



American Heart Association.

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FREQUENTLY ASKED QUESTIONS

The American Heart Association is creating mask-friendly environments at all our events. Vaccinated attendees will have the option of choosing whether to wear a mask, while those who are unvaccinated will need to wear a mask. Please do not attend an AHA event if you are not feeling well or have symptoms, irrespective of your vaccine status. If you have a condition that weakens your immune system or take certain medications, you may need to take extra precautions even if you are fully vaccinated, as instructed by your doctor. The AHA encourages you and everyone you love, care for, or care about to be vaccinated.

Registration

Will the 2022 Lawyers Have Heart be in-person?

Yes, the 2022 Lawyers Have Heart 10K, 5K & Fun walk will be in-person and virtual!

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?

This year you are able to register for the in-person event or as a virtual participant:

Registration Type	2022 Dates	Price
Early Bird with Tech. Shirt (in-person only)	December 1st - January 31st	\$ 75.00
Early Bird without Shirt (in-person only)	December 1st - January 31st	\$ 45.00
Early Bird VIRTUAL w/ Tech Shirt	December 1st - January 31st	\$ 45.00
Early Bird VIRTUAL without Shirt	ALWAYS	FREE
Standard Reg. with Tech. Shirt (in-person only)	February 1st - April 30th	\$ 85.00
Standard Reg. without Shirt (in-person only)	February 1st - April 30th	\$ 55.00
Standard Reg. VIRTUAL w/ Tech Shirt	February 1st - April 30th	\$ 55.00
Standard Reg. VIRTUAL without Shirt	ALWAYS	FREE
Extended with Tech. Shirt (in-person only)	May 1st - May 31st	\$ 95.00



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Extended without Shirt (in-person only)	May 1st - May 31st	\$ 65.00
Extended VIRTUAL w/ Tech Shirt	May 1st - May 31st	\$ 65.00
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.

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, and in our effort to respond to the coronavirus pandemic and its long-term effects on the health of 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 at the DC Bar Headquarters on June 7 and June 8 (10 AM – 5 PM). 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 (a link to your personalized race bib will be sent to your email the morning of June 7th). 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. To ensure you receive your race materials prior to race weekend, register **before May 23rd** (pending any delays by USPS).

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 race category is **Monday, May 23rd, 2022**.

Will there be packet pickup this year?

Yes, packet pickup will take place at the DC Bar Headquarters (901 4th St NW, Washington, DC 20001) on Tuesday, June 7 and Wednesday, June 8, 2022 from 10 AM to 5 PM.

If your company is a \$10,000 sponsor or higher, the race materials for in-person participants will be delivered directly to your office on Monday, June 6!



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IMPORTANT: How will race materials be packaged:

If you have a team of **more than 10 people**, all the race materials for the whole team will be packaged together.

If your team is **smaller than 10**, each participant will have their race material packaged individually.

If you have signed up for the **Virtual Event**, your materials will be mailed directly to you prior to race day, no matter the location. Register before May 23rd to ensure you will receive your race shirt and medal prior to race weekend!

If I cannot attend packet pickup, will I be able to pick up my materials on event day?

Yes, there will be packet pickup at the event site on event day. Due to COVID and to reduce touch points, we recommend that you try to pickup your race materials at the DC Bar during packet pickup. If you cannot attend packet pickup, we recommend that you have someone pick up your materials for you!

Can I register for the race on race day?

Due to COVID and to reduce touch points, there will be **no registration booth** at the event space on event day. We recommend signing up for the Lawyers Have Heart race prior to June 11, 2022. Online registration closes on June 6th at 11:59pm. Additional registrations can take place at the packet pick up location the week before the race.

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

Unfortunately, refunds cannot be offered. The 32nd Annual Lawyers Have Heart will be both in person and digital pending public health guidance at the time of the race, 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?



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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.

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.

Coupon Codes and Discounts

What's a "coupon code"? How's that different from a "discount code"?



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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 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 do coupon codes expire?

