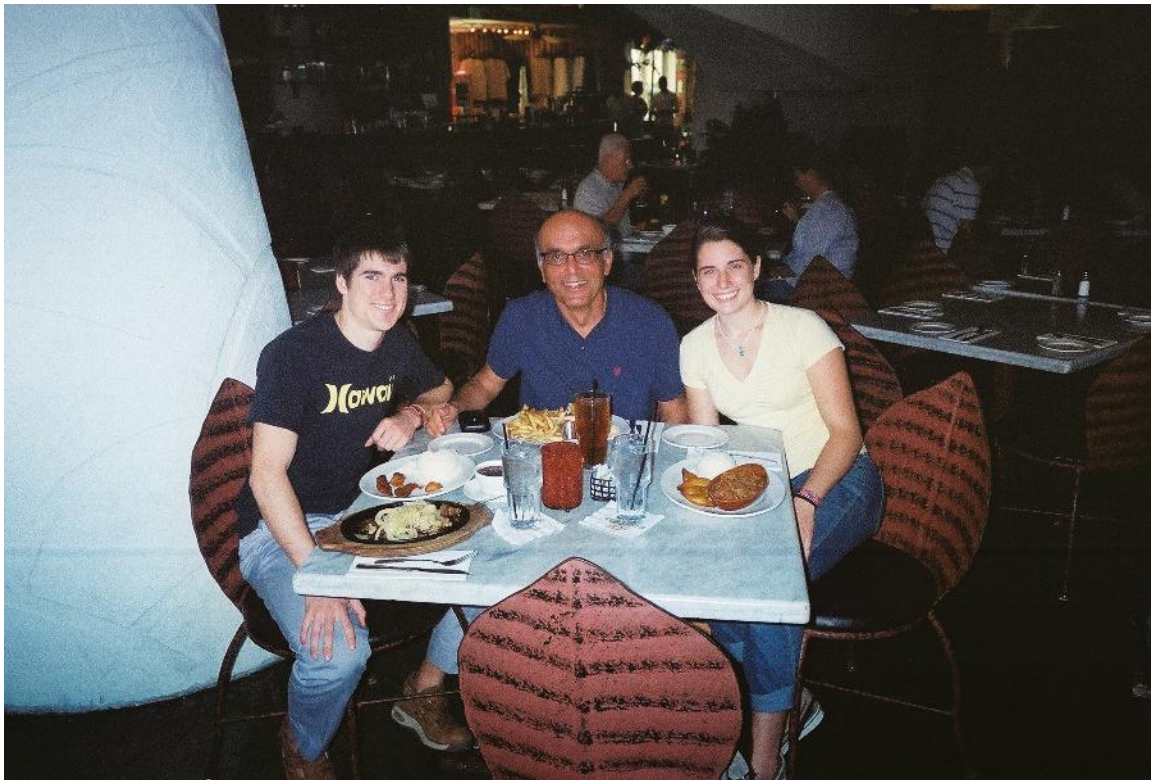


**Goofy's Race & a Half Challenge
Disney World, Orlando, FL
January 12 & 13, 2013**

Kamiar Kouzekanani

Goofy's Race and a Half Challenge consists of running the Disney Half Marathon & Full Marathon on consecutive days. I flew into Orlando on Thursday, 10 January, & stayed in Disney's All Star Music Hotel for four nights. The complimentary express shuttle service from & to the airport was provided by Disney. The packet pickup & Disney's Health & Fitness Expo were in ESPN Wide World of Sports Complex. The packet pickup was efficient. As a Goofy's Challenge participant, I received three long-sleeved technical shirts for running the half, full, & both. There were a large number of vendors in the Expo.

On Friday, Rafael & Elena Lancellota picked me up in my hotel & we went to Downtown Disney for lunch. Both are students at the University of Central Florida. I was one of the ushers at their parents' wedding in late 80s. I had not seen them since 2002. We talked a lot & had a good time. Both are great kids.



At 3:00 AM on both Saturday & Sunday, I took the shuttle from the hotel to the start zone in the Wonder Parking lot at Epcot. There was a long walk from the start zone to our corrals. Both races started at 5:30 AM. Donald Duck, Mickey Mouse, & Goofy were present at both starts. There was some firework as each corral started the run. On both

days, temperature ranged from low 60s to low 80s. The 5:30 AM start was helpful, as it began to warm up quickly once the sun was out, which made the second half of the marathon tough.

The half marathon course consisted of running on World Drive to the Magic Kingdom Park, running through Tomorrowland & Cinderella Castle, returning to Epcot, & running through Future World to the finish line. There were nine water/sports drink stations & Clif products were distributed at mile 9. A large number of volunteers, Disney characters, & music bands made it a fun-filled journey. The Donald Duck Finisher's Medal was very nice.

The first seven miles of the marathon were the same as the half marathon's. After leaving the Magic Kingdom, we ran around the Walt Disney World Speedway where a large number of antique cars were awaiting our arrivals. We then ran through Disney's Animal Kingdom, ESPN Wide World of Sports Complex, Disney's Hollywood Studios, Disney's Yacht & Beach Club Resort, Epcot, & crossed the finish line. The Mickey Mouse Finisher's Medal was very nice & a bit heavy! And the coveted Goofy Medal was icing on the cake! There were 21 water/sports drink stations; bananas at miles 11.5 & 18; Clif products at miles 15 & 19; wet sponges around mile 17; & chocolates between miles 22 & 23. There were plenty of entertainment & the opportunity to take photos with Disney characters throughout the course. There were a very large number of cheerful volunteers staffing the aid stations.

There were 23,126 (13,128 female, 9998 male) half marathon finishers. The winning times were 1:05:26 (overall male), 1:14:56 (overall female), 1:14:23 (masters male), & 1:25:23 (masters female).

There were 20,679 (10,618 female, 10,061 male) marathon finishers. The winning times were 2:21:16 (overall male), 2:48:30 (overall female), 2:25:26 (masters male), & 3:22:14 (masters female).

I did not take either race seriously & had the most fun running/jogging them. I treated the half marathon as an easy warm-up run for the marathon, crossed the finish line in 2:26:19 (11:09 pace), & placed 7,812 out of 23,126 finishers. I treated the marathon as an easy jogging tour of Disney's theme parks, made a large number of stops to take photos with Disney characters along the course, walked the water/sports drink stations, crossed the finish line in 5:18:55 (12:09 pace), & placed 8,530 out of 20,679 finishers.

The half marathon statistics:

Place	Name	Bib	Age	Div Place	Gender Place	5k Split	10k Split	15k Split	Clock Time	Net Time	Hometown
7812	KAMIAR KOUZEKANANI	23364	56	243	4602	34:44	1:09:59	1:44:50	2:40:50	2:26:19	CORPUS CHRISTI, TX

The marathon statistics:

Place	Name	Bib	Age	Div Place	Gender Place	5 Mile Split	10 Mile Split	Half Split	20 Mile Split	Clock Time	Net Time	Hometown
8530	KAMIAR KOUZEKANANI	23364	56	252	5096	57:00	2:02:45	2:42:00	4:05:00	5:33:16	5:18:55	CORPUS CHRISTI, TX

The photo was taken between miles 25 & 26:

