



American Heart Association®

Lawyers Have Heart™

#RUNLHH



## 2023 Lawyers Have Heart 10K, 5K and Fun Walk Saturday May 20, 2023 Check in: 6:30 AM

### In-Person and Virtual Event Timeline and Details!

In-Person Event: May 20, 2023

Virtual Event: May 16 – 21, 2023

Thank you for registering for the 33<sup>rd</sup> Annual Lawyers Have Heart 10K Race, 5K Run & Walk. We want to make sure you have everything you need to know for a great experience on your #RUNLHH

Together, we are a relentless force for a world of longer, healthier lives. The funds we raise through this campaign will help ensure investments can continue to be made for the health and well-being of individuals and their families today and in the future, in every community, everywhere. You can follow along with the work of the American Heart Association at [www.heart.org/en/news](http://www.heart.org/en/news)

This weekend we run and walk to save and improve lives for all people and we'll celebrate as you cross the finish line as a champion for health and wellbeing. Thank you for all that you do!

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# Lawyers Have Heart In-Person Event

**Date:** Saturday, May 20, 2023

**Time:** 6:30 AM – 12:00 PM

**Location:** West Potomac Park  
2912 Independence Ave SW  
Washington, DC 20418



## How to Get Ready for Race Day:

### Packet Pick-Up

How will race materials be packaged?

- VIP Companies will have their team race materials delivered directly to the office of their choice on **Monday, May 15<sup>th</sup>**.
- Teams of **10+ members** who registered before Sunday, May 7<sup>th</sup> at 11:59 PM will have all their team members' race materials packaged together.
- Any teams **smaller than 10** participants or any participants who have registered after May 7<sup>th</sup> will have their race materials packaged individually.
- **Virtual participants** will have their race materials mailed directly to them.

### Race Packet Pick-up Location

D.C. Bar Headquarters

901 4th Street NW

Washington D.C. 20001

### Dates

Tuesday, May 16<sup>th</sup> 10:00 AM – 5:00 PM

Wednesday, May 17<sup>th</sup> 10:00 AM – 5:00 PM



## Parking at the Race

\*\* Please note that road closures start at 6:15 am ET on May 20, 2023.

We highly recommend participants **add extra time for travel** and to **take a ride share** to The Lincoln Memorial and then walk to West Potomac Park.

There will be **FREE** parking at the Kennedy Center.

### **Kennedy Center Parking**

Level C - 2700 F Street NW - Free with voucher

Park for FREE with voucher at the Kennedy Center's Level C (2700 F St NW) valid 5/20/23, 5:30am-12:00pm.

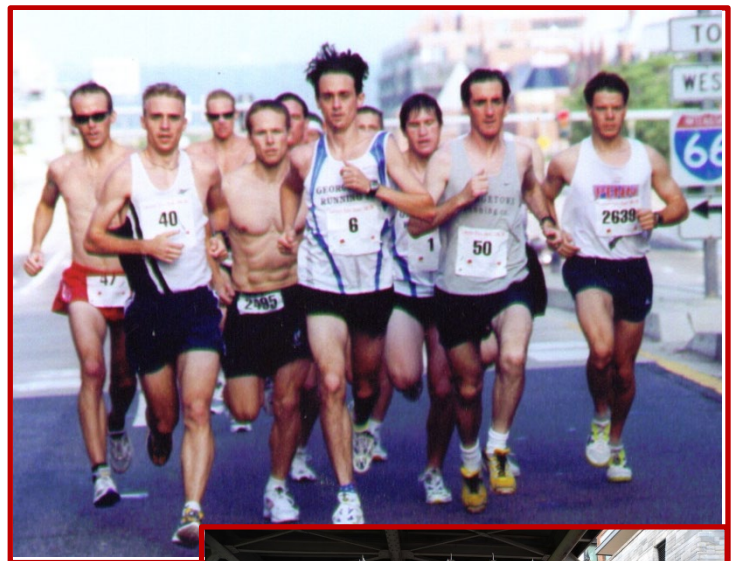
Print [parking voucher](#) and present at parking lot to enter.

