



Half Marathon Training Program Frequently Asked Questions

Can I still join after May 10?

Yes, newcomers are welcome to join our training program at any time. Please consult our trainers for your specific situation.

Who should join this program?

This training program is designed for individuals wishing to train for the Disneyland Half Marathon, which will take place on August 31, 2008. All fitness levels are welcome.

Where do we meet?

We will meet each Saturday at 8:00 am at Sonora Ave & Garden St, Glendale, 91201. Park on Garden next to the grassy area.

How much does it cost to join?

\$40

What is included in training?

The training program, conducted by certified trainers, Elaine Miller and Narina Tatoussian of All About You! Wellness BootCamp, includes weekly training runs/walks, training schedules and the camaraderie of group training.

What do I need for the training sessions?

Good running shoes, water bottle, hat, sunglasses, sunscreen, easy-to-carry snacks. We recommend purchasing a water belt from a running shoe store to carry your water, keys & other items.

Does the \$40 training fee include my registration for the Disneyland Half Marathon?

NO! You must register separately for the Disneyland Half Marathon. The registration fee is \$100. Go to Disneylandsports.com, click on Headline Events, and then click on Disneyland Half Marathon Weekend. Please register soon as it was already 60% full in April.

What else do I need to know about the Disneyland Half Marathon?

The race starts at 6:00 am on Sunday, August 31. You must attend the Disneyland Half Marathon Health & Fitness Expo in order to receive your race bib. The Expo ends Saturday at 6:00 pm. This means you will need a hotel in Anaheim for Saturday night. The Half Marathon website has hotel information. Or, see Nar & Elaine for information on group reservations.

What if I want to join the training but I can't do the Half Marathon on Aug. 31?

No problem. We recommend you register for another half marathon so that you'll have a goal to strive for. The San Francisco Marathon on Aug. 3 offers two options for half marathons (www.runsfm.com). America's Finest City Half Marathon in San Diego is Aug. 17 (www.afchalf.com).

What should I expect on the first day of training?

Come prepared to run/walk a slow aerobic group run (i.e. low heart rate). Bring your application and registration fee with you.

More questions?

Email us at ElaineM@AAYBootCamp.com or NarinaT@AAYBootCamp.com or call 818-437-5523.