



The Complete Guide to runDisney: Disneyland Edition

Christopher Schmidt

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And You're Off...


Most Disney theme park guests are known for rushing, but if rushing isn't fast enough, and you want to *run*, then this complete guide to the many runDisney marathon races at Disneyland is just what you need to cross the finish line in a swirl of pixie dust.

From navigating your way through the human cattle pit known as the Health & Fitness Expo, to competing in the races themselves, Christopher Schmidt has done it all, and knows the tips and tricks you'll need for a safe, successful run. Swift-moving pros, fast walkers, and even happy-go-lucky shufflers will benefit from Chris' expert advice and motivational guidance. The book features up-to-do coverage of each runDisney event at Disneyland, including the:

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- Disneyland 5K, Disneyland 10K, Disneyland Half Marathon
- Captain America 5K, Dr. Strange 10K, Avengers Super Heroes Half Marathon
- Star Wars 5K, Star 10K, Star Wars Half Marathon
- Never Land 5K, Never Land 10K, Tinker Bell Half Marathon

Don't break your stride with poor planning. Before you runDisney, read this book.

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