



LAWYERS HAVE HEART

Frequently Asked Questions

FREQUENTLY ASKED QUESTIONS

Are strollers & dogs allowed on the run/walk course?

Yes. Strollers and dogs are welcome on both the walk and run courses. We only ask that you please hang towards the back of the corral when starting. Also, there are no street sweepers on the road, so please bring appropriate clean-up materials.

I would like to change the race distance I am currently registered for. What should I do?

If you decide to change your race distance prior to race day, please send your request to lawyershaveheartdc@heart.org or call (703) 248-1714 no later than **Friday, June 8th at 3:00PM**. Any messages/calls received after this time may not receive attention.

If you decide to change your event on race day, please report to the trouble shooting line prior to the race at the Pacers Running tent near the start/finish and state that you would like to switch events. If you decide on-course at the 10K/5K split to run the 5K Run instead of 10K Race (or vice versa), the timing mats will pick this up, but your results may need extra time to appear accurately.

If you registered for the 5K Walk and would like to switch to a timed event (10K Race or 5K Run) and already have your bib, you will need a new bib. On race day, please report to the trouble shooting line prior to the race at the Pacers Running tent near the start/finish and state that you would like to switch events. You will be issued a new bib.

If you registered for the 10K Race and would like to switch to the 5K Run you will need to submit your request to lawyershaveheartdc@heart.org or call (703) 248-1714 no later than **Friday, June 8th at 3:00PM**. Any messages/calls received after this time may not receive attention. If you decide after this time to switch events, please report to the trouble shooting line prior to the race at the Pacers Running tent near the start/finish and state that you would like to switch events.

If you registered for the 5K Race and would like to switch to the 10K Race you will need to submit your request to lawyershaveheartdc@heart.org or call (703) 248-1714 no later than **Friday, June 8th at 3:00PM**. Any messages/calls received after this time may not receive attention. If you decide after this time to switch events, please report to the trouble shooting line prior to the race at the Pacers Running tent near the start/finish and state that you would like to switch events.

If you registered for the 10K Race or 5K Run and would like to switch to the 5K Walk, you do not need to take any action. The 5K Walk is an untimed event.

Where is the timing chip? The timing chip is located on the back of your running bib. There is a timing mat at the start/finish line and at mile 5 on the 10K course. Please be sure to run over the timing mats to ensure the accurate results.

I can no longer attend the race but would like to transfer my bib number to another person. How can I do that? The last day to transfer bibs is **Friday, May 18th at 11:59PM**. All bib transfer requests sent to lawyershaveheartdc@heart.org before this time will be accepted. Unfortunately, we cannot accept any bib transfers after this time. Thank you for your understanding.

RACE DAY PARKING

There is limited parking available in [The Washington Harbour \(MAP\)](#) for the Lawyers Have Heart 10K Race, 5K Run & Fun Walk. The course and surrounding roads will close **no later than 5:30AM** on race day and won't reopen till 10:00AM. **Please aim to arrive early to avoid any potential delays.**

UBER/LYFT RECOMMENDED: The quickest way to get to the starting area would be to take either a local [Taxi Service, Lyft, Uber to 3111 K St NW, Washington, DC 20007](#). The Metro is not operational pre-race until 7:00 am on Saturday morning.

Free Parking: The John F. Kennedy Center for the Performing Arts has generously offered parking at no cost and is just a short walk (0.8 mi) to the race start. [Download Parking Pass.](#)

Discounted Parking: Colonial Parking has also generously designated select garages to provide discounted parking. [Download Parking Pass.](#)

Print out Parking Pass & present to parking attendant to redeem **\$8 Parking** at the following Colonial Garages:

Park by 6:15AM: [1050 Thomas Jefferson St NW, Washington, DC 20007](#) (0.2 mi walk to start/finish)

Park by 5:15AM: [1010 Wisconsin Ave](#) (404 ft walk to start/finish)

Additional Parking:

[1080 Wisconsin Ave. NW \(3222 M St. NW\) - Millennium Park Garage - \(Lot 128\)](#) (0.22 mi walk to start/finish)

Getting There: Enter this location at 1080 Wisconsin Ave. NW. This is the entrance address for the 3222 M St. NW Millennium Park garage, operated by Colonial Parking. It is located on the west side of Wisconsin Ave. NW between M St. NW and Grace St. NW.

Things You Should Note: Height Restriction: 6' 4". This facility does NOT allow in/out privileges. You CANNOT enter & exit more than once. Standard sized vehicles only. Due to size constraints, this location is unable to accommodate minivans, midsize and large SUVs, pickup trucks, and passenger vans. If the 'Lot Full' sign is out, customers with reservations still have a guaranteed space in the garage. During busy times you may be asked to leave your key with the parking attendant.

Amenities: Self-Park, Accessible, On-Site Staff, Covered Mobile Pass Accepted, Paved

Vehicle Restrictions: Standard sized vehicles only. Due to size constraints, this location is unable to accommodate minivans, midsize and large SUVs, pickup trucks, and passenger vans.

Hours: This facility is open 24/7.

