



5th Anniversary

# Tinker Bell

HALF MARATHON  
2016

Presented by  
**PANDORA**



Snake Chain Bracelet System (U.S. Pat. No. 7,007,907)  
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Minnie Mouse is always in style. Draw out your playful side with an iconic character. Discover Disney Minnie Portrait charm in .925 sterling silver in PANDORA.net.

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**Welcome runners!**

This year's event is sure to be exciting as we get ready for the fifth anniversary of the Tinker Bell Half Marathon Weekend presented by PANDORA Jewelry. Amazingly, we are welcoming more than 1,000 legacy runners who have participated in this race every year for the past five years!

The weekend starts on Thursday, May 5 with the opening of the *runDisney* Health & Fitness Expo, which will run through Saturday, May 7 at the Disneyland Hotel. The event continues with the Never Land 5K on Friday, the Tinker Bell 10K on Saturday, followed by the Tinker Bell Half Marathon on Sunday.

This is also the second year of the Pixie Dust Challenge, inviting participants to run the 10K on Saturday and the half marathon on Sunday to earn the Pixie Dust Challenge medal. Additionally, runners who have completed this year's Disney Princess Half Marathon at the *Walt Disney World* Resort and the Tinker Bell Half Marathon at the *Disneyland* Resort are eligible for a special pink edition of the Coast-To-Coast medal.

With runners from every state in the country, and 32 countries around the world, it is remarkable to see how popular the Tinker Bell Half Marathon has become in such a short amount of time.

As J.M. Barry wrote in *Peter Pan*, "Dreams do come true, if only we wish hard enough." Best of luck to you in this year's races!

Have a safe and magical time!

Michael Colglazier  
President  
*Disneyland* Resort



Welcome to Anaheim, Tinker Bell Half Marathon Weekend Racers!

If this is your first time here, welcome! For those of you returning, hello again!

To all racers, I personally would like to applaud each one of you for making the personal commitment to train and participate in what is sure to be one of the most *enchanting* races you'll experience. Best of luck!

Between race events, we hope you find time in your schedule to explore some of Anaheim's awe-inspiring attractions and sights. No trip is complete without a visit to historic downtown Anaheim. Located less than two miles away from the *Disneyland* Resort, start at the Anaheim Packing House. This former Sunkist citrus packing plant has been revamped into a stunning communal food hall offering two-dozen diverse micro-restaurants and featuring live music on most weekends. After, play in Farmers Park or jump on the trolley over to Center St. Promenade for an afternoon stroll. Then soar into the evening with SwingIt Trapeze as you learn the acrobatic art of flying trapeze.

Make your stay a home run by catching a Los Angeles Angels of Anaheim ball game. The Angels are playing at home for the entire weekend, but first make sure to grab dinner (and shop) at Anaheim GardenWalk or *Downtown Disney* District before the first pitch.

The best part is you can travel around Anaheim without stepping foot in a car. Anaheim Resort Transit (ART) offers convenient routes from hotels in the Anaheim Resort district to all attractions mentioned above and many, many more.

Most of all please enjoy all the magical moments this weekend! Thank you again for visiting and we hope you create memories here that last a lifetime.



Sincerely,

Jay Burress  
President & CEO  
Visit Anaheim



## RACE DIRECTOR



Mike Bone

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 in leadership of the Los Angeles Angels of Anaheim 5K, PGA TOUR's Northern Trust Open, the 2015 Special Olympics World Games, Los Angeles, 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 athletic events. 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 28 years and has two sons, Andy and Matt, both competitive athletes.

# ALL YOU NEED IS SOME PIXIE DUST.



ALWAYS  
IN BETA

Come join New Balance at Tinker Bell Half Marathon Weekend presented by PANDORA Jewelry, May 5-8, 2016. Catch a glimpse of the new 2016 New Balance *runDisney* collection.

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THE OFFICIAL RUNNING SHOE OF  
**runDisney**



# WEEKEND ITINERARY

## Thursday, May 5, 2016

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



## Saturday, May 7, 2016

**Tinker Bell 10K presented by PANDORA Jewelry**  
**Start:** Disneyland Drive, near Magic Way  
**Finish:** Lilo Parking Lot, near Downtown Disney® District  
 • Wheelchair Start: 5:29 a.m.  
 • Runner Start: 5:30 a.m.

**runDisney Kids Races presented by GoGo squeeZ® Applesauce on the Go**  
 Downtown Disney® District, Resort Road near ESPN Zone®  
 9:00 a.m. Start

**runDisney Health & Fitness Expo**  
 Disneyland® Hotel Exhibit Hall  
 10:00 a.m. – 5:00 p.m.

## Friday, May 6, 2016

**Never Land 5K presented by PANDORA Jewelry**  
**Start:** Main Street, U.S.A., Disneyland® Park  
**Finish:** Lilo Parking Lot, near Downtown Disney® District  
 • Wheelchair Start: 4:59 a.m.  
 • Runner Start: 5:00 a.m.

**runDisney Health & Fitness Expo**  
 Disneyland® Hotel Exhibit Hall  
 12:00 noon – 8:00 p.m.

## Sunday, May 8, 2016

**Tinker Bell Half Marathon presented by PANDORA Jewelry**  
**Start:** Disneyland Drive, near Magic Way  
**Finish:** Lilo Parking Lot, near Downtown Disney® District  
 • Wheelchair Start: 5:29 a.m.  
 • Runner Start: 5:30 a.m.

**ChEAR Zones\***  
 On Course – Disney California Adventure® Park  
 5:30 a.m. – 7:00 a.m.  
 Finish Line – Lilo Parking Lot  
 5:30 a.m. – 10:00 a.m.

