



American Heart Association
Lawyers Have Heart™

#RUNLHH



2024 Lawyers Have Heart 10K, 5K and Fun Walk
Saturday May 18, 2024
Festival Opens: 6:30 AM

In-Person and Virtual Event Timeline and Details!

In-Person Event: May 18, 2024

Thank you for registering for the 34th 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

This weekend we run and walk to save and improve lives for all people and we will 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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Thank You #RunLHH Sponsors!

Lawyers Have Heart Event

Date: Saturday, May 18, 2024

Time: 6:30 AM – 11:00 AM

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 their office on **Monday, May 13th**.
- Teams of **10+ members** who registered before May 12th 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 3rd will have their race materials packaged individually.
- **Virtual participants** will have their race materials mailed directly to them.

Race Packet Pick-up Location

Packet pickup info

Location #1: 
901 4th Street NW, Washington, DC

Monday, May 13th: 12-6 p.m.
Tuesday, May 14th: 8 a.m.-8 p.m.
Wednesday, May 15th: 9 a.m.-5 p.m.

Location #2: 
1101 S Joyce Street, Arlington, VA

Friday, May 17th: 11 a.m.-7 p.m.



**LAWYERS
HAVE HEART**
10K | 5K | FUN WALK

LawyersHaveHeartDC.org



Parking at the Race

**** Please note that road closures start at 6:15 am ET on May 18, 2024.**

We highly recommend participants add extra time for travel, and take a ride share to the race. Those driving can access free parking from the Kennedy Center. Below are directions both options. Note that due to road closures, either option requires extra walking time to get to West Potomac Park.

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

Directions to West Potomac Park

Walking from the Kennedy Center

Estimated walking time: 37 minutes

Follow signs for the Lincoln Memorial. Exit Lincoln Memorial Circle via Daniel French Drive SW. Turn left on Independence Ave SW, then right on West Basin Drive SW. Go left on Ohio Drive SW, then follow signs for LHH check-in.

Note: we recommend using rideshares as the fastest way to get to the event

LawyersHaveHeartDC.org

Directions to West Potomac Park

Uber/Lyft + 24 minute walk

Enter **194 17th St NW** as the drop-off address. From the drop off point, head south on 17th street, then go right on Independence Ave. SW. Turn left on West Basin Dr. SW, then left on Ohio Dr. SW. Follow signs to the start line.

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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.

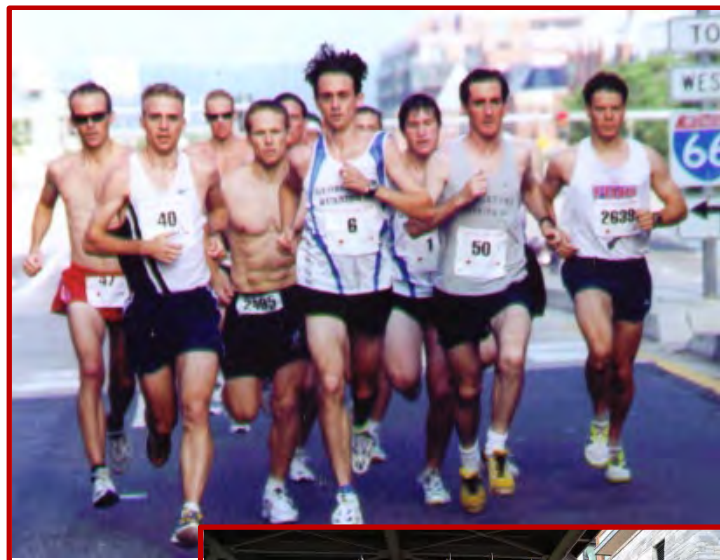
Print [parking voucher](#) and present at parking lot to enter.

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	National Anthem
7:45 AM	5K Race starts
8:00 AM	10K Race starts
9:15 AM	Post Race Announcements and Award Ceremony Begins
11:30 AM	Lawyers Have Heart Concludes



Race Day Activities

Race Medals presented by Harrity & Harrity, LLP

Life Is Why Tribute Wall presented by Akin

Beer Garden enjoy beer, seltzers, non-alcoholic options, 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

Executive Row presented by DLA Piper LLP (US)

Photo Booth presented by Bloomberg Law

Official Race Photos presented by Latham & Watkins LLP

In-Person Race Results presented by McDermott+Consulting &

McDermott Will & Emery, LLP

VIP Tent presented by Latham & Watkins LLP



Get Familiar with the Race Map



Route Map
5.18.24

5K/10K	
10K only	
5K only	
Water Stop	



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

INFORMATION

POST RACE RESULTS
Visit www.lawyershaveheartDC.org for a posting of all finisher times and top fundraisers

SUPPORTING CAUSE



Please visit our website for the [accessible version](#) of our Route Map.

How to Get Ready for Race Week:

Share your #RUNLHH snapshots 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>

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

Tag our handles and use #RUNLHH

Lawyers Have Heart Virtual Race Week:

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
- 2) You will receive an email 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 14th and Sunday, May 19th 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
- 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 6th, #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.



Additional Details and Frequently Asked Questions

Registration Deadlines:

The last day to register online for the 34th Annual Lawyers Have Heart is Monday, May 13. There will be NO registration on race day!

Donations and Fundraising:

Donations are accepted to support the American Heart Association through June 30th. [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 brady.smith@heart.org!

THANK YOU TO OUR 2024 LOCAL SPONSORS

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- Miller & Chevalier Chartered