



Information for GOTR and Heart & Sole Participants

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)

Arrival Details - All participants need to arrive by 6:45am!

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 participant's 5K buddy must remain with them for the entire event. Please leave plenty of time to park and walk or take the shuttle bus to the main venue. Your participant will have a better experience if they are not rushed.

What To Bring/Wear

- **RUNNING CLOTHES/SHOES.** Participants 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 participant's coaches.

- 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.

- Personalized **5K BIB** (pinned to the front of their shirt). Coaches will distribute participants' pre-printed 5K bibs and safety pins at either their last practice before the 5K OR at their team table(s) the morning 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. Locate your team table(s). All participants should check in with their coaches at their assigned team table(s). There will be signs, maps, and volunteers to help direct you if needed.
2. Participate in Happy Hair and Fun Tubs at your team table(s). Participants 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 – 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.

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 between 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 Note:

DROPPING OFF AT VASONA PARK IS NOT ALLOWED!

Please See Reverse For Important Driving & Parking Information



2025 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 6:00am. 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 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 5:30am - 11:30am for your convenience. 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.