Runner Guide

Thank you for registering for the 37th annual Wildflower Run on March 29, 2020! Your participation and the contributions from our sponsors enable the Morgan Hill branch of AAUW (American Association of University Women) to provide thousands of dollars in scholarships for girls and women. We are a 501(c)3 non-profit organization. Please consult your tax advisor to determine the extent to which your contribution may be tax deductible.

Each year, we incorporate your suggestions to make our race better than ever. Like last year, we expect (and are limiting registrations to) 1200 participants.

ADDITIONAL SOURCES OF INFORMATION

- For information about our scholarships and other philanthropy, go to AAUW Morgan Hill’s website.
- For additional event information, go to the Wildflower Run website WildflowerRun.org.
- Email unanswered questions to contact@WildflowerRun.org.
- Get the latest news (and like us!) on Facebook.
- Register online through Active.com, or download and mail in a registration form.

SPECIAL NOTES:

Senior 2K Run/Walk (for ages 60+). This specially priced, non-competitive event will follow the Kids’ 2K on the Live Oak track. Come make it a family event at the Wildflower Run!

5K Stroller / Baby Jogger! For the regular adult 5K registration fee, you will receive a bonus baby-tee for your little one. NOTE: Register just yourself; no additional registration is needed for your tot.

Pre-Run Packet Pickup. We will again offer optional packet pickup, 10 am - 2 pm, Saturday, March 28th, at BookSmart, 421 Vineyard Blvd., Morgan Hill. Pick up your bib and t-shirt early to ensure you receive this year's t-shirt and to avoid the Sunday rush.

Group Discounts. Groups of 10 or more receive a $5 discount per registration. Mail us your group's registration forms together, or we can set up an online discount code for you on Active.com. Email registration@wildflowerrun.org for a new group code.

Family Rates. Families of 4, 5, or 6 also receive special discounts. Mail us your family's registration forms together or register online using the family rate through Active.com. Note that individual family members may register for different events and still take advantage of the family rate.
BEFORE THE RACE

Parking
Parking is available in the student parking lot on the west side of Live Oak High School (close to the Run start) and in the staff parking lot on the east side of the school (close to the Run finish and the Finish Fest). Portions of both parking lots will be closed, since they are part of the course. The student parking lot WILL fill up, so please allow plenty of time to park, if necessary, in the overflow area on the east side of the school and walk back to the start. You may also park on Main Avenue, Half Road (north of the school) and side streets, but be sure to park off the road and do not block driveways. To better understand your parking options, please see the Live Oak High School site map included in this guide. Because of the anticipated large numbers of runners and limited parking, we encourage car pooling.

NOTE THAT PETS ARE NOT PERMITTED ON SCHOOL PROPERTY.

Registration & Packet Pickup
Registration will open at 7:30 am. We will have two registration areas, one for pre-registered runners and the other for same-day registrations. You will pick up your bib at one of these stations. Please see the Live Oak High School site map (on the following page) for directions to the registration area.

Or pick up your bib and t-shirt in advance. 10 am - 2 pm, Saturday, March 28th, at BookSmart at their new location, 421 Vineyard Blvd., Morgan Hill. This option is particularly convenient for families with young children in the Kids' 2K Fun Run or the 5K Stroller event.

Goodie Bags
5K and 10K Goodie bags will be available at the Finish Fest after the Run and, for the Kids' 2K, near the 2K finish. They contain treats and information from our sponsors as well as flyers about upcoming racing events. The children registered for the 2K will receive special goodie bags for children.

T-Shirts
Your registration entitles you to a fabulous Run t-shirt. We will have 2020 Wildflower Run t-shirts for the first 750 runners who pick up their run packets. For the best selection, plan to pick up your runner bib, t-shirt, and goodie bag at packet pickup the day before the Run or on Run day following Registration, before your race. All runners are also invited to pick up their t-shirts (assuming availability) at the Finish Fest after your race.

Runners registered in our 5K Stroller/Baby Jogger Race are each allocated two t-shirts, one for themselves and one for their passenger! Specially designed and totally adorable “Wildflower Stroll” shirts are available in sizes 12M, 2T, 3T or 4T. Pushing a double stroller? You may make a $10 donation for a second “Wildflower Stroll” shirt (at the t-shirt table in the Finish Fest following the Run).

