

FREQUENTLY ASKED QUESTIONS

Don't see your question?

Send us an email at ESLawyersHaveHeart@heart.org

REGISTRATION

- **When is the deadline for registration?**
 - May 11th is the last day to register online. There will be NO REGISTRATION on the day of the race.
- **How do I get my race bib, T-shirt and medal?**
 - Race bibs and t-shirts will be available at packet pick-up. T-shirts will also be available to pick up on the day of the event.
 - **PLEASE MAKE EVERY EFFORT TO PICK UP YOUR REGISTRATION PACKET AND BIB AT PACKET PICK UP THE WEEK BEFORE THE RACE.**
 - To those who opted in to receive a medal, we will be passing them out at the finish line.
- **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.
- **I registered for the race but can no longer attend. Can I get a refund?**
 - Unfortunately, we are unable to process refunds. However, if you find yourself unable to attend the event, you have the option to transfer your bib number to a family member, friend, or colleague!

RACE DAY

- **Are strollers and dogs allowed on the run/walk course?**
 - Yes. Strollers and dogs are welcome on both the walk and run courses. We ask that you please hang towards the back of the heat when starting to stay out of the way of the fastest runners. There are no street sweepers on the road, please bring appropriate clean up materials.
- **Can children participate?**
 - Yes, children are welcome to participate and do not need a bib unless they are over 12.

- **What time should I arrive at the race?**
 - The festival opens at 6:30am and it is highly encouraged to arrive as close to that time as possible. **We suggest that you allow yourself enough time to find parking and line up at the proper pace sign.**
 - Please allow for additional time if you are picking up your bib before the race.
 - **THE 10K RACE WILL START PROMPTLY AT 7:45AM**
- **Is there a bag check at the race?**
 - There will be no bag check unless you have earned VIP Runner status and access to the VIP tent.
- **Is the race timed?**
 - Yes.
- **If needed, how will I receive event information on race day (ex. emergency and weather plans)?**
 - Event announcements will be made via email & social media. Please ensure you have opted in to receive our email communications.
- **Will there be water stations?**
 - There will be water stations available on the route, as well as at the event site.

PARKING & TRANSPORTATION

- **Where should I park at the race?**
 - Parking at the Watergate building, 700 New Hampshire Ave NW, is 1.3 miles away.
 - Parking at the Ronald Reagan Building, 1300 Pennsylvania Ave NW, is 1.4 miles away.
 - Parking at the Wharf, 700 Water St SW, is 1.5 miles away.
- **If I do choose to take Uber, Lyft or other ride share, what address should I use?**
 - We encourage your ride share to drop you off at 2912 Independence Ave SW, Washington, DC 20418. We will be by the baseball fields, adjacent to the Martin Luther King Jr. Memorial.
- **Can I take the metro or public transportation to the race?**
 - The closest metro stations to the event site are Smithsonian and L'Enfant Plaza.

DONATIONS

- **How does my registration fee and fundraising make an impact?**
 - Lawyers Have Heart raises funds for the prevention and treatment of heart disease and stroke, which rank as the No. 1 and No. 5 causes of death in our nation. Funds raised support scientific research that equips healthcare professionals with the tools they need when it counts – during moments when they hold someone’s life in their hands.
 - Additionally, Lawyers Have Heart fosters a sense of camaraderie among colleagues and friends, uniting them in enjoyable activities that also contribute to improving the lives of countless individuals.
- **Is there a fundraising minimum?**
 - You do not need to fundraise to participate, but it is highly encouraged! All funds raised go directly to the American Heart Association, and you will be supporting our mission to reduce rates of heart disease and stroke and to build health equity in Greater Washington Region and beyond.
- **Can I fundraise after the event?**
 - Absolutely! We are accepting donations until June 30th, 2026.
- **Should I bring any funds I did not raise online to walk day or drop it off somewhere before the event?**
 - You can bring funds to the race or at packet pick-up.