



FOR IMMEDIATE RELEASE

Chirchir and Cherotich win the 2019 Lawyers Have Heart 10K

Blistering speed at the 2019 Lawyers Have Heart 10K made for a successful event that raised over \$1 million for the American Heart Association

(WASHINGTON, DC, June 12, 2019)– Saturday’s 29th Annual Lawyers Have Heart 10K, 5K and Fun Walk to benefit the American Heart Association raised over \$1 million and boasted top elite athletes, as well as participants from the Greater Washington Region. Race morning conditions allowed for a fast pace on the route that began and ended at the Washington Harbour in Georgetown. Over 5,600 people participated in this year’s race. Lawyers Have Heart is the premier philanthropic athletic event specifically led by the greater DC legal community.

Simion Chirchir came out on top at the American Heart Association’s Lawyers Have Heart 10K with a time of 29:00.6. Judy Cherotich won the women’s elite division 10K with a time of 33:26.5.

This year’s USATF Certified 10K race also featured an elite division with an international field made up of over 75 men and women. Athletes with incredible talent took to the course to win a share of the \$20,000 in prize money. The 2019 winners are:

- Top Male 10K Elite Division: Simion Chirchir, Chapel Hill, NC, 29:00.6
- Top Female 10K Elite Division: Judy Cherotich, Chapel Hill, NC, 33:26.5
- Top Male 10K Open Division: Kiphoech Kirui, Washington, DC, 30:11.1
- Top Female 10K Open Division: Camille Doom, Washington, DC, 37:17.1
- Top Male 10K Masters Division: Patrick M. Kuhlmann, Washington, DC, 34:05.5
- Top Female 10K Masters Division: Carly Shea, Lewisburg, PA, 38:18.8
- Top Male 5K: Evan Fallor, Arlington, VA, 16:15.0
- Top Female 5K: Meghan Cleary, Los Angeles, CA, 20:10.1
- Top Male Masters 5K: Benjamin Brooks, Alexandria, VA, 19:00.4
- Top Female Masters 5K: Cindy Conant, Kensington, MD, 20:41.5

For the full list of runners and their times, visit: <https://lawyershaveheartdc.org/2019-official-results/>

“Congratulations to all the Lawyers Have Heart race participants! We had a great turnout this year and raised over \$1 million in support of the American Heart Association’s mission. Thank you to our sponsors, volunteers and participants for being a part of a successful event,” said 2019 Lawyers Have Heart Co-Chairs, Affie Ambrose and Lori Sher.

Since 1991, Lawyers Have Heart has raised over \$14 million for AHA and is one of the largest 10K races in the Washington D.C. area each year. Race day events included the 10K Race, 5K Run and Fun Walk, as well as a Post-Race Party with an award ceremony, music, kids zone, snow cones and a beer garden. Donations can still be made at www.lawyershaveheartdc.org.

Thank you to our 2019 top Sponsors:

- **Presenting Sponsor:** Harrity & Harrity, LLP
- **Signature Sponsors:** AARP and Credibility International.
- **Platinum Sponsors:** Ankura, Bloomberg Law, Deloitte, Ernst & Young, Latham & Watkins, Sullivan & Cromwell, Thompson Coburn, and Washington Nationals

About the AHA: The American Heart Association is a leading force for a world of longer, healthier lives. With nearly a century of lifesaving work, the Dallas-based association is dedicated to ensuring equitable health for all. We are a trustworthy source empowering people to improve their heart health, brain health and well-being. We collaborate with numerous organizations and millions of volunteers to fund innovative research, advocate for stronger public health policies, and share lifesaving resources and information. Connect with us on heart.org, [Facebook](#), [Twitter](#) or by calling 1-800-AHA-USA1.

About Lawyers Have Heart: Lawyers Have Heart is the premier philanthropic athletic event specifically led by the greater DC legal community. Since its creation in 1991, Lawyers Have Heart has raised more than \$14 million to benefit the American Heart Association's mission to be a relentless force for a world of longer, healthier lives. The event puts the mission in action by getting Washingtonians active through heart-healthy activities like running and walking. The event brings together more than 300 organizations and over 6,000 runners and walkers in support of the American Heart Association and raised more than \$1M this year. International athletes from Ethiopia and Kenya along with incredible talent from the United States, will run to win a share of the \$20,000 in prize money. The 10K race is USATF certified and Pacers serves as the official race timer.

MEDIA CONTACT:

Shannon Klosterman

703-248-1712 (o)

Shannon.Klosterman@heart.org

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