include the Never Land 5K, the Tinker Bell 10K, *runDisney* Kids Races, and of course, the Tinker Bell Half Marathon. Don't forget about the three-day Health & Fitness Expo starting on Thursday, May 7 at the *Disneyland*® Hotel.

For those of you looking for even more challenges, we've got them. We've added the Pixie Dust Challenge Medal for finishing the Tinker Bell 10K and the Tinker Bell Half Marathon, as well as the Special Edition *runDisney* Coast to Coast Race Challenge Medal for runners who complete both the Princess Half Marathon at *Walt Disney World*® and the Tinker Bell Half Marathon this weekend.

That's a lot of running, but as our friend Peter Pan likes to say, "All you need is a little faith, trust and pixie dust." Of course, you might want to add a few training runs just to be sure.

Best wishes for a fun and safe weekend,

Michael Colglazier
President
Disneyland® Resort



Welcome Tinker Bell Half Marathon Weekend Racers!

You are about to embark on one of the most fun half marathon weekends in the country. Look around you . . . the energy is palpable and the magic is truly contagious. As president and CEO of the Anaheim Orange County Visitor & Convention Bureau, I welcome you to Anaheim and Orange County. I applaud each of you for making the personal commitment to train for and participate in this weekend of family, fun and fitness.

Don't miss the Anaheim Packing House for some old-world food hall dining and entertainment that has already become a favorite of Anaheim locals. I also invite you to visit many of the offerings we have to offer with eclectic antique shops, pop culture memorabilia and plenty of fantastic food. Downtown Anaheim is where you'll find amazing cuisine from some of the region's most talked-about chefs.

Most of all, please enjoy the place where runner's dreams come true. A weekend at the *Disneyland*® Resort is where family memories endure for generations to come.

I hope everyone takes home many wonderful memories and if you have traveled a long distance, I hope you enjoy your stay and will come visit us again. Welcome to Anaheim and Orange County!

Sincerely,

Jay Burress
President & CEO



800 W. Katella Ave.
P.O. Box 4270
Anaheim, CA 92803
714.765.8888
fax 714.991.8963
anaheimoc.org

About Our Race Director



Mike Bone is the President and owner of Spectrum Sports Management, Inc., an event management company in Claremont, CA and has been involved with the *Disneyland*® Resort endurance events since 2008. 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 project-first philosophy has served well as Spectrum Sports has helped grow the *runDisney* events at the *Disneyland*® Resort in addition to working alongside the Los Angeles Angels of Anaheim, PGA TOUR's Northern Trust Open, and a variety of runs and events in the Los Angeles market. This varied background and experience has led to Mike being recognized as a leader in Southern California sports marketing and event management, having worked with a variety of teams and colleges through consulting and event management. The Spectrum Sports' team is recognized for their professionalism, hard work and dedication to ensuring that the participant, the athlete, has a memorable time while participating in one of their events. The team is comprised of extremely talented people who share Mike's vision and dedication to the project and the athlete.

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 owned and directed a sports marketing company in Southern California for over twenty-five years. He has been married to his wife, Bonnie, for 26 years and has two sons, Andy and Matt. Both boys are not only competitive athletes themselves but are out working alongside their dad in preparing another extraordinary event.



GIRL TALK STARTED THREE MILES AGO.



LET'S MAKE
EXCELLENT
HAPPEN.

6:22 P.M. You don't have to sit still to catch up. Set your own time limit and pound the pavement together. This is a new tradition.
THIS IS #RUNNOVATION.



Weekend Itinerary

THURSDAY, May 7, 2015

runDisney Health & Fitness Expo
Disneyland® Hotel Exhibit Hall
 10:00 a.m. – 8:00 p.m.

FRIDAY, May 8, 2015

Never Land 5K presented by PANDORA Jewelry*
 Start: Main Street, U.S.A., *Disneyland*® Park
 Finish: Paradise Pier, *Disney California Adventure*® Park
 5:00 a.m. Start

runDisney Health & Fitness Expo
Disneyland® Hotel Exhibit Hall
 10:00 a.m. – 8:00 p.m.

Pasta in the Park Party*
 Big Thunder Ranch Jamboree inside
Disneyland® Park
 6:30 p.m. – 8:30 p.m.

SATURDAY, May 9, 2015

Tinker Bell 10K presented by PANDORA Jewelry*
 Start: Disneyland Drive, near *Disney's Paradise Pier*® Hotel
 Finish: Simba Parking Lot, near *Disney's Paradise Pier*® Hotel
 5:30 a.m. Start

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

runDisney Health & Fitness Expo
Disneyland® Hotel Exhibit Hall
 9:00 a.m. – 4:00 p.m.

SUNDAY, May 10, 2015

Tinker Bell Half Marathon presented by PANDORA Jewelry*
 Start: Disneyland Drive, near *Disney's Paradise Pier*® Hotel

Finish: Simba Parking Lot, near *Disney's Paradise Pier*® Hotel
 • Wheelchair Start: 5:29 a.m.
 • Runner Start: 5:30 a.m.

ChEAR Zones*

On Course – Main Street, U.S.A., *Disneyland*® Park
 5:30 a.m. – 7:00 a.m.

Finish Line – Simba Parking Lot
 5:30 a.m. – 10:00 a.m.

Awards Ceremony

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

**Advanced purchase required.*

Park Hours

THURSDAY, MAY 7, 2015

Disneyland® Park 8:00 a.m. – 7:30 p.m.
Disney California Adventure® Park 10:00 a.m. – 9:00 p.m.

