

5K for O-Sunny-Day

- **What is O-Sunny-Day?**

While it is pronounced O-Sunny-Day, it's actually spelled *Osanidde*. Osanidde is an orphanage that is doing some pretty amazing things on Bussi Island, in Lake Victoria, in Uganda Africa. They currently have just over 160 kids that they feed, clothe, educate, and love. Osanidde gives life and hope to so many kids and families! It truly is a worthy cause and we are excited to continue to help them with the proceeds from this 5K walk/run for a cause. For more details visit the Osanidde page at wvfc.church.

- **What day and time is the 5K for O-Sunny-Day?**

Saturday, August 17th 2019 at 10 am. Sign in/Registration will begin at 9am at *Sarg Hubbard Park*. The 5K will start promptly at 10 am from *Sarg Hubbard Park*! The 5K course will end where we began.

- **What's the route for the 5K at the Greenway?**

The walk/run will begin at *Sarg Hubbard Park (the Greenway)* and travel north along the Greenway trail turning around at the south end of *Boise pond* (which is the half-way point of the 5K) we will then finish where we started at *Sarg Hubbard Park*.

- **Are kids free?**

Kids 13 years old and younger are free to participate without paying/registering. You are able to purchase just a T-shirt for \$8.00 on the registration site for your child if you would like.

- **How long is the 5K?**

5 kilometers is 3.1 miles.

- **Do I need to be a runner to participate?**

NO, absolutely not. This is a 5K walk/run for a cause. You take as much time (or as little) as you'd like. Invite friends to participate and enjoy the event while knowing you're supporting a truly remarkable cause! You can run or walk.

- **What is included with my 5K for O-Sunny-Day registration?**

Pre-registered participants will receive an Osanidde t-shirt. Registration's made after August 9th, will NOT receive a T-shirt.

- **Am I able to run/walk with a jogging stroller and my kids?**

Yes! Just be aware of other runners/walkers.

- **Can my dog participate?**

No dogs Please! While we love dogs, for this event, please leave them home.

- **Is there an age limit for younger runners?**

There is no age limit. If you can run, jog, or walk 3.1 miles, then they can absolutely do the 5K for O-Sunny-Day!

- **Is the 5K for O-Sunny-Day timed?**

No. Since this is a run/walk for a cause, it will not be timed. We suggest self-timing for anyone desiring a finish time.

- **Is there a packet to pick up for the 5K for O-Sunny-Day? How does all that work?**

Yes indeed! Please pick up your registration packet on **Friday August 16th, from 4-7pm at West Valley Foursquare Church**; 5802 Summitview (56th/Summitview). If you can't make this time slot, then you can pick up your packet at *Sarg Hubbard Park* on day of event. Registration/ Sign in begins at 9am.

- **Can someone else help me out and pick up the registration packet for me?**

Sorry, no. The person who registered is the only person that can pick up a registration packet.

- **What should I wear?**

Clothes please! If you preregister you will be given an Osanidde T-shirt in the registration packet, it would be great if you chose to wear that. If you register on the day of event, you will not be given a shirt. We recommend shorts or pants that are comfortable for a 3.1 mile run/walk, along with comfortable shoes.

- **Are there refunds?**

Unfortunately, no. We cannot issue refunds. The logistics and all that goes into an event like this, make it very difficult. The proceeds are going to a very worthy cause and will benefit Osanidde and the missions teams who will be working there.