

Attention All Participants

Wave Starts Will Be Implemented This Year!

The Lawyers Have Heart 10K will feature two services to our runners this year. Our timing partner, Capital Running Company, will be utilizing the ChronoTrack Timing System which requires a one-time disposable tag to be worn on the shoelace. This eases the timing process from the race start and eliminates the chip corral at the races' end. Also implemented will be wave starts! **Each wave will be clearly marked as you get in place for the 8:00 AM start on race morning.**

What is a Wave Start?

A wave start is a staggered start of smaller groups instead of one start for the entire race. Runners will be asked to line-up in a corralled area consistent with their estimated finish time. Each wave will have its own start with a brief lapse of time in between.

Lawyers Have Heart 10K will have three waves – two for the 10K and one for the Fun Walk.

Wave #1: If you anticipate finishing in less than 50-minutes (8-minute mile pace or less).

Wave #2: If you anticipate finishing the race in more than 50-minutes (greater than 8-minute mile pace).

Wave #3: Fun Walk

Why does the Lawyers Have Heart 10K use Wave Starts?

The primary reason is for safety. Course density will be greatly reduced which makes it easier for race officials and medical personnel to access a participant in need.

It's also a much more enjoyable experience for our runners! Runners will participate with others who are similarly paced. Runners hoping for PR will not have to maneuver around other participants in order to find their full stride, enabling them to run more freely. Conversely, more casual runners will not have to worry about hugging the curb to avoid a collision with runners trying to maneuver around them.

Wave Start Requirements:

Wave start implementation is important for the use of this current course and therefore, the future of this race. It is being done for the benefit of all involved! All you need to do is show up and line up in your pace group!

Most wave starts require participants to estimate their race time when they register; some even require sanctioned race information from previous certified races. Runners are then placed in a specific timed corral and guided to that corral on race morning. There is little room for movement and they are tightly enforced.

Lawyers Have Heart will not be managing wave starts this way. We are simply asking for your cooperation and good judgment. Whatever your pace, please place yourself accordingly in the starting line-up. For example - If you are a 9:00 minute-miler, please do not line up immediately behind our elite athletes. This is unfair to runners who anticipate finishing the race in 45-minutes or less. Line up in wave #2 with runners paced similarly to you. This will not work without your cooperation!

Once the race begins, any runner seen dashing around the snow fencing, separating wave #1 from wave #2, will be disqualified!

Please arrive at the starting area early enough to line-up in the wave of your qualification!

Wave Start Questions:

For additional information, please feel free to contact Lawyers Have Heart Director Kelly McAuley, at Kelly.McAuley@heart.org or 703.248.1713.