FRIDAY, MAY 8, 2015

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

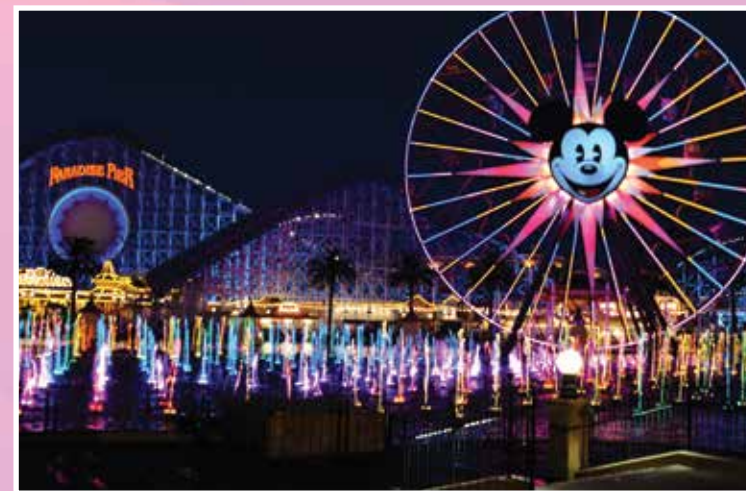
SATURDAY, MAY 9, 2015

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

SUNDAY, MAY 10, 2015

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

**All park hours are subject to change.*



Event Transportation

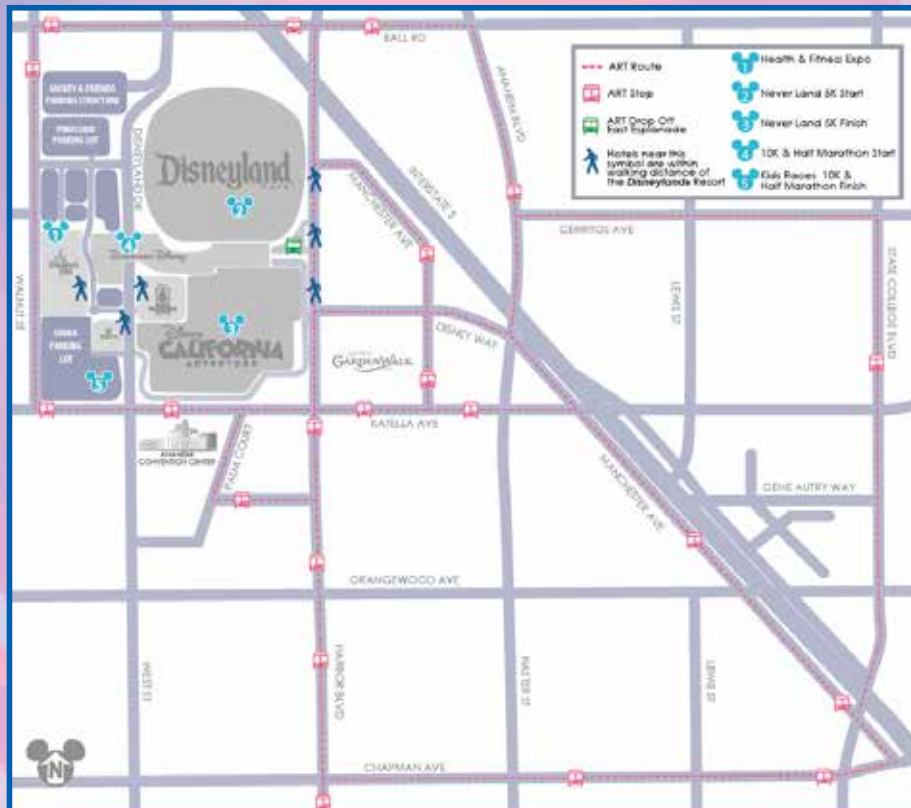


Complimentary Anaheim Resort Transportation shuttles will depart from select Anaheim area hotels to the *Disneyland*® Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (5/7-5/10) during scheduled Tinker Bell Marathon weekend events. You will receive a pass from your driver the first time you board the shuttle. Please save this pass for use over the entire Tinker Bell Half Marathon Weekend.

SHUTTLE HOURS:

Thursday 8:20 a.m.-9:30 p.m. • Friday 3:00 a.m.-12:30 a.m.

Saturday 3:30 a.m.-12:30 a.m. • Sunday 3:30 a.m.-12:30 a.m.



Participants are encouraged to visit the Transportation Desk located in the Center Lounge of the *Disneyland*® Hotel at the *runDisney* Health & Fitness Expo to receive transportation passes for the weekend.

- America's Best Inn
- America's Best Value Astoria Inn
- America's Best Value Fantasy Inn
- Anabella Hotel
- Anaheim Resort RV Park
- Ayres Hotel Anaheim
- Ayres Hotel Orange
- Best Western Pavilions
- Best Western Plus Stovall's Inn
- Best Western Raffles Inn
- Buena Park Hotel
- Clarion Hotel Anaheim Resort
- Comfort Inn & Suites
- Cortona Inn & Suites
- Courtyard by Marriott - *Disneyland*® Park
- Courtyard by Marriott - Buena Park
- Days Inn & Suites
- Days Inn Anaheim Maingate
- Desert Palm Hotel & Suites
- Dolphin's Cove Resort
- DoubleTree Suites by Hilton
- Econolodge
- Embassy Suites Anaheim North
- Embassy Suites Anaheim Orange
- Embassy Suites Anaheim South
- Extended Stay America
- Greenwood Suites
- Hampton Inn & Suites Anaheim (Garden Grove)
- Harbor RV Park
- Hilton Garden Inn Anaheim/Garden Grove
- Hilton Hotel & Towers
- Holiday Inn - Anaheim Resort
- Holiday Inn Hotel & Suites
- Homewood Suites by Hilton Anaheim Maingate/Garden Grove
- Hotel Indigo
- Hotel Ménége
- Howard Johnson Plaza Hotel
- Hyatt Place
- Hyatt Regency Orange County - Garden Grove
- Islander Inn & Suites
- La Quinta Inn & Suites
- Marriott Anaheim
- Marriott Suites Garden Grove
- Meridian Inn & Suites
- Motel 6
- Peacock Suites Resort
- Portofino Inn & Suites
- Ramada Limited Maingate North
- Ramada Limited Suites
- Ramada Plaza Hotel
- Red Lion Hotel
- Residence Inn by Marriott - Anaheim
- Residence Inn by Marriott - Garden Grove
- Sheraton Garden Grove
- Sheraton Park Hotel
- Springhill Suites by Marriott - Ball Road
- Springhill Suites by Marriott - Harbor Blvd
- Stanford Inn & Suites
- Staybridge Suites
- TownePlace Suites
- Travelodge International Inn
- WorldMark Anaheim
- Wyndham Hotel Garden Grove

Driving Directions

ARRIVING BY CAR

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

Mickey & Friends Parking Structure

From 5:00 - 8:00 a.m., on Sunday, May 10, 2015, 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. Please plan your travel arrangements accordingly.

Saturday, May 9, 2015

- I-5 Southbound, Harbor Blvd. 5:00 – 6:30 a.m.

Sunday, May 10, 2015

- I-5 Northbound, Harbor Blvd. 5:00 - 9:00 a.m.
- I-5 Southbound, Harbor Blvd. 5:00 - 9:00 a.m.
- I-5 Southbound, Disney Way 5:00 - 10:00 a.m.



