



HONG KONG
DisneyLAND

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AIA Vitality
健康程式

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Hong Kong Disneyland 10K Weekend 2024 – Presented by AIA Vitality

Run through the World's First and Largest "Frozen" Themed Land
for the First Time this November



HONG KONG, MAY 13, 2024 — Mark your calendars and get ready to experience the most magical run in town at Hong Kong Disneyland 10K Weekend 2024 – presented by AIA Vitality, taking place on November 2 and 3, 2024.



The Hong Kong Disneyland 10K Weekend features Mickey and Friends, Duffy and Friends, Queen Anna and Elsa, Marvel Super Heroes and other beloved characters cheering on runners around the park. This year's 10K Weekend is set to be more enchanting than ever as guests will have the opportunity to run through World of Frozen for the very first time. Guests will race through the kingdom of Arendelle, taking in the stunning landscape around them, with all the citizens of Arendelle cheering them on along the way.

But that's not all! The Hong Kong Disneyland 10K Weekend offers a variety of races to cater to every guest's preference and their favorite Disney stories. Participants can choose from a range of race options, including the fan-favorite 10K and races geared towards families with younger children.

Guests who join the run will be able to take home a runner pack, which includes a Disney-themed running tee, sports wristband and more. Guests will also receive a medal upon completion of the race.



Marvel Super Heroes 10K: Step into the action-packed Marvel universe as you tackle the Marvel Super Heroes 10K. Runners will use their heroic running skills while racing through the resort, with Marvel characters and thrilling surprises along the way. It's a race fit for a Super Hero!



Pixar Pals 5K: Join Pixar friends on a fun-filled adventure through the Pixar Pals 5K, where every step will be filled with magic and excitement as lovable Pixar characters cheer runners on.



[Brand-new] Frozen Explorers 3K: Experience the enchantment of Arendelle like never before in the Frozen Explorers 3K. This family-friendly 3K will be filled with enthusiastic support from Queens Anna and Elsa, and all the citizens of Arendelle. Participants will also feel the icy magic through the first-ever "Frozen"-themed runner pack!



Duffy and Friends 3K: Embark on a heartwarming adventure with Duffy and Friends in the Duffy and Friends 3K. It's bound to be an uplifting race as runners experience the magic of friendship with every step.



Mickey and Friends Kids Races: Little ones can join in on the fun too with the Kids Races, featuring Mickey and Friends. These races feature child-friendly courses and a play area with a touch of Disney magic, making it the perfect choice for families and young runners.



Stay tuned for more details on public registration. Don't miss your chance to dress up in your uniquely Disney-inspired outfits for an extraordinary journey at the Hong Kong Disneyland 10K Weekend. Join us on November 2 and 3 for a magical adventure like never before!

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**Guests are required to purchase their tickets in advance and have a valid park reservation for their visit. Please refer to the latest visit arrangements on Hong Kong Disneyland's official website: <https://www.hongkongdisneyland.com/>*

About Hong Kong Disneyland Resort

Hong Kong Disneyland Resort offers unforgettable, culturally distinctive Disney experiences for guests of all ages and backgrounds. Filled with your favorite Disney stories and characters, Hong Kong Disneyland Resort offers guests the opportunity to explore eight diverse lands that are home to award-winning, one-of-a-kind attractions and entertainment. Complete your adventure with stays at the resort's luxurious Disney hotels. The magic doesn't end at our doorstep; as a dedicated member of the local community that cares deeply about societal wellbeing, Hong Kong Disneyland Resort spreads its magic through community service programs that help families in need, boost creativity among children and families, encourage the protection of the environment and inspire healthier living.

Mobile app gives the latest updates & helps plan your visit



The Hong Kong Disneyland mobile app keeps guests informed of all the excitement at Hong Kong Disneyland Resort, from operating hours to entertainment schedules. Reserve your park visit and get Disney Standby Pass. Use the GPS-enabled map to find your way around the park or make reservations for park and hotel restaurants, and make every moment count with wait times for each attraction. Magic Access members can also view block-out

calendars and membership privileges, designed to make your visit even more magical.

Download the Hong Kong Disneyland mobile app for free:

iOS users: <https://itunes.apple.com/app/id1077550649>

Android users: <https://goo.gl/ZbHHbP>

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