

# Stay fit and help a good cause



ANGELA YOUNG • SPECIAL TO THE TIMES

The AAUW Wildflower Run drew another large turnout last year.

## AAUW Wildflower Run returns April 1

Spring is coming and so are many athletic competitions, including the 29th Annual Wildflower Run.

This season favorite shall prove to be another successful race put on by Morgan Hill's American Association of University Women. These ladies have been hard at work, designing a special day for everyone.

For those who want to register early for the race and

save some cash, make sure to do so by March 22; the fee

goes up by \$5 the following day.



ANGELA YOUNG  
The Finish Line

angela  
@Write2TheTop.com

One purpose of this race is to raise money for a scholarship program for girls who attend public middle school and are eligible to participate in Tech Trek, a science

TURN TO YOUNG • B4



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Jamba Juice smoothies, cheerful volunteers, medals for children, prizes and colorful race shirts are a mainstay at the annual AAUW Wildflower Run, which makes its 29th running April 1.

## YOUNG ■

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and math camp at Stanford University.

There are two changes for the April 1 event, and no, this isn't an April Fool's Day prank: a new course for the 5K route, and the kids 2K age category is for 10 years old and under. The 10K USATF-certified course remains untouched.

Also, the Jamba Juice smoothies at the finish line festivities, the cheerful volunteers, medals for the kids, prizes for the top finishers and the colorful race shirts are a mainstay. Speaking of shirts, this year's purple number will feature a simple logo with a runner's legs in front of a large California poppy.

What makes this race different from others is its ever-evolving T-shirt art. To keep things fresh in the creative arena, the AAUW will host an art contest for anyone willing to illustrate the design for next year's tee. The deadline for entries will be in June.

What keeps runners coming back to revisit the Wildflower Run?

Charles Weston, a marathoner and race director for the IDI July 4th 5K in Morgan Hill has run the Wildflower 15 times.

"It's flat, comes at a good time of the year to test one's fitness, and it's a local race for a very good cause," he said.

Shannon McRoberts, also from Mor-

gan Hill, is a devotee.

"It's a lot of fun because I like the Jamba Juice at the end and people hang out to watch the medal ceremony. So it's kind of more like a party than some other races that I do," she mused.

McRoberts' mother Jody added, "In 2007, this was the first race that Shannon, my son Jacob and I did when we first started running and racing. We decided to stick together to encourage each other. It was a lot of fun."

Race director Elizabeth Mandel and the AAUW are brimming with new ideas.

"One of the things we've been working on this year is the history of the run. We have some people creating a document that's a history of the run over the years. The first run was in 1984," Mandel said. "We are hoping to put it on our website when it's finished."

Weston encourages everyone to participate.

"This is a good event to run if you are new to running," he said. "Lots of support and friendly volunteers to make up for any nervousness one might have."

**Details:** For more information, visit [www.Wildflowerrun.org](http://www.Wildflowerrun.org).

Angela Young is a freelance journalist for South Valley Newspapers and is passionate about the running world. She's been a runner for more than a decade and loves to write stories on seasoned athletes, weekend warriors, newbies, races of all distances on paved roads and off the beaten path. She likes to include the wild and crazy and as well as the most serene in her stories. Email her at [angela@Write2TheTop.com](mailto:angela@Write2TheTop.com).



# Wildflower Run was my first 5K; what's the 'K' mean?

I am not a runner. Let's get that out of the way first. I have no desire whatsoever to move my legs quickly for fun. Hiking, yes – running, no. Carrying 30 extra pounds around doesn't help either.

But when the opportunity arose to run in the 29th annual Wildflower Run on Sunday at Live Oak High School in Morgan Hill, I decided to give it a shot. How hard could be it, right? After all, I've done the occasional 3-

mile jaunt – on a treadmill of course. And I've done it in about half-hour, so I thought I should be fine to run in my first race without running too many people over.

I had to Google what the "K" meant after the race designation to make sure I knew what I was getting into and the British weren't pulling a fast one on me. OK, so it's a kilometer, which is less than a mile. Good. So a 5K equals 3.1 miles and a 10K

is 6.2 miles.

I joined colleagues Lindsay Weaver and Lora Schraft and her husband in the race. Lindsay and I were in the same 5K race. But she wasn't able to get her husband Josh to compete, since not all entrants received a medal and he didn't want to be embarrassed. Lora and her husband Ross are actually training for a half marathon – 13.1 miles – so this was a mere tune-up for them.

Lindsay, who ran in college, said she was in it to win and actually did quite well, finishing second in her age group, and way

ahead of me.

My goal was to finish. OK, at one time I entertained ideas of finishing under 30 minutes. A lofty goal, but just out of reach. I'll blame my 34-minute finish on the head wind blowing in. One runner remarked that his legs were already cold just as the race was starting.

Not many runners had short-sleeve T-shirts during the cold morning, and many tried to stay warm by downing a shot of coffee before hand. The coffee table was a popular stop and quickly ran out.

The event, which raises money for scholarships women and girls, was well attended and well organized. Despite the temperature hovering around 50 degrees and wind gust of 20 mph, participants seemed to enjoy the race, or as much as you can enjoy a race.

For me I was just trying to make sure I didn't trip over a speed bump in the Live Oak parking lot or step in one of the many puddles on the side of the road from the rain the night before.

After running the first mile in about 9 minutes, I

kept waiting for that extra burst of speed to kick in. But it never did. Visions of the Jamba Juice smoothies that were given out at the end of the race kept me going. I think about 20 people passed me in the final half mile.