Nutritious Meets Delicious

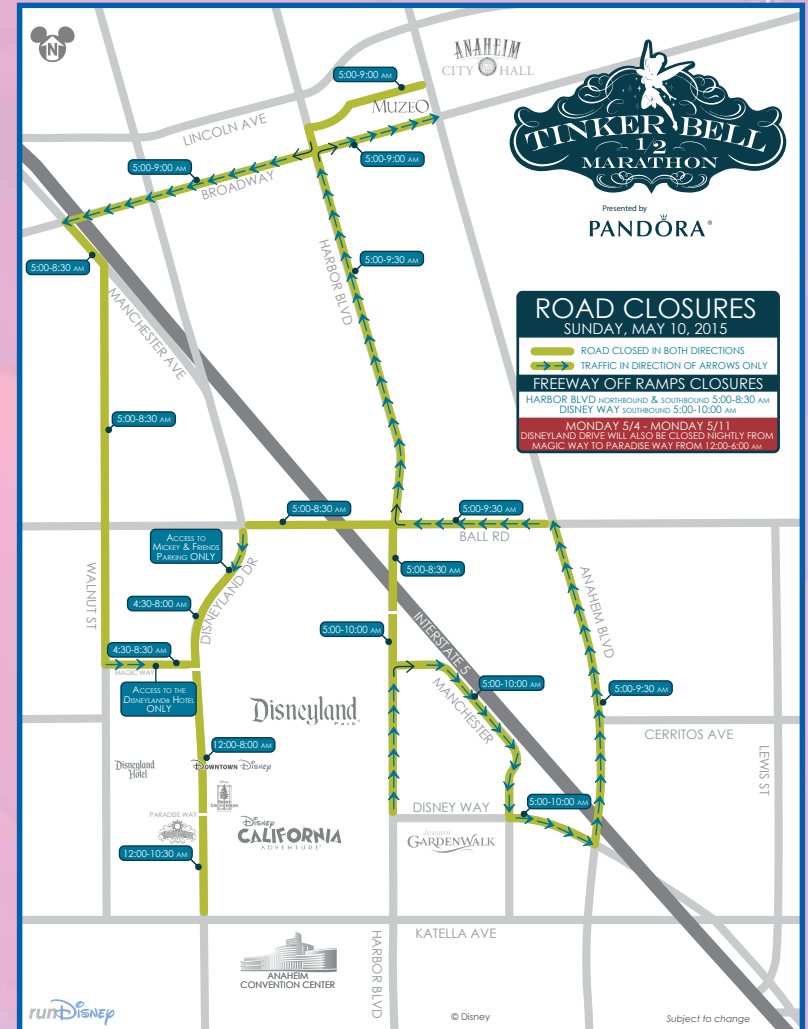


LUNABAR.COM

Road Closures



Various road closures around the *Disneyland*® Resort will be in effect prior to and during Tinker Bell Half Marathon Weekend events. Please expect delays and plan your travel arrangements accordingly.



runDisney Health & Fitness Expo



DISNEYLAND® HOTEL EXHIBIT HALL

Thursday May 7, 2015
10:00 a.m. – 8:00 p.m.

Friday, May 8, 2015
10:00 a.m. – 8:00 p.m.

Saturday, May 9, 2015
9:00 a.m. – 4:00 p.m.

The runDisney Health & Fitness Expo welcomes all Half Marathon Weekend participants to experience a three-day celebration focused on health and fitness. The event features seminars on training, racing, and nutrition; the opportunity to experience the latest in running and fitness equipment; and Official Merchandise available for purchase.

Packet Pick-Up

All event weekend participants are required to attend Packet Pick-Up in order to receive your race bib, bag check sticker, gEAR bag, and race shirt.

Packet Pick-Up will not be available on race morning. A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order 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. A link to the waiver will be available at runDisney.com. If you do not have access to the internet or lose your waiver, on-site waiver printing will be available

Tinker Bell Half Marathon Team

If you purchased a Tinker Bell Half Marathon Team Package, the team member who purchased the package will need to pick up your team packet at the Tinker Bell Half Marathon Teams counter located on the Lower Level Exhibit Hall of the Disneyland® Hotel. At that location, you will receive your commemorative bib as well as have access to a Team Photo Area to kick off the weekend. A copy of the purchaser's photo ID is required in order to pick up your team package.

Please note: Commemorative bibs do not have timing chips on them. You must wear your regular Tinker Bell Half Marathon Bib (which you will pick up separately at the Tinker Bell Half Marathon Counters) in order to be timed for the race.

Commemorative Items, Dooney & Bourke Purses, ChEAR Squad, and Pasta Party Packages

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

- Commemorative Pins
- Commemorative Mickey Ears
- Tinker Bell Half Marathon Weekend Pasta in the Park Party Package
- Commemorative Necklaces
- Pre-Purchased Jackets
- Silver, Gold, and Platinum ChEAR Squad Packages
- Tinker Bell Half Marathon Team

Disneyland® Hotel Lower Level Exhibit Hall

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, Pasta in the Park Party, Tinker Bell Half Marathon Team, 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, 10K and 5K participant shirt and gEAR bag pick up.

runDisney Health & Fitness Expo



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
APEX by Sunglass Hut	906	Fitletic	611	LUNA Bar	1013	Running Skirts	1009
BeeCause Charms	615	FlipBelt	1118	MarathonFoto	903	SnuggBuds Sports Headsets	1418
Bondi Band	919	Florida Hospital	519	Milestones Sports Jewelry	712	Sparkle Athletic	610
Champion Apparel	818	Celebration Health		New Balance	1103	SparkleSkirts	1102
Chic Buds	1004	Fond Memories Graphics	1018	nitebeams	1003	Sparkly Soul Headbands	513
Coppertone	1416	GoodSense	813	One More Mile	814	Special Olympics World Games	1414
Disney Vacation Club	913	Hands-Only CPR	824	PRO Compression	1007	Los Angeles 2015	
Dr. Cool Ice Wraps and Instant Cooling Towels	1410	Jaybird	812	Raw Threads	619	SportHooks	1019
Endure Jewelry	914	KT Tape	1002	RooSport	511	St. Jude Heroes	515
Fellow Flowers	1006	Lasting Commemoratives	710	<i>runDisney</i>	805	Sweaty Bands	907
Fit2Run	1111, 1211	LifeStyle Sports	614	<i>runDisney</i> Instagram	904	The Stick - amazing self	1108
		Lorna Jane	1005	Complimentary Photo		massage tool	

Expo Speaker Series



THURSDAY, MAY 7, 2015 10:00 A.M. - 8:00 P.M.

2:00 p.m.

You can run, You can run, You can run!
Jeff Galloway, Official runDisney

Training Consultant

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

3:00 p.m.

Costume Inspiration for Your Run!
Leslie Kay, DisneyBound

Need some last minute outfit inspiration for the Tinker Bell Half Marathon? Leslie Kay of DisneyBound will give you tips on how to put together the pixie perfect ensemble designed after the character icons of the weekend including Mr. Smee, Captain Hook, and of course Tinker Bell. This is a session you will not want to miss!

4:00 p.m.

Information For Runners and Spectators
runDisney Panel

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the 5K, 10K and Half Marathon Courses. We've lined up the experts to share all the important details; they'll also take some time to answer questions from the crowd in an interactive Q&A session.

5:00 p.m.

Faith, Trust, and Pixie Dust!
Margaret Kerry, the Original Animator's
Reference Model for Tinker Bell

Laughter is timeless, imagination has no age, dreams are forever. Come see the original Tinker Bell as she tells her story of working with the one and only Walt Disney. Margaret will show you all it takes is faith, trust, and a little pixie dust to cross the finish line!

6:00 p.m.

Change your Life One Step at a Time
Biggest Loser Season 14 Winner
Danni Allen

Biggest Loser Season 14 Winner Danni is here to share some helpful tips on overcoming mental hurdles, weight loss, and how to maintain a healthy lifestyle. This is a session you will not want to miss!