**Awards Ceremony**  
 Overall Half Marathon Awards  
 Family Reunion Area Stage  
 Lilo Parking Lot, near Downtown Disney® District  
 Sunday, May 8, 2016  
 8:00 a.m.

\*Advanced purchase required.

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PARK HOURS	Disneyland® Park	Disney California Adventure® Park
Thursday, May 5	9:00 a.m. – 10:00 p.m.	9:00 a.m. – 8:00 p.m.
Friday, May 6	9:00 a.m. – Midnight	9:00 a.m. – 10:00 p.m.
Saturday, May 7	9:00 a.m. – Midnight	9:00 a.m. – 10:00 p.m.
Sunday, May 8	9:00 a.m. – Midnight	9:00 a.m. – 10:00 p.m.

\*All park hours are subject to change.

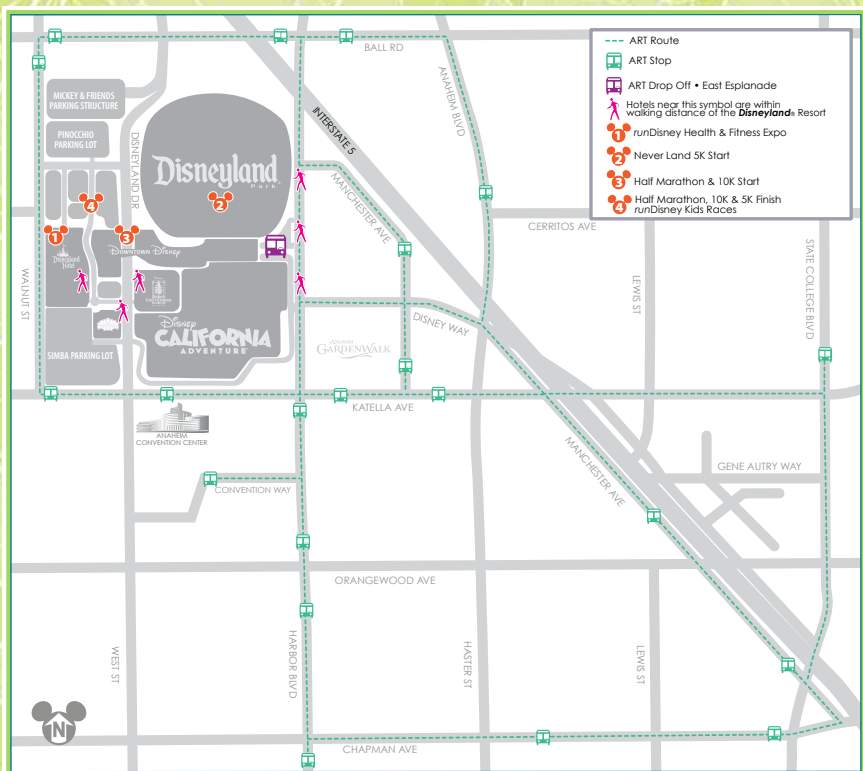


# EVENT TRANSPORTATION

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 May 5 - May 8 during scheduled Tinker Bell Half Marathon weekend events. Passes can be picked up at the Transportation Desk at the Expo, located at the Disneyland® Hotel, beginning Thursday, May 5 at 10:00 a.m. Please provide your bib number at the Transportation Desk when picking up your passes. You must print and show your waiver to the shuttle driver to get to the runDisney Health & Fitness Expo and obtain a transportation pass. Please save this pass for use over the entire Tinker Bell Half Marathon Weekend.

## Shuttle Hours

**Thursday** 7:20 a.m.-10:00 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.



# EVENT TRANSPORTATION

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 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 - Anaheim Waterpark
- Courtyard by Marriott - Buena Park
- Courtyard by Marriott - Disneyland® 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 Anaheim Resort
- Hampton Inn & Suites Anaheim (Garden Grove)
- Harbor RV Park
- Hilton Garden Inn Anaheim/Garden Grove
- Hilton Hotel & Towers
- Holiday Inn Hotel & Suites
- Homewood Suites by Hilton Anaheim Maingate/Garden Grove
- Homewood Suites by Hilton Anaheim Resort
- Hotel Indigo
- Hotel Ménage
- Howard Johnson Plaza Hotel
- Hyatt Place
- Hyatt Regency Orange County
- Islander Inn & Suites
- Knights Inn
- 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 a.m. - 8:00 a.m., on Sunday, May 8, 2016, 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 7, 2016

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

Sunday, May 8, 2016

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

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# 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.

## 10K Road Closures



# ROAD CLOSURES

## Half Marathon Road Closures





## EXPO INFORMATION

### Disneyland® Hotel Exhibit Hall

**Thursday May 5, 2016**  
10:00 a.m. – 8:00 p.m.

**Friday, May 6, 2016**  
12:00 p.m. – 8:00 p.m.

**Saturday, May 7, 2016**  
10:00 a.m. – 5:00 p.m.

The *runDisney* Health & Fitness Expo welcomes all Tinker Bell 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.

You may not pick up a packet on another adult athlete's behalf.

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](http://runDisney.com). If you do not have access to the internet or lose your waiver, on-site waiver printing will be available.

#### Commemorative Items and ChEAR Squad Packages

Pick up pre-purchased Commemorative Items and ChEAR Squad Packages at the Lower Level of the *Disneyland*® Hotel Exhibit Hall at the *runDisney* Health & Fitness Expo. You will need to show your photo ID to pick up your items.

