



Runner Guide

Thank you for registering for the 29th annual Wildflower Run on April 1, 2012! 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. Each year, we incorporate your suggestions to make our race better than ever. This year we are looking forward to our most successful event ever, with approximately 1000 participants.

The following should provide all information that you need regarding the run. Please email any unanswered questions to @aauw-morganhill.org.

BEFORE THE RACE

Parking

Parking is available in the staff parking lot on the east side of Live Oak High School and the student parking lot on the west side of the school. However, portions of both parking lots will be closed, since they are part of the course. You may also park on Main Avenue, Half Road and side streets, but be sure park off the road and do not block driveways. Because of the anticipated large numbers of runners and limited parking, car pooling is encouraged. **NOTE THAT DOGS ARE NOT PERMITTED ON SCHOOL PROPERTY.**

Registration

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 for directions to the registration area.

Goodie Bags

After registering, pick up a goodie bag that contains treats from our sponsors, as well as flyers about upcoming racing events.

T-Shirts

Your registration entitles you to a fabulous free run t-shirt. Pick it up near Registration before the race (for the best size selection) or in the Sponsor area after your race.

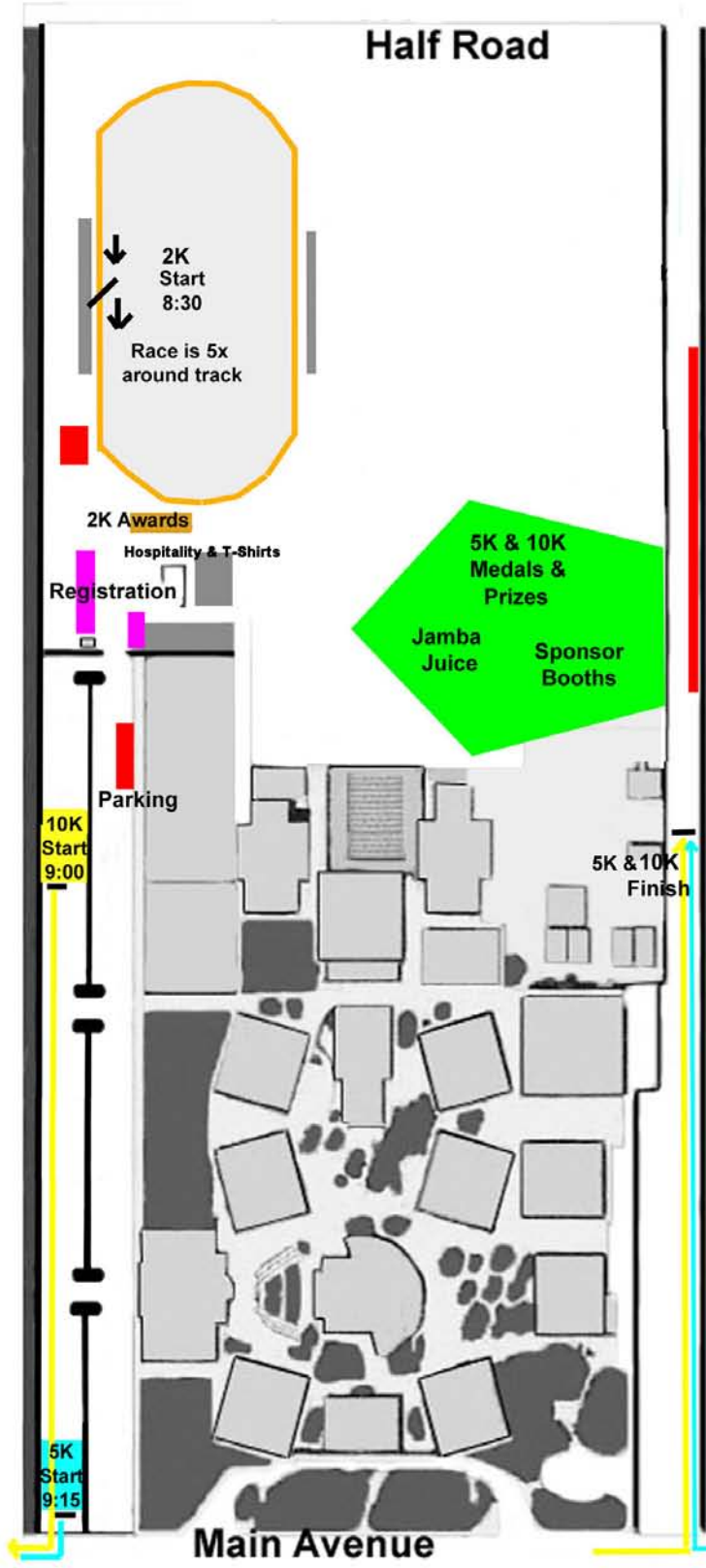
Photography

Local photographers Susan Brazelton and Noella Vigeant will be taking run and award photos throughout the morning. Photos will be available (Tuesday after the run) to browse and/or purchase on <http://wildflowerpicts.shutterbugstorefront.com/>. Pick up a flyer (at the t-shirt table) for more details.