[3251 Prospect St. NW – Garage](#) (0.4 mi walk to start/finish)

Getting There: Enter this location at 3251 Prospect St. NW. This garage is operated by Prospect Place Parking It is located on the north side of Prospect St. NW between Wisconsin Ave NW and Potomac St. NW, next to Cafe Milano.

Things You Should Note: Height Restriction: 6' 3". This facility does NOT allow in/out privileges. You CANNOT enter & exit more than once. Customers MUST enter OR exit when attendant is present. Staffed hours are Mon-Fri 4pm-7am and 24 hours on weekends. If assistance is needed outside of attendant hours, please call 202-652-7954. The height restriction for this garage is 6'3'. Tall trucks and vans may not fit in this garage.

Amenities: Self-Park, On-Site Staff, Covered, Mobile Pass Accepted, Paved

Hours: This facility is open 24/7.

[2500 Pennsylvania Ave. NW - Avenue Suites Hotel – Valet](#) (0.6 mi walk to start/finish)

Getting There: Enter this location at 2500 Pennsylvania Ave. NW. This is the Avenue Suites Georgetown Hotel valet, operated by Modus Hotels. It is located on the south side of Pennsylvania Ave. NW between 25th St. NW and L St. NW.

Things You Should Note: This facility does NOT allow in/out privileges. You CANNOT enter & exit more than once. Due to size constraints, this location is unable to accommodate passenger vans.

Amenities: Valet, Accessible, On-Site Staff, Mobile Pass Accepted, Paved

Vehicle Restrictions: Due to size constraints, this location is unable to accommodate passenger vans.

Hours: This facility is open 24/7.

RACE MORNING

If needed, how will I receive event information on race day (ex. Emergency and Weather plans)? Text "LHHALERTS" to 515-55 to subscribe to Lawyers Have Heart Text Alerts. Message and Data rates may apply. Text "HELP" for help, and "STOP" to end subscription.

What time should I arrive at the race? The 10K Race, 5K Run & 5K Walk start at 7:00AM. Runners and walkers will need to be lined up by 6:50AM. We suggest that you allow yourself enough time to find parking and line up at the proper pace sign. Please allow for additional time if you are registering or picking up your bib on site.

Can I take the metro or public transportation to the race? No, the metro and buses do not open until 7AM. There is no metro stop at the Harbour. As a result, taking public transportation will not allow you enough time to get to the race. Please refer to the question above for parking information.

What is a pace sign? Pace signs will help you determine when to line up at the start line, based on how fast you run a mile. Fastest runners will be at the front and walkers will be at the back.

Is there a bag check at the race? Bag check is available for **CLEAR BAGS** near the registration and bib pick up tents, beginning at 6AM. Clear bags will be available at the registration tent on race morning. Back check is monitored by AHA volunteers and staff. However, please leave all valuables at home as the AHA cannot accept liability for lost, damaged, or stolen items.

I have a large party team and we would like to have brunch after the race. Can you make recommendations? Farmers Fishers Bakers, located in the Washington Harbour, will be open by 8AM and is accepting reservations exclusively for LHH Participants. To make your reservations, please email Julie Sharkey at Julie@farmersrestaurantgroup.com or call (202) 298-8783.

REGISTRATION

Current Pricing - Extended Registration (valid through race day)

Registration Only: \$55

Registration & Cotton Tee: \$70

Registration & Under Armour Tech Tee: \$85

When is online registration closed?

Online registration closes on **Tuesday, June 5th at 11:59PM.**

What if I want to register after the close of online registration? You can either register in-person at packet pickup or on race day OR fill out a paper registration form and either send it *electronically or bring it to packet pickup/or with you on race day to our on-site registration area. The paper registration form can be found on our website under "Registration Information" starting Wednesday, June 6th.

Electronic Instructions

Due no later than Friday, June 8th at 3:00PM. Email to lawyershaveheartdc@heart.org (call 703-248-1714 separately with credit card information) or Fax to 703-807-2090.

I registered for the race but can no longer attend. Can I get a refund? The last day to receive a refund is **Friday, May 18th at 11:59PM.** All refund requests sent to lawyershaveheartdc@heart.org before this time will be accepted. Unfortunately, we cannot submit refunds after this time. Thank you for your understanding.

Am I guaranteed a t-shirt with registration? No. You are only guaranteed a t-shirt if you purchase one through registration or through our online [Gear Store](#).

Am I guaranteed my self-designated t-shirt size? Yes, however, t-shirts are ordered well in advance of the race, so if in the off-chance we run out of your size, please send an email to lawyershaveheartdc@heart.org with your first name, last name, phone number, address, and desired shirt size post-race. We will place any supplementary orders by July 1, 2018 and send out shirts no later than August 1, 2018.

Are t-shirt sizes gender specific? Yes.

If my child plans to run with me, do they have to purchase a standard race entry? If your child is 11 years or younger, they do not need to register, unless they want a race bib, medal, or t-shirt purchased through registration. If your child is 12 years or older, they do need to register officially.

