





Unleash your inner superhero on race day.
Fly through the finish line and keep pushing for better.





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#### **Assemble Runners!**

Welcome to the Avengers Super Heroes Half Marathon Weekend. In just the second year of this action-packed event, we've already created some amazing new adventures.

In addition to Sunday's Half Marathon, this year's event will include the Avengers Super Heroes 5K on Friday and the all-new Captain America 10K on Saturday. For those of you who are truly heroic, we've added the Infinity Gauntlet Challenge for conquering both the 10K and the half marathon.

One of the most popular events throughout the weekend will be the three-day Health & Fitness Expo beginning Thursday at the *Disneyland*® Hotel. If you have young runners with you, don't forget about our *run*Disney Kids Races, with age groups ranging from our Diaper Dash crawling babies to 8-year-old runners. These popular events take place Saturday in the *Downtown Disney*® District near ESPN Zone®. Every finisher receives a medal.

Friday evening will be truly special if you attend our Pasta in the Park Party, a separate ticketed event at Big Thunder Ranch Jamboree inside *Disneyland*® Park. Your night will include a super buffet dinner and a twilight ticket to *Disneyland*® Park featuring music, entertainment and special character appearances.

Congratulations for stepping up to the challenge this year. I wish you a safe and incredible visit to the <code>Disneyland</code>® Resort!

Best,

Hulsel Colglanie,

Michael Colglazier President *Disneyland*® Resort





800 W. Katella Avenue P.O. Box 4270 Anahelm, CA 92803

# **Welcome Avengers Super Heroes Half Marathoners!**

Thank you for assembling in Anaheim, a place for those who take delight in life's unexpected moments. As you begin preparing for this weekend of fun, fitness and health, take a few moments to celebrate the wonder and imagination that defines our destination.

Enjoy the place where runner's dreams come true: a weekend at the *Disneyland*® Resort is where family memories are created for generations to come. After running your way through the parks and scenic streets of Anaheim, go back and enjoy the *Downtown Disney*® District, a perfect setting for a post-race celebration.

Afterward, stroll through Anaheim GardenWalk, a 460,000 square-foot outdoor dining, shopping and entertainment venue that offers guests a distinctive collection of popular restaurants, vibrant nightlife, shops and an upscale bowling lounge.

Just a few blocks from there is a favorite of our locals, the Anaheim Packing House, a food hall reminiscent of the great public markets of Europe. Afterward, just a short walk from the Packing House are unique restaurants and shops at Anaheim's Center Street Promenade located in the heart of downtown Anaheim. There's plenty to see and do, starting with the indie clothing shops, unique restaurants, the historic Carnegie Library and MUZEO Museum.

Enjoy your stay, take home many wonderful memories and I hope you come visit us again soon. Welcome to Anaheim!

Sincerely,

Jay Burress President & CEO Visit Anaheim



visitanaheim.org

# MEET 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, the 2015 Special Olympics World Games in Los Angeles, the 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 28 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.



# PARK HOURS

## Thursday, November 12

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

# Friday, November 13

runDisney Health & Fitness Expo - Disneyland

• Hotel Exhibit Hall

• 12:00 p.m. - 8:00 p.m.

Pasta in the Park Party - Disneyland® Park - Big Thunder Ranch Jamboree 7:00 p.m. - 8:30 p.m. (Advance reservations required.)

# Avengers Super Heroes 5K - Disneyland® Park

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

## Saturday, November 14

runDisney Kids Races - Downtown Disney

⊙ District, near ESPN Zone

⊙ 9:00 a.m.

# Avengers Captain America 10K - Disneyland® Resort

• Wheelchair start at 5:29 a..m. • Runner Start: 5:30 a.m.

runDisney Health & Fitness Expo - Disneyland

Motel Exhibit Hall

9:00 a.m. - 4:00 p.m.

# Sunday, November 15

Avengers Super Heroes Half Marathon - Disneyland® Resort and surrounding areas • Wheelchair Start: 5:29 a.m. • Runner Start: 5:30 a.m.

#### **ChEAR Zones**

- 5:30 a.m. ChEAR Zones open
- 7:00 a.m. Disneyland® Park ChEAR Zone closes
- 10:00 a.m. Finish Line ChEAR Zone closes

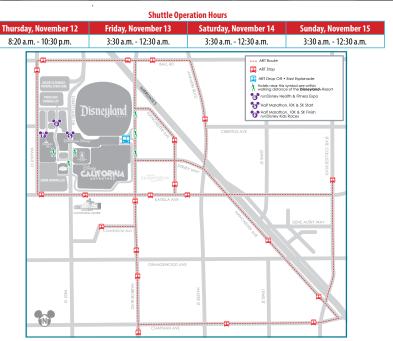
**Awards Ceremony -** Family Reunion Area Stage, Lilo Lot Overall Half Marathon Awards

• 8:00 a.m.