## EXPO INFORMATION

### Disneyland® Hotel Lower Level Exhibit Hall

When you arrive to the Tinker Bell Half Marathon Weekend Expo, first proceed to the Lower Level of the *Disneyland*® Hotel Exhibit Hall for Race Packet, Commemorative Item, and ChEAR Squad Packages.

After you've picked up your race packet and pre-purchased items at the Lower Level, please proceed to the Main Level of the *Disneyland*® Hotel Exhibit Hall for Pixie Dust Challenge, Half Marathon, 10K and 5K participant shirt and gEAR bag pick up.





# EXPO FLOORPLAN

# EXPO FLOORPLAN



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
Alice Through the Looking Glass Photo Experience	900	Fellow Flowers	907
<b>Apex by Sunglass Hut</b>	<b>906</b>	<b>Fit2Run</b>	<b>1111, 1211</b>
BeeCause Charms	911	Fitletic	1108
Bondi Band	919	Fond Memories Graphics	1018
Cozy Orange	1006	GET Sports	1008
Disney Vacation Club	1013	<b>GoGo squeeZ</b>	<b>710</b>
Divas Half Marathon Series	821	GoodSense	813
Downtown Disney	1000	Hands-Only CPR	822
<b>Dr. Cool Ice Wraps and Instant Cooling Accessories</b>	<b>1311</b>	<b>Havaianas</b>	<b>1005</b>
Endure Jewelry	812	<b>Honda</b>	<b>913</b>
		Jeff Galloway	805
		KT Tape	1104

EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
Lasting Commemoratives	613	RooSport	620
Lorna Jane	611	RunningSkirts	1010
<b>LUNA</b>	<b>814</b>	Sparkle Athletic	818
<b>New Balance</b>	<b>1103</b>	SparkleSkirts	1315
Nite Beam Products	920	Sparkly Soul	1118
<b>PANDORA Jewelry</b>	<b>511</b>	SportHooks	1019
PhotoPass & runDisney Instagram	519	Sweaty Bands	918
Pixie Power	807	The BFF :: Electric Foam Roller	904
PRO Compression	714	The Stick - amzing self massage tool	1011
Raw Threads	619	The TUBE Wearable	820
Rinse Bath & Body	618	Waistband	



## PRE-RACE

### Never Land 5K presented by PANDORA Jewelry

Friday, May 6, 2016

Wheelchair Start: 4:59 a.m.

Runner Start: 5:00 a.m.

**Start:** Main Street, U.S.A. – Disneyland® Park

**Finish:** Lilo Parking Lot – Downtown Disney®

### Tinker Bell 10K presented by PANDORA Jewelry

Saturday, May 7, 2016

Wheelchair Start: 5:29 a.m.

Runner Start: 5:30 a.m.

### Tinker Bell Half Marathon presented by PANDORA Jewelry

Sunday, May 8, 2016

Wheelchair Start: 5:29 a.m.

Runner Start: 5:30 a.m.

### The Start

The start for the Tinker Bell 10K and Half Marathon is located on Disneyland Drive, adjacent to Magic Way. 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, Tinker Bell 10K and Half Marathon is located in the Pre-Race/Family Reunion Area located inside the Lilo Parking Lot.

### gEAR Bag Check Hours:

Friday, May 6, 2016

3:30 a.m. – 8:00 a.m.

Saturday, May 7, 2016

3:30 a.m. – 8:30 a.m.

Sunday, May 8, 2016

3:30 a.m. – 10:30 a.m.

All runners should be in their corrals and gEAR bags should be checked at least 15 minutes prior to published race start times. Please plan extra time for traffic and security checks. 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 bib 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.

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# PRE-RACE

## 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 outermost garment. 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.

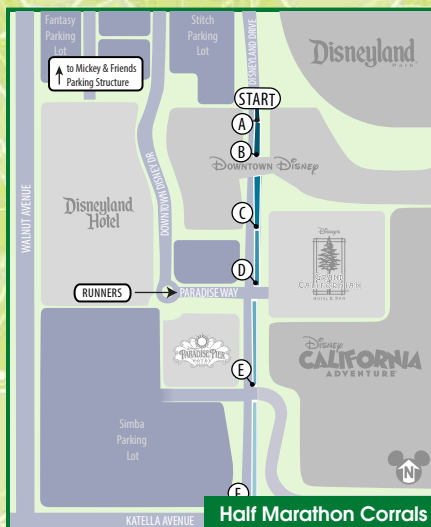
In order to receive an accurate time, please confirm that your bib is:

- 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

Any runners without a visible authentic race bib will be removed from the course.

## Timing

Clocks will be located at every mile marker along the 10K and half marathon course. An assigned ChronoTrack B-Tag will be attached to the back of challenge, 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 36 and 37.

## 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.

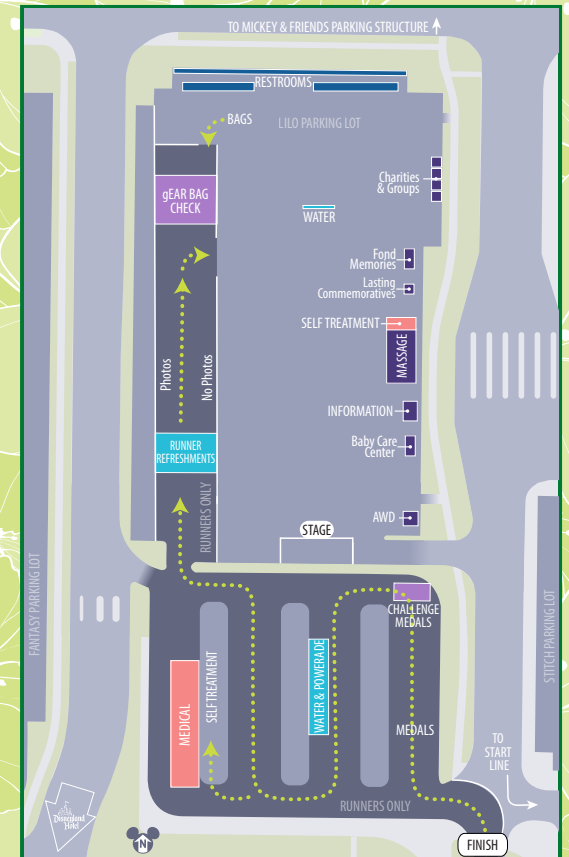
Photographers will be available for post-race photos before you are directed to the gEAR Bag Check Area. These areas are restricted to runners only. Please move promptly towards the Family Reunion Area to meet your family and friends.

