

# California Runner Overcomes Temporary Paralysis To Run In Super Heroes Half Marathon Weekend at Disneyland Resort

**Panorama City woman returns to running two years after losing mobility in legs and hands; half marathon features enhanced course; 13,000 California runners expected to participate in race weekend**

For Rachel Talise, from Panorama City, Calif., the Super Heroes Half Marathon Weekend at the Disneyland Resort represents a return to her love of running after temporary paralysis sidelined her from the sport two years ago.

Talise's life changed dramatically in August 2014 when she developed paralysis from the waist down and in her hands, the result of Guillain- Barré syndrome, a very rare condition (1 or 2 cases per 100,000 people are diagnosed annually) that results in the immune system attacking the nervous system, leaving many patients without full mobility.

After spending three months of physical and occupational therapy at a rehabilitation facility, Talise regained mobility and learned how to walk again. Though she is not yet fully recovered, the Doctor Strange 10K on Saturday will be her first race in two years.

Talise will be among the more than 25,000 runners, including more than 13,000 from California, channeling their inner Super Hero this weekend.

As for Sunday's half marathon, runners will encounter an enhanced course that includes more miles in the Disneyland Resort theme parks and a new route through the city of Anaheim.

Many runners are participating in more than one event, including 5,000 daring runners who are doing the Infinity Gauntlet Challenge: running the 10K on Saturday and the half marathon Sunday.

Below is the schedule for the weekend's events:

## **runDisney Health & Fitness Expo**

Thursday 10 a.m.- 8 p.m.

Friday 12 p.m. - 8 p.m.

## **Super Heroes Half Marathon Weekend**

Captain America 5K - Friday 5:30 a.m.

Doctor Strange 10K - Saturday, 5:30 a.m.

Saturday 10 a.m. – 4 p.m.

Avengers Super Heroes Half Marathon – Sunday, 5:30 a.m.