## Event Day Information:

It may be **HOT** during the race day, so remember to bring a water bottle and **HYDRATE!** We will have water stops along the course as well.

### Schedule at a Glance:

6:30 AM	Festival Opens/Bib & T-Shirt Pick-Up
7:30 AM	Program Starts
7:35 AM	Presentation of Colors & National Anthem by Ella Levri
7:45 AM	10K Race starts
8:00 AM	5K Race starts
9:15 AM	Post Race Announcements and Award Ceremony Begins
12:00 PM	Lawyers Have Heart Concludes





## Race Day Activities

Race Medals presented by Harrity & Harrity, LLP

Life Is Why Tribute Wall presented by Akin Gump Strauss Hauer & Feld LLP

Beer Garden enjoy beer, seltzers and light food **\*Valid ID Must be Presented to Enter\***

Food & Refreshments presented by Shoppers Food

Tribute Bibs presented by Wiley Rein LLP

Main Stage program presented by 97.1 Wash-FM

Awards Crowell & Moring LLP & Goodwin Procter

Executive Row presented by DLA Piper LLP (US)

Photo Booth presented by Bloomberg Law

Team Photos presented by Venable LLP

Official Race Photos presented by Latham & Watkins LLP

YOU Are WHY presented by Freshfields Bruckhouse Deringer US LLP

Selfie Station presented by Sheehy Auto Stores

In-Person Race Results presented by McDermott+Consulting McDermott Will & Emery, LLP

VIP Tent presented by Latham & Watkins LLP

CPR Training Pillsbury Winthrop Shaw Pittman LLP

Personal Record Selfie Zone Davis Polk & Wardwell LLP

Survivor Area Paul, Weiss, Rifkind, Wharton & Garrison LLP

Pet Party presented by FTI Consulting

Kids Zone presented by Hogan Lovells US LLP

Medical Tent paramedics will be on-site



## Get Familiar with the Festival Map

- T-Shirt Pick Up
- Sponsor Tent Area
- Sponsor Table Area
- Bib Pick Up
- Restrooms
- Information Station & Lost/Found
- Medical Support
- Finish Line
- Volunteer Check In
- Start Line
- Beer Garden
- Food & Refreshments
- DJ & Post Race Announcements
- Top Participant Tent
- Team Photos
- Survivor Area

## FESTIVAL AREA MAP



## Get Familiar with the Race Course

### 2023 LAWYERS HAVE HEART 10K, 5K & FUN WALK

SATURDAY, MAY 20TH



**LAWYERS  
HAVE HEART**

10K | 5K | FUN WALK



#### 10K ROUTE DIRECTIONS

- START: West Potomac Park (heading West towards Ericsson Circle.
- Cross Independence Avenue to 23rd Street (counterflow)
- Bear Left onto Memorial Bridge (counterflow)
- Prior to Memorial Circle, U-Turn and return to South on 23rd Street
- Turn Left onto Independence Avenue
- Continue straight to Raoul Wallenberg Place
- Turn Right onto Raoul Wallenberg Place
- Cross Independence Avenue onto Ohio Drive
- Bear Left to continue on Ohio Drive to Hains Point
- Turn Right through Hains Point parking lot
- Turn Right back onto Hains Point heading West on Ohio Drive
- Continue on Hains Point, crossing Inlet Bridge
- FINISH: West Potomac Park

#### 5K ROUTE DIRECTIONS

- START: West Potomac Park (heading West towards Ericsson Circle.
- Cross Independence Avenue to 23rd Street (counterflow)
- Bear Left onto Memorial Bridge (counterflow)
- Prior to Memorial Circle, U-Turn and return to South on 23rd Street
- Turn Left onto Independence Avenue
- Continue straight to Raoul Wallenberg Place
- Turn Right onto Raoul Wallenberg Place
- Cross Independence Avenue onto Ohio Drive
- Bear Right to continue on Ohio Drive towards Jefferson Memorial
- Continue on Ohio Drive, crossing Inlet Bridge
- FINISH: West Potomac Park

# Lawyers Have Heart Digital Experience

Date: Tuesday, May 16 – Sunday, May 21, 2023

## How to Get Ready for Race Week:

### Share your #RUNLHH on Social Media!

Engage with us all week long and share your #RUNLHH experience by liking and commenting on the posts on our [Facebook page](#)! Tag our accounts on any platform and use #RUNLHH so we can be #RelentlessTogether!