## 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).







Presented by



**SATURDAY, MAY 7, 2016**  
**9:00 A.M. START**

Lilo Parking Lot, adjacent to *Downtown Disney*® District Resort Road near ESPN Zone®

For the little runners who want to get into the action, the *runDisney* Kids Races presented by GoGo squeeZ® Applesauce 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 between the *Disneyland*® Hotel and ESPN Zone®, 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 *runDisney* Health & Fitness Expo by 8:00 p.m. on Friday, May 6. A completed event waiver is required for every *runDisney* Kids Races participant. To save time, print your child's personalized race waiver from [runDisney.com](http://runDisney.com) and bring it with you to the Expo. Adults must present photo ID.



### STAGING AREAS

Participants should be in their Staging Areas in the Stitch 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 – 9:25 a.m. at the 400 Banner
- Diaper Dash – 9:40 a.m. at the Diaper Dash Banner

### RACE BIBS

Each 100, 200 and 400 meter runner will be issued a race bib at Packet Pick-Up, and should wear their race bib on the front of their shirt. Diaper Dash racers may wear race bibs on their backs. 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 Dash



# TINKER BELL HALF MARATHON

**Tinker Bell Half Marathon presented by PANDORA Jewelry**

**Sunday, May 8, 2016**

Wheelchair Start: 5:29 a.m.

Start: Disneyland Drive, near Magic Way

Runner Start: 5:30 a.m.

Finish: Lilo Parking Lot, near Downtown Disney® District

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.

## Course Description

The course for this race is packed with pixie dust, beginning on Disneyland Drive where runners pass under Downtown Disney® on their way into Disneyland® Park. While passing the home of Tinker Bell and her pixie pals at Pixie Hollow, the race continues with a loop around Fantasyland, through Sleeping Beauty Castle, and over to the Rivers of America. Next flying down Main Street U.S.A., it's off to Disney California Adventure® Park, where racers flitter through each land on their way into the City of Anaheim. Enchanting historic neighborhoods of downtown Anaheim, the new and modern Anaheim Center Street Promenade, and the sights of the town are an ever-entertaining backdrop before it's back to the Disneyland® Resort for the "Fairy"-tale finish near Downtown Disney®.

