



Tricia Davis 5K Walk/Run for Sinai House

SUNDAY, MAY 12, 2019 • 8 AM

Rock Creek Park, Picnic Grove #24, Washington, DC



Proceeds from this event will directly benefit Sinai House in its mission to enable families to move from homelessness to independence by providing safe and affordable housing, comprehensive social services and financial support .

Helping Families Journey to Independence

Welcome

Thank you for participating in the 5th annual Tricia Davis 5K Walk/Run for Sinai House. Proceeds from this event will directly fund Sinai House's programs aimed at enabling families to move from homelessness to independence by providing safe and affordable housing, comprehensive social services and financial support.



Since its founding in 1992 by Temple Sinai members, Sinai House has served over 45 families, including over 90 children, providing housing, educational opportunities, job training and emotional support. We house up to 4 families at a time. Residents typically live at Sinai House for about 2 years while working to achieve stability and gain the skills necessary to pay market-based rent or even to own their own homes.

Our community is supported by an all-volunteer Board of Directors, Temple Sinai members, Temple clergy, the Sinai House staff and professional consultants, and volunteers who tutor, mentor and plan activities for our current and former residents.



We run, walk and celebrate to honor the memory of Tricia Davis, a founder and early supporter of Sinai House. Tricia was committed to combating homelessness and housing insecurity and turned this commitment towards the establishment and longevity of Sinai House. Tricia brought energy, excitement and passion to everything she did in life, and Sinai House was no