



# General Information for 5K Participants

**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)

## Arrival Details

- Arrive Early! All the fun is BEFORE the 5K begins.
- Give yourself plenty of time to park, take the shuttle, and walk to the venue.
- All Program Participants need to arrive by 6:45 am.
- Arrive no later than 7:00 am if you need to pick up your bib.

## Registration

- Online 5K registration closes on Tuesday, May 14 at 11:59 pm.
- See details below about registering in-person and bib pick-up.

## Bib Pickup and In-Person Registration

All general 5K participants (including community runners, running buddies, friends, or family of Girls on the Run or Heart & Sole program participants) MUST be registered for the 5K and MUST pick up their 5K bibs at one of our two Bib Pickups:

- Thursday, May 16 at 12:00 pm-7:00 pm at Sports Basement in Campbell (1875 S. Bascom Ave)
- Saturday, May 18 (the morning of the 5K) @ 6:00 am-7:30 am at the Boat Center in Vasona Park

Please note that Girls on the Run and Heart & Sole program participants are ALREADY registered for the 5K and will receive their bibs from their coaches. Program participants and coaches do NOT need to attend Bib Pick-up to receive their bibs (but all other 5K Participants DO).

## Course Details

- 3.1 miles in and around Vasona and Oak Meadow parks in Los Gatos
- Water will be available at the 1.5 MILE MARK on the course and at the finish. If you need more, bring a PRE-FILLED WATER BOTTLE with you.
- Runners can collect fun bracelets at mile 1 and mile 2 along the course.

## Wave Starts

To ease crowding and for safety, we have four wave starts. Only program participants and coaches are assigned waves\*. 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.

### Wave 1

Warm-up at 7:45am – Start at 8:00 am sharp! (\*Teams starting with L-River Glen H&S, plus Carolyn Clark)

### Wave 2

Warm-up at 7:52am – Start at 8:07 am sharp! (\*Teams starting Rocketship Alma- W)

### Wave 3

Warm-up at 7:59am – Start at 8:14 am sharp! (\*Teams starting A-C)

### Wave 4

Warm-up at 8:06am – Start at 8:21am sharp! (\*Teams starting D-K, plus all Monterey County Teams)

Please note there will be no early or late starts. For safety reasons, we DO NOT allow dogs, in-line skates, skateboards, bikes, etc. on the course or at the venue. Strollers are allowed but must start in the back of each wave. The 5K is a non-competitive, untimed fun run. If you want to track your time, be sure to check your watch or phone. There will NOT be a clock at the end.

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



# General Information for 5K Participants

## Parking Information and Driving Directions

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

### 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 Boulevard  
RIGHT onto Blossom Hill Road  
RIGHT into the Vasona Park Entrance OR, if park is full, RIGHT onto University to the overflow parking areas

#### FROM SANTA CRUZ

Take Highway 17 North and exit at Lark Ave  
Turn RIGHT onto Lark Ave  
RIGHT onto Los Gatos Boulevard  
RIGHT onto Blossom Hill Road  
RIGHT into the Vasona Park Entrance OR, if park is full, RIGHT onto University to the overflow parking areas  
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 Road. 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.

## Parking & Transit Questions

### Where is the off site shuttle lot?

1 mile from GOTR Village at 983 University Ave. near the corner of Lark Ave.

### When does the shuttle run?

5:30am-11:30am

### Where does the shuttle drop-off/pick-up

750 University Ave, uphill from the start and left outside the gate.

### Where can I drop someone off?

You CANNOT drop-off/pick-up inside the park. Use the Shuttle drop-off/pick-up site at the corner of Blossom Hill and University.

### Where do the sponsors park?

There is one spot per sponsor with an event table in the Boat Center. Additional sponsor parking is in the volunteer lot (101 Cooper Ct, just north of the shuttle stop on University).

## GOTR Village Questions

### Where do I pick up my bib/t-shirt?

5K participant pickup is at the Registration tent. GOTR/H&S participants pickup from their coach at the Team Table.

### Do I have to register?

YES! This is a safety issue. We need to identify you on the course.

### Does everyone get coffee?

No, sorry, it is only for the 5K volunteers

### What can be recycled?

All receptacles have signs listing what can be recycled.

#### RECYCLE

- Plastic Bottles
- Paper
- Aluminum Cans
- Paper Cups (NOT our water station cups)
- Paper bags
- Cardboard
- Ziplock/plastic bags (no food in them)
- Aerosol cans (think colored hairspray)
- Glass

#### TRASH

- Food Scraps
- Foil drink pouches
- Styrofoam
- Water station cups
- Happy Hair capes
- Plastic Gloves

### Where can I get bandaids?

All Race Committee leads (orange shirts) and First Aid Crew (red shirts) have bandaids. They are also available in the First Aid Tent.

### Where is the Lost and Found?

At the Information Tent.

### Is there a bag check? Where can I leave my things?

There is no bag check. Leave items at Team Tables or carry (especially any valuables) them with you.

### What wave am I in?

All teams were assigned waves. If running with a girl, go in her wave. If not, go in any wave. See wave assignments at the Registration tent or by Team Tables

### What time do the waves start?

Wave 1 – 8:00 am  
Wave 2 – 8:07 am  
Wave 3 – 8:14 am  
Wave 4 – 8:21 am

### What if I miss my wave?

Start in a later wave. No early starts and no starting after the last wave. Strollers need to start in the back of EACH wave.

### Lost Child/Parent Questions

All lost child/parent questions should be sent to the First Aid Tent.