



# Information for GOTR and Heart & Sole 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 - All participants/girls need to arrive by 6:45 am!

**Teams will meet at their team tables for fun activities BEFORE the 5K begins.** You won't want to miss these or the start of the 5K! You are NOT allowed to drop off at the park; you and/or your girl's running buddy must remain with her for the entire event. Please leave plenty of time to park and walk or take the shuttle bus to the main venue. Your girl will have a better experience if she is not rushed.

### What To Bring/Wear

- Running shoes/clothes. The girls are NOT required to wear their program shirt, though they can if they'd like! Teams may choose to all dress alike in a fun way so they can easily spot one another. Please check with your girl's coaches.
- 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.
- Personalized 5K bib (pinned to the front of their shirt). Coaches will distribute the girls' pre-printed 5K bibs and safety pins at either the practice before the 5K OR at their team table(s) the morning 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. **Locate your team table(s).** All girls should check in with their coaches at their assigned team table(s). There will be signs, maps, and volunteers to help direct you.
2. Participate in Happy Hair and Fun Tubs at their team table. Girls can get their hair sprayed with temporary hair color (Happy Hair) and apply temporary GOTR tattoos (Fun Tubs). Coaches will have those supplies.
3. Visit the GOTR Village to enjoy the fun activities, including coloring sheets at the Inspiration Station, decorating cheer signs, playing Sponsor Bingo and taking photos in the Picture Garden before AND/OR after the 5K.
4. Line up according to your **assigned wave**. To ease crowding and for safety, we have four wave starts. Only program participants and coaches are assigned to 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.

### 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 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 Boat Center in Vasona Park.

### Lost Child/Parent Protocol

Parents/guardians are responsible for their daughter(s) during 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 parent/running buddy become separated, they should both go to the nearest Water/Bracelet Station or 5K volunteer (if they are on the course) or to the First Aid/Lost Child tent (if they are in the main venue), and we will help them reunite. All 5K bibs have the participant's name and emergency contact info printed on the back.

### Please Note:

**DROPPING OFF AT VASONA PARK IS NOT ALLOWED!**

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



## 2024 GOTR 5K

### 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.