Facebook: <https://www.facebook.com/GreaterWashingtonAHA>

Twitter: <https://twitter.com/LHH10K>

Instagram: <https://www.instagram.com/heartofgwr/>

Tag our handles and use #RUNLHH

## Lawyers Have Heart Virtual Race Week:

The Virtual Lawyers Have Heart will take place from Tuesday, May 16<sup>th</sup> – Sunday, May 21<sup>st</sup>.

### How to participate in the Digital Experience

- 1) Virtual participants who signed up with mailing of race materials will receive their package directly to the location they noted on their entry. Materials will include Tribute Bib, Safety Pins, Medal (if applicable) and Race Shirt (if applicable). If you have yet to receive your race materials, contact Lawyers Have Heart at [ESLawyersHaveHeart@heart.org](mailto:ESLawyersHaveHeart@heart.org)
- 2) You will receive an email on **Tuesday, May 16<sup>th</sup>** with a link to your personalized race bib for you to print out as well as the virtual leaderboard.
- 3) Prepare to clock your race time! You can complete the 5K/10K anytime between Tuesday, May 16<sup>th</sup> and Sunday, May 21<sup>st</sup> at 11:59 PM. We suggest you use a tracking device on race day to track your time.
- 4) Record your race time on the virtual leaderboard locally sponsored in 2023 by Orrick Herrington & Sutcliffe LLP.
- 5) Continue to share photos, videos & text RUNLHH to 41444 to donate if you can! Harrity & Harrity LLP will match all donations up to \$25,000! Don't forget to use #RunLHH!



## Matching Dollars Campaign presented by Harrity & Harrity LLP:

Lawyers Have Heart is not just another finish line. It's a movement for health and well-being. Starting on Monday, May 8<sup>th</sup>, #RUNLHH sponsor Harrity & Harrity LLP will DOUBLE your impact and match every dollar donated up to \$25,000! You can give online by [CLICKING HERE](#) or Text RUNLHH to 41444.

*Locally sponsored by:*



## Additional Details and Frequently Asked Questions

### **Registration Deadlines:**

The last day to register online for the 33<sup>rd</sup> Annual Lawyers Have Heart is Monday, May 15. You can also register in-person during Packet Pick-Up at the DC Bar on Tuesday, May 16 and Wednesday, May 17. There will be NO registration on race day!

### **Donations and Fundraising:**

Donations are accepted to support the American Heart Association through June 30<sup>th</sup>. [Donations](#) can be made on our [website](#), by texting RUNLHH to 41444, or mailing a check to the address below.

American Heart Association  
Attn: DC Lawyers Have Heart  
4601 North Fairfax Dr. Suite 700  
Arlington, VA 22203

### **Facebook Fundraiser: Are you almost at your fundraising goal?**

Do you need some ideas to continue fundraising for the mission of the American Heart Association? Start a [Facebook Fundraiser](#) today.

### **Am I able to race while in a stroller? What about if I run with a dog?**

Both strollers and dogs are allowed while participating in the Lawyers Have Heart 10K, 5K & Fun Walk! We do recommend you start towards the end of the Start/Finish line to ensure the safety of all participants.

### **If needed, how will I receive event information on race day (ex. Emergency and Weather plans)?**

Event announcements will be made on our website and via email. Please ensure you have opted in to receive our email communications. If you have removed yourself from distribution, you will not receive important race announcements. Contact race staff to confirm.

### **More questions?**

For more questions, please email [Patricia.Hevia@heart.org](mailto:Patricia.Hevia@heart.org), [Sydney.marshall@heart.org](mailto:Sydney.marshall@heart.org) or visit our [FAQ](#) and [event information page](#).

## Thank You 2023 #RUNLHH Sponsors:



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