Free Photos!
Local photographers from the Morgan Hill Photography Club will be taking Run and award photos throughout the morning. Photos will be available at no charge to you (Wednesday after the run) to browse and/or download. The online link to the photos will be at WildflowerRun.org.

Hospitality
Complimentary pre-Run (caffeinated) coffee and light snacks will be available at the “Snack Shack,” located between the registration area and the track. Look for porta-potties in that area as well.
THE RACE

Timing Chips
Our 5K and 10K chip timing is provided by South Valley Endurance. Your chip is on your bib, which must be worn uncovered on the FRONT of your body. If it is covered, it is possible that your time will not be recorded. The 10K will have a gun start, with the 5K start and both finishes recorded electronically.

Race Start Times
• Kids’ 2K Fun Run will start at 8:30 am on the track. (See Live Oak site map)
• 10K Run will start at 9:00 am near the back (north end) of the west parking lot. Walkers are also welcome to participate in the 10K (although we do not offer a separate "10K Walk" event). If you will be walking, please note that we will be pulling the course workers and closing the course at 11:00 am. NOTE: The 10K will have a gun start; if you are competing for medals, please position yourself near the front of the pack.
• Senior 2K Run/Walk will start at approximately 9:15 am on the track, after the Kids’ 2K has cleared out.
• 5K Run, 5K Walk and 5K Stroller/Baby Jogger Race will start at 9:30 am; strollers and walkers should line up behind runners at the start line. (Your race has a chip start, with your start time recorded electronically when you cross the start line.) The 5K start is also in the west parking lot, just inside the entrance to the parking lot.

The Courses
The 5K and 10K courses are both fast and flat, on paved roads. They are ideal for runners who want to improve their personal best times. Please review the 5K and 10K route maps.

Both the Kids’ 2K (for children aged 10 and under) and the Senior 2K (for ages 60+) consist of 5 laps around the Live Oak High School track. See the detailed instructions on the 2K map in this packet.

Traffic
You will be running on country roads, generally with little traffic. However, the roads are open to all local traffic. Please be careful, do not block the road, and be aware of passing vehicles. Watch for warning signs, cautioning runners of cross-traffic in heavier trafficked areas. There will also be volunteer course marshals and extra police helping with traffic control.

Entertainment Enroute!
We will have featured entertainers along the route, keeping you energized. We anticipate these will again include Taiko drummers, dancers, guitar players, a ukulele group, and more. Enjoy!

Course & Mile Markers
We have accurate mile markers on both the 5K and 10K routes. (5K mile markers are red and 10K are blue, and they are in different spots.) The 10K is a USATF certified course. There will be many volunteers and directional arrows ensuring you are going in the right direction. Bicyclists will lead both routes.

Medical Information
Emergency Medical Service will be stationed at the 5K and 10K finish and will be at the track for the duration of the 2K events. An EMT on a bicycle will patrol the 5K and 10K routes during the races. Please see them if you are having any issues. (See Live Oak site map for position of EMTs.)

Water Stops Water is available in the hospitality area (near registration) and at the finish of all races. There is one water stop on the 5K course, and there are three water stops on the 10K route. There will be many volunteers at the water stops to cheer you on!

Rest Room Facilities There will be several porta-potties, near registration (on the west side of the campus), and near the 5K & 10K finish line (on the east side of the campus). School restrooms at the “Snack Shack” near Registration will also be open. (See the Live Oak site map for locations.)
WILDFLOWER RUN
2K Kids Run
Held at Live Oak High School
1505 East Main Avenue, Morgan Hill, CA

2K RUN ROUTE
KIDS: 8:30 AM START
SENIORS: 9:15 AM START

- The route consists of 5 laps of the track
- To track laps, a tally worker on the INSIDE of the track will hand runners a lap indicator after each lap
- After the 5th lap (4 lap indicators), the runners will exit through the cones on the OUTSIDE of the track
- Strollers are not permitted on the track
- We encourage parents to cheer from the bleachers
- Parents cheering on young children may stand on the grass on the inside of the track. However, please do not get in the way of volunteers handing out tally sticks (lap indicators)