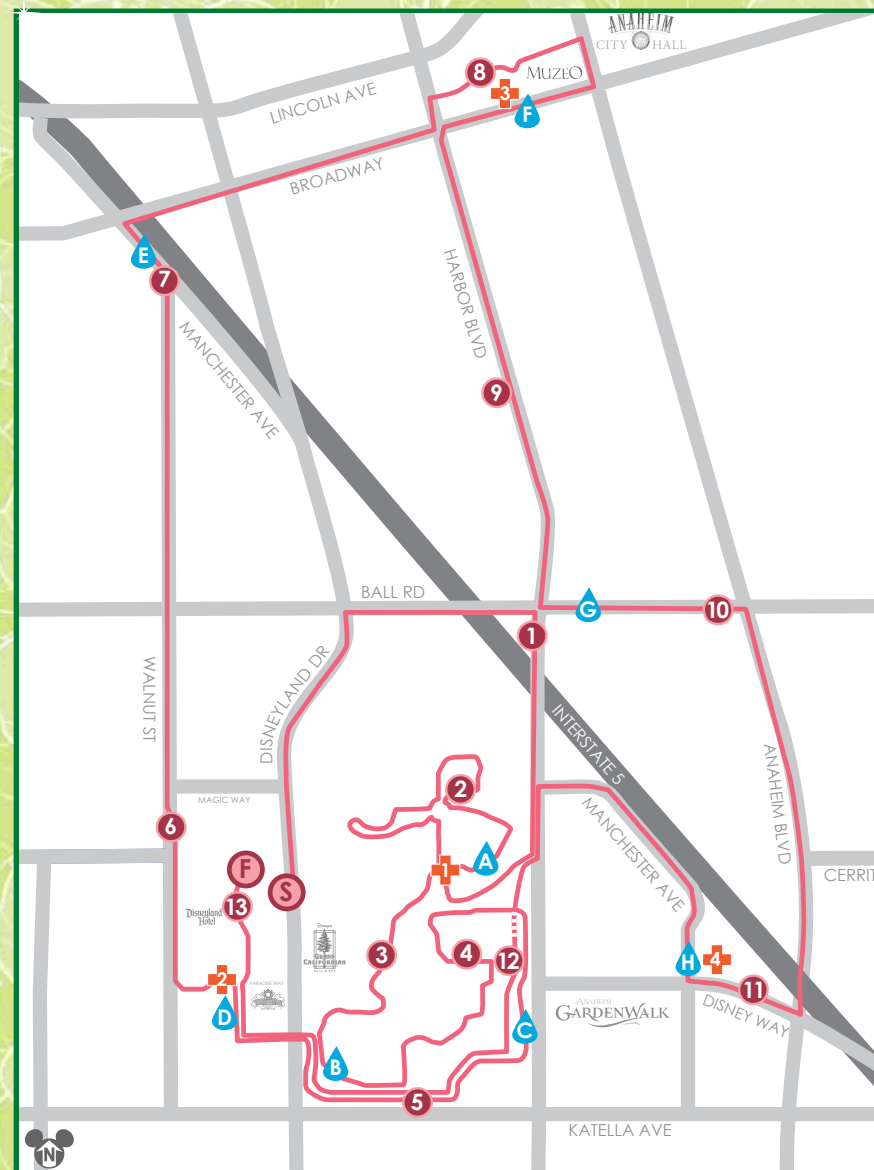
## Beverage and Food Stations

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 SHOT® Energy Gel 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 HALF MARATHON





# TINKER BELL 10K

## Tinker Bell 10K presented by PANDORA Jewelry

**Saturday, May 7, 2016**

Wheelchair Start: 5:29 a.m.

Start: Disneyland Drive, near Magic Way

Runner Start: 5:30 a.m.

Finish: Lilo Parking Lot, near *Downtown Disney*® District

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. Upon landing at the finish line, each finisher will receive an exclusive Fairy-inspired Finisher Medal.

### Course Description

The course for this race is full of adventure and begins on Disneyland Drive where runners get their first mile on the city streets of Anaheim before flying into *Disneyland*® Park and getting a peek backstage, arriving at Mickey's Toontown. While running through *Disneyland*® Park, participants experience Fantasyland and King Arthur's Carousel, Sleeping Beauty Castle and rootin' tootin' Frontierland, 999 happy haunts of Haunted Mansion, treacherous jungles of Adventureland, and a touch of Tomorrowland before reaching turn of the century Main Street, U.S.A.. Next, it's off to Hollywood Land in *Disney California Adventure*® Park, a cruise through Cars Land and shrinking teeny tiny in A Bug's Land, then winding around the glistening bay of Paradise Pier and into *Downtown Disney*®. Upon completion of the flight and landing at the finish line, runners finally receive a medal fit for a pixie.

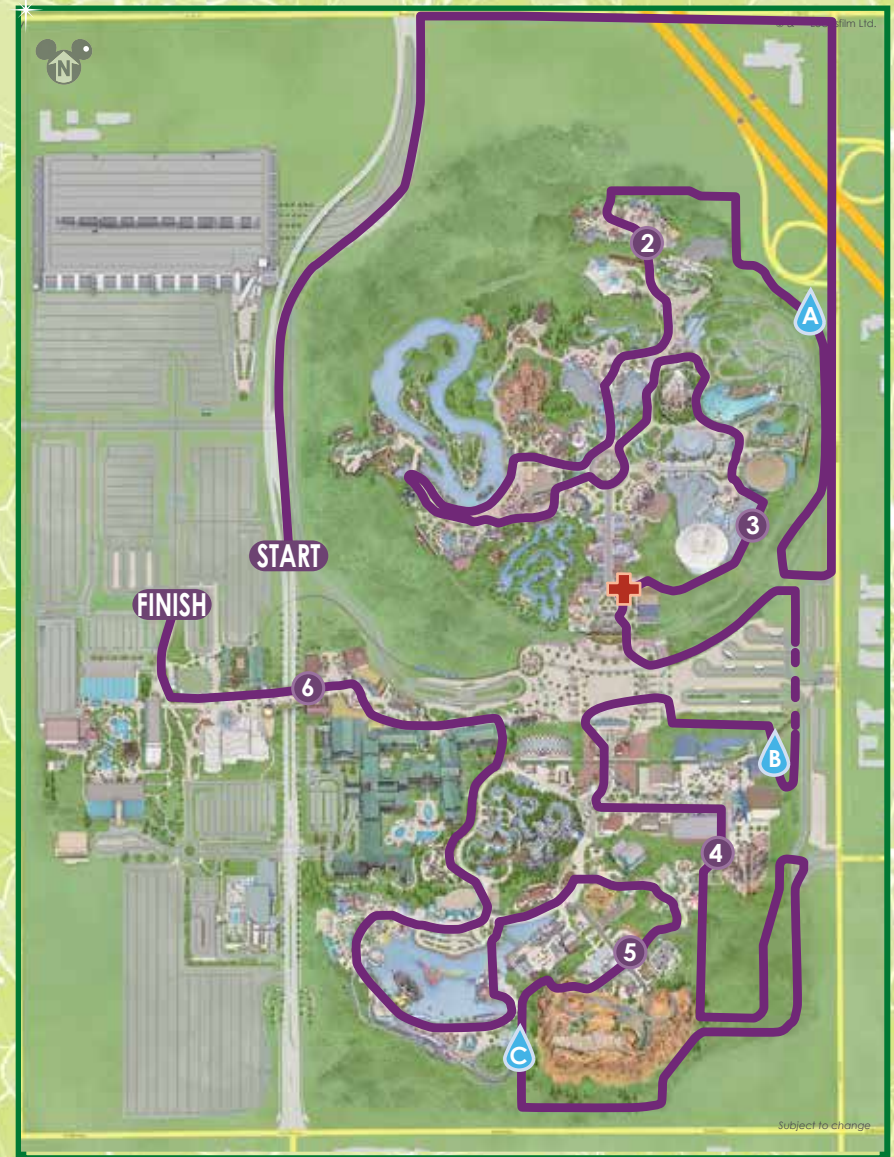
### Beverage and Food Stations

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.

