



# Coach Information Sheet

**2024 Girls on the Run 5K Saturday, May 18 at Vasona Park**

333 Blossom Hill Road, Los Gatos (GOTR Village & start line at the Boat Center)

## What To Bring/Wear

- Be sure to bring your **HAPPY HAIR & FUN TUB KIT(S) to the 5K!** You will use these with the girls at your table(s). You can also bring snacks, if you wish. (There will be food provided after the 5K in the finisher's area.) Be sure to **bring the team's bibs** if you do not distribute them to the girls before the event. NOTE: All 5K BIBS have the participant's name and emergency contact info printed on the back. Please also add one coach's contact info to each of your girls' bibs.
- Your 5K bib (pinned to the front of your shirt). Distribute 5K bibs and safety pins at your last practice before the 5K OR at your team table(s) on the morning of the 5K. Let parents and girls know which you'll be doing.
- A pre-filled, **reusable WATER BOTTLE**. There will be water stations at the 1.5-mile marker on the course and at the finish line.
- Running shoes/clothes. You are NOT required to wear your program shirt—though you can if you'd like! Teams may choose to all dress alike in a fun way so they can easily spot one another. Let the girls and their parents/guardians know your team's plan in advance of the 5K.
- A small backpack, waist pack, or good pockets for wallet and car keys that you can comfortably take with you while you walk or run. Leave all other valuables at home.

## What To Do When You Arrive

1. Coaches should arrive by **6:30 am**. Girls should arrive by 6:45am.
2. Locate your team table(s). **ALL GIRLS SHOULD CHECK IN WITH YOU at your team table(s)**. Check your Team Tables list and/or map to find out where your team's table(s) will be. Let the GOTR families know what color and number(s) in your pre-5K email to the team. There will be signs, maps, and volunteers to help!
3. Set up your table. You want to have your table set up **BEFORE THE GIRLS START ARRIVING** at 6:45am. Use the Happy Hair and Fun Tubs at your team table(s). Girls can visit the Inspiration Station and play Sponsor Bingo before and/or after the 5K. There will be warm-ups by waves starting at 7:45am.
4. **Line up according to your wave**. To ease crowding and for safety, we have four wave starts. Only program participants and coaches are assigned waves (printed on the front of your 5K bib). Anyone running with a program participant (running buddies, family, friends, etc.) should go in the girl's wave. Anyone NOT running with a program participant can go in any wave.

## Bib Pick-Up

All 5K participants who are NOT Girls on the Run or Heart & Sole program participants (such as **running buddies**, family, or friends) **MUST** register for the 5K and **MUST pick up their 5K bibs at Community Bib Pick-up on Thursday, May 16, between 12:00-7:00 pm at Sports Basement** in Campbell (1875 S. Bascom Ave) OR on the morning of the 5K on Saturday, May 18, from 6:00-7:30am at the Registration Tent at the Boat Center in Vasona Park.

## Lost Child/Parent Protocol

Parents/guardians are responsible for their daughter(s) throughout the entire 5K event. Each girl is required to have a running buddy who stays with her for the entire run/walk. If a girl and her running buddy become separated, they should both go to the nearest Water/Bracelet Station or 5K volunteer (dressed in bright pink shirts with the word VOLUNTEER or orange shirts with RACE CREW across the back) or to the First Aid tent (if they are in the main venue), and we will help them reunite.

**Please See Reverse For Important Driving & Parking Information**



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## Parking Information and Driving Directions

Please use the directions below. Do NOT use Waze or GPS.

### Coach Lot

One Pass Per Team. <-- REMEMBER YOUR PARKING PASS!

To park in the Pink Coach Lot (these parking passes were distributed at the May Coach Supply Pickup-one per team), you MUST bring your uniquely numbered PINK parking pass with you in order to park in the coach lot. Parking will not be permitted without a pass. No exceptions will be made. You must enter the park by 7:00 am. For coaches using the PINK COACH parking pass, follow the below directions to the Peppertree lot in Vasona Park:

#### FROM SAN JOSE

Take Highway 17 South and exit at Lark Ave  
Turn RIGHT onto Lark Ave, then LEFT onto University Ave.  
The parking lot will be approximately a mile down  
University on the LEFT (Peppertree Gate)

#### FROM SANTA CRUZ

Take Highway 17 North and exit at Lark Ave  
Turn LEFT onto Lark Ave, then LEFT onto University Ave.  
The parking lot will be approximately a mile down University  
on the LEFT (Peppertree Gate)

### General Parking - Free Parking in Vasona

Vasona parking for the 5K is FREE. Park gates will open at 6:00 am. Once the park is full, the gates will be closed and cars will not be able to exit the park until 9:30 am, after the race course is cleared. If you need to leave before 9:30 am, do not park inside of Vasona. Once the park is full, drivers will be directed just past the park entrance to the overflow lots along University Avenue, all within walking distance or via a short shuttle bus ride to the starting line.

#### FROM SAN JOSE

Take Highway 17 South and exit at Lark Ave  
Turn LEFT onto Lark Ave, RIGHT onto Los Gatos Blvd  
RIGHT onto Blossom Hill Rd  
The park entrance will be on the RIGHT

#### FROM SANTA CRUZ

Take Highway 17 North and exit at Lark Ave  
Turn RIGHT onto Lark Ave, RIGHT onto Los Gatos Blvd  
RIGHT on Blossom Hill Rd  
The park entrance will be on the RIGHT  
PLEASE NOTE: You will NOT be allowed to turn LEFT into Vasona Park if you come from the other direction.

### General Parking - Shuttle Lot Parking

If you would like to park outside of Vasona Park and/or get there after the overflow lots are full, follow the below directions to the off-site shuttle parking lot at Lark and University. The free off-site parking at 983 University Avenue is approximately 1 mile from the venue, but is not walkable. Shuttles will run from 5:30 am-11:30 am. Shuttles will drop off and pick up passengers close to the Vasona Park Peppertree Gate on University Avenue.

#### FROM SAN JOSE

Take Highway 17 South and exit at Lark Ave  
Turn RIGHT onto Lark Ave, then LEFT onto University Ave.  
The parking lot will be on the RIGHT

#### FROM SANTA CRUZ

Take Highway 17 North and exit at Lark Ave  
Turn LEFT onto Lark Ave, then LEFT onto University Ave.  
The parking lot will be on the RIGHT

### General Parking - Ride-Share Drop-Off

Northeast corner of University Avenue & Blossom Hill. To avoid all 5K traffic and shuttle buses, tell your driver to follow the directions below (NOTE: NO drop-offs will be allowed inside Vasona Park):

#### FROM SAN JOSE

Take Hwy 17 South and exit at Hwy 9 (to Saratoga)  
Turn RIGHT onto University Ave. Cross Blossom Hill Road and drop off at the corner. Walk north on University and enter Vasona through the Peppertree gate OR walk down the hill through Oak Meadow Park to the venue.

#### FROM SANTA CRUZ

Take Hwy 17 North and exit at Hwy 9 (to Saratoga)  
Turn RIGHT onto University Ave. Cross Blossom Hill Road and drop off at the corner. Walk north on University and enter Vasona through the Peppertree gate OR walk down the hill through Oak Meadow Park to the venue.