FRIDAY, MAY 8, 2015 10:00 A.M. - 8:00 P.M.

Noon

Information For Runners and Spectators
runDisney Panel

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the 5K, 10K and Half Marathon Courses. We've lined up the experts to share all the important details; they'll also take some time to answer questions from the crowd in an interactive Q&A session.

1:00 p.m.

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5:00 p.m.

Nutrition in Never Land
Tara Gidus, Official runDisney Nutritionist

Tara will teach you how to maintain proper nutrition during your training – as well as what to eat before, during and after your Tinker Bell Half Marathon Weekend Race to make sure you have a little extra sparkle left in you for the finish line!

6:00 p.m.

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SATURDAY, MAY 9, 2015 9:00 A.M. - 4:00 P.M.

11:00 a.m.

Nutrition in Never Land
Tara Gidus, Official runDisney Nutritionist

Tara will teach you how to maintain proper nutrition during your training – as well as what to eat before, during and after your Tinker Bell Half Marathon Weekend Race to make sure you have a little extra sparkle left in you for the finish line!

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A whole new world of
 “This is the Hawai‘i we
 always dreamed of.”



Welcome to a whole new world of family fun in Hawai‘i.
 Welcome to *Aulani*, winner of *Travel + Leisure*
 World’s Best Awards 2014 for Top Family Hotel in the U.S.
 So much is included with your stay, from a supervised kids’ club and
 world-class entertainment to unforgettable pools, a lazy river, waterslides and more.
 Put it all together and *Aulani* is a whole new world indeed.
 For more information, visit DisneyAulani.com

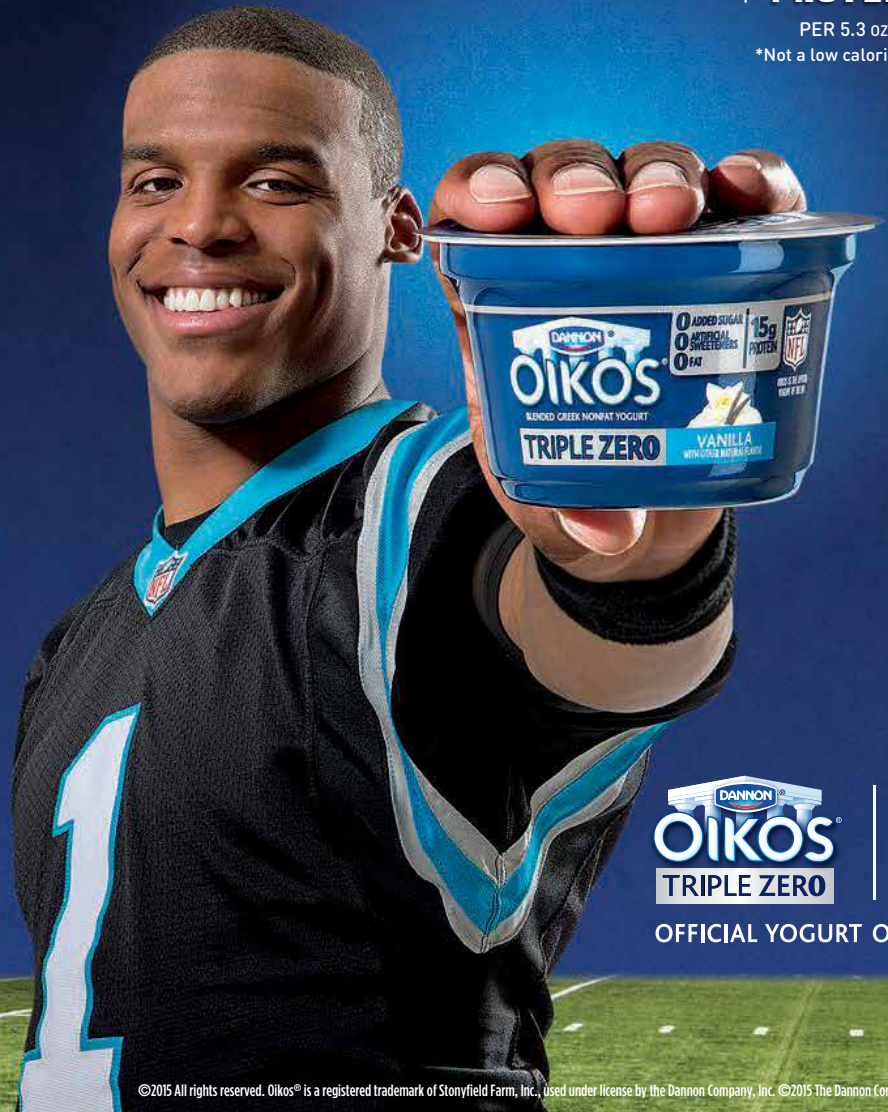


NEW!

POSSIBLY THE
**PERFECT
 PROTEIN SNACK™**

0 ADDED SUGAR* **0** ARTIFICIAL SWEETENERS **0** FAT **15g** PROTEIN

PER 5.3 oz.
 *Not a low calorie food



OFFICIAL YOGURT OF THE NFL

Pasta in the Park Party

FRIDAY, MAY 8, 2015

6:30 p.m. – 8:30 p.m.

Big Thunder Ranch Jamboree inside Disneyland® Park

Package Pick-Up

Pasta in the Park Party packages must be picked up at the Tinker Bell Half Marathon Weekend Expo. Look for the Pasta in the Park booth in the Lower Exhibit Hall. Packages will be listed by last name of the purchaser, and a Photo ID will be required. Package Pick-Up will not be available at the event or at the expo after 4:00 p.m., Friday, May 8, 2015.

Waivers

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

Event Details

The Pasta in the Park Party at the Tinker Bell Half Marathon features:

- Buffet pasta dinner and dessert
- Disney character appearances throughout the evening
- Opportunities for photos with Disney Characters
- Entertainment

Admission

Each Party guest will receive an access wristband in their packet. A wristband is needed for entry into the Pasta in the Park Party. In addition to a Pasta in the Park Party wristband, Guests will also need valid Theme Park admission in order to gain entrance to the Park. If you purchased a Pasta in the Park Party WITHOUT a ticket, you must provide your own valid admission media for entry into Disneyland® Park. If you purchased the Pasta in the Park Party WITH a theme park ticket, you'll receive a Twilight Ticket to enter the Park. This ticket can be used to enter Disneyland® Park any time after 4:00 p.m. on Friday, May 8, 2015 and will expire on the date listed on the back of the ticket.

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

*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.



Saturday, May 9, 2015

9:00 a.m. Start

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

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

Each race will have its own start line, and all races will finish in the Simba Parking Lot, utilizing the same finish line as the Half Marathon. Please follow the signs and listen to the Race Announcer for instructions regarding staging areas. Parents should bring their registered children to their staging area at the designated time (see page 25). Any parents who wish to run with their children are encouraged to do so. However, only registered participants will receive a medallion.

