



American Heart Association.

Lawyers Have Heart™

# FREQUENTLY ASKED QUESTIONS

REGISTRATION	Page 1
TEAM REGISTRATION CODES	Page 2
DONATIONS	Page 3
RACE MORNING	Page 4

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## REGISTRATION

### When and where will the 2025 Lawyers Have Heart 5K take place?

The venue and date have not yet been confirmed, but traditionally the event is the first Thursday in June.

### Do I need to register for the event?

Yes, as a registered participant, you will gain access to a full suite of event resources, but more importantly, you will be contributing to the mission of the American Heart Association to be a relentless force for a world of longer, healthier lives.

### How much does it cost to register for the race, and when do the registration fees increase?

The registration fee schedule is below. All registration fee levels include a Lawyers Have Heart race bib, medal, and a food and drink ticket for the Summer Celebration after the race.

Present – January 2, 2025	Early Bird Registration	\$55
January 3, 2025 – May 1, 2025	Standard Registration	\$65
May 2, 2025 – June 4, 2025 (at noon)	Last Call Registration	\$75
	Day-of Registration	\$80
	Virtual Registration – <a href="#">See Note Below</a>	\$25

**Note:** Participants selecting "Virtual Registration" will NOT run in the Seaport on race day but will run at a separate location before race day.

Virtual runners may choose to have their race medal and race bib delivered directly to the address of their choice. Please provide your mailing address during the registration process. Once you have completed your run, you'll have the opportunity to submit your time for inclusion on our website.



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### How do my registration fee and fundraising make an impact?

Lawyers Have Heart is a community-focused initiative dedicated to raising essential funds for lifesaving research, expanding CPR education and training, and promoting health equity for all. Through Lawyers Have Heart, we are turning a nation of bystanders into a Nation of Lifesavers by working to ensure that at least one person in every household feels confident and ready to perform CPR. Beyond fundraising, Lawyers Have Heart brings colleagues and friends together, building camaraderie through fun activities that also make a positive impact on countless lives.

### How do I get my race bib, T-shirt and medal?

Bibs will be delivered to the offices of any team with more than 50 runners registered by May 15, 2025. All other teams will be notified of bib pick-up locations, dates, and times during May 2025. Stay tuned for additional information. Race medals will be awarded to you as you cross the finish line on the day of the race. If you'd like to purchase a race T-shirt, you can do so during registration and pick it up on race day.

### Is there an on-site bag check?

Yes, we offer on-site bag check services. Your race bib includes the ticket for this service.

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

Regrettably, we are unable to provide refunds. However, if you find yourself unable to attend the event, you have the option to complete a 5K run at a location and time that suits you, and then you can submit your recorded time for inclusion on our website.

## TEAM REGISTRATION CODES

### What's a "team registration code"?

Team registration codes are an arrangement for a firm/company to cover their employee's registration for the race. If your company is interested in providing a code for its employees, contact Race Director Nancy Gottesman at [Nancy.Gottesman@heart.org](mailto:Nancy.Gottesman@heart.org).

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

NOTE: NEW PROCEDURE

Payment instructions can be found on the invoice sent to the captain. You can make payment via a wire transfer, check or credit card. Please contact AHA staff for more information about this process.



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**Interested in sponsoring the 2025 Lawyers Have Heart 5K & Summer Celebration?**

If you are interested in your company sponsoring the event, contact Race Director Nancy Gottesman at [nancy.gottesman@heart.org](mailto:nancy.gottesman@heart.org) for more information.

## DONATIONS

**Why can I only donate \$30 or more online. How can I make a smaller donation?**

The American Heart Association appreciates any size donation. Online donations are required to be \$30 or more to offset processing fees.

We are happy to take smaller donations in the form of cash or checks. Those can be mailed and made payable to:

*American Heart Association  
Attn: Lawyers Have Heart  
93 Worcester Street  
Wellesley, MA 02481*

**Are registration fees for the race tax deductible?**

No, registration fees cover the cost of 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 Lawyers Have Heart?**

Each participant who fundraises makes a meaningful difference in the lives of the residents of Greater Boston, but fundraising is not required to participate. During the registration process, a \$250 fundraising goal is associated with each person. That goal is not required but is highly encouraged. All funds raised go directly to the American Heart Association, and you will be supporting our mission to advance health and hope for everyone, everywhere.



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## RACE MORNING

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 chosen to receive our email communications. If you have removed yourself from distribution, you will not receive important race announcements. Contact Race Coordinator Jim Henry at [jim.henry@heart.org](mailto:jim.henry@heart.org) to confirm.

What time should I arrive at the race?

Doors will open at 5 p.m. Runners and walkers will need to be at the start line by 6:45 p.m.

Are pets allowed?

No, the race venue does not allow animals.

Will there be water?

Yes, there will be a water station available on the route and supplied at the event site.

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Instagram: @AmericanHeartMA

Questions? Please reach out to [jim.henry@heart.org](mailto:jim.henry@heart.org)