

FREQUENTLY ASKED QUESTIONS

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REGISTRATION

When and where will the 2024 Lawyers Have Heart 5K take place?

Yes, the 2024 Lawyers Have Heart 5K & Summer Celebration will be held in person on Thursday, June 6, at Flynn Cruiseport Boston (1 Black Falcon Ave., Boston, MA 02210).

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.

November 28, 2023 – January 15, 2024	Early Bird Registration	\$55/\$80 with T-shirt
January 3, 2024 – May 1, 2024	Standard Registration	\$65/\$90 with T-shirt
May 2, 2024 – June 5, 2024	Last Call Registration	\$75/\$100 with T-shirt
	Day-of Registration	\$80
	Virtual-Only Registration	\$25

Participants selecting "Virtual-Only Registration" 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/walk, you'll have the opportunity to submit your time for inclusion on our website.



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.

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, 2024. All other teams will be notified of bib pick-up locations, dates, and times during May 2024. 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.



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 reduce rates of heart disease and stroke and to build health equity in Greater Boston and beyond.



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 opted in to receive our email communications. If you have removed yourself from distribution, you will not receive important race announcements. Contact Race Coordinator Alexandria Dean at <u>alexandria.dean@heart.org</u> 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 water stations available on the route and supplied at the event site.



Where can I park on event day (June 6, 2024)?

Nearby Parking Garages:

Boston Design Center 11 Drydock Avenue Boston, MA 02201 Flynn Black Falcon 492 Summer Street Boston, MA 02201

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 88 Black Falcon Ave., Boston, MA 02210. This will get you as close as possible to the event. Follow event signage to make your way to the entrance.

Facebook: @AmericanHeartMA | X: @AmericanHeartMA | Instagram: @AmericanHeartMA Questions? Please reach out to <u>alexandria.dean@heart.org</u>