Race packets must be picked up at the Tinker Bell Half Marathon Weekend Expo by 8:00 p.m. on Friday, May 8. A completed event waiver is required for every *runDisney Kids Races* participants. To save time, print your child's personalized race waiver from runDisney.com and bring it with you to the Expo. Adults must present photo ID.

Staging Areas

Participants should be in their Staging Areas in the Simba Parking Lot at the following times:

- 100 Meter Dash – 8:45 a.m. at the 100 Banner
- 200 Meter Dash – 9:00 a.m. at the 200 Banner
- 400 Meter Dash – 9:15 a.m. at the 400 Banner
- Diaper Dash – 9:25 a.m. at the Diaper Dash Banner

Race Bibs

Each runner will be issued a race bib at Packet Pick-Up, and should wear their race bib on the front of their shirt. Please complete the Emergency Contact Information on the back of the bib.

Parent Claim Process

Each race bib will include a tear off tag with your child's race number on it. Remove this tag from your child's bib prior to their race. Present this tag at the conclusion of the race in order to leave the secure finish area with your child.

Order of Events

The *runDisney Kids Races* will begin at 9:00 a.m. and take place in the following order:

- 100 meter dash
- 200 meter dash
- 400 meter dash
- Diaper Dashes

Pre-Race Information



Never Land 5K presented by PANDORA Jewelry* Friday, May 8, 2015

5:00 a.m. Start
Start: Main Street, U.S.A. - Disneyland® Park
Finish: Paradise Pier - Disney California Adventure® Park

Tinker Bell 10K presented by PANDORA Jewelry* Saturday, May 9, 2015

5:30 a.m. – Start

Tinker Bell Half Marathon presented by PANDORA Jewelry* Sunday, May 10, 2015

5:29 a.m. – Wheelchair Start
 5:30 a.m. – Runner Start

The Start

The start for the Tinker Bell 10K and Half Marathon is located on Disneyland Drive, adjacent to the Simba Parking Lot, near *Disney's Paradise Pier*® Hotel. There you will enter the corral you were assigned based on your estimated finish time. The letter on your race bib will correspond with your assigned corral. Please remember to complete the emergency medical information on the back of your bib number. 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.

Restrooms

For your convenience, portable restroom facilities will be located near the Start & Finish Lines, water stops, and the Family Reunion Area. Guest restrooms inside the Theme Parks will also be available for runners.

gEAR Bag Check*

gEAR Bag Check for the Never Land 5K is located in the Picnic Area just outside the entrance to *Disneyland*® Park, adjacent to the *Downtown Disney*® District.

gEAR Bag Check for the Tinker Bell 10K and Half Marathon is located in the Pre-Race/Family Reunion Area located inside the Simba Parking Lot.

gEAR Bag Check Hours

Friday, May 8, 2015
 4:00 a.m. to 8:00 a.m.

Saturday, May 9, 2015
 3:30 a.m. – 8:30 a.m.

Sunday, May 10, 2015
 3:30 a.m. – 9:30 a.m.

**All 5K runners should be in their corrals and gEAR Bags should be checked by 4:45 a.m. All 10K and Half Marathon runners should be in their corrals and gEAR bags should be checked by 5:15 a.m. gEAR bags not claimed will be moved to Resort Lost & Found.*

Please consider not bringing a bag to check on race day. All items may be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Race Bibs

Each runner will be issued a race bib at Packet Pick-Up. Please wear the race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib 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 race bib. Safety pins for your race bib will be in the gEAR bag.

In order to receive an accurate time, please confirm that your bib is:

- Clearly visible on the front of the torso
- Unaltered and unmodified (do not fold or wrinkle)
- Pinned in all four corners
- Not covered with shirts, jackets, winter wear, etc



10K Corral Map



Half Marathon Corral Map

Pre-Race Information



Timing

Clocks will be located at every mile marker along the course. An assigned ChronoTrack B-Tag will be attached to the back of 10K and 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 awards. Please do not alter the ChronoTrack B-Tag in any way. Without the B-Tag, your official time WILL NOT be recorded.

Safety

Guests with strollers are not allowed to participate in the 5K, 10K or Half Marathon. For more safety information, please see pages 40 and 41.

Participant Checklist

- Race bib with ChronoTrack B-Tag and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)
- Clear plastic drawstring gEAR bag with bag check sticker
- Pre-determined reunion location (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)

The Finish

After you cross the finish line, please proceed through the finisher's chute. Volunteers will present you with your finisher medal(s) and post-race refreshments.

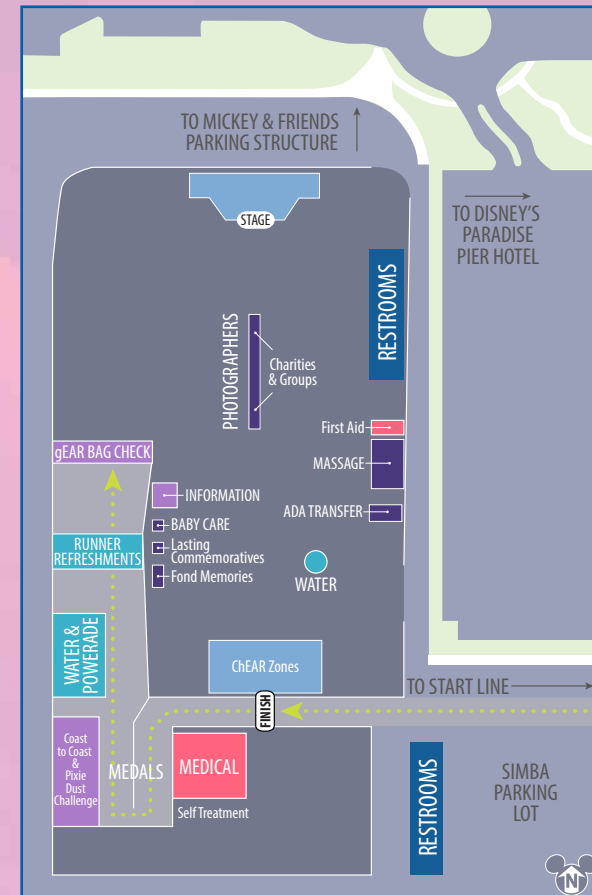
Photographers will be available for post-race photos before you are directed to the gEAR Bag Check Area. These areas are restricted to runners only. Please move promptly towards the Family Reunion Area to meet your family and friends.

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.

Massage

Celebration Health massage students will be available in the Family Reunion Area of the Half Marathon. Massages will be available at a rate of \$1.00 per minute (CASH ONLY).



Tinker Bell Half Marathon presented by PANDORA Jewelry®



Sunday, May 10, 2015
5:30 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.

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

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 through Tomorrowland, Fantasyland and 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, and drinking fountains will be available throughout both Theme Parks. There will be one nutrition stop near mile 8.5 where Clif Shots will be distributed. Water and refreshments will be available for participants at the Finish Line.