PARK HOURS	<i>Disneyland</i> <sub>®</sub> Park	Disney California Adventure <sub>®</sub> Park
November 12	9:00 a.m. – 10:00 p.m.	9:00 a.m. – 8:00 p.m.
November 13	9:00 a.m. – Midnight	9:00 a.m. – 10:00 p.m.
November 14	9:00 a.m. – Midnight	9:00 a.m. – 11:00 p.m.
November 15	9:00 a.m. – Midnight	9:00 a.m. – 10:00 p.m.

# EVENT TRANSPORTATION

Complimentary Anaheim Resort Transportation Network shuttles will depart from select Anaheim area hotels to the Disneyland® Resort Esplanade Shuttle Drop-Off area every 20 minutes continuously through the weekend (11/12-11/15) during scheduled Avengers Super Heroes Half Marathon Weekend events. Passes can be picked up at the transportation desk at the Expo, located at the Disneyland® Hotel, beginning on Thursday, November 12th at 10:00 a.m. Drivers will have passes to distribute after 8:00 p.m. on Thursday, November 12. Please save this pass for use over the entire Avengers Super Heroes Half Marathon 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
- · Rest 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
- · Courtyard by Marriott- Anaheim Waterpark

- · 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 Anaheim Resort
- Holiday Inn Hotel & Suites

- · Homewood Suites by Hilton Anaheim Maingate/ · Ramada Limited Suites
  - Garden Grave
  - · Hotel Indigo
  - · Hotel Ménage · Howard Johnson Plaza Hotel
  - · Hyatt Place
  - Hvatt Regency Orange County
  - Islander Inn & Suites
  - La Quinta Inn & Suites
  - Marriott Anaheim
  - Marriott Suites
  - Marriott Suites Garden Grove
  - Meridian Inn & Suites
  - Motel 6 Peacock Suites Resort
- · Portofino Inn & Suites
  - · Ramada Limited Maingate North

- - 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
- \*Schedules vary, therefore please check with your hotel to confirm your shuttle schedule.



# DRIVING DIRECTIONS

# **Arriving by Car**

Please plan accordingly and allow enough time to arrive with detour traffic. Expect delays. We encourage all runners and their spectators to avoid traffic and parking by using the complimentary shuttles, which are provided free of charge to guests staying at select Anaheim area hotels. See the transportation shuttle map for pick-up and drop-off locations. Should you choose to drive, please utilize the Mickey & Friends Parking Structure, located on Disneyland Drive and Ball Road, for all weekend events. Standard fees apply.

# **Driving Directions to Mickey & Friends Parking Structure**

#### I-5 Northbound

- Exit at Harbor Blvd
- Turn Right on Harbor
- Turn Left on Ball Rd
- Turn Left on Disneyland Drive and follow signs to the Theme Park parking structure

#### **I-5 Southbound**

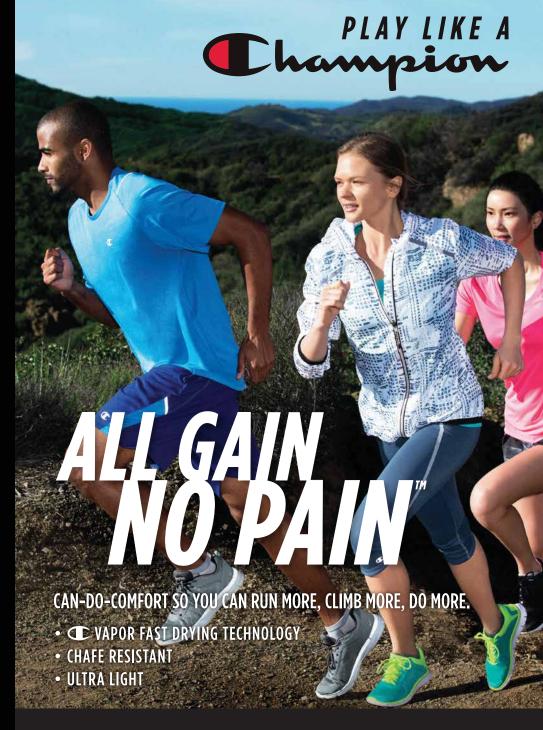
- Exit at Disneyland Drive
- Turn Left on Disneyland Drive and follow signs to the Theme Park parking structure

**Note:** In consideration of the safety of the runners, the following exits from I-5 will be closed on Sunday, November 16. Please plan your travel arrangements accordingly.

- I-5 Southbound, Harbor Blvd Closed 5:30 a.m. 8:00 a.m.
- I-5 Northbound, Katella Ave − Closed 6:00 a.m. − 10:00 a.m.
- I-5 Southbound, Disney Way Closed 6:00 a.m. 10:00 a.m.

# **Arrival Time**

On race day, please plan for traffic. You should assemble at the Family Reunion Area by 4:30 a.m. to allow sufficient time for Guest Screening and entry into your assigned corral.