# TINKER BELL 10K





# NEVER LAND 5K

**Never Land 5K presented by PANDORA Jewelry**  
**Friday, May 6, 2016**

Wheelchair Start: 4:59 a.m.      Start: Main Street, U.S.A. – Disneyland® Park  
Runner Start: 5:00 a.m.      Finish: Lilo Parking Lot, near Downtown Disney® District

Tinker Bell will kick off the weekend adventure with a 5K fun run that features Peter Pan, Captain Hook and his band of pirates. Runners will journey 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!”

## Beverage and Food 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.

Pixie Dust Challenge participants are required to attend Packet Pick-Up on Thursday or Friday in order to receive your race materials. You will receive the following: one race bib with B-Tag, one gEAR check sticker, one gEAR bag, and three race shirts. Your race bib, gEAR check sticker, and gEAR bag are to be used on both days.

In an effort to enhance our runner's check-in process, we ask that all Pixie Dust Challenge participants have their photo taken at the Expo with their race bib. This photo will be used at the finish line of the half marathon race to expedite the finish line experience.

*\*Pixie Dust Challenge Bib must be presented to receive the Pixie Dust Challenge medal.*

After completing the half marathon, please check in at the Challenge tent located at the Finish Line to receive your Pixie Dust Challenge medal. Please note that all Pixie Dust Challenge participants must complete both the 10K and the half marathon in the allotted time to receive the Pixie Dust Challenge medal.





## RACE CHALLENGES

### 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! For the first time in 2016, the same race can be used for multiple challenges! 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. All races must be completed in the same calendar year.

After completing the half marathon on Sunday, runDisney Coast to Coast participants must visit the Challenge tent with their runDisney Coast to Coast wristband to receive 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.*

A pink edition of the Coast to Coast Race Challenge medal can be earned by completing the 2016 Disney Princess Half Marathon in February and the 2016 Tinker Bell Half Marathon in May. The pink edition of the Coast to Coast Race Challenge medal will only be awarded after finishing the 2016 Tinker Bell Half Marathon within the allotted time.

Runners deferring the 2016 Tinker Bell Half Marathon and/or the 2016 Disney Princess Half Marathon race entries to 2017, 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.

### runDisney Castle to Chateau Challenge

runDisney races go global with our first-ever country to country challenge race. Run any half marathon or greater at the Walt Disney World® Resort or the Disneyland® Resort and the Disneyland® Paris Half Marathon and earn the inaugural Castle to Chateau Challenge Commemorative Medal.

**NEW!**

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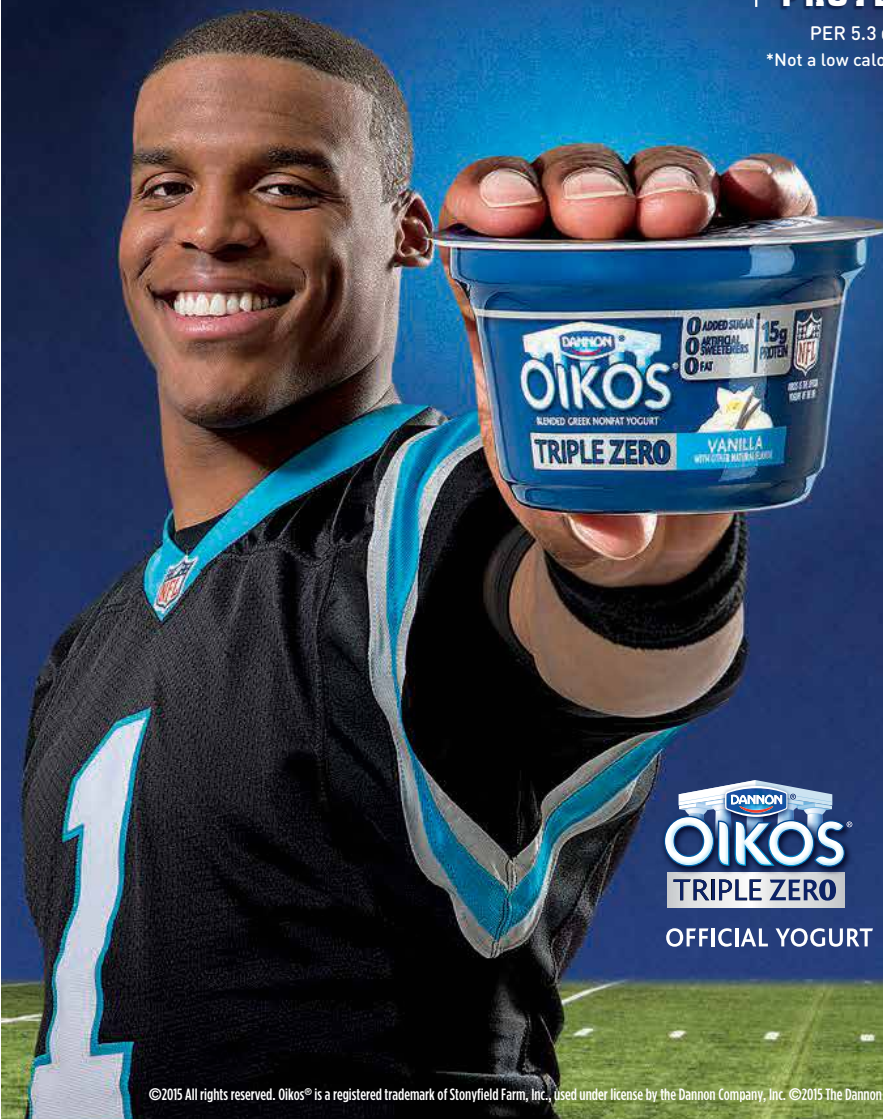
**0** ARTIFICIAL SWEETENERS

