

Wine & Dine “Meet Up and Eat Up”

LAKE BUENA VISTA, Fla. (Sept. 30, 2011)— Walt Disney World uncorked a social media “Meet Up and Eat Up” just in time for the Disney Wine & Dine Half Marathon Weekend Friday at [ESPN Wide World of Sports Complex](#) at [Walt Disney World Resort](#).

Participants were selected via Disney social media channels including the [Disney Parks Blog](#), Disney Sports’ Twitter handle and runDisney Facebook page.

At the track, renowned track coach Brooks Johnson helped runners with their speed and techniques. Johnson, the 2010 USATF Coach of the Year, has trained Olympians since 1968, including Justin Gatlin, David Oliver and Tiffany Ross-Williams.

runDisney training consultant Jeff Galloway then stepped in for a question-and-answer session before leading the group on a 2-mile trail run around the Complex. Defending Wine & Dine Half Marathon champions Anton Van Zyl and Melissa Wisner jumped in to lead the run, sharing their tips to running success along the way.



At the ESPN Wide World of Sports Grill, Disney Chef Gary Jones provided a healthy living segment with the help of Chef Mickey. The two whipped up a special batch of energy packed oatmeal for the group and offered extra nutrition tips. Jones is a tri-athlete when he’s not serving as Dietary Chef at Walt Disney World Resort.

Participants had the opportunity to take photos with Chef Mickey and get the first glimpse at the runDisney Expo before it officially opened to the public. They also received runDisney gift bags with Jones’ breakfast recipe, personalized T-shirts and ESPN Wide World of Sports apparel.

For more information on the Disney Wine & Dine Half Marathon Weekend or to sign up to run a future runDisney race, visit www.rundisney.com. Also, follow us on [Twitter](#) and [Facebook](#) for the latest *runDisney* race information and for behind-the-scenes access to all things *runDisney*.