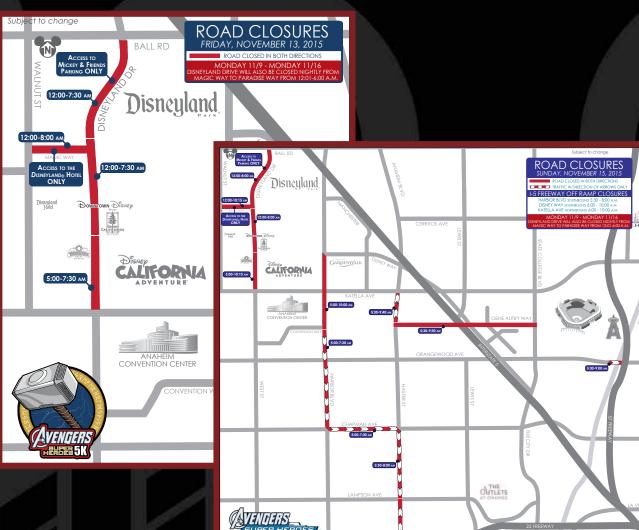


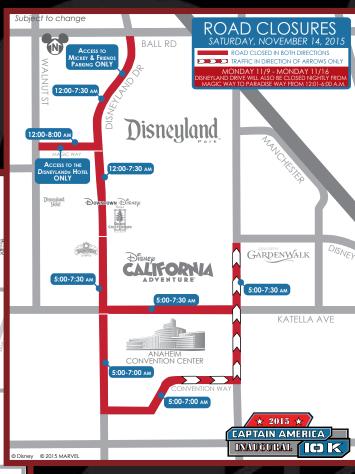


# ROAD CLOSURES

# **Road Closures**

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





ROAD

CLOSURES

Sunday 11/15/15 • 5:30

# RUNDISNEY HEALTH & FITNESS

# Disneyland® Hotel Exhibit Hall

Thursday, November 12 Frid 10:00 a.m. – 8:00 p.m. 12:

Friday, November 13 12:00 p.m. – 8:00 p.m. Saturday, November 14 9:00 a.m. – 4:00 p.m.

The *run*Disney 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-Ur

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. No exceptions. 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, onsite waiver printing will be available.

## **Registration Packet Contents**

Please make every effort to confirm that your registration packet includes the following items before you leave *run*Disney Health & Fitness Expo. Your signature in the receipt book will serve as acknowledgment that you have received all items.

- Race bib number with B-Tag attached for 10K, Half Marathon or Infinity Gauntlet Challenge
- Bag check sticker
- Pre-purchased Commemorative Items (if applicable)

# Pasta in the Park Party Tickets, ChEAR Squad Packages and Commemorative Items

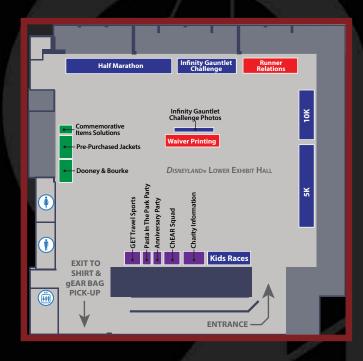
Pick up Pasta in the Park Party tickets, ChEAR Squad packages, Dooney & Bourke, and pre-purchased Commemorative Items at the Lower Level of the *Disneyland*® Hotel Exhibit Hall. A waiver is required for each Silver or Platinum ChEAR Squad member and Pasta in the Park Party attendee.

- Commemorative Ears\*
- Commemorative Necklace\*
- Commemorative Pins\*
- Commemorative Jackets\*
- Dooney & Bourke

# \* Please remember that items not picked up will not be mailed or refunded.

# Disneyland Hotel Lower Level Exhibit Hall

When you arrive to the *run*Disney Health & Fitness Expo, please visit the Lower Level of the *Disneyland*® Hotel Exhibit Hall FIRST for Race Packet, Pasta in the Park Party, ChEAR Squad, Commemorative Item 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 event shirt and gEAR Bag Pick-Up.

# RUNDISNEY HEALTH & FITNESS





Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth
Angels Baseball Foundation	1005	Endure Jewelry	914	KT Tape	1104	Sparkle Athletic	912
APEX by Sunglass Hut	906	Fit2Run	1111, 1211	Lasting Commemoratives	710	SparkleSkirts	1315
BeeCause Sneaker Charms	1013	Fitletic	1112	MarathonFoto	905	Sparkly Soul Full-Elastic	1015
RooSport	904	Florida Hospital Celebration	519	New Balance	1103	Headbands	
Bondi Band	919	Health		PRO Compression	615	SportHooks	1019
Champion	818	Fond Memories Graphics	1018	Raw Threads	619	Surf City Marathon and	815
Clif Bar & Company	1012	GEICO	814	Refreshments	511	Half Marathon	
Disney VoluntEARS & Anaheim	612	GET Sports	807	#runwithaHERO	611	Sweaty Bands	1108
Marine Adoption Committee		GoodSense	812	runDisney Instagram	805	THE BFF Electric Foam Roller	613
13th Marine Expeditionary Unit		Guest Health Services	901	Complimentary Photo		The Stick - amazing self	1006
Downtown Disney District	1000	Halo Headband	909	RunningSkirts	1007	massage tool	
Dr. Cool Ice Wraps and Instant	1311	Havaianas	712	SMS AUDIO	913	The TUBE Wearable Waistband	1004
Cooling Accessories		Jeff Galloway	809	Snuggbuds Sports Headsets	1118		

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# PASTA IN THE PARK PARTY

Friday, November 13
Pasta in the Park Party

7:00 p.m. – 8:30 p.m.

