



Mile Marker Matriarch Presents

Virtual Race Magic Toolkit

Welcome to Mile Marker Matriarch!

We're more than a running
podcast...we are a movement
dedicated to empowering women
who run for purpose, not just pace.

Welcome, Matriarchs!

Step into a world where joy, purpose, and a sprinkle of pixie dust meet the extraordinary journey of the woman runner. Whether you're lacing up for your first magical mile or crossing another unforgettable finish line, this book is your companion—packed with practical tips, creative inspiration, and community wisdom.

At Mile Marker Matriarch, we celebrate the courage it takes to show up for yourself. This is your roadmap to bringing the enchantment of Disney home, keeping your wallet (and magic!) abundant, and nurturing purpose every step of your running adventure.

Ready to rediscover the magic within? Turn the page—let's take this journey together!

“

**All of our dreams can
come true, if we have the
courage to pursue them.**

— Walt Disney



**Bring the
Magic of
Disney
Home**

Every runDisney event is a feast for the senses—from the taste of Mickey-shaped treats to the unmistakable melodies sweeping through the parks. But who says you need to be at the castle to bring that magic home?

In this section, you'll discover how to turn your training days and quiet mornings into moments of wonder and delight, all while connecting with the playful spirit of Disney.

Get ready to whip up magical recipes, ignite your senses, and let your inner child lead the way.

Magical Recipes: Disney Delights at Home

Recreate the flavors of your favorite Disney memories right in your own kitchen! Here are two crowd-pleasing recipes to inspire your next run-day snack:

Health(ier) Pineapple Dole Whip

Ingredients:

- 2 cups frozen pineapple
- 1 big scoop vanilla frozen yogurt
- 2 Tbsp honey or sugar
- 4 Tbsp pineapple juice
- 1 pinch of salt

Instructions:



Mickey Rice Krispie Pops

Ingredients:

- 3 Tbsp butter
- 10 oz. pkg mini marshmallows
- 6 cups rice krispies
- 1 tsp vanilla extract
- 1 cup semisweet chocolate chips
- 1 tsp coconut oil

Instructions:

1. Melt butter in saucepan on stove and add bag of marshmallows; stir until melted; Meanwhile place rice krispies cereal in a large bowl
2. Pour marshmallow mixture over the cereal and mix well



Sensory Suggestions: Pixie-Dusted Atmosphere

- **Sights:** Decorate your space with fairy lights, display your runDisney medals, and
- **Sounds:** Listen to Disney songs or take off the headphones and take in the sounds of kids laughing.
- **Scents:** Buy Green Clover & Aloe essential oils, burn a Disney candle or bake a fresh batch of chocolate chip cookies, reminiscent of the Main Street Bakery!
- **Touch:** Wear soft, themed pajamas or fleece throw blankets.
- **Taste:** Savor your homemade magical treat as you visualize race-day excitement.

“

**If you can dream it, you
can do it.**

— Walt Disney



**Scrooge
Savvy:
Save
Without
Sacrifice**

You don't need a fairy godmother—or a gold-plated credit card—to bring the magic home. The runDisney Virtual Series delivers Disney-level joy at a fraction of the cost of an in-park race. No travel expenses. No hotel bookings. No premium-priced park food. You pay for your race entry and get your medals shipped right to your door—plus the priceless satisfaction of crossing your own finish line. Think of it as running with all the pixie dust, but without the credit card hangover.

Pro Tip: Take the money you save and invest it in gear that will make your runs more comfortable—like a new pair of shoes, moisture-wicking apparel, or a fun Disney-inspired running outfit.

Top Tricks for Magical Savings

- 01 **DIY Disney Treats:** Save dollars by making themed snacks at home (pages 7–8).
 - 02 **Thrifty Gear Finds:** Shop for race gear during off-season sales or use gently-used marketplace groups. Pro-tip: Many runners sell their race day outfits for a fraction of the cost after the race. Checkout Facebook Marketplace Groups for runDisney to find deals.
 - 03 **Memory Making over Merch:** Choose experiences (like themed training runs) over souvenirs.
 - 04 **Costume on a Budget:** Practice Disneybounding by reimagining everyday clothing to serve as a subtle nod to your favorite characters. Think: red tank, yellow running skort to pay homage to Winnie the Pooh. Or wear a lilac running dress with sunburst earrings and your hair in braids to rep Rapunzel. The possibilities are as endless as your imagination! Check out consignment stores, Goodwill, or discount retailers for inexpensive pieces.
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Dream It.

Believe It.

Acheive It.

