Frequently Asked Questions

Who can register for this event?
✓ The 5k Fun Walk/Run and Wellness expo is for Midwest City and surrounding area families.
✓ All family members are welcome to join in the fun.
✓ “All participants must register before registration is closed (usually a week prior to the event).
   Additional participants cannot be added at packet pick-up or on race day”.
✓ To register, visit www.ouhsc.edu/ONIE

What time is everything?
✓ The Wellness Expo is 12:30-3:00pm with games, giveaways, community resources, face painting, a photo booth, group fitness demonstrations, and much more.
✓ The race start is at 3:00pm.

When and where can I pick up my packet?
✓ When: Friday 12:00 pm-8:00 pm  and  Saturday 8:00 am-5:00 pm
✓ Where: MIDWEST CITY YMCA  2817 N. Woodcrest Drive Midwest City, OK 73110
*Race-day packet pick up is from 12:30-2:00pm at the registration table. However, we strongly advise against this if possible to avoid delays and guarantee race shirts.

How long is a 5K?
✓ 5 Kilometers is 3.1 miles. Each kilometer will be marked. A kilometer is .62 miles.

Where should I park when I arrive?
✓ The wellness expo and race start will be at the SE 15th street side of Regional Park. This is the same entrance used for Midwest City’s Christmas Lights. We received permission from several businesses next to the park to use their parking lots for race participants. These include Buddy’s Produce (8716 SE 15th), Midwest City Elks Lodge (8635 SE 15th), and Century Martial Arts (1000 Century Blvd.). Please carpool to avoid congestion!

Can children participate in these events?
✓ Yes, children of all ages are allowed to participate. Please register your child as an official participant so they receive an event shirt and medal. For children under 18 years of age, the parent must be present with the child at all times on race day. Strollers are also allowed.

Are headphones allowed?
✓ Yes, headphones are allowed. Please be conscientious of the volume so that you are able to hear instructions from race volunteers. If you are not able to hear and obey voice commands you will be asked to not to use your headphones.

Should I bring my own water or snacks?
✓ Water will be provided at 3 water stops on the course. In addition, a bottle of water and snack will be available at the end of the race. If you want water before the race, please bring that yourself. We want all participants to be happy, healthy, and hydrated!

What if I need to go to the bathroom? Will bathrooms be available?
✓ Clean and fresh port-a-potty bathroom facilities will be available at the wellness expo.

My dog loves to walk/ run with me. Are dogs allowed at the event?
✓ Friendly, socialized dogs are allowed on the course. Non-retracting leashes are REQUIRED. Keep your distance from other racers. Individuals are responsible for the actions of their dogs. Please pick up after your pup! In addition, participants with dogs will be lined up in the back of the starting line. There will not be a “gun” race start.

What should I wear to the event?
✓ Wear your “Let’s Get Midwest City Moving: Harvest Hustle” race shirt with comfortable shorts or pants, and sneakers. REMEMBER: Pin your race bib to the front of your shirt. Only participants with race bibs will be allowed to participate and receive a medal after finishing.

We will be collecting nonperishable food items before the race to help stock the Mid-Del Food Pantry.