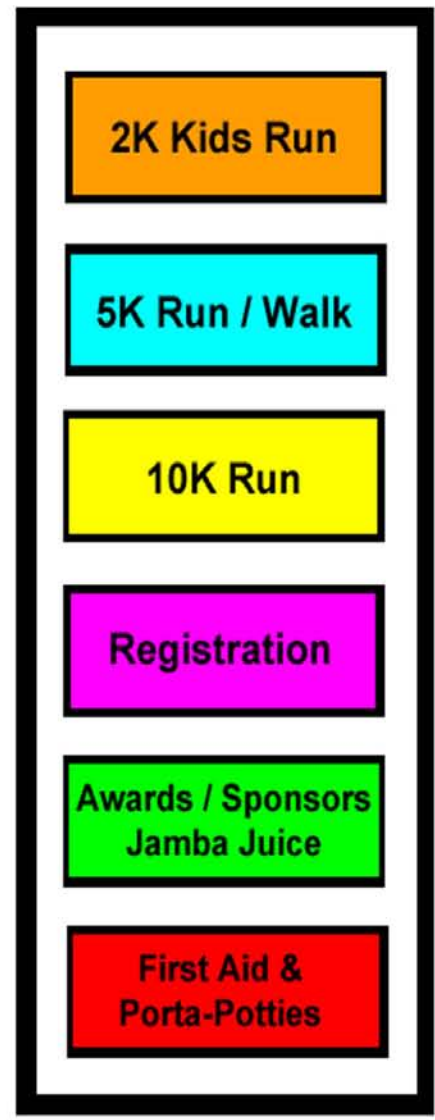
Hospitality

Complimentary 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.

Live Oak School Site Map



Site Key



THE RACE

Timing Chips

We are pleased to again offer chip timing, provided by South Valley Endurance, for the 5K and 10K races. 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.

Race Start Times

- The 2K Kids Run will start at 8:30 am on the track. (See Live Oak site map)
- The 10K Run will start at 9:00 am near the back (north end) of the west parking lot.
- The 5K Run and 5K Walk will start at 9:15 am; walkers should line up *behind* runners at 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.

- ***Please note that we have changed the 5K route this year.*** This allows us to have a single finish line for the 5K and 10K. If you have run or walked the 5K before, you might want to review the course map to familiarize yourself with the new route. (Course marshals will also be on the course to direct you.)

The 2K, for children ***now for ages 10 and under only***, consists 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.

Course & Mile Markers

We have accurate mile markers on both the 5K and 10K routes. The 10K is a USTFA 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

First On Scene EMS service will be stationed at the 5K and 10K finish and will be at the track for the duration of the 2K. 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.

Porta-Potties There will be several porta-potties, near the 10K start (on the west side of the campus), and near the 5K & 10K finish line (on the east side of the campus). (See the Live Oak site map for locations.)