Restrooms

For your convenience, portable restroom facilities will be located near the Start & Finish Lines, water stops, and the Family Reunion Area. Guest restrooms inside the Theme Parks will also be available for runners.



Tinker Bell 10K presented by PANDORA Jewelry®



Saturday, May 9, 2015
5:30 a.m. Start

Discover your inner pixie and run in the Tinker Bell 10K. This 6.2-mile course will take you on a fun-filled, magical journey with Tinker Bell and her fairy friends. During this all-new event you'll fly through *Disneyland®* Park, into *Disney California Adventure®* Park and along the streets of Anaheim. Upon landing at the finish line, each finisher will receive an exclusive Fairy-inspired Finisher Medal.

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

Course Description

The course for this race is full of adventure and will begin on Disneyland Drive where runners will fly under *Downtown Disney®* on their way into *Disneyland®* Park. Runners will race down the famed Main Street, U.S.A., through Frontierland, up Big Thunder trail, through the enchantment of Fantasyland and the future of Tomorrowland. Then it's time for a peek behind the magic backstage on the way into *Disney California Adventure®* Park where runners will experience the glitz and glamour of the Park's Hollywood Land, witness the tiny world of "a bug's land", wind around the glistening bay of Paradise Pier, and cruise through Cars Land. Upon completion of their flight and landing at the finish line, near *Disney's Paradise Pier®* Hotel, runners will receive a medal fit for a pixie.

Beverage Stations

Three beverage stations will be set up along the course offering Dasani water, and drinking fountains will be available throughout both Theme Parks. Water and refreshments will be available for participants at the Finish Line.

Restrooms

For your convenience, portable restroom facilities will be located near the Start & Finish Lines, water stops, and the Family Reunion Area. Guest restrooms inside the Theme Parks will also be available for runners.



Never Land 5K presented by PANDORA Jewelry®



Friday, May 8, 2015
5:00 a.m. Start

Start: Main Street, U.S.A. - Disneyland® Park
Finish: Paradise Pier - Disney California Adventure® Park

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!”

Water Stations

Two water stations will be available along the 5K course and drinking fountains will be available throughout both Theme Parks.

Restrooms

For your convenience, all Guest restrooms along the 5K course in both Theme Parks will be available for runners.



Race Challenges

Pixie Dust Challenge presented by PANDORA Jewelry*

If you think that a half marathon is just a walk in the park, put your endurance to the test and compete in the Pixie Dust Challenge! A 19.3-mile adventure held over two days, participants will run the Tinker Bell 10K on Saturday, followed by the Tinker Bell Half Marathon on Sunday.

Tinker Bell 10K presented by PANDORA Jewelry*

After completing the 10K, Pixie Dust Challenge Participants must visit the Challenge tent at the Finish Line with their Pixie Dust Challenge Bib to receive their "10K Finisher" wristband.

**Pixie Dust Challenge Bib must be presented in order to receive the "10K Finisher" wristband.*

Tinker Bell Half Marathon presented by PANDORA Jewelry*

After completing the Half Marathon, Pixie Dust Challenge participants must visit the Challenge tent with their Pixie Dust Challenge Bib and "10K Finisher" wristband to receive the Pixie Dust Challenge medal and to celebrate their accomplishment.

**Both Pixie Dust Challenge Bib and "10K Finisher" wristband must be presented in order to receive the Pixie Dust Challenge medal.*

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 Challenge! If you complete a 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 to commemorate your achievement.

After completing the Half Marathon on Sunday, runDisney Coast to Coast participants must visit the Challenge tent with their runDisney Coast

to Coast medal and to celebrate their accomplishment.

** runDisney Coast to Coast wristband must be presented to receive the runDisney Coast to Coast medal.*

Special in 2015, a pink edition of the Coast to Coast Race Challenge medal can be earned by running the 2015 Tinker Bell Half Marathon in May and the 2015 Disney Princess Half Marathon in February. Those who complete this combination of races will receive this newly created medal only at the 2015 Tinker Bell Half Marathon.

Also in 2015, participants who complete the Tinker Bell Half Marathon, Disney Princess Half Marathon, and another eligible pair of *Disneyland*® Resort & *Walt Disney World*® Resort races will be eligible to receive the original runDisney Coast to Coast Race Challenge medal in addition to the pink version of the Coast to Coast Race Challenge medal.

Only in 2015 can runners earn each version of the Coast to Coast Race Challenge medal. Each race can only count once towards a Coast to Coast Race Challenge medal. To earn both medals in 2015, four races – two on each coast – must be completed. For any runners participating in an eligible *Walt Disney World*® Marathon Weekend event, the Tinker Bell Half Marathon and the Disney Princess Half Marathon in 2015, runDisney will email you in advance to see which version of the Coast to Coast Race Challenge Medal you prefer to receive.

Runners deferring one or both of these Tinker Bell Half Marathon and/or 2015 the Disney Princess Half Marathon race entries to 2016, will not be eligible to receive the pink Coast to Coast Race Challenge medal. Events and dates subject to change. All races are subject to age eligibility requirements and capacity limits.

be safe to and from the race!

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*Fit2Run wishes you an awesome experience at
Tinker Bell Half Marathon Weekend
presented by PANDORA[®] Jewelry*



Please visit our store at
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- Great selection of running gear
- Top footwear brand names
- Performance apparel
- Sunglasses, GPS wrist personal trainers
...and more of your favorites!

Visit one of our other stores in Florida, including *Downtown Disney*[®] West Side.

FIT2RUN
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Official Running Retailer



Event Safety



Safety Reminder

- For everyone's safety, baby joggers, strollers, baby carriers, baby backpacks, skates, scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Violators will be removed from the course and transported to the finish line area.
- Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.

Costumes

Disney reserves the right to deny admission to or remove any person wearing attire that we consider inappropriate or attire that could detract from the experience of other Guests. All participants and their Guests may dress as their favorite character, but must follow these guidelines as determined solely by Disney:

- Costumes must be family-friendly and may not be obstructive, offensive, objectionable or violent
- Guests may not wear masks of any kind
- Guests who dress like Characters may not pose for pictures or sign autographs for other Guests
- Costumes may not drag on the ground
- Costumes may not contain sharp objects, pointed objects or materials that may accidentally strike another Guest
- Costumes may not contain any weapons which resemble or could easily be mistaken for an actual weapon
- Guests who do not adhere to these guidelines may be refused entry into, and/or removed from, a race or any race related event/activity unless his or her costume can be modified to meet the above standards



Pacing

All participants are required to maintain a pace of 16-minutes-per-mile throughout the entire race. Anyone who is not able to maintain a 16-minute-per-mile pace may be escorted or transported to the Course Pick-Up Tent in the Pinocchio Parking Lot. Participants may be picked up at any point along the course for not maintaining a 16-minute-per-mile pace. It is suggested that athletes train for a 15-minute per mile pace or faster to allow time for breaks (restroom breaks, photo opportunities, etc.).