Kids Fun Run winner medals and prizes will be presented by the track, immediately following the event

Senior 2K Finish Ribbons will be presented as seniors complete the event

WATER, SNACKS, & KIDS’ GOODIE BAGS
WILDFLOWER RUN

10K RUN
5K RUN OR WALK
Held at Live Oak High School
1505 East Main Avenue, Morgan Hill, CA

AAUW Morgan Hill (CA) Branch

5K RUN ROUTE
9:30 AM START
WILDFLOWER RUN

10K Run
5K Run or Walk
Held at Live Oak High School
1505 East Main Avenue, Morgan Hill, CA

AAUW
Morgan Hill (CA) Branch

10K RUN ROUTE
9 AM START

START

FINISH

RUN LOCATION
1505 EAST MAIN AVE

Cochrane Rd.
Mission Blind View
Half Rd.

Live Oak High School

East Main Ave.

Diana Ave.

Ringel Dr.

Justino Dr.

Cimmaron Dr.

Water Stop

Water Stop

Water Stop

Water Stop
AFTER THE RACE: FINISH FEST

Medals & Awards

**Kids' 2K Fun Run** - All 2K runners will receive a specially designed Wildflower Run medal representing this year’s run as they complete the event. First, second, and third place overall (male and female) will receive additional winner medals and prizes immediately follow the event, at the track.

**Senior 2K Run/Walk** - All will receive a finish ribbon indicating the event and year.

**5K and 10K Runs** - All runners and walkers will receive finish ribbons. Awards will be presented on the podium in the center of the Finish Fest, near the finish line. First, second and third place overall in each race (male and female) will receive prizes and medals. First, second and third place in all age groups (male and female) will also receive place medals. 5K medals will be announced first, starting between approximately 10:00 am and 10:15 am. **Please listen for announcements. Age Groups**: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+.

**5K Stroller/Baby Jogger Race** - All runners will receive finish ribbons. Awards will be presented on the podium in the center of the Finish Fest, near the finish. First, second and third place (male and female) will receive prizes and medals. There are no age group categories. **Please listen for announcements.**

Results Available

**On-Site** - Laptops will be available where 5K and 10K runners can immediately scroll to your results.

**Online** - We anticipate having results for our 2K events posted on our Wildflower Run website by Monday following the race. Go to [WildflowerRun.org](http://WildflowerRun.org) (our Run website). For the 5K Run | 5K Walk | 5K Stroller | 10K Run, we expect to have results posted on our website by Thursday after the run, once the results are finalized by SVE. Results for the 10K and 5K events will also be available through South Valley Endurance on their website, [svetiming.com](http://svetiming.com).

Jamba Juice

All runners are invited to enjoy a complimentary Jamba Juice following the race. This is for registered participants only (including 2K participants). The Jamba Juice tent can also be found at the Finish Fest.

Water & Snacks

Post-race refreshments (including water from Valley Water’s eco-friendly water truck) will be available as you enter the Finish Fest. Note that water for 2K runners will be on-site at the track following that race.

Goodie Bags

Goodie bags will be available at the Finish Fest after the Run. They contain treats from our sponsors as well as flyers about upcoming racing events. Special kids' 2K goodie bags will be at the 2K finish.

Corporate Sponsors & Information Booths

Our race would not be successful without our sponsors. Be sure to check out their booths at the Finish Fest for information and giveaways. **Some of our sponsors will also be offering merchandise for purchase.** And be sure to stop by the AAUW booths to learn about our organization and our activities, participate in children's activities, and meet local scholarship winners.

Volunteers & Questionnaire

AAUW provides close to 200 volunteers to make this a successful event. Please ask a volunteer (look for a Wildflower Run sweatshirt or big "ASK ME" button) if you have questions. Please fill out a questionnaire and let us know what we can do to make the Run even better next year.

Free Photos!

Our photographers will be posting run and award photos (available Wednesday after the run). The link is available through our website, [WildflowerRun.org](http://WildflowerRun.org). Browse and download for great memories.