



American Heart Association®

Lawyers Have Heart™

FREQUENTLY ASKED QUESTIONS

Registration

When will the 2023 Lawyers Have Heart 10K, 5K & Fun Walk take place?

The 2023 Lawyers Have Heart race will take place on Saturday, May 20th, 2023 at West Potomac Park in Washington, D.C.

Will the 2023 Lawyers Have Heart be in-person and virtual?

Yes, you will have the option to participate either in-person or virtually!

Do I still need to register for the event?

YES! As a registered participant you will gain access to a full suite of our event resources, but more importantly, you will be contributing to the American Heart Association's mission of being a relentless force for a world of longer, healthier lives.

Do children have to register?

Yes, to ensure that the waiver is signed all participants must register regardless of their age!

What is the cost for registering to the race and when do prices increase?

Registration Type	2023 Dates	Price
Extended with Tech. Shirt (in-person only)	April 1 - Close	\$ 105.00
Extended without Shirt (in-person only)	April 1 - Close	\$ 75.00
Extended VIRTUAL w/ Tech Shirt	April 1 - Close	\$ 75.00
Extended VIRTUAL without Shirt	ALWAYS	FREE

*Virtual participants signing up for the "Virtual Participant with Race Shirt" option will be mailed their race shirt and medal directly to your address of choice. Please make sure to include the address you would like your materials to be mailed to when registering.



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How does my registration fee make an impact?

Your registration goes toward funding our lifesaving mission which is more important now than ever as we work to keep our communities healthy. Your contribution is critical as we fund research and health initiatives in our community.

Can I still get my event t-shirt, race bib and medal?

Participants registered for the in-person event will receive their race bib during packet pickup in May, 2023. Race medals will be received when you cross the finish line on race day! If you registered to receive the race t-shirt it will also be included with the packet pickup materials.

Participants registered for the virtual event can print their race bib online. If you registered for the virtual event including race shirt, you will have your shirt and medal mailed directly to the address of your choice.

Can I switch my race type?

Yes, email ESLawyersHaveHeart@heart.org if you wish to change your registration type from a walk to the 5K or 10K run or vice versa. **The deadline to change your registration type is May 1st.**

I registered for the race but can no longer attend. Can I get a refund?

Unfortunately, refunds cannot be offered. The 33rd Annual Lawyers Have Heart will be both in person and digital, so if you cannot attend in person, you will still be able to run where you are!

Am I guaranteed a t-shirt with registration?

No. You are only guaranteed a t-shirt if you register for the race t-shirt option.

Am I guaranteed my self-designated t-shirt size?

Yes, however, t-shirts are ordered well in advance of the race. In the off chance that t-shirts are ordered prior to you registering, a second shirt purchase will be made after race day



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Are t-shirt sizes gender specific?

Yes.

Are kid's t-shirts available with registration?

No. All T-shirts and technical running shirts are adult sizes.

Donations

Online, I can only donate \$30 or more. Why? And where can I make a smaller one?

The AHA appreciates any size donation. Online donations are required to be \$30 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*

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 professional 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 \$250 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; to be a relentless force for a world of longer, healthier lives.



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Coupon Codes and Discounts

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 Patricia Hevia at patricia.hevia@heart.org.

Discount codes range from 10-20% off current registration prices and are 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 miss an opportunity to save!

When will I receive an invoice for the registration associated with the coupon code?

Team captains will receive an invoice for their coupon code on May 16th.

Interested in sponsoring the 2023 Lawyers Have Heart 10K, 5K & Fun Walk?

If you are interested in your company sponsoring the event, contact Patricia Hevia at Patricia.Hevia@heart.org for more information!

RACE MORNING

Am I able to race while with 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.



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Will there be water?

There will be water stations available at the festival site as well as throughout the race-course, but we recommend you bring your own water bottle.

What will be new at the 2023 Lawyers Have Heart Event?

This year we will have a face painter, pet party, a jumbotron and a VIP thank you tent for everyone who raises over \$1,000! The VIP Tent will feature a bag-check, warm breakfast, coffee/tea and a special thank you gift from the American Heart Association!

Parking Information

Free parking will be at the Kennedy Center. [Here](#) you can find the voucher with directions for parking. The parking voucher must be presented on the day of the event at the parking garage. We highly recommend Uber / Lyft and other rides share to the Lincoln Memorial and then walk to West Potomac Park.