Poof to Planning Pressure: Time- Saving Tips

Time is the rarest treasure—especially for busy matriarchs juggling home, career, and miles! This chapter will help you wave away the stress and reclaim your hours, making room for more magic in your days.

Let's sprinkle a little fairy dust on your routine and celebrate every small victory.

Magic Minutes: Planning Made Simple

The 3-2-1 Formula

1. **3 Key Priorities:** Each week, pick your top three must-dos (e.g., long run, meal prep, family time).
2. **2 Tiny Tasks:** Each day, select two quick wins—such as laying out clothes or charging headphones.
3. **1 Joyful Ritual:** End every day with a 5-minute self-care or gratitude habit.

Practical Hacks

- **Pre-pack Training Bags:** Keep a running bag with all essentials by the door.
- **Sunday Meal Prep:** Spend a few hours in the kitchen on Sunday to prep healthy meals for the week ahead. This will not only save you time, but it will also help you better adhere to your nutritional goals.
- **Calendar Block:** Schedule your runs like you would any other critical appointment.
- **Outsource When Possible:** Use grocery delivery or enlist family help for chores.



**Bust Your Fear
of the Balloon
Ladies:
Download the
Free Matriarch
Magic Miles
Playlist**

Does the thought of falling behind on race day tie your stomach in knots?

Welcome to the club—it's time to unburden that worry! In this section, discover the story behind the legendary "balloon ladies" and embrace a mindset of celebration—not comparison.

We'll also unveil the Matriarch Magic Miles playlist—a free download to fuel you with encouragement, empowerment, and toe-tapping tunes.

Understanding the Balloon Ladies

“Balloon ladies” are friendly volunteers at Disney races who walk the course at the minimum pace requirement, carrying balloons so runners can gauge cut-off time. Remember:

- They are not opponents—they are cheerleaders for *your* journey.
- Crossing the finish line, no matter your time, is a victory in itself.