**0** FAT

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PROTEIN

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\*Not a low calorie food



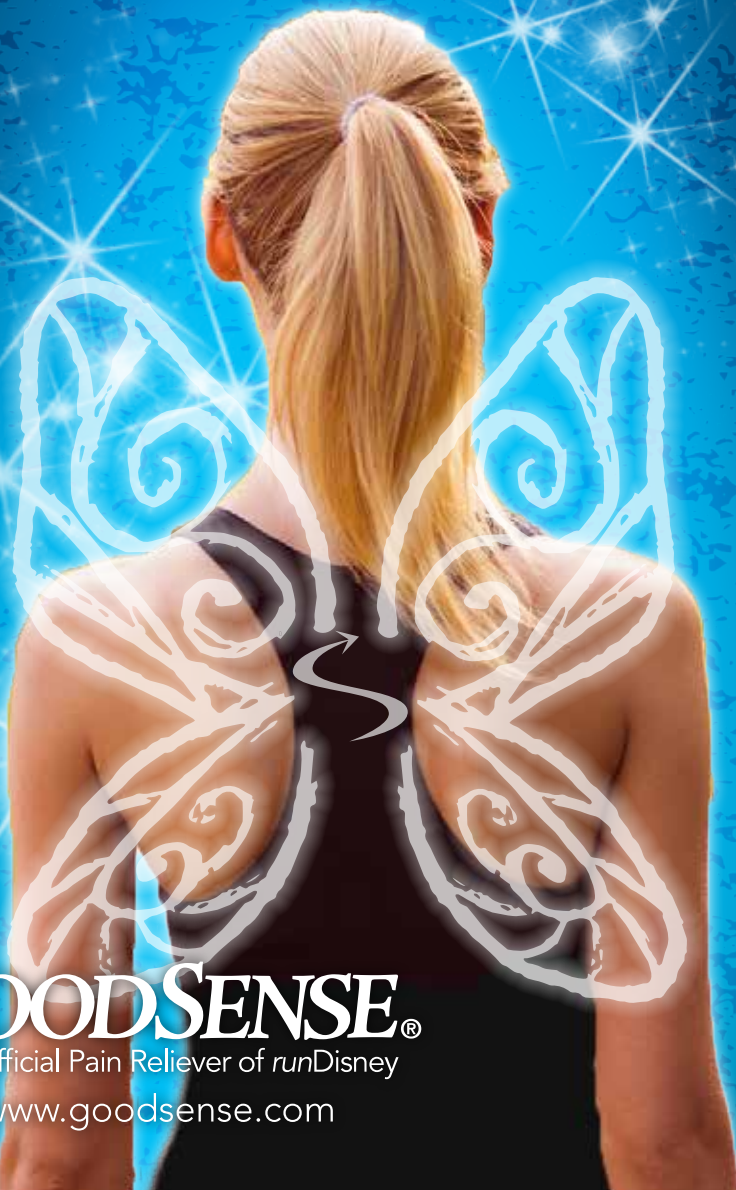
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## EVENT SAFETY

### Safety Reminder

- For everyone's safety, selfie sticks, electric vehicles, 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.
- Any children under the race age requirement will not be permitted in corrals, on course, or in runner only areas. Unregistered individuals will be denied entry into race corrals. Only registered athletes are permitted in runner only areas.

### 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 who dress like Characters may not pose for pictures or sign autographs for other Guests
- Costumes may not reach or drag on the ground (e.g. Full-length Princess Dresses)
- Costumes may not contain sharp objects, pointed objects or materials that may accidentally strike another Guest

- Costumes may not contain any weapons that 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

### For runDisney participants ages 13 and under:

- Costume and some masks may be worn, as long the mask does not cover the entire face and eyes are visible

### For runDisney participants ages 14 and older:

- Layered costume, that could conceal prohibited items, are not permitted (e.g. Jedi Robes)
- Costume props, including those that surround the entire body (e.g. Death Star, UP House) are not permitted
- Capes may be worn if the length does not go below the waist
- Themed t-shirts, blouses, sweatshirts and hats are acceptable
- Acceptable accessories include: transparent wings, plastic light sabers, toy swords, and tutus. Headwear may be worn as long as it does not cover the face
- Guests may not wear masks of any kind

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.

Please note that while costumed attire may be worn during runDisney events, Guest 14 and older are not permitted to wear costumed attire in the theme

## EVENT SAFETY

parcs. As a result, Guests may need to change their attire prior to visiting the parks after participating in a runDisney race.

### 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

A color-coded flag system, the Event Alert System, will be used to communicate the status of course and event conditions to participants on race day. The levels range from Low (green) to Moderate (yellow) to High (red) to Extreme (black) based primarily on the weather, as well as other conditions around the Disneyland® Resort.

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 and course conditions.

All participants should familiarize themselves with the Event Alert System prior to the race, remain alert for directions from race officials and announcers and take precautions to prepare properly for varying weather conditions on race day.

**EVENT ALERT SYSTEM**

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 cancelled. All medical stations will have the appropriate flag displayed according to existing heat conditions.

