

LORE OF RUNNING

29th Annual Wildflower Run: Kid's 2K, 5K, 10K

by Craig Lore
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Twenty-nine years is a long time for an event to exist, so the Wildflower Run put on by the Morgan Hill Branch of the AAUW at Live Oak High School, 1505 E. Main Ave., Morgan Hill, must be doing something right to have staged a run that has lasted this long. The fact is, though, they do many things right, including a 2K run for kids ages five to ten on the Live Oak High School track, a 5K Run/Walk, and a USATF Certified 10K. The 5K and 10K are on flat, fast terrain on paved roads.

In addition, the race offers a collectible T-shirt, goodie bags, Jamba Juice smoothies for all participants, medals for all 2K finishers. Medals for first, second and third place male and female finishers in the 5K and 10K in all age divisions, as well as first, second and third place awards for male and female overall winners of each race. Chip timing is provided by South Valley Endurance. Also, professional photographers will have action photos available for online purchase following the run. For an added boost, pre-race complimentary coffee and light snacks are available. Sponsor booths add a festive atmosphere to the park-like setting and a chance to browse the booths of local businesses and organizations.

Elizabeth Mandel, race director, expects approximately 1,000 participants in all events this year. And 100 volunteers will make sure that everything runs smoothly. This year, the 5K course has been adjusted so that the 5K and 10K end at the same spot. Results will be



HERE'S A GREAT PHOTO FROM LAST YEAR'S RUN.

PHOTO BY NOELLA VIGEANT

posted electronically and available on site.

Registration is the least expensive before March 22. Group rates apply for families of four, five or six, or for all groups of ten or more. Register on www.active.com or print a paper registration at www.aauw-morganhill.org/wildflowerrun.html. The AAUW website also features a printable seven-page runner's guide that includes more details and maps of the courses.

Proceeds from the races allow AAUW Morgan Hill to award four college scholarships to local high school girls and five to local women who are continuing their higher education. In

addition, eight middle-school girls get to attend Tech Trek, a one-week math-science camp at Stanford University. Funds also help to provide graduate fellowships for women.

With twenty-eight years of history and counting, the AAUW Wildflower Run has figured it out.



~ Craig Lore lives in San Martin and runs everything from the 5K to the marathon, including New York and Boston. Write to Craig at bookdeep@pacbell.net