Pace cyclists will be on the course indicating when runners are behind pace by posting orange flags at mile markers according to the official pace time. If you reach a mile marker with an orange flag, you are behind the required 16-minute-per-mile pace and can be picked up at any time.

Runners unable to finish the race due to injury or fatigue may stop at any medical or water station for assistance and transport to the Course Pick-Up Tent, in the Pinocchio Parking Lot.

Weather

The race will be held rain or shine. If there is lightning in the area the race will either have a delayed start or depending on the intensity of the weather, be canceled. All medical stations will have the appropriate flag color displayed according to existing heat conditions:

- ▶ **YELLOW FLAG** – Less than ideal conditions. Participants with high risk of heat stroke should withdraw.
- ▶ **RED FLAG** – Potentially dangerous conditions. Heat injury is possible. All participants urged to slow their pace and hydrate adequately.
- ▶ **BLACK FLAG** – Extreme and dangerous conditions. All participants advised not to compete. Course may be shortened and no times recorded.

For everyone's safety, delaying or canceling the event is at the discretion of the Event Management team. As a reminder, the registration fees are non-refundable and nontransferable.

Note: Please consider not bringing unnecessary bags with you on race day. All items will be inspected.

Race Etiquette

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

- 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.
- Wear your race bib on the front of your shirt and SMILE! MarathonFoto photographers will be taking pictures of you throughout the race.
- 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.
- 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.
- Move to the side if someone behind you says “Excuse Me” or “Coming Through”.
- 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 race course and finish area are for registered participants and staff only.
- Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too. Please be courteous to those finishing behind you and take only one of each item.
- Celebrate! Thank your volunteers and have a great race!



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Olympian Jeff Galloway



HOW TO STAY MOTIVATED

By Olympian Jeff Galloway

Official Training Consultant, runDisney

Those who have a strategy almost always do better and feel more motivated than those who don't. You can take control over your motivation and your enjoyment on race weekend if you will follow the steps below. This is one of the reasons why my friend and fellow Olympian Steve Prefontaine (subject of the Hollywood Pictures movie "Prefontaine") was so successful. He took mental control over his race plan and his race.

When you start to get nervous or lose motivation, focus on these steps. This activates your human brain, the conscious brain and puts you in control over your running...and your life.

- Eat a blood sugar boosting snack if needed—Low blood sugar is a major stress on the brain. A simple snack of about 100 calories can often change attitude in 20-30 minutes. Some runners have had a rebound by taking a sip or two of a sugar beverage and spitting it out.
- Drink a cup of coffee—if you drink coffee and have no problems doing so. Caffeine is a central nervous system stimulant, and engages the "focus" circuits of the brain.
- Start Walking. The gentle motion of walking and then running will stimulate secretion of the most powerful positive attitude human hormones: endorphins. To stay in the conscious brain, recite a mantra like the following: "I'm moving forward", "I'm in control".
- Smile—Smiles not only activate endorphins. A smile stimulates positive attitude circuits in the brain. Focus on this thought: "Smiles bring joy".
- Breathe in cadence with your steps—Rhythmical breathing has been shown to reduce stress and improve attitude. Take a lower lung breath every 3rd or 4th breath. Counting keeps the conscious brain in control.
- Believe that you will feel better, and that you are doing something positive for yourself. Your positive belief in what you are doing activates positive attitude hormones.
- Lower the adversity of the workout/race—if you are feeling stress/pressure when considering a pace of 9 min/mi, shift to 10 min/mi. If a 3-1 ratio seems challenging, use a 1-1. Shorter running segments often leave you feeling so strong that you increase speed at the end.

- If the going gets tough use one or more positive mantras as you focus on continuing—not giving up.
- Mantras—Talk to yourself. Use these or create your own.
 - I'm moving—I feel good
 - I know I can do this
 - I'm feeling better
 - The positive peptides are being received—I feel better
 - I'm changing my attitude
 - My exertion is making me feel better
 - One more minute
 - 30 more seconds
 - 10 more seconds
 - One more step, one more step, one more step

Taken with permission from Jeff's book MENTAL TRAINING: JeffGalloway.com



Post-Race Information



Results

All results will be posted on runDisney.com the evening of the race.

Photos

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. Photos usually take between 2-3 days to be loaded onto the website. You will need your race number to access your photos.

Finisher Certificates

Participants who finish the Half Marathon or Pixie Dust Challenge will be able to download a finisher certificate at MyDisneyMarathon.com approximately two weeks after the race.

Family Reunion Area

Reunite with your friends and family after you complete the race.

Meet Up Tips:

- 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.
- Have a back-up meeting location in place as well.
- Make note of the shuttle stop for your hotel or where you have parked.
- Agree upon a phone number from which both parties can call and retrieve messages.
- Leave a message at the Information Tent in the Family Reunion Area.

Awards

Every participant that competes in the *runDisney* Kids Races, Never Land 5K, Tinker Bell 10K and Tinker Bell Half Marathon will receive a commemorative medal or medallion upon finishing the race.

Overall Awards

The following Half Marathon awards will be presented at the Awards Ceremony on Sunday, May 10, 2015 at 8:00 a.m. Please note, overall awards are based on gun time, while the Masters Award is based on net time.

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

Military and Individual Awards

The Military and Age Group awards listed below for the Tinker Bell Half Marathon will be distributed by mail after the event. Please allow 6-8 weeks for delivery.

- Top 5 Female Military

Top 5 Age Groups (Female)

The top five female runners will receive awards in the following age groups:

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		

Tinker Bell 10K Awards

The awards listed below for the Tinker Bell 10K will be distributed by mail after the event. Please allow 6-8 weeks for delivery.

- Top 3 Overall Female Finishers
- Top 3 Overall Male Finishers
- Top 3 Overall Female Wheelchair Finishers (push rim only)
- Top 3 Overall Male Wheelchair Finishers (push rim only)
- Overall Female Masters Champion
- Overall Male Masters Champion
- Top 3 Female Military Finishers
- Top 3 Male Military Finishers

The top female runners will receive awards in the following age groups:

10-17	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		

Because of the number of people who participate, it can often take several minutes to cross the start line. In the interest of fairness, Military, Team and Individual awards for the Tinker Bell Half Marathon and 10K will be based on Net Time. Masters (40 and above) who 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.


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://www.facebook.com/runDisney)

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

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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.

Runner Tracking

Family and friends will be able to track 10K and Half Marathon participants with runner tracking available on 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 approximately one week before the event until 5:00 p.m. on Saturday, May 9 or at the *runDisney* Health & Fitness Expo.

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!

