Sunday will be 2 weeks until the Harvest Hustle 5K and Wellness Expo! We hope you are just as excited as we are about this fun filled day!

Please review this information carefully. It has all the important information you need for the race! Updates will also be posted regularly on the MWC Moving Facebook page. Please like our race page to stay connected with us regarding important race updates! https://www.facebook.com/MWCmoving

On your first confirmation e-mail you received 24-48 hours after you registered, there was a list of all the family members you registered. Please check that all their information is correct. All changes need to be done before 10/10/14.

EVENT SCHEDULE: Sunday, October 19th, 2014
12:30 p.m. Wellness Expo Begins
2:30 p.m. Group Stretch/Warm Up
3:00 p.m. 5K Walk/Run Begins
Post-race celebration directly following the race with music, fruit, and fun!

LOCATION:
The Harvest Hustle 5K and Wellness Expo will start and finish at the SE 15th Street side of the Joe B. Barnes Regional Park Trail, between Midwest Boulevard and Douglas Boulevard. The course will first go through the park to Reno, up the asphalt sidewalk towards Douglas Boulevard, around the community swimming pool, with the final stretch heading back to SE 15th on the nature trail. This is the same course as the Let's Get Midwest City Moving Spring Forward and Splash Dash 5Ks.

Please be mindful of passing walkers and runners so that everyone stays safe! We will post a map on our Facebook page. The Wellness Expo will be located in the SE 15th street trail parking lot.

RACE PACKET PICK-UP:
Packet pick-up will be located at the Midwest City YMCA, 2817 North Woodcrest Drive, MWC, 73110:
Friday, October 17th from 12 p.m. - 8 p.m.
Saturday, October 18th from 8 a.m. - 5 p.m.
Race day at the park: 12:30- 2:00 p.m.

**We ask that if at all possible pick up packet(s) on Friday or Saturday. T-shirts will be given to those who were "guaranteed" shirts on Friday or Saturday. On Sunday, shirts will be available to all participants who did not get a shirt, this includes those who registered late and were put on the shirt waiting list. These shirts will be available at the registration table 12:30-2pm. Everyone who picks up their packet on Friday or Saturday will be entered into a drawing for various prizes from our wonderful sponsors!**

CANNED FOOD DRIVE:
The Harvest Hustle 5K will also serve as a canned food drive to help stock the Mid-Del Food Pantry. We invite you to donate non-perishable food at the collection station located in the Wellness Expo on race day. Please do not bring expired or perishable foods. Everyone who brings a donation will be entered into a drawing for a prize. There will be a bag in your race packet for you to use for donations.

PHOTO BOOTH:
We will have a Family Fun Photo Booth set up at the wellness expo! We will post the pictures on the Let's Get MWC Moving Facebook page. So bring the entire family and dress in a fall theme, the more creative the better! We will have an award for the most creative outfit!

AWARDS:
We have several awards:
- Top 3 most festive groups/families (voted on during the wellness expo).
- Drawings for everyone who donates to the Mid-Del food bank.
- Drawings for everyone who picks up their packets on Friday or Saturday.

WEATHER ALERT:
We are planning on having the event rain or shine except in the event of extreme weather. If the walk/run is postponed due to extreme weather (lightening, strong winds, or hail) a message will be posted on Facebook and an advisory email will be sent.

MORE FUN:
Follow The ONIE Project on Facebook for great ways to keep Oklahoma families strong. The page features tasty, healthy & affordable recipes, free programs for you and your family, and family fun projects. We also offer tips and information on nutrition and physical activity that you can trust to be safe and accurate! Because we know how busy it is when raising a family, our goal is to make staying healthy easy by offering suggestions you can use anytime. We also post a blog every Wednesday at http://onieproject.wordpress.com/

This race series is brought to you by The ONIE Project www.oushc.edu/ONIE, MIDWEST CITY YMCA www.ymcaokc.org, Variety Care http://www.varietycare.org/, and many local organizations and businesses (read sponsor signs on the course).

Have a happy and healthy day,

Meredith, Audrey, Stephanie, Jade, and Elyse
Let’s Get Midwest City Moving Planning Team