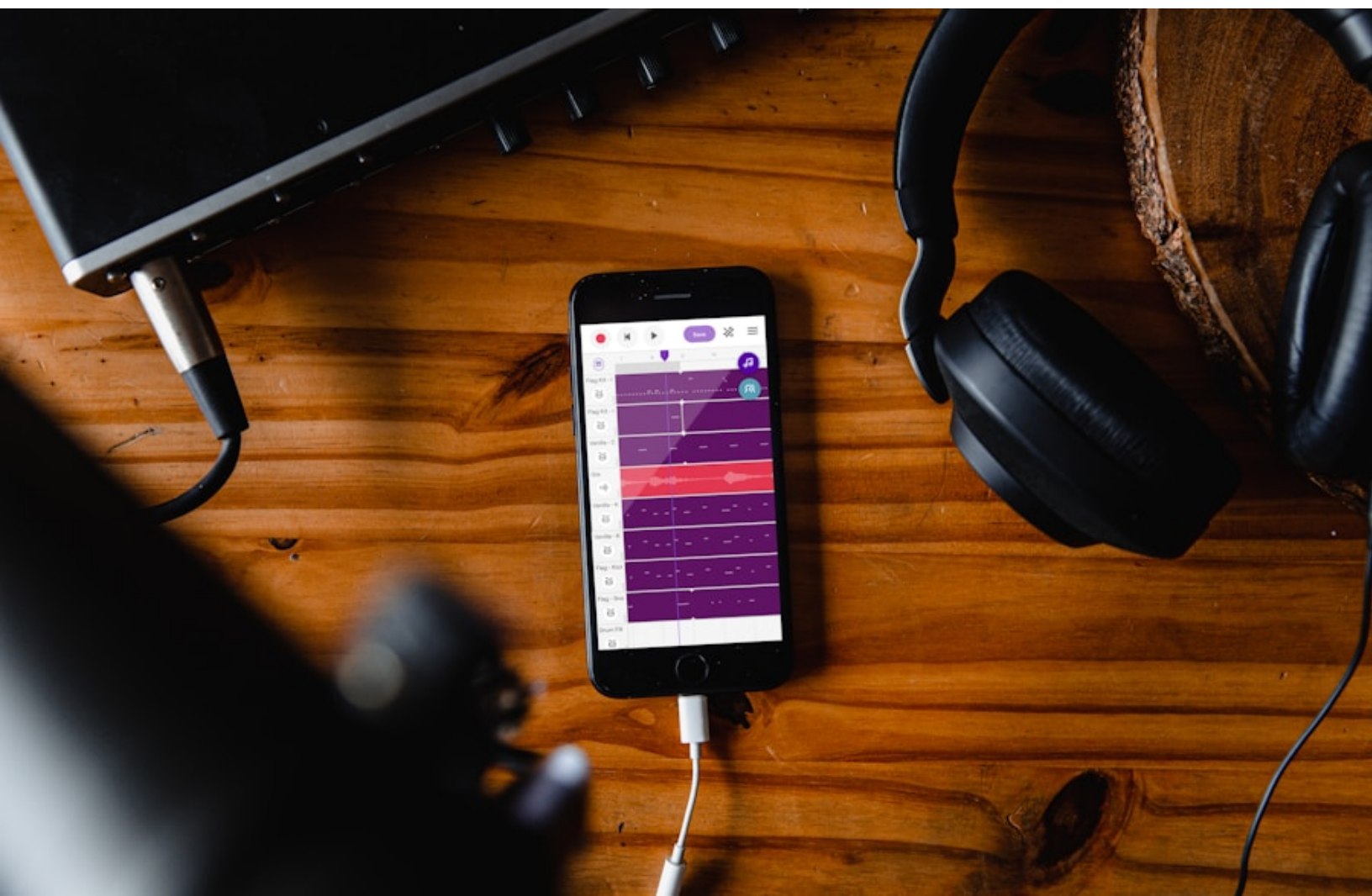


Matriarch Magic Playlist

This playlist is more than background music—it's a soundtrack to the story you're running through. Each track was chosen to match the 2025 runDisney Virtual Series themes: **Pirates of the Caribbean**, **Jungle Cruise**, and **Big Thunder Mountain Railroad**.

For *Pirates of the Caribbean*, you'll find bold, swashbuckling tracks that make you feel like you're chasing treasure across the high seas. For *Jungle Cruise*, the vibe shifts to adventurous, tropical beats that channel the humor, wild encounters, and mystery of the rivers of the world. And when it's time for *Big Thunder Mountain*, the music picks up with high-energy, fast-paced rhythms to carry you through "the wildest ride in the wilderness."

The goal? To make your run feel like a fully immersive Disney adventure—where every step syncs with the story, and the music keeps your energy high from start to finish



Listen, Reflect, & Share

- Download the playlist before your next run
- Reflect on how music shifts your mindset
- Share your favorite song with the Mile Marker Matriarch Community by tagging @MileMarkerMatriarch on Instagram!

Purpose Over Pace: Journaling Prompts to Find Your Why

What carries you past the hard miles when your legs grow tired and doubt whispers in your ear? Purpose.

This chapter gently guides you to explore your “why.” Through journaling, reflection, and a deeper connection to your own story, you’ll find motivation that outlasts clock times and race bibs.

Journaling Prompts for Every Matriarch

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- 01 What does the word 'matriarch' mean to me today? How does that differ from what it meant 5 years ago, and how do I want it to evolve in the next 5 years?
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- 02 What was a season in my life where I carried more than I thought I could—and what did it teach me about my capacity?
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- 03 Describe a moment I felt proud—on or off the course.
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- 04 If my daughter, niece, or a younger woman came to me for advice right now, what story from my life would I share first, and why?
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- 05 What do I hope to discover about myself in the next mile?
-
- 06 Where in my life do I need to set or strengthen boundaries—not as walls, but as gates that protect my peace and energy?
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- 07 What activities, places, or people light me up in a way that feels unshakable—and how can I make more space for them in my life this month?
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have to do better.
I need You. I don't understand what's happening to me. I
hurt me, God. & badly. I don't know how to trust You. I
I ever did. Maybe that's what You're trying to teach me.
this is the only way. But dear God, it is so hard!
trust You, but I don't know how. I'm sorry. But I
life. I need Your help, I need Your love, I need
my Father. I believe that You are working. But I
enough for this. I'm sorry that I can't trust
don't know how. I don't know what that looks
use this situation to break me, and I don't
God, I am broken.
how to surrender to You.

ee
Come, let us return to the Lord;
for he has torn us, that he may heal us;
he has stomached us down, and he will pick us up.
After two days he will revive us;
on the third day he will raise us up,
that we may live before him.
Let us know; let us press on;
he will give us his grace.

Creating a Meaningful Practice

- Set aside 10 minutes each week to write.
- Use a special notebook, phone app, or even voice memos.
- Consider starting or ending your entry with a gratitude list.