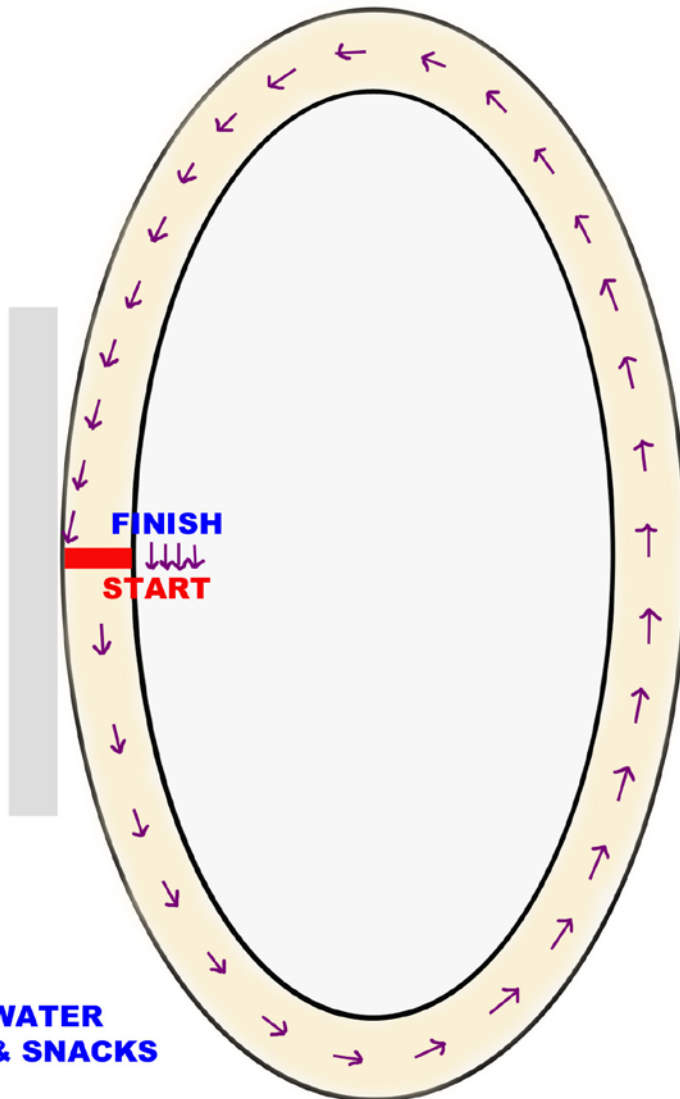


WILDFLOWER RUN

2K Kids Run
Held at Live Oak High School
1505 East Main Avenue, Morgan Hill, CA

2K RUN ROUTE

8:30 AM START



**WATER
& SNACKS**

**AWARDS IMMEDIATELY
FOLLOWING RACE**

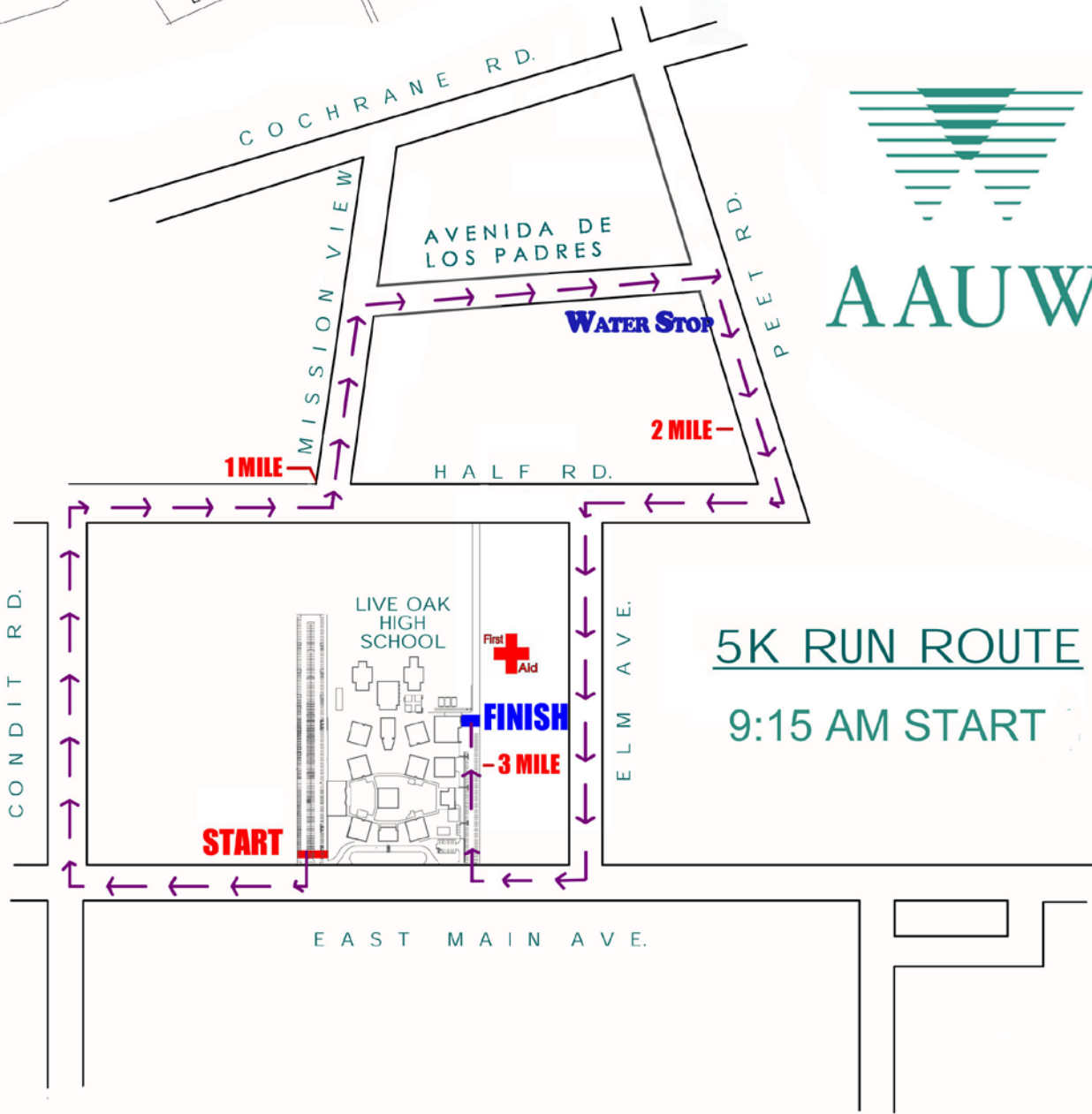
- The route consists of 5 laps of the track
- To track laps, a tally worker on the INSIDE of the track will hand runners a lap indicator after each lap
- After the 5th lap (4 lap indicators), the runners will exit through the cones on the OUTSIDE of the track
- Strollers are not permitted on the track
- 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)