Disneyland® Park – Big Thunder Ranch Jamboree

Enjoy a "super" buffet dinner and have your photos taken with your favorite characters during the Avengers Super Heroes Half Marathon Weekend Pasta Party! It's a great way to add a magical touch to your Half Marathon weekend.

# Package Pick-Up

Pasta in the Park Party packages must be picked up at the *run*Disney Health & Fitness Expo. Look for the "Pasta in the Park" booth in the Lower Exhibit Hall. Packages will be listed by last name of the purchaser. A Photo ID and waiver will be required. Package Pick-Up will not be available at the event or at the expo after 5:00 p.m., Friday, November 13, 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 Avengers Super Heroes Half Marathon features:

- Buffet pasta dinner and dessert
- Character appearances throughout the evening
- 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.

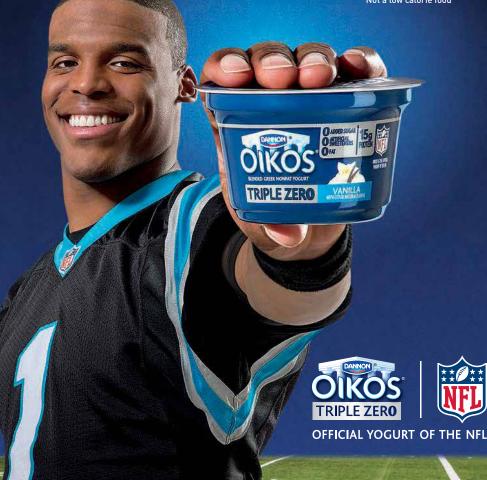
\* In addition to a Pasta in the Park Party wristband, Guests will also need valid Theme Park admission in order to gain entrance to the Park. If you purchased a Pasta in the Park Party WITHOUT a ticket, you must provide your own valid admission media for entry into Disneyland® Park. If you purchased 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, November 13, 2015. Please be mindful of the expiration date listed on the back of the Twilight ticket. All tickets are non-refundable.

# POSSIBLY THE PERFECT PROTEIN SNACK\*

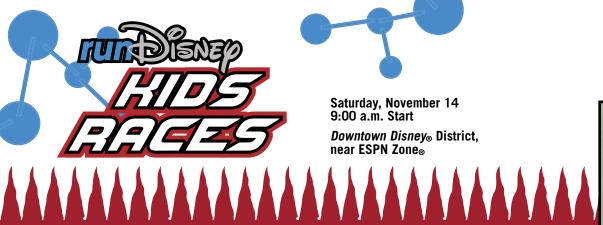
ADDED SUGAR\* ARTIFICIAL SWEETENERS FAT

15g

PER 5.3 oz.
\*Not a low calorie food



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Saturday, November 14 9:00 a.m. Start

Downtown Disney® District, near ESPN Zone®

Every child 8 and younger who participates in the runDisney Kids Races goes home a winner with a finisher medallion designed for the tiniest of runners.

# **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 5K, 10K and Half Marathon. Please follow the signs and listen to the Race Announcer for instructions regarding staging areas. 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, November 14. 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 and bring it with you to the Expo. Adults must present photo ID.

# **Staging Areas**

Participants should arrive in the Stitch Parking Lot adjacent to the Family Reunion Area at the following times:

- 100 Meter Dash 8:45 a.m. at the 100 Meter Banner
- 200 Meter Dash 9:00 a.m. at the 200 Meter Banner
- 400 Meter Dash 9:25 a.m. at the 400 Meter Banner
- Diaper Dash 9:40 a.m. at the **Diaper Dash Banner**

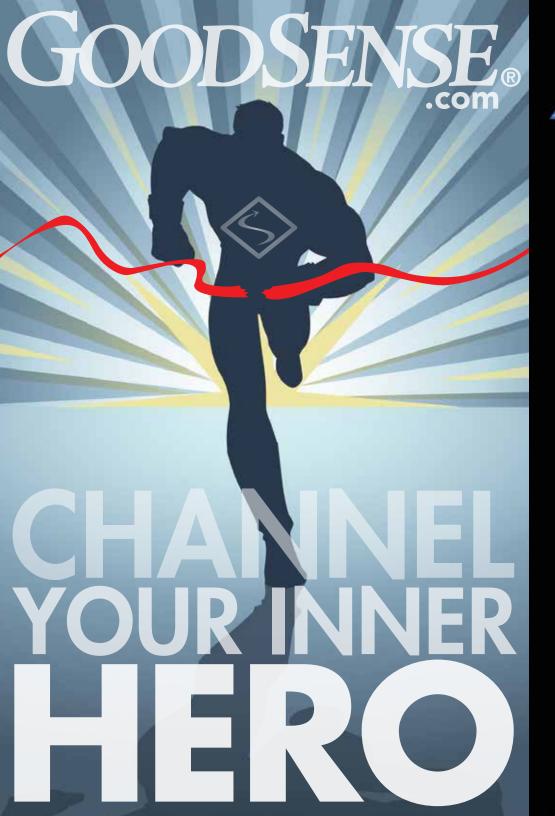
#### **Race Bibs**

Each runner will be issued a race bib at Packet Pick-Up, and should wear their race bib on the front of their shirt, while crawlers may have race bibs placed 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.





# RACE INFORMATION

**Avengers Super Heroes 5K** 

Friday, November 13 5:29 a.m. Wheelchair Start 5:30 a.m. Runner Start Captain America 10K

Saturday, November 14 5:29 a.m. Wheelchair Start 5:30 a.m. Runner Start

# **Avengers Super Heroes Half Marathon**

Sunday, November 15 5:29 a.m. Wheelchair Start 5:30 a.m. Runner Start

# The Start

The start for the Avengers Super Heroes 5K, Captain America 10K and Half Marathon is located on Disneyland Drive between Magic Way and Paradise Way, near the Lilo Parking Lot of the *Downtown Disney* District. Please follow event signs and the direction of event personnel. Please ensure your race bib is on the front of your outermost garment and visible when entering the start area. Measures will be taken to prevent unofficial runners from starting.

#### Restrooms

Portable restroom facilities will be available near the start line, near the beverage stations along the course, and in the finish area. Guest restrooms inside the Theme Parks will also be available for runners.

# gEAR Bag Check\*

gEAR Bag Check is located in the Pre-Race/Family Reunion Area located inside the Lilo Parking Lot during the following times:

**Avengers Super Heroes 5K** 

Lilo Parking Lot 3:30 a.m. – 7:15 a.m. Captain America 10K

Lilo Parking Lot 3:30 a.m. – 8:15 a.m.

# **Avengers Super Heroes Half Marathon**

Lilo Parking Lot 3:30 a.m. – 10:30 a.m.

\* All 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.

# RACE INFORMATION

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 Bib

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 for the 10K and Half Marathon, 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, or superhero attire

#### Timing

Clocks will be located at every mile marker along the course. When you receive your race bib for the 10K, Half Marathon or Infinity Gauntlet Challenge, your ChronoTrack B-Tag will be attached to the back. 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 time **WILL NOT** be recorded.

#### Participant Chacklis

- 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.)

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# RACE INFORMATION

## The Finish

After you cross the finish line, please proceed through the finisher's chute. Volunteers will present you with your finisher medal(s) or medallion 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 course support station along the course for assistance and direction. For those unable to continue at any point in the race, transportation is available to the Course Pick-Up Tent in the Pinocchio Parking Lot, just a short walk from the Family Reunion Area.



# AVENGERS SK

# **Avengers Super Heroes 5K**



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# RACE INFORMATION

# **Course Description**

It's the Avengers Super Heroes 5K for runners of all ages—adults, teens, and tweens – and it's going to be MIGHTY! Here's your chance to unleash your Super Hero abilities as you race along an extraordinary course throughout the *Disneyland*® Resort. The Avengers Super Heroes 5K is a great way to spend time together and create unforgettable memories with family and friends.

# **Water Stations**

Two water stations will be available along the 5K course.

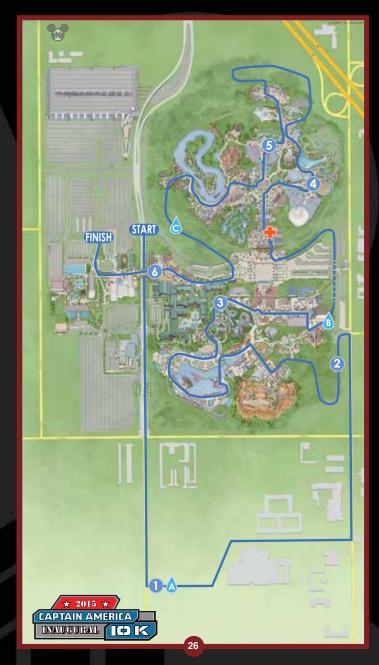
#### Restrooms

For your convenience port-o-lets 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.



# CAPTAIN AMERICA IOH

# **Captain America 10K**



# RACE INFORMATION

# **Course Description**

Color the fun red, white, and blue as Captain America puts out the call to super heroes everywhere to test their mettle in the Captain America 10K! Avengers will assemble for an extraordinary run through the *Disneyland*® Resort area. You'll experience unforgettable moments, magical memories, and plenty of Disney entertainment along the way!

# **Water Stations**

Three water stations will be available along the 10K course.

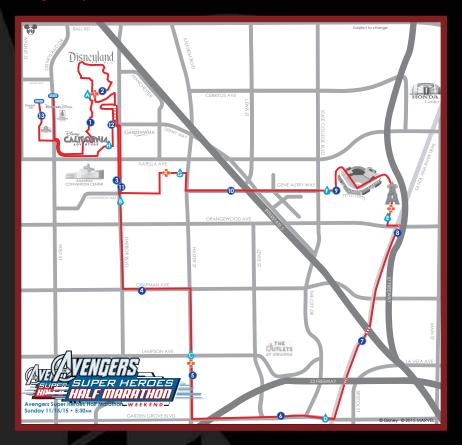
#### Restrooms

For your convenience port-o-lets 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.