Express with Dress: Race-Day Outfit Planner

Running in Tutus: Where Performance Meets Play

One of the most magical parts of a runDisney race is embracing the pure joy of dress-up—and nothing says whimsical like a tutu. Whether you're channeling a favorite Disney character, honoring the race's theme, or simply adding sparkle to your stride, running in a tutu is about more than just costume—it's about confidence, community, and celebration. Tutus bring a sense of camaraderie to the course, turning heads, starting conversations, and reminding you that running is as much about joy as it is about miles. The key is to balance fun with function: choose lightweight, non-chafing fabrics, pair them with moisture-wicking shorts or leggings underneath, and make sure your tutu doesn't restrict your stride. On race day, a tutu isn't just an outfit—it's your invitation to run boldly, laugh loudly, and cross the finish line in full, fabulous color.

Planning Your Outfit

Consider These Questions:

- Which Disney heroine or theme do you want to channel?
- Is your outfit comfortable for the expected weather and distance?
- Can you test any new gear on a long run beforehand?
- Have you included something meaningful (a charm, color, or symbol)?



Race Day Eve Checklist

Clothing & Gear

- Running shoes (broken in—not brand new!)
- Socks (moisture-wicking, no cotton)
- Race outfit (top, bottoms, sports bra if needed)
- Hat or visor
- Sunglasses
- GPS watch or fitness tracker
- Throwaway layer (if it's chilly at the start)

Hydration & Fuel

- Hydration pack or handheld bottle
- Electrolyte drink mix or tablets
- Gels, chews, or other mid-run fuel
- Pre-race breakfast or snack ready to grab (bagel, banana, oatmeal, etc.)

Electronics

- Fully charged headphones
- Fully charged GPS watch
- Phone charged & charging cable packed
- Portable charger (optional)

Essentials

- Race bib (print your virtual bib from the runDisney toolkit) & safety pins
- ID
- Sunscreen
- Lip balm with SPF
- Anti-chafe balm

Snap & Share!

Lay out your race-day outfit the night before and snap a photo.
Share your creation with the Mile Marker Matriarch community by tagging
@MileMarkerMatriarch on Instagram



Own Your Space & Place: Mapping Meaning Into Place

Every mile and every moment holds a special meaning. This chapter invites you to reflect on the places that have shaped your running story—whether it's a quiet local path or the vibrant streets around Cinderella Castle.

We'll help you anchor your memories (and your goals!) to the places that truly matter.

Memory Mapping Exercise

- Draw or print a map of your neighborhood, favorite trail, or race course.
- Mark special locations: where you started, faced doubt, celebrated, or met new friends.
- Add photos, notes, or race memorabilia to make it personal.

Make Your Course Magical

- Dedicate each mile to someone or something you love.
- Invite family to cheer at “meaning stops.”
- Run a themed route on special days —Halloween, birthdays, or runDisney virtual races.

**Meaningful
Medals: Celebrate
& Display Your
Achievements!**

Your medals tell a story—of commitment, resilience, and magical milestones.

This section is your guide to making those hard-earned tokens visible, for yourself and every guest who enters your home. Let each one spark pride, joy, and a reminder: you are the hero of your own story.

Display Inspiration

- **Custom Medal Hanger:** Personalize with your name, favorite quote, or race theme.
- **Shadow Box:** Arrange medals, bibs, and photos in a frame.
- **Wall Art Gallery:** Combine medals with printed race photos.
- **Themed Shelves:** Add Disney figurines, running shoes, or meaningful objects.



Celebrating Your Journey

Consider these ways to honor your achievement:

- Participate in “Medal Monday” with the Mile Marker Matriarch community by tagging @MileMarkerMatriarch on Instagram
- Journal about what the medal means to you
- Consider gifting your Disney race medals through one of several organizations that collect and donate Disney race medals to children, often those facing serious illnesses. Medals4Mettle and Give Kids The World Village are two wonderful organizations that do this.



**Community
Connection:
Connect with
Fellow
Matriarchs to
Feel Seen and
Supported**

Running may start with a single step, but it grows into something unforgettable with the support of a loving community. In this final chapter, find out how to connect, share, and uplift others on the whimsical journey of the Mile Marker Matriarch.

Together, we shine brighter.

Ways to Connect

- Follow @MileMarkerMatriarch on Instagram and join in on the camaraderie of our online community
- Reach out to a fellow runner for an accountability check-in.
- Share your story—be the magic for someone else.

Conclusion

Thank you, fellow Matriarchs, for letting this book join you on your virtual running odyssey. May you carry these reflections, tools, and connections with you through every mile.

Now, go—lace up, share your sparkle, and let your story unfold, one magical mile at a time.

