

New 10K Race Added to Disneyland Half Marathon Weekend

Runners Can Double Their Effort With Dumbo Double Dare; Race Registration Opens Next Month

LAKE BUENA VISTA, Fla (Dec. 19, 2012) – The *Happiest Race on Earth* is getting a little happier starting next year. The **Disneyland Half Marathon Weekend** is expanding to include the **Disneyland 10K** at Disneyland Resort in California, Aug. 30 – Sept. 1, 2013.

The new 10K race, the latest in the popular *runDisney* series, will be a timed event and will take runners through **Disneyland, Disney California Adventure** and the streets of **Anaheim**. Each finisher will receive a specially designed commemorative finisher medal. Runners looking for an extra challenge can register for the **Dumbo Double Dare**, which involves running the 10K on Saturday and the Half Marathon on Sunday (19.3 miles total). The limited number of participants who sign up for the Dumbo Double Dare will receive a Dumbo Double Dare running shirt and a special finisher medal, in addition to the Disneyland Half Marathon and 10K finisher medals.

The **Disneyland 10K** builds on the weekend of races and entertainment geared toward families and runners of all levels. In addition to the 10K, the weekend of events include the Kids Races, the Family Fun Run 5K, the Half Marathon and a two-day **Health and Fitness Expo** where guests can check out the latest in fitness apparel, running gear and high tech gadgets, plus learn from speakers such as *runDisney* training consultant **Jeff Galloway** and *runDisney* nutrition consultant **Tara Gidus**. Runners and guests can add to their race weekend experience by purchasing tickets to a Pasta in the Park Party.

“The 10K distance is the third most popular distance for runners next to the 5K and half marathon, so this race weekend will have it all,” said Manager, *runDisney* Events Kathleen Duran. “We are excited to continue to add different distance races so runners at every level can experience a *runDisney* event and run through Disney theme parks.”

Registration opens for all Disneyland Half Marathon Weekend races on Jan. 22, 2013. Last year’s half marathon sold out in a little more than a month. For more information about the race weekend and other *runDisney* events, go to www.rundisney.com.