HEALTHY SOONERS
2015 5k Fun Run and Mile Walk
Frequently Asked Questions

Who can register for this event?
✓ The 5k Fun Run and Mile Walk are for the OU community ONLY which includes students, faculty, staff, and retirees.
✓ Family members are also welcome to join in the fun.
✓ Kids may participate with an adult and completed Minors Release Waiver.
✓ To register, visit http://healthysooners.ouhsc.edu/events.
✓ Please register by Thursday, September 10, 2015 to ensure you get a FREE t-shirt.
✓ You must pre-register for the Fun Run.
✓ There is a 5K (3.2 miles) and 1 mile route to choose from.

When and where can I pick up my packet?
Packet pick-up will be available at the following locations and times:

Norman
Wednesday, September 23, 2015 8 a.m. – 5 p.m. (GODDARD)
Thursday, September 24, 2015 8 a.m. – 5 p.m. (GODDARD)
Friday, September 25, 2015 9 a.m. – 8 p.m. (HUFFMAN FITNESS CENTER)

HSC
Thursday, September 24, 2015 8 a.m. – 4:00 p.m. (SCB, 124A)
Friday, September 25, 2015 8 a.m. – 4:00 p.m. (SCB, 124A)

*Minors Release Waiver must be completed and turned in at packet pick-up for each minor participating.
**The Waiver and Talent Release for all participants is included and completed with the online registration.

Where should I park when I arrive at the race site?
✓ The start/finish for the run will be on Asp Ave. between 1st and 3rd St. Suggested parking has been marked on the run route map. These lots include, but are not limited to the lot at the southeast corner of 4th St. and Asp Ave, the lot on the south side of Huffman Fitness Center, the lot to the east of Huffman Fitness Center, and the lot south of Headington Hall on Jenkins Ave. Please avoid areas marked “Housing” or “Priority Housing”.

Can children participate in these events?
✓ Yes, children are allowed to participate. Please register your child and submit a completed Minor 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 instruction 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. Water will be provided on the route at the 5K midpoint (Asp and Lindsey). 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?
✓ Bathroom facilities will be available in the Huston Huffman Fitness Center and other open campus facilities.

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 with me. Can I bring her?
✓ Dogs are allowed on the course. Non-retracting leashes are required. 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 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:

http://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 to 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.

Should I eat before I run in the race?
✓ 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. Dairy products are often not preferred for pre-race meals.

When should I arrive?
✓ The race begins at 8 a.m. Arrive early enough to park, warm-up, and prepare your body for the race.

Can I pick up my partners’ packet?
✓ You may pick up someone else’s packet if you are able to provide the completed documents to the race team. Those documents include the Waiver and Release of Liability form, the Talent Release, or the Minor’s Release, as applicable.