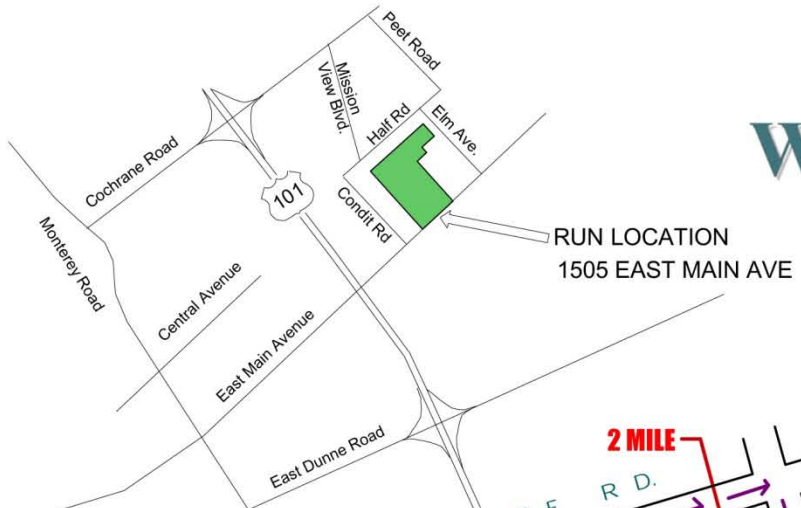




WILDFLOWER RUN

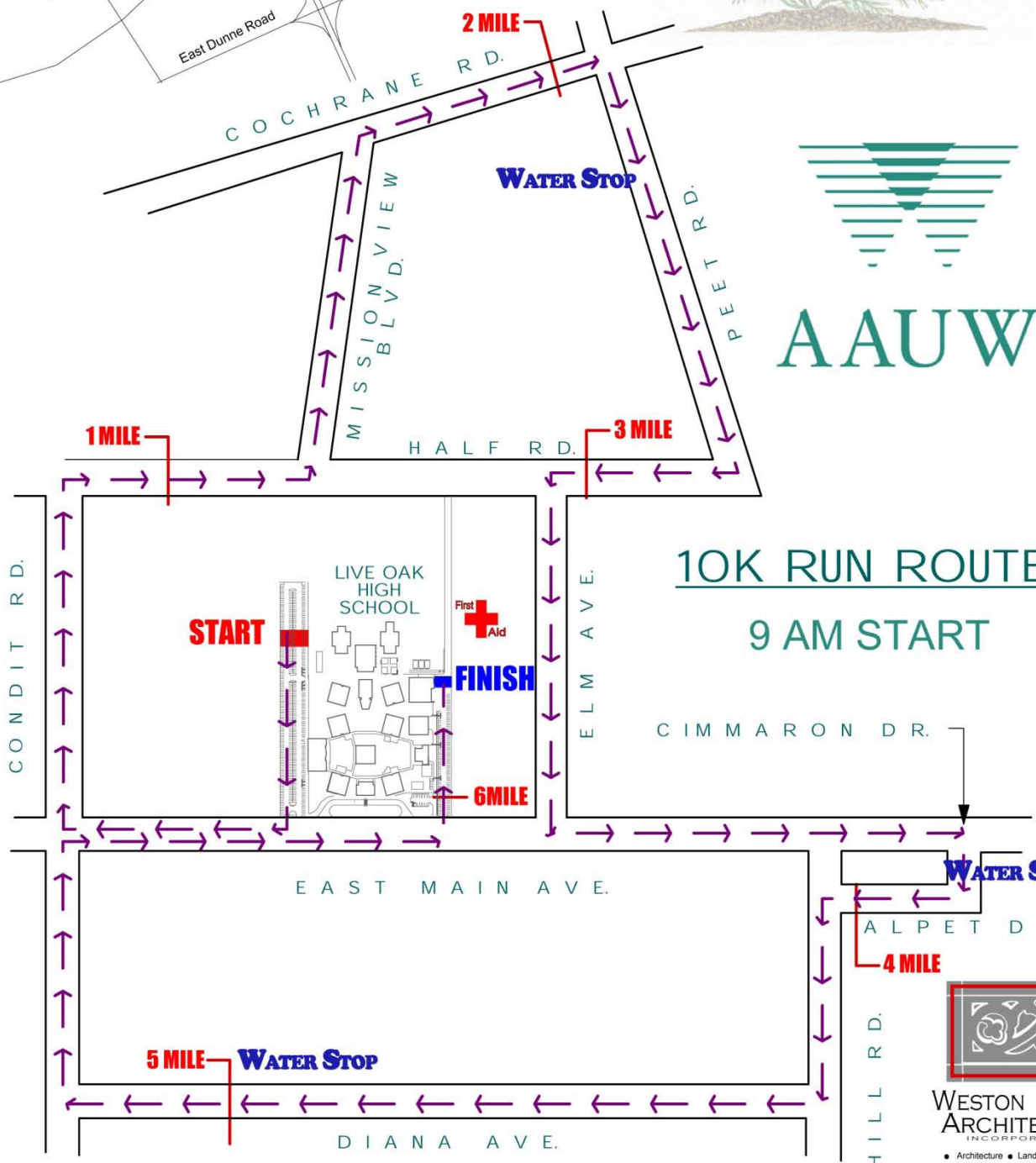
10K RUN
5K RUN OR WALK
Held at Live Oak High School
1505 East Main Avenue, Morgan Hill, CA





WILDFLOWER RUN

10K RUN
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AFTER THE RACE

Medals & Awards (2K)

2K awards will be given out immediately following the race at the track. All 2K runners will receive a specially designed Wildflower Run medal representing this year's run. First, second and third place overall (male and female) will receive prizes. First, second and third place (male and female) in each age group will also be highlighted in our results listing. **Revised Age Group Categories:** 6 and under, 7-8 and 9-10.

Medals & Awards (5K & 10K)

Awards will be presented in the Sponsor area (follow the signs after the finish line). First, second and third place overall in each race (male and female) will receive prizes. First, second and third place in all age groups (male and female) will also receive place medals. **Please listen for announcements.**
Revised Age Group Categories: 12 and under, 13-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Results Available On-Site

Laptops will be available where 5K and 10K runners can immediately scroll to your results. In addition, large white boards will post the top three, both men and women, for each race in each age group.

Results Posted Electronically

We anticipate having results for all three races posted by Monday, the day after the race. Go to aauw-morganhill.org and click on "Wildflower Run" or on our Run logo.

Jamba Juice

All runners are invited to enjoy a complimentary Jamba Juice following the race. This is for registered participants only.

Water & Snacks

Post-race refreshments will be available as you enter the Sponsor area.
Note that water and snacks for 2K runners will be at the track following the race.

Sponsors & Information Booths

Our race would not be successful without our sponsors. Be sure to check out their booths for information and giveaways. Stop at the AAUW booths to learn about our organization and our activities and to meet local scholarship winners.

Volunteers & Questionnaire

AAUW provides close to 100 volunteers to make this a successful event and to present the best that Morgan Hill has to offer. Please ask a volunteer (look for the bright pink shirts) if you have questions. Please fill out a questionnaire (find one near Jamba Juice or at the AAUW booth), telling us what you liked and what we can do to make the race even better next year.

Photographs

Local photographers Susan Brazelton and Noella Vigeant will be posting their run and award photos (available Tuesday after the run) on <http://wildflowerpics.shutterbugstorefront.com/>. Browse and/or purchase great memories of your day!

Questions?

Email us at wildflower@aauw-morganhill.org.