



5K & 1-Mile FAQ

Who can register for this event?

- The 5K Fun Run and 1-Mile are for the OU community, which includes students, faculty, staff, retirees and family members.
- Kids may participate with an adult and completed Minors Release Waiver.
- You must pre-register for the Fun Run.
- There is a chip-timed 5K (3.2 miles) and 1-mile route, which is not chip-timed, to choose from.

When and where can I pick up my packet?

- An email will go out to participants the week of September 18 providing packet pick up times, dates and locations. Information will also be posted on wellness.ou.edu.

Where should I park when I arrive at the race site?

- The start/finish for the run will be located on the west side of Lloyd Noble Center at 2900 S. Jenkins Ave. Parking is available first come first served in the Lloyd Noble Center parking lot.

Can children participate in these events?

- Yes, children are allowed to participate. Please register your child and submit a complete Minors Release form for all children at packet pick-up. For children under 18 years of age, the parent must be present with the child at all times on race day.

Are strollers allowed?

- Strollers are allowed for these events. Please be aware of your surroundings so as not to disrupt other participants' strides. Please start at the back of the pack with your strollers.

Are headphones allowed?

- Yes, headphones are allowed. Please be conscientious of the volume so that you are able to hear instructions from race volunteers as well as vehicles. If you are not able to hear and obey voice commands you may be pulled from the course by law enforcement or race officials and disqualified from the results.

Should I bring my own water or snacks?

- You may bring snacks or water with you on race day. Please eat something before you participate at least an hour before race time. Some things to consider eating are oatmeal, toast with nut butter and bananas. Water will be provided on the route at the 5K midpoint (near Asp and Stovall). At the end of the race, water and healthy snacks will be provided while supplies last.

I get race day jitters. Will bathrooms be available?

- Portable restroom facilities will be available in the southwest corner of the Lloyd Noble Center parking lot. Public restrooms will not be available in Lloyd Noble Center or the OU Tennis Club.

What happens if I do not finish the Fun Run?

- We will escort you back to the finish line. Crews will be on hand to assist those with medical issues.

My dog loves to run. Can I bring her?

- Vaccinated dogs on non-retracting leashes are allowed on the course. Please pick up after your pup! Keep your distance from other runners. Individuals are responsible for the actions of their dogs. Participants with dogs will be lined up at the starting line towards the back in front of the strollers.

How should I prepare for running a 5K?

- Preparation is dependent upon each individual's fitness level. For those starting an exercise program, it is wise to consult your physician. Once you have approval from your physician to engage in exercise, start slowly. Running too far too fast can result in injuries, which may dampen your race day. Some good websites for training include:

Wellness Lunch & Learn: So You Want to Finish a 5K

www.coolrunning.com

www.runnersworld.com

www.livestrong.com

- Running and walking are not enough to prepare for a 5K. Engage in a healthy diet and consider the amount of sleep you get each night. Aim for 7-9 hours of sleep every day.

How do I pick a good pair of shoes?

- Think about shoes this way—your feet guide the rest of your body. For this reason, good-fitting shoes are a must. New shoes for the race, however, may cause you pain. Consult a reputable shoe dealer who specializes in fitting runners. These stores have personnel who are trained at fitting shoes and watching your stride to see if the shoe is truly right for you. For basic information about selecting shoes, check out runnersworld.com's gear section. Also, don't forget your socks! Good socks are important for good shoes to perform well. Moisture wicking socks keep your feet cooler and drier.

When should I arrive?

- The mile route begins at 8 a.m. and the 5K route begins at 8:30 a.m. Arrive early enough to park, warm-up and prepare your body for the race.

Can I pick up my partners' packets?

- You may pick up someone else's packet if you are able to provide the completed documents to the race team, such as Minors Release, as applicable.



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