Coupon codes expire on Tuesday, May 31st at 11:59 PM, but you can still register individually online until June 6th or at packet pickup on June 7th and 8th at the DC Bar Headquarters.

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

Team captains will receive an invoice for their coupon code no later than June 17th, 2022 with payment due before June 24th.

When are coupon code payments due and how can I complete them?

Payments are due no later than **Friday, June 24, 2022**. Payments can be made online ([CLICK HERE](#)). Please include the name of your company under "Middle Name". You can also make payment via a wire transfer. Please contact AHA staff for more information about this process.

Interested in sponsoring the 2022 Lawyers Have Heart 10K, 5K & Fun Walk?

If you are interested in your company sponsoring the event, contact Stephanie Maher at Stephanie.Maher@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)?



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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.

What time should I arrive at the race?

The Lawyers Have Heart event starts at 6:00 AM and the race starts at 7:15AM. Runners and walkers will need to be lined up by 7:00AM. We suggest that you allow yourself enough time to find parking and line up at the proper pace sign.

Will there be a bag check at the event location?

Due to COVID and to reduce touch points, there will be no bag check available at the race, so we recommend only bringing with you items you can run with.

Will there be water?

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

Will there be a Move More Challenge this year??

Yes! The Move More Challenge will begin on **Thursday, May 12th** and will end on **Friday, June 10th, 2022**. To take part in the Move More Challenge you just need to register to the Lawyers Have Heart event and download the Heart Walk App. Track your activity minutes throughout the 30 days and climb the leaderboard! Additional information coming soon!

I am running the Virtual Race, now what?

The Virtual Event will go live on June 7th and will end on June 12th. To ensure you receive your race materials prior to race weekend, we recommend signing up before May 23rd (pending any delays by USPS). The morning of June 7th, you will be receiving an email with a link to your personalized race bib to print as well as a link to submit your race time on ZippyReg.com. Don't forget to post your sweaty selfie on our [Facebook Event Page](#), tag our [Twitter](#) and [Instagram](#) pages and use the hashtag **#RUNLHH** !

Parking

Please note: Due to road closures and current construction in Georgetown, we advise you give yourself enough time to arrive to the race

Can I take the metro or public transportation to the race?

No, the metro and buses do not open until 7AM. There is no metro stop at the Harbour. As a result, taking public transportation will not allow you enough time to get to the race. To reduce the risk of COVID, we recommend driving to the Lawyers Have Heart event instead of taking an Uber or Lyft. Please refer to the question below for parking information.



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Where can I park on event day?

There will be free parking at the Kennedy Center (2700 F St NW, Washington, DC 20566) on Level C from 5:30 AM to noon. You will need to [print the parking voucher](#) and present it at the parking lot entrance to enter!

Additional Parking

Georgetown Park

3222 M Street NW, Washington 20007 - \$12 per hour

Participants will need to print and show the [Parking Pass](#) to pass the police barricades. You will also have to access the [website here](#) and search for “Georgetown Park”, prior to your stay to reserve parking for that day. This will give you a QR code with which you will be able to access the parking lot.

Old Stone House

3053 M Street NW, Washington 20007 - \$8 flat rate

Please print the [Parking Pass](#) to access the parking lot.

Foundry Building

1055 Thomas Jefferson St NW, Washington 20007 - \$12 per hour

Please print the [Parking Pass](#) to access the parking lot.

Washington Park Building

2175 K Street NW, Washington 20037 - \$11 per hour

Please print the [Parking Pass](#) to access the parking lot.

If I do choose to take Uber, Lyft or other ride share, what address should I use?

While the race will be take place at 3000 K St. NW, Washington D.C. 20007, we encourage your ride share to drop you off at 3100 M St. NW, Washington D.C. 20007 and walk down the hill to the event. This is because of road closures preventing car access to the event space.

Facebook: [@GreaterWashingtonAHA](#) | Twitter: [@HeartofGWR](#) | Instagram: [@HeartofGWR](#)

Other Questions? Please reach out to ESLawyersHaveHeart@heart.org