

Young at Heart: Nearly 90-Year-Old Anaheim Woman Among Oldest Runners Ever at Disneyland Half Marathon Weekend

Anaheim runner Ellen Lem, who turns 90 in a few weeks, is one of the oldest runners ever registered for the upcoming Disneyland Half Marathon Weekend presented by Cigna. Lem, 89, is running in the 5K along with her two daughters.

Growing up in Asia during World War II, Lem and her family had to flee their native Burma and live as refugees in China where she nearly lost touch with her eventual husband. There she served as a volunteer translator for the American Red Cross and was eventually reunited with future husband, an American soldier who brought her to Anaheim where she has lived the past 40 years.

She walks 10 laps a day around Juarez Park near her home to stay active and healthy, often walking with her two adult daughters.

Because she was recently outpacing her daughters while exercising in the park, they decided to sign her up for the Disneyland 5K, which will be her first race. After her turbulent early life in Asia, Lem views this race as something she can finally do for herself.

Ellen Lem and her daughters will be available for media interviews before and after the 5K on Friday. Video and soundbites from Lem and her daughters will be available after the 5K at www.disneysportsnews.com along with additional runDisney news, videos and photos.

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