

What to Expect at the Oy Vey 5K & 1 Mile Schlep



We are going to the Oy Vey 5K or Oy Vey 1 Mile Schlep at the Mayerson JCC. These are fun community events where we come together to run, walk, skip, or roll on a set course. The Oy Vey 5K is 3.1 miles.



The Oy Vey events are a fun journey we can take with friends and family through Amberley Village. Some people might call it a race, but there are no winners or losers at the Oy Vey 5K and 1 Mile Schlep! We are all having fun, so we all win.



To join the Oy Vey events, we will sign up online and pay a fee. After we sign up, we can pick up our race packet Friday, October 16 at Fleet Feet, 9525 Kenwood Rd. #42, Blue Ash, OH 45242 from 4 - 6pm. The race packet includes a bib, safety pins, and a t-shirt.

For more information or accommodations, visit [MayersonJCC.org/Inclusion](https://www.MayersonJCC.org/Inclusion)

This resource was generously funded in part by the Mayerson JCC Excellence Fund, The Milton and Frances Schloss Special Needs and Services Fund for Children and Adults, the Jewish Federation of Cincinnati, and The Jewish Foundation of Cincinnati.



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A bib is a paper with a special number called your race number on it. The race number tells everyone that you signed up. The bib should be pinned to your clothes on your stomach, leg, or back, so the people in charge can see you are participating. This helps us make sure only people who signed up are participating.



If the bib feels too uncomfortable to wear in any of those spots, that's okay. We can talk to the people in charge, and they will help us come up with a solution. I can wear any clothes that I am comfortable moving in for the Oy Vey events. Most people will wear gym shoes and fitness clothes. We will check the weather before we come to make sure we will be comfortable outside.



If the weather is bad, the JCC staff may cancel the Oy Vey events. They will wait as long as possible to decide. If the event must be cancelled, JCC staff will email us and post on social media. We will not get a refund if the event is cancelled because the event is a fundraiser for the JCC sports and recreation programs.

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On the day of the race, we will show up to the Mayerson JCC parking lot! We can make plans with our friends and family before we arrive to drive together or meet when we get there. If we do not pick up our race packet on Friday, October 16 at Fleet Feet, we can pick it up starting at 9am on Sunday, October 18. The 5K will start at 10am and the 1 mile Schlep will start at 10:15am.



There will be a lot of people at the Oy Vey. They are all excited to participate, too! There will be music playing, people talking, and people giving directions on a microphone. It will be loud! I may feel excited, scared, or overwhelmed. If it is too loud, I can wear headphones, ear buds, put my hands over my ears, or stand away from the crowd.



At 9:45am, a fitness instructor will lead a stretch for everyone. This is optional. If I miss it, that's okay! I can stretch on my own. The important thing is to be at the JCC before the race starts at 10am for the 5K and 10:15am for the mile.

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When it is time for my event to begin, someone will make an announcement. Everyone will move towards the start line. People who plan to run the entire time usually stand toward the front. It does not matter where we stand because it's not a race. There will be a lot of bodies very close together, which might make me uncomfortable. I can stand at the back or to the side of the group.



After everyone lines up, someone will make another announcement. When it is time to run someone will play the starter sound. It sounds like an air horn. This might make me feel startled or scared. I can stand away from the crowd and use tools to help dampen the noise and feel safe.



People might bring their dogs to the Oy Vey events. If they bring their dog, it is probably friendly. However, I should always ask before I pet a dog I don't know. If dogs make me nervous, I should give them space and they will give me space, too.

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Once my event begins, we will walk, run, skip, or roll on the course. We will follow the signs, cones, and other markers letting us know which direction to go. There will also be volunteers on the course to tell us where to go or if we need help.



We can move our bodies in whatever way feels good throughout the event. We can switch between walking and running whenever we want. There is one water station for the 5K on the course, so we can stop at it if we need water. I can also carry my water bottle with me.



When the event ends, we will cross the finish line and receive a sticker. People will cheer! We can feel proud of ourselves for finishing.

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After the events, there will be food and drinks for us to eat if we want them. We can go into the Mayerson JCC for Free Day at the J! This event will show us all the fun things the JCC has to offer. It is up to me and my group if we want to go. Once we cross the finish line, we can go home whenever we want.

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