- GOOD CONDITIONS**  
BLACK THE RIBBON, BUT STAY ALERT.
- LESS THAN IDEAL CONDITIONS**  
PARTICIPANTS WITH HIGH RISK OF HEAT STROKE SHOULD WITHDRAW.
- POTENTIALLY DANGEROUS CONDITIONS**  
HEAT EXHAUST IS POSSIBLE. ALL PARTICIPANTS URGED TO SLOW THEIR PACE AND HYDRATE ADEQUATELY.
- EXTREME AND DANGEROUS CONDITIONS**  
ALL PARTICIPANTS ADVISED NOT TO COMPLETE. COURSE MAY BE SHORTERED 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. Items, costumes, and props in violation of safety requirements will be denied entry.



## 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! Course 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 are planning to walk, please keep to the right side of the course so that runners may pass on the left.
- 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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## TRAINING TIPS

By Olympian Jeff Galloway, Official runDisney Training Consultant

### How To Stay Motivated

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**

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## POST-RACE

### Results

All results will be posted on [runDisney.com](http://runDisney.com) the evening of the race.

### Photos

Disney PhotoPass Photographers will be on the course and at the finish line taking your photos during the race. Smile and make sure your bib is in view on the front of your outer most garment! Race photos will be available to view at [Disneyland.com/PhotoPass](http://Disneyland.com/PhotoPass) and on the *Disneyland*® app within 24 hours of the event. To link your photos, you will need to enter the 11-digit RaceID followed by your 5-digit bib number. If your bib number is less than 5 digits, please add zeros at the beginning of your bib number to complete the 16-digit code. See below for RaceIDs; replace the x's with your bib number to complete the code:

<b>KIDS RACES</b>	<b>2016-TINK-KIDx-xxxx</b>
<b>5K</b>	<b>2016-TINK-B5Kx-xxxx</b>
<b>10K</b>	<b>2016-TINK-10Kx-xxxx</b>
<b>Half</b>	<b>2016-TINK-HLFx-xxxx</b>



### Finisher Certificates

Participants who finish the Half Marathon or Pixie Dust Challenge will be able to download a finisher certificate at [MyDisneyMarathon.com](http://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.

## POST-RACE

### Overall Awards

The following Half Marathon awards will be presented at the Awards Ceremony on Sunday, May 8, 2016 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!



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Official *runDisney* race weekend hashtags:

#TinkHalf

#Tink10K

#Tink5K

#PixieDustChallenge

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## SPECTATOR VIEWING

Spectators are encouraged to share in the Tinker Bell Half Marathon Weekend 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](http://runDisney.com). Participants will also have the opportunity to send split times via e-mail or text messaging by registering for the service through [runDisney.com](http://runDisney.com) approximately one week before the event until 5:00 p.m. on Saturday, May 7 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
<b>The Start</b>	5:00 a.m. - 5:30 a.m.	Family Reunion Area Stage, Lilo Lot
<b>The Finish</b>	5:15 a.m. - 6:45 a.m.	Lilo Parking Lot, near <i>Downtown Disney</i> ® District

#### Tinker Bell 10K presented by PANDORA Jewelry

Mile	Time	Location
<b>The Start</b>	5:30 a.m. - 6:10 a.m.	Family Reunion Area Stage, Lilo Lot
<b>Mile 3.5</b>	5:45 a.m. - 7:00 a.m.	<i>Disneyland</i> ® Resort Main Entrance Plaza
<b>The Finish</b>	6:00 a.m. - 7:45 a.m.	Lilo Parking Lot, near <i>Downtown Disney</i> ® District

## SPECTATOR VIEWING

#### Tinker Bell Half Marathon presented by PANDORA Jewelry

Mile	Time	Location
<b>The Start</b>	5:30 a.m. - 6:10 a.m.	Family Reunion Area Stage, Lilo Lot
<b>Mile 2.7</b>	5:45 a.m. - 7:15 a.m.	<i>Disneyland</i> ® Resort Main Entrance Plaza
<b>Mile 6.7</b>	5:53 a.m. - 8:13 a.m.	Walnut St. between Magic Way & Broadway
<b>The Finish</b>	6:30 a.m. - 9:45 a.m.	Lilo Parking Lot, near <i>Downtown Disney</i> ® District



### 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
<b>Mile 4.1</b>	5:30 a.m. - 7:15 a.m.	Buena Vista Street, <i>Disney California Adventure</i> ® Park
<b>The Finish</b>	6:00 a.m. - 10:00 a.m.	Lilo Parking Lot, near <i>Downtown Disney</i> ® District



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**James Scelfo, MD**

James Scelfo, MD is the Medical Director for 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 including the Russell Athletic Bowl, the Capital One Bowl, and high school athletics. He also serves as the Medical Director of the Anticoagulation Management Service and Clinical Pharmacy 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.



## MEDICAL INFORMATION

Florida Hospital 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.

## MEDICAL INFORMATION

- 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 Florida Hospital Celebration Health 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

## 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](http://momsorangecounty.org)



Helping Families Have Healthy Babies

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# Event Calendar

## FLORIDA

Disney Wine & Dine Half Marathon Weekend  
November 3-6, 2016

Walt Disney World® Marathon Weekend  
presented by Cigna  
January 4-8, 2017

Disney Princess Half Marathon Weekend  
presented by Children's Miracle  
Network Hospitals  
February 23-26, 2017

Star Wars™ Half Marathon - The Dark Side  
April 20-23, 2017

## CALIFORNIA

Disneyland® Half Marathon Weekend  
presented by Cigna  
September 1-4, 2016

Super Heroes Half Marathon Weekend  
November 10-13, 2016

Star Wars™ Half Marathon - The Light Side  
January 12-15, 2017

Tinker Bell Half Marathon Weekend  
presented by PANDORA Jewelry  
May 11-14, 2017

## PARIS

Disneyland® Paris Half Marathon Weekend  
September 23-25, 2016

runDisney.com