Please consider not bringing a bag on race day. All items may be inspected. We suggest that you do not bring any unnecessary articles with you including cold packs or gel packs. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Recommended spectator viewing locations:

Never Land 5K presented by PANDORA Jewelry*

Mile	Time	Location
The Finish	5:15 a.m. - 6:45 a.m.	Paradise Pier, inside <i>Disney California Adventure</i> ® Park

Tinker Bell 10K presented by PANDORA Jewelry*

Mile	Time	Location
The Start	5:30 a.m. - 6:00 a.m.	Disneyland Drive to Ball Road
Mile 2.7	5:40 a.m. - 6:40 a.m.	<i>Disneyland</i> ® Resort Main Entrance Plaza
The Finish	6:00 a.m. - 8:00 a.m.	Simba Parking Lot, near <i>Disney's Paradise Pier</i> ® Hotel

Tinker Bell Half Marathon presented by PANDORA Jewelry*

Mile	Time	Location
The Start	5:30 a.m. - 6:00 a.m.	Disneyland Drive to Ball Road
Mile 3.1	5:45 a.m. - 7:00 a.m.	<i>Disneyland</i> ® Resort Main Entrance Plaza
Mile 5.5	6:00 a.m. - 7:30 a.m.	<i>Downtown Disney</i> ® District
The Finish	6:30 a.m. - 9:45 a.m.	Simba Parking Lot, near <i>Disney's Paradise Pier</i> ® Hotel

ChEAR Squad

During the Half Marathon, ChEAR Squad offers special access inside *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. ChEAR Squad packages may be purchased at the Tinker Bell Half Marathon Weekend Expo. ChEAR SQUAD wristband provided at package pick-up must be worn and is required for admission into ChEAR Zones. **NO EXCEPTIONS.**

Mile	Time	Location
Mile 3.3	5:30 a.m. - 7:00 a.m.	Main Street, U.S.A., inside <i>Disneyland</i> ® Park
The Finish	5:30 a.m. - 10:00 a.m.	Simba Parking Lot, near <i>Disney's Paradise Pier</i> ® Hotel



YOU'RE ON A MAGICAL RUN

WE'RE HERE TO KEEP YOU IN THE RACE





You love sports. You love the thrill of competition, the sense of personal accomplishment and the simple joy of exercising with your family and friends. Unfortunately, injuries can sometimes knock you out of the race.

Florida Hospital Celebration Health delivers elite sports medicine to you and your family when you need it the most. As the official medical provider of runDisney, we know what it takes to help you overcome your injuries and bounce back stronger than before. You won't find a finer orthopaedic team of specialists offering the most advanced surgical techniques and state-of-the-art rehab and therapy services anywhere in the state of Florida.

From first-time runners to first place finishers, we're here for you through every magical mile you run.

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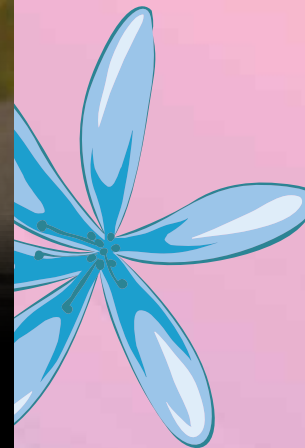
About Our Medical Director



James Scelfo, MD is the Medical Director of all runDisney endurance events. Dr. Scelfo is board certified in Family Medicine with a special interest in Sports Medicine. Dr. Scelfo received his medical degree from Louisiana State University and completed his residency training with Florida Hospital. He is actively involved in Orlando sporting events acting as Medical Director of the Russell Athletic Bowl, the Capital One Bowl, and high school athletics. He also serves as the Medical Director to the cholesterol anticoagulant and smoking cessation clinics at Florida Hospital Celebration Health. He continues to remain on the cutting edge of medical technology with a focus on prevention, diagnosis and aggressive management of disease. In his free time, Dr. Scelfo maintains an active lifestyle and enjoys jogging, reading, and spending time with his family.



As to Disney artwork/properties: ©Disney



Medical Information



Celebration Health Medical Stations are located along the course and will be marked with medical flags. With prior training, you should be prepared for the physical demands of a 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.

What You Need to Know About Fluid Intake

- 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 20 minutes during the race.
- At least every other water stop, you should have some form of electrolyte replacement (Powerade, etc.).
- Drink approximately 16 ounces of electrolyte enriched fluid after the race.
- Runners and walkers who are interested in the endurance “experience” rather than pursuing a “personal best” performance, must resist the tendency to over-drink. Runners/walkers planning to spend longer time on the course are at risk for developing fluid-overload (hyponatremia) and usually do not need to ingest more than one cup (4-6 oz) of fluid every 20 minutes (3 oz if you weigh approximately 110 lbs. and 6 oz if you weigh approximately 200 lbs).

Tips For Race Day

- Check your urine a half hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!
- DO NOT take any product with ephedra in it. Ephedra increases your risk of “heat illness.” It should not be used while training or on race day!
- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

Pain Relievers / Supplements

- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners’ kidney function if taken within 24 hours of running. Only acetaminophen (GoodSense) has been shown to be safe.
- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt. Therefore it is recommended that on race day (specifically beginning midnight before you run) you DO NOT use anything but acetaminophen (GoodSense) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, a NSAID would be beneficial in preventing post-event muscle soreness.

- Narcotics should be avoided within 48 hours of race day due to the harmful effect on performance, perception, and mental status.
- 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; increase blood pressure and heart rate and should be drastically limited during this time.

Warning Signs

- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical 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 station located throughout the course.

For Your Own Safety

- Complete the medical history on the back of your race number.
- Drink plenty of fluids.
- 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.
- Let your friends and family know your race number so they can find you if you are in a medical tent.
- 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).
- Make sure your shoes and clothes are appropriate for the event and environmental conditions.

Questions

The Medical Team is here to help! On race day, there will be sports medicine professionals at the finish line and throughout the course. Remember, on the course we will have medical staff at all four tents as well as medical bike teams to help you along the way.

Celebratory Charity & Volunteers



MOMS Orange County

The Tinker Bell Half Marathon Weekend celebrates MOMS Orange County. Since 1992, MOMS Orange County has been helping at-risk mothers and their families have healthy babies by providing access to prenatal care, health screenings, infant development screenings, health education and referral services through monthly home visits and group classes. Mothers receive one-on-one education and support during pregnancy to help increase their chance of delivering a healthy baby. After babies are born, the focus turns to promoting their healthy growth and development so they grow up happy, healthy and ready to learn. To learn more about MOMS Orange County, visit momsorangecounty.org



Helping Families Have Healthy Babies

Race Crew

- Over 3,500 volunteers will assist throughout the Tinker Bell Half Marathon Weekend on behalf of MOMS Orange County.
- Over 1,600 volunteers will assist with packet pick-up during the Tinker Bell Half Marathon Expo
- Over 200 volunteers will assist with the Never 5K
- Over 400 volunteers will assist with the Tinker Bell 10K and runDisney Kids Races
- 300 medical volunteers will staff Celebration Health medical stations during the Half Marathon Weekend
- Over 1,000 volunteers will staff the Half Marathon Start Line, Food Stop, Water Stops and Finish Line locations

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