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2019 Lawyers Have Heart Race boasts strong running field filled with local and international running stars vying for a share of \$20,000 in prize money

(June 3, 2019, Washington, DC)- The upcoming 29th annual Lawyers Have Heart 10K, 5K and Fun walk on Saturday, June 8 to benefit the American Heart Association boasts a diverse running field made up of top elite athletes, as well as participants from all walks of life.

This year is the second year of the Elite division race. International athletes from Ethiopia and Kenya along with incredible talent from the United States, will look to break course records and win a share of the \$20,000 in prize money. The 10K race is USATF certified and Pacers serves as the official race timer.

"I am honored to serve as the 2019 Lawyers Have Heart Chair. This year, we hope to add another \$1.3M to the event's overall impact. To achieve our goal, we need more law firms, corporations and the general Washington, DC public to join the fight for healthier lives in our community," said Affie Ambrose, 2019 Lawyers Have Heart Co-Chair and General Counsel at Acumen Solutions, Inc.

This year's 10K elite division will have their sights set on the existing event records- for men, 28:32 and for women, 33:13.

"Lawyers Have Heart is a family-friendly and philanthropic event, led by the DC legal community, that improves our personal health while building healthier communities. I am honored to serve in a leadership position and look forward to seeing thousands of runners and more than 70 elites joining us on the start line," said Lori Sher, 2019 Lawyers Have Heart Co-Chair and General Counsel at E*TRADE Financial Corporation.

The 10K elite division will feature 73 elite men and women including:

- Kerry Allen, 29, Pacers/GRC New Balance team runner, RunWashington topped ranked female runner, 2017.
- Nuhamin Bogale, 25, from Ethiopia, placed 2nd in the Cooper Norcross Run the Bridge 10K in 2018 with a time of 35:38.
- Pamela Cherotich, from Kenya, placed 2nd in the 2018 Broad Street Run 10 miler with 54:45.
- Keira D'Amato, from Mithlothian, VA, American University Hall of Fame, with a 10K PR of 33:37.
- Kelly Calway, Major in US Army, who placed 1st in Marine Corps Marathon in 2013 with a time of 2:42:16.
- Suleman Abar Shifa, 26, from Ethiopia, running with Rock Creek Runners whose 10K PR is 30:01.
- Colin Bennie, running with Reebok Boston TC, and placed 7th at the Cooper River Bridge Run 2019 with a personal best time of 29:01.
- Girma Bekele Gebre, 26, from Ethiopia, running with Rock Creek Runners and ran a 2:11:05 PR at the 2016 Houston Marathon.
- Yohannis Bekele Jida, 26, from Ethiopia, running with Rock Creek Runners with a personal best marathon time of 2:15:03 at Agadir.
- Simion Chirchir, 35, who placed third at last year's Lawyers Have Heart Race and has personal best time of 10K of 29:06.

"We expect an extremely competitive race this year, across all our divisions," said George Banker, American Heart Association volunteer and elite athlete coordinator. "The closing pace along K street will be quite fast."

The general 10K divisions- open and open masters, will be hotly contested as well. Runners will be competing for both the course records and prize money.

Lawyers Have Heart 10K event records currently are held by:

- Open Male: Andrew Colley 26, Blowing Rock, NC 28:45
- Master Male: Mengistu Nebisi 40, Ethiopia 32:05
- Open Female: Etagege Woldu Mamo 22, Kenya 33:13
- Master Female: Jennifer Marazano 46, Washington, DC 36:37

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 \$13 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 seeks to raise \$1.3M this year.

Race day events include the 10K Race, 5K run and Fun Walk, all starting at 7:15 a.m. at the Washington Harbour in Georgetown. There will be a post-race festival following the race where participants and spectators can enjoy refreshments, music, giveaways provided by friends and sponsors of Lawyers Have Heart.

To register, donate or learn more, visit: www.lawyershaveheartdc.org.

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.

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