



Race for Respect Down Syndrome Awareness

5K and Kids Dash
March 30, 2014

[Race Policies & Rules & FAQ](#)

[@RACE4RESPECT](#)

The inaugural [Race for Respect](#) 5k and Kids' Dash (1K) will be held on Pennsylvania Avenue in Washington DC on March 30, 2014. The five DC metro Down syndrome affiliate groups collaborate on this mission to empower, support and enrich the lives of those with Down syndrome living, working and contributing in our communities. Proceeds provide opportunities and resources for families of children with Down syndrome and adults with Down syndrome throughout the metro DC area. Every person with Down syndrome is someone's son or daughter, brother or sister, granddaughter or grandson, an employee, a colleague, a classmate or a friend. The [Race for Respect](#) will raise awareness of the challenges, demands, and surprising joys that living with Down syndrome brings, and highlight the human responsibility to treat people with Down syndrome with dignity and respect. [Click here for MAP.](#)



[Packet Pick Up & Race Day Registration](#)

- Packet pick up will be Saturday, March 29th, 2014 from 10am-2pm at Columbia Square, Washington, DC. 555 13th Street, NW Washington, DC (corner of 13th & F Streets). This is located directly above Metro Center. If you are unable to pick up on Saturday, March 29th, 2014, we will have remaining bibs and bags at race day registration; however, race day registration will close PROMPTLY at 8:30am on race day, March 30th, 2014. No exceptions.
- You may have your packet picked up by another individual, regardless if they are registered for the event or not. Proper ID will be required.
- If you are picking up for a group larger than 10, we ask you contact us in advance up to speed up packet pick up. This option is only available for pre-race packet pick up and not available on race day. Proper ID will be required.
- Registration will be available at packet pick up on a space available basis.
- If you register for the event and fail to participate, Race for Respect will make best efforts to hold your t-shirt and any other items included in the registration fee. It is the registrant's responsibility to recover these items.

5K Information



- Registration will be available on Race Day on a space available basis. Race Day registration will end promptly at 8:30 am- no exceptions. This policy, requested by the DC Metropolitan Police Department, is intended to facilitate the 11:00 am reopening of the roads, by insuring that all who register on Race Day will do so in time to be on the starting line no later than 9:00 am. No one will be allowed to start the 5k after 9:10am.
- Roads reopen at 11:00 am promptly. The road closure permit for Race for Respect ends at 11:00 am. At the request of the DC Metropolitan Police Department the race staff will begin to move slower runners and walkers off the roads and onto the sidewalk at 10:45 am. Your cooperation will be appreciated.
- Bag check and claim areas are manned by volunteers and staff. The event is not responsible for lost or stolen items. Leave at your own risk.
- No sag bus will be provided. All participants will be responsible to return to the finish line area on their own.
- Medical support. Race for Respect will be in full compliance with all DC special event medical requirements. If you need medical assistance please flag one of the many law enforcement officers located at each intersection along the course.
- Water stop. One water stop will be located near the intersection of Pennsylvania Avenue and 3rd Street, NW. It will be available to both outbound and inbound runners.
- Race for Respect has a NO BACKPACK policy. If you are checking a bag before the 5k race, you must use the clear bag that was received at packet pick up. No exceptions will be made. No backpacks are allowed on the 5K race course.

1K Kids Dash



- Suggested age limits are 5-9 years of age. Children as old as 12 will be admitted based on parental recommendation. No proof of age is required.
- Parents are encouraged to run with their children if they would like; however, they will be required to register and wear a race bib. No fee will be due and the race bib can be picked up at the Registration Tent located on Pennsylvania Avenue between 14th St.-13th St. NW.
- The Kids Dash is 1K.
- Race Day registration will be available for the Kids Dash but will end promptly at 8:30 am.
- Race for Respect plans to have high school volunteers as "running course marshals" who will participate to help insure the safety of all participants.

- The Kids Dash is planned to start at 9:45 am so that parents who participate in the 5k have the opportunity to rejoin their child to watch or participate in the Kids Dash.
- Safety for the participants is the most important objective of the Kids Dash.
- The Kids Dash will not be timed. Everyone is a winner.
- All participants, children and their parent or guardian, MUST wear an official Race for Respect bib number with his/her emergency contact information written on the bib. For the safety of all participants this policy will be strictly enforced. Thank you for your cooperation.

Transfers and Deferments



- Entry fees are non-transferable and non-refundable.
- Please do not swap your bib. Bib swaps are strictly prohibited. Individuals who are found swapping bibs will be removed from the results and/or will have their registration voided and will be barred from future Events.
- We do not offer deferments.

Refunds



- We do not issue refunds for registration. This includes if an event is canceled due to an "Act of God" (Hurricane, Tornado, Storm, etc.). There are no exceptions.
- We do not refund multiple "accidental" payments.
- If you file a charge back request with your credit card company and are reimbursed, your registration is void. If we are assessed a penalty fee for this, you agree to fully reimburse us for this penalty.
- If the event offers a discount code or other method of discount, you must use it at the time of registration. We do not refund the difference for any type of discount that goes unapplied when you register.
- The amount you will pay is clearly indicated before your payment is processed; if it is not the amount you believe it should be, do not pay.

Weather and Disaster Policy



- There is no "rain date." The event will be held rain, shine, snow. In the case of significantly inclement weather, we reserve the right to alter components of the event or course to address safety concerns, or potentially cancel the event. In addition, it is possible that while we desire not to cancel the event, the District of Columbia may force the cancellation of the event.

- In such situations, there will be No Refunds of entry fees. Each registrant must accept any such risk of their entry fee. Monies collected have already been used to develop and produce the event. We promise to make every effort to produce a fair, safe and exciting event.
- Any decision made to go forth with the event is contingent on the overall event and course safety, and is made in concert with local risk management, police, fire & rescue, and medical personnel as appropriate.
- Please note that we are aware sometimes unfortunate situations arise. Our policy, however, does not grant exceptions.

Personal Data



- Your physical address will never be shared with anyone outside of the event organizer. Your email address will not be distributed with the exception of the event photographer (if applicable) for the purposes of contacting you regarding photos.
- We require certain emergency medical information from each registrant in order to provide the best possible care in the event of an accident or medical emergency. This information will only be shared with licensed medical personnel and only in the event of an emergency.

Any remaining questions should be addressed to race4respect@dsnmc.org

@RACE4RESPECT



DOWN SYNDROME
ASSOCIATION OF NORTHERN VIRGINIA



All participating DC Metro Down syndrome affiliates are 501(c)(3) nonprofit organizations.