Volunteers along the way offered words of encouragement and friendly smiles. Yeah, easy for you to smile, you aren't running a race. But in the process I gained a new appreciation for those who run – now I'm going to go soak my legs.



NATHAN MIXTER

## Runners flock to Wildflower Run

10K participants take off during the 29th annual Wildflower Run Sunday at Live Oak High School. Hundreds of runners braved the 20 mph wind and 50-degree weather to participate in the event that raises money for scholarships for girls and women. **For story and more photos, turn to Sports, B1.**

PHOTO BY SUSAN BRAZELTON  
SPECIAL TO THE TIMES



## The Morgan Hill Times

### Runners enjoy blustery 29th Wildflower Run

Corvese, Vishik win 10K; Deisenroth, Guthormsen 5K

Posted: Monday, April 2, 2012 8:42 am

Carol Holzgrafe • Special to the Times



In the end it wasn't rain 825 runners had to deal with during Sunday's 29th Wildflower Run, but a frigid, 35 mph wind.

"The wind was crazy," one runner said, speeding by too fast to leave his name, "but it was good running with the wind."

Ryan Corvese and Inna Vishik had the fastest 10K times for men and women; and Kyle Deisenroth and Emily Guthormsen for the 5K. Natalie Mazaud and Jacob Hall finished first and second in the 2K for kids ages 10 and under.

Natalie's father said she won the 2K race last year and intended to win this year, too; and she did.

Noella Vigeant • Special to the Times  
Sobrato junior Ryan Corvese of Wolfpak Racing won the 10K race at the 29th Annual AAUW Wildflower Run in Morgan Hill.





Susan Brazelton • Special to the Times  
10K women's winner - Inna Vishik won the 10K women's title in the 29th Annual AAUW Wildflower Run on Sunday in Morgan Hill.



Noella Vigeant • Special to the Times  
2K winner - Natalie Mazaud, 10, won the 2K kids race, part of the 29th Annual AAUW Wildflower Run, Sunday in



Noella Vigeant • Special to the Times  
5K men's winner - Kyle Deisenroth of Wolfpak Racing won the 5K men's title in the 29th Annual AAUW Wildflower Run on

Names, rankings and times for the 5 and 10K races, plus a 5K walk are available at [www.wildflowererrun.org](http://www.wildflowererrun.org) and [www.svetiming.org](http://www.svetiming.org). Similar details for the 2K can be found at the Wildflower Run site. South Valley Endurance provided the timing chips and convenient, almost immediate printouts of run data.

The Run is a project of Morgan Hill's American Association of University Women branch. All proceeds are used to provide college scholarships to local women and camperships to seventh-grade girls, who will attend the Tech Trek Science and Math Camp for Girls at Stanford University this summer.

Besides offering a well-organized, certified race, the AAUW volunteers – 130 strong – offered T-shirts in deep purple with a striking design: a large poppy with running legs as the flower's stamen. The shirt was designed by former Morgan Hill resident, Jim Holzgrafe of Quail Run Graphics.

Katie and Brian Howard, recently honored on Philanthropy Day, provided Jamba Juice smoothies for all runners. Many other local businesses sponsored the run or offered services (massage, anyone?) after the race.

All runners received ribbons as they crossed the finish lines. The top three winners in each category were photographed wearing medals around their necks while posing on the three-tiered stand familiar to Olympic Game viewers.

While 5 and 10K races tend to focus on teens and adults, 2K runners and their siblings could have their faces painted or a temporary tattoo added to a cheek.



Susan Brazelton • Special to the Times  
10K middle of the pack - Runners speed by in the 10K race Sunday at the 29th Annual AAUW Wildflower Run.

Shea Mattox, 7, who attends Nobel Elementary School in San Jose, and Emily Pember, 9, a fourth-grader at Nordstrom School, were both eager to begin the run - the first time for Shea, the third for Emily.

Both had exactly the same comment.

"I just like to run," they said.

While no event as large as the Wildflower Run is ever entirely glitch free - the wind blew over the timing arch and the Live Oak custodian did not have the key to open a crucial gate - this one was, apparently, close. Run director Elizabeth Mandel said that, even with all the work, everyone had fun.

"We had so many competent volunteers," Mandel said, "we could hardly miss." And they had 29 years to practice. The next Wildflower Run is scheduled for April 14, 2013, leaving plenty of time to get in shape. For full results, visit [www.wildflowerrun.org](http://www.wildflowerrun.org) and/or [www.svetiming.org/](http://www.svetiming.org/).

## TOP THREE FINISHERS

### 10K

1. Ryan Corvese, age 17, male
2. Clint Scott, age 40, male
3. Pierre delforge, age 45, male

### 10K women

1. Inna Vishik
2. Claire Maust
3. Julie Wolfsmith

### 5K men

1. Kyle Deisenroth
2. Austin Heiser
3. Jeff Pesta

### 5K women

1. Emily Guthormsen
2. Sarah Gilbert
3. Annie Bergholz

### 2K for under-10 kids

1. Natalie Mazaud, age 10 (9-10 category) 8:35:00
2. Jacob Hall, 7-8 category 9:31:00
3. Jason Toombs 9-10 category 9:40:00



Susan Brazelton • Special to the Times

2K Kids Race - Runners take off at the start of the 2K kids race, part of the 29th annual AAUW Wildflower Run, Sunday at Live Oak High School.



Susan Brazelton • Special to the Times  
5K Women's Winner - Live Oak's Emily Guthormsen won the 5K women's title Sunday in the 29th Annual AAUW Wildflower Run in Morgan Hill.