



Coach Information Sheet

2025 Girls on the Run 5K | Saturday, May 17 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 participants at your table(s). You can also bring snacks, if you wish, but there will be food provided after the 5K in the finisher's area. Be sure to bring your team's bibs if you do not distribute them to participants before the event. **NOTE: All 5K bibs have the participant's name and emergency contact info printed on the back. Please make sure to add one coach's contact info to the back of each of your participants' bibs.**
- **5K BIBS** (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 participants and grown-ups 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 in the GOTR Village.
- **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 participants and their grown-ups know your team's plan in advance of the 5K.
- A small backpack or fanny pack for your wallet and keys that you can comfortably take with you while you move through the course. Please leave all other valuables at home as there is no bag check at the 5K event.

What To Do When You Arrive

1. Coaches should arrive by **6:30am**. Participants should arrive by **6:45am**.
2. Locate your team table(s). **All PARTICIPANTS 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, and let your GOTR families know what flag color and table number(s) to look for when they arrive at Vasona on May 17th in your pre-5K email to the team. There will also be signs, maps, and volunteers to help if needed!
3. Set up your table. You want to have your table set up **BEFORE** participants start arriving at 6:45am. Use the Happy Hair and Fun Tubs at your team table(s). Participants 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 – that information is printed on the front of your 5K bib. Anyone running with a program participant (5K buddies, family, friends, etc.) should go in their participant'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 5K buddies, family, or friends) **MUST** register for the 5K and can pick up their 5K bibs at **Community Bib Pick-Up on Thursday, May 15th between 12:00-7:00pm at Sports Basement** in Campbell (1875 S. Bascom Ave) OR on the **morning of the 5K on Saturday, May 17th from 6:00-7:30am at the Registration Tent** across the Boat Center in Vasona Park.

Lost Child/Caregiver Protocol

Parents/guardians/grown-ups are responsible for their participant(s) throughout the entire 5K event. Each participant is required to have a 5K buddy who stays with them throughout the entire course. If a participant and their 5K buddy become separated, they should both go to the nearest Water/Bracelet Station, 5K volunteer (pink shirts with VOLUNTEER across the back), Race Crew Member (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



Coach Information Sheet

Parking Information and Driving Directions

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

Coach Lot

One Parking Pass Per Team → REMEMBER YOUR PARKING PASS!

To park in the Peppertree Coach Lot (these parking passes were distributed at the May Coach Supply Pick-Up), you **MUST** bring your uniquely numbered **PINK COACH PARKING PASS** with you to present to the lot attendant. Parking in this lot will not be permitted without a pass. No exceptions will be made. **You must enter the park no later than 7:00am.** For coaches using the parking pass, please follow the directions below 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 6:00am. Once the park is full, the gates will be closed, and cars will not be able to exit the park until 9:30am after the race course is cleared. **If you need to leave before 9:30am, do not park inside of Vasona.** Once the park is full, drivers will be directed just past the park entrance to the overflow or off-site lots along University Avenue. These lots are all within walking distance or 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 directions to the off-site parking lot at Lark and University Avenue. 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 a.m. to 11:30 a.m. for your convenience and drop off/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. **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.