## The Morgan Hill Times Corvese, Becera win 5K events at Wildflower Run

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Sobrato High senior Ryan Corvese won the male 5K at the AAUW Morgan Hill 30th Wildflower Run on Sunday, covering the course in 16 minutes, 15 seconds.

The female 5K went to Christi Becera with a time of 21:39. Diego Leon won the male 10K in 35:08, and Inna Vishik claimed the women's 10K in 40:12.

For full results, visit <u>WildFlowerRun.org</u>.



Photo by Susan Brazelton

Children begin the 2k Run for Kids on the Live Oak High School track Sunday during the 30th Annual Wildflower Run sponsored by AAUW of Morgan Hill.



Lora Schraft/Chief Photographer Sobrato's Ryan Corvese is heading to the state cross country finals Nov. 24 in Fresno and hopes to place in the top five.



Photo by Susan Brazelton

From left, Jennifer and Michael Murrill walk with Shachar and Emily Shem-Tov in the new 5k stroller run Sunday during the Wildflower Run held at Live Oak High School.

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Corvese was coming off setting a 3,200-meter personal record with a 12th-place finish in the men's seeded No. 2 race at the Arcadia Invitational.



Photo by Susan Brazelton

Travis Finucane came in first place with a time of 0:20:27 in the new 5k stroller run Sunday during the Wildflower Run held at Live Oak High School.



Photo by Susan Brazelton Runners race down the Live Oak High School parking lot at the start of the 10k run during the Wildflower Run Sunday.



Photo by Susan Brazelton Families compete in the new 5k stroller run Sunday during the Wildflower Run held at Live Oak High School.

http://www.morganhilltimes.com/sports/prep/corvese-becera-win-k-events-at-wildflower-run/article\_c6716a3e-a63a-11e2-8be6-0019bb30f31a.html

## Wildflower Run: A good time for a good cause



## Dana Arvig

One of the perks of working for the local newspaper is being able to sponsor and participate in wonderful community events and fundraisers. On Sunday, The Morgan Hill Times – and many other local businesses – sponsored the 30<sup>th</sup> annual Wildflower Run. If you aren't familiar with this event, it is put on by the America Association of University Women, which provides scholarships to local girls. The Wildflower run includes a 10K run, 5K run, 5K walk, a 2K run for children 5-10 years old, and new for 2013 a "stroller run".

I learned a few things Sunday. First, this is an incredibly well-organized event from the registration process through the finish festival. Second, I can still jog/run/walk about 3 miles in less than 45 minutes. And lastly, I

learned that our chief photographer Lora Schraft runs approximately twice as fast as I do. Lora ran the 10K and I did the 5K. The 10K started 15 minutes before the 5K. I'm huffing and puffing the last few yards toward the finish line and that big white arch where refreshments and free massages await and then I see Lora who appears to be sprinting ahead of me in hot pink socks.

I did manage to finish slightly ahead of Connor, a 4-year-old who completed the 5K with his mom. Throughout the course Connor kept myself and several others motivated as those thoughts of "there's no way I'm going to make it" entered our subconscious. He was awarded a special finishers medal at the end of the race as the youngest entrant. He posed on the podium with his biceps flexed and a huge smile on his face. Thank you Connor for reminding me that running was meant to be child's play. I'm betting little Connor's calf muscles weren't screaming at him on Monday morning like mine were. I don't typically run that fast or that far unless I'm late for a flight.

For those of you who missed it (although by looking at the number of people at Live Oak High School, I don't think there were many Morgan Hill residents who weren't there) be sure and get out there next year. Young or old, walker or runner, this is a great time and benefits a terrific cause supporting education through scholarships. To learn more about the Wildflower Run or AAUW of Morgan Hill, visit <u>aauw-morganhill.org</u>.

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