Are kid's t-shirts available with registration? No. All t-shirts and technical running shirts are adult sizes.

PRIZE MONEY

Interested in registering for the Female & Male Elite 10K Division Sponsored by Credibility International and New Balance? Please contact [George Banker](#) and Race Director, [Jenny Siler](#) for more information and next steps. You will be asked to provide an updated running bio/resume. Limited complimentary entries for Female & Male Elite Division available and no accommodations/travel will be covered by the American Heart Association. *Must Register for Elite Division to Qualify*. **Elite registration closes on Friday, May 18 at 11:59PM. No expectations will be made.**

Interested in registering for the Female & Male Open 10K Division Sponsored by Reed Smith? The Male & Female Open Division is open to ALL LHH participants! All participants registered in the Open Division are eligible to win the prize money above. Please contact Race Director, Jenny Siler with all inquiries. Top 4 Finishers in both

Female & Male Open Division will be awarded prize money. ***Register Normally to Qualify***

Interested in registering for the Female & Male Open 10K Masters Division Sponsored by AARP, Disrupt Aging? The Male & Female Masters Division is open to all LHH participants 40+ years of age! All participants 40+ years of age registered are eligible to win the prize money below. Top 4 Finishers in both Female & Male Open Division will be awarded prize money. ***Register Normally to Qualify***

Is the 5K Run also competitive? Yes. Both the 5K and 10K events are competitive (meaning timed events) and there will be awards given to top finishers of the 5K and 10K.

Please note we do have a more family friendly and less competitive (untimed) 5K Walk on race day as well.

Are fundraising teams recognized? Yes, but since fundraising does not close until **June 30th at 11:59PM**, Top Fundraising Teams will not be announced until July 1st, 2018.

What about the [Club Challenge](#)? Scoring will be calculated based on the following criteria: Highest percentage of participants based on membership, Average 10K Time, Average 5K Time, and Age Group Top 3 Winners.

DISCOUNT CODES/COUPON CODES

What's a "coupon code"? How's that different from a "discount code"? Coupon codes are an arrangement for a firm/company to pay (in part or in full) their employee's registration for the race. If your company is interested in providing a coupon code for its employees, contact Jenny Siler at jennifer.siler@heart.org.

Discount codes range from 10-15% off current registration prices and offered through e-blasts and social media. These discounts usually occur around holidays (Valentine's Day, April Fool's Day, St. Patty's Day, etc.). Follow us on social media so you don't an opportunity to save!

Facebook: @lawyershaveheart10K | Twitter: @LHH10K | Instagram: @HeartofGWR

When does my firm/company's coupon code expire? All coupon codes expire on **Friday, June 1st at 11:59PM**. This allows our team to pull all coupon code data, pre-assign bibs & pre-pack all race materials for teams of 10+ to be available at packet pickup, as well as create invoices for all teams using coupon code, to be sent our race week.

Can someone still join a corporate team after the coupon code has expired? Yes, but they will have to pay for their registration personally and request a reimbursement from their employer. Their bib is also not guaranteed to be included with the pre-organized team bibs.

When does my discount code expire? All discount codes expire at the close of online registration on **Tuesday, June 5th at 11:59pm.**

When will I receive an invoice for the registration associated with the coupon code? All team captains will receive a final invoice **no later than Tuesday, June 12 at 11:59PM.**

When are coupon code payments due? **Friday, June 22nd, 2018.**

PACKET PICKUP

I work for a participating firm/company, do I need to go to packet pickup? If your firm/company is either a top sponsor, or if they have a team of 10+ participants (**by Friday, June 1st**), your race materials may already be packed! Ask your Team Captain or check your team page for your # of teammates! Otherwise, you will need to pick up your own materials at packet pickup or the day of the race.

At packet pick-up, can I pick up a friend's bib? Yes. All you must do is ask us when you get to packet pick-up. We do not need a note or ID to do this. We take you at your word that you've coordinated with your friend.

DONATIONS

Online I can only donate \$25 or more. Why? And where can I make a smaller one? The AHA appreciates any size donation. Online donations are required to be \$25 or more to offset the cost of processing.

However, we are happy to take smaller donations in the form of cash or checks. Those can be mailed/made payable to:

American Heart Association
ATTN: Lawyers Have Heart
4601 North Fairfax Drive, Suite 700
Arlington, VA 22203

Can I bring cash/check donations I've collected to the race or packet pick-up?

Yes. Cash or checks can be put in an envelope and turned in at packet pick-up or at the registration area from 6AM—8AM on race day.

Are registration costs for the race tax deductible? No. Registration costs cover goods and services for the race. The fair market value is equal to the cost of registration; therefore, they are not tax deductible. Any donation made above the cost of registration is 100% tax deductible. Please consult your tax attorney for further information.

Do I have to fundraise to participate in LHH? No, you do not have to fundraise to participate. During the registration process, a \$200 fundraising goal is associated with each person. That goal is not required, but highly encouraged. All proceeds go directly to the American Heart Association and you will be helping us support our mission; building healthier lives free of cardiovascular diseases and stroke.