# HALF MARATHON

# **Avengers Super Heroes Half Marathon**



# RACE INFORMATION

# **Course Description**

Break out your inner Super Hero and team up with Earth's Mightiest Heroes during the Avengers Super Heroes Half Marathon at the *Disneyland*® Resort. Let your super powers zoom you through 13.1 miles of fun as you run through the mighty *Disney California Adventure*® and the legendary *Disneyland*® Park at dawn. You just might see some original Avengers Super Heroes along the way, cheering you on! After racing through the Theme Parks, you will then continue on your very brave adventure as you sprint through city streets, traveling to Anaheim Stadium and back to the *Disneyland*® Resort. Your heroic victory will be complete with your very own Avengers Super Heroes Half Marathon Finisher Medal as you cross the finish line and enjoy a triumphant victory celebration.

#### Food and Beverage Stations

Eight beverage stations will be set up along the course, offering DASANI® water and POWERADE®. There will be one nutrition stop near mile 8 where Clif Bar product will be distributed.

#### Medical Aid Stations

Four medical aid stations will be set up along the course, staffed by Florida Hospital Celebration Health.



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# RACE CHALLENGES

# runDisney Infinity Gauntlet Challenge

Put your Super Hero skills to the biggest test yet -19.3 miles of awe-inspiring runs in the Infinity Gauntlet Challenge! It's two power-charged days of spectacular runs that combines the Avengers Super Heroes Half Marathon PLUS the Captain America 10K. The Earth's mightiest heroes, the Avengers, will cheer you on your way through the Disneyland® Resort and surrounding Anaheim area in this action-packed adventure designed to challenge the mightiest Super Heroes. Magical memories, fantastic sights, and plenty of Disney entertainment await! Complete both races within the pacing requirements and you'll earn the coveted Infinity Gauntlet Challenge Medal in addition to your Avengers Super Heroes Half Marathon and Captain America 10K medals. Registration for the Infinity Gauntlet Challenge is required to receive the Infinity Gauntlet Challenge Medal.

Infinity Gauntlet Challenge participants will have their photo taken after they pick up their race bib. This photo will be used at the finish line of the half marathon to expedite the finish line experience.

#### 10K

After completing the 10K, Infinity Gauntlet participants' official results will be reviewed by race staff.

#### **Half Marathon**

After completing the Half Marathon, Infinity Gauntlet participants must visit the Infinity Gauntlet Challenge tent with their Infinity Gauntlet bib to receive the coveted Infinity Gauntlet Challenge medal.

# runDisney Coast to Coast Race Challenge

Do you want the ultimate test in endurance with a Disney twist? Then join the *run*Disney Coast to Coast Race Challenge! If you complete a marathon or half marathon at the *Walt Disney World®* Resort and the *Disneyland®* Resort in the SAME calendar year, then you will receive an additional medal commemorating your achievement.

You are automatically entered into the runDisney Coast to Coast Race Challenge when you register and complete the required combination of races. You must have an OFFICIAL TIME for each of the events that you complete and each event must be either a half marathon or marathon. You will receive your medal after completion of the second leg of your runDisney Coast to Coast Race Challenge.

Participants completing their second leg of the 2015 runDisney Coast to Coast Race Challenge on Sunday, having an official finish time for the 2015 Walt Disney World® Marathon, 2015 Walt Disney World® Half Marathon, 2015 Disney Princess Half Marathon, or 2015 Disney Wine & Dine Half Marathon, will receive their Coast to Coast Race Challenge wristband at the *run*Disney Health & Fitness Expo. Once you cross the finish line, please immediately visit the runDisney Coast to Coast Tent where your wristband will be used to award your runDisney Coast to Coast Race Challenge medal.

Restrictions apply. Visit **runDisney.com** for more information.



# THE LARGEST SELECTION OF SPORT AND ACTIVE LIFESTYLE SUNGLASSES ON THE PLANET







Introducing APEX by Sunglass Hut<sup>™</sup> the premier sport and active lifestyle sunglass retailer. Finding the right sunglasses for your sport and active lifestyle just got easier. Two of the most trusted names in the sunglass industry OAKLEY® and SUNGLASS HUT<sup>™</sup> have joined forces to bring you the largest selection of sunglasses, where each and every sunglass is hand picked based on performance, protection, comfort and style from the best sunglass makers on the planet.

# HOW TO STAY MOTIVATED

By activating our human brain, when we are running, we can gain control over motivation. But most of the time we let the ancient, subconscious "monkey brain" govern our running. On short, easy runs this is not a problem. But as the distance and the pace increase, the exertion and increased body temperature will increase our stress.

If the "monkey brain" is in control during a stress buildup it will trigger the release of anxiety and negative attitude hormones—lowering our motivation. You don't have to eliminate the stress to manage and do away with the negative hormones. By taking conscious action, you activate the human brain which over-rides the subconscious brain and can bolster motivation within a few minutes.

Each of the simple actions below can improve mental attitude in each workout as they stimulate the secretion of the positive attitude hormones that make you feel better physically and emotionally. As you take one step after another you take control over your attitude and your running experience. Just focus on each step at a time.

- 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 helps with focus. Even one cup of coffee has been shown to increase the endurance time on a treadmill.
- Start Walking—the gentle motion of walking will stimulate good hormones, improving mood and motivation.
- Smile—Smiles not only activate endorphins. A smile stimulates positive peptides that lock into molecules and result in good emotions.
- 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.
- 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 hormones.

# By Olympian Jeff Galloway Official Training Consultant, *run*Disney

- Lower the adversity of the workout/race—if you are feeling stress/pressure when considering a pace of 14 min/mi, run 15 min/mi. If a run walk run strategy of (run 60 seconds/walk 30 seconds) seems challenging, use 30 sec/30 sec or 20/20 or 15/15 or run 15 sec/walk 30 sec. Shorter running segments often leave you feeling so strong that you increase speed at the end—or at least "feel strong" at the end. (Be sure to get over to the side of the road to take walk breaks and use a beeping timer to signal to fellow runners).
- 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
I'm running—I feel better
One more minute
30 more seconds
10 more seconds
One more step, one more step

**Note:** For more information, see my book MENTAL TRAINING. Copies are available, autographed, at the *run*Disney booth and www.JeffGalloway.com











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www.fit2run.com



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As to Disney artwork/properties: ©Disne

# POST-RACE

#### Results

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

#### Photo:

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 outermost garment with your number and name clearly visible. 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 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.

THIS IS A DAY UNLIKE ANY OTHER, WHEN EARTH'S MIGHTIEST HEROES FIND THEMSELVES UNITED IN A FIGHT FOR STUDIO MASTERED SOUND.



# SAFETY INFORMATION

# Safety Reminder

For the safety of yourself and the other participants, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, electric vehicles, skateboards, canes, crutches, selfie sticks and animals of any kind are prohibited on the course. If you are seen in violation of one of these you 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.).

# SAFETY INFORMATION

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:

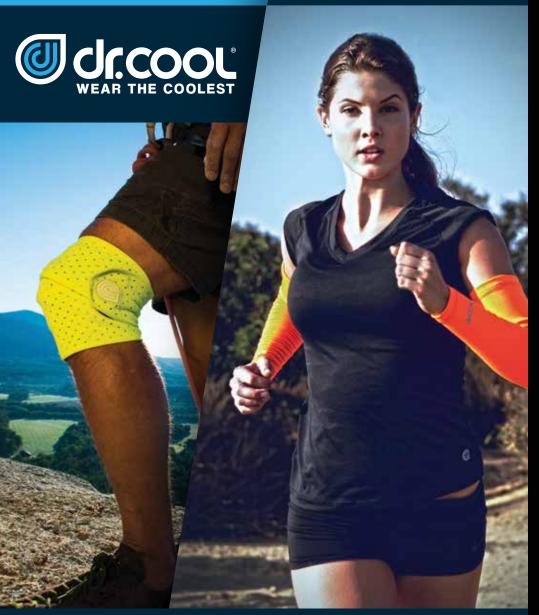
- > YELLOW FLAG Less than ideal conditions. Participants with high risk of heat stroke should withdraw.
- **RED FLAG** Potentially dangerous conditions. Heat injury is possible. All participants urged to slow their pace and hydrate adequately.
- ▶ BLACK FLAG Extreme and dangerous conditions. All participants 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.

# WRAPS

# COOLING ACCESSORIES & APPAREL





The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the Avengers Super Heroes Half Marathon Weekend events.

- 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! 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", "Coming Through, or "On your Left!"
- 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 is 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!





OFFICIAL COOLING TOWEL & ICE WRAP OF





## **Awards Ceremony**

Every athlete who competes in the runDisney Kids Races, 5K, 10K and Half Marathon will receive a commemorative medal or medallion upon finishing the race.

Sunday, November 15 8:00 a.m. Family Reunion Area Stage, Lilo Lot

The following Half Marathon awards will be presented on-site at the Awards Ceremony.

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

The following 10K awards will be sent via mail 6-8 weeks after race weekend.

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

#### Individual Awards

Military and Individual awards for the Half Marathon and Captain America 10K overall awards will be distributed by mail after the event.

Awards will be awarded to the top five male and female Half Marathon runners 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+

10K Awards will be presented by mail to the top three male and female 10K runners in the Military division and the following age groups:

10-13 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+

Overall awards are based on Gun Time. In the interest of fairness, masters and age group award winners will be based on Net Time. Masters (40 and over) 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.

NO post view email

is worth a life.

AT&T reminds you to keep your eyes on the road, not on your phone. When you're behind the wheel, nothing is more valuable than your life, or the lives of others. It Can Wait <sup>®</sup>







# SPECTATOR VIEWING

Spectators are encouraged to share in the Avenger Super Heroes 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 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 through **runDisney.com** approximately one week before the event until 4:00 p.m. on Saturday, November 14 or at the *run*Disney 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.

#### Spectator Viewing

Recommended spectator viewing locations:

## **AVENGERS SUPER HEROES 5K**

Mile	Time	Location	
The Start	5:30 a.m 6:51 a.m.	Disneyland Drive to Katella Avenue	
Mile 1.4	5:35 a.m 6:15 a.m.	Disneyland® Main Entrance Plaza	
Mile 2.7	5:43 a.m 6:35 a.m.	Downtown Disney® District	
The Finish	5:45 a.m 6:43 a.m.	. Between <i>Disneyland</i> <sub>®</sub> Hotel and ESPN Zone®	

## CAPTAIN AMERICA 10K

Mile	Time	Location	
The Start	5:30 a.m 6:51 a.m.	Disneyland Drive to Katella Avenue	
Mile 3.8	5:48 a.m 7:05 a.m.	Disneyland <sub>®</sub> Main Entrance Plaza	
Mile 5.9	5:58 a.m 7:40 a.m.	Downtown Disney® District	
The Finish	6:00 a.m 7:46 a.m.	Between Disneyland <sub>®</sub> Hotel and ESPN Zone®	

# SPECTATOR VIEWING

# **AVENGERS SUPER HEROES HALF MARATHON**

Mile	Time	Location	
The Start	5:30 a.m 6:30 a.m.	Disneyland Drive to Disney Way	
Mile 1.2	5:35 a.m 6:45 a.m.	Disneyland® Resort Main Entrance Plaza	
Mile 8.5	6:10 a.m 8:54 a.m.	Angel Stadium (Accessible via Orangewood Ave. entrance)	
The Finish	6:15 a.m 10:00 a.m.	Between <i>Disneyland</i> <sub>®</sub> Hotel and ESPN Zone <sub>®</sub>	

<sup>\*</sup>Viewing is limited and available on a first come, first served basis.

# **ChEAR Squad**

During the Half Marathon, ChEAR Squad offers special access inside *Disneyland*® Park only available to those guests who purchased Silver and Platinum ChEAR Squad Packages. ChEAR Squad Platinum members have access to reserved seating at the finish where they can see their runner cross the finish line! ChEAR Squad packages may be purchased at the *run*Disney Health & Fitness Expo (subject to availability).

Entrance into *Disney California Adventure*® Park will only be available at *Disney's Grand Californian* Hotel® & Spa Park Entrance via *Downtown Disney*® District (between Sephora and Anna & Elsa's Boutique) or the main lobby along Disneyland Drive. To enter the Theme Park ChEAR Zone, you must proceed through the *Disney's Grand Californian* Hotel Theme Park Gate (adjacent to the Napa Rose Restaurant). ChEAR Squad wristband provided at packet pick-up must be worn and is required for admission into ChEAR Zones. **NO EXCEPTIONS.** 

Mile	Time	Location
Mile 1.0 (Silver and Platinum)	5:35 a.m 6:46 a.m.	Disney California Adventure® Park
The Finish (Platinum Only)	5:30 a.m 10:00 a.m.	Between <i>Disneyland</i> <sub>®</sub> Hotel and ESPN Zone <sub>®</sub>

# CELEBRATORY CHARITY & VOLUNTEERS

# The Anaheim 13th Marine Expeditionary Unit Adoption Committee

The Anaheim 13th Marine Expeditionary Unit Adoption Committee is a volunteer based, citizen run committee dedicated to support the men and women that provide their service to protect our country, focusing on the 13th MEU. The Mission is to continuously generate community wide support, and encourage mutually beneficial interaction between the residents of Anaheim and the Marines, the Sailors, and the families of the 13th MEU, both at their home based at Camp Pendleton and /or when the unit or elements thereof are deployed, in order to render support and create strong and lasting ties in the years to come.



## **Race Crew**

Over 2,900 volunteers will assist throughout the Avengers Super Heroes Half Marathon Weekend on behalf of the Anaheim Community Foundation. Family and friends can register to volunteer for the 2016 Avengers Super Heroes Half Marathon Weekend by visiting runDisney.com.

- Over 1,000 volunteers will assist with packet pick-up during the runDisney Health & Fitness Expo
- Over 600 volunteers will assist with the 5K, 10K and runDisney Kids Races
- 200 medical volunteers will staff Florida Hospital Celebration Health medical stations during the Half Marathon
- Over 1,100 volunteers will staff the Start Line, Food Stop, Water Stops and Finish Line locations

# MEDICAL INFORMATION

Florida Hospital Celebration Health Medical Stations are located along the course. With prior training, you should be prepared for the physical demands of the 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 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 between 4-6 hours or longer 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 any thing 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 Sign

- 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.

# MEDICAL INFORMATION

#### Questions

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

# **About Our Medical Director**

James Scelfo, MD is the Medical Director of all *run*Disney 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.





# GOING SOCIAL

Now you can connect with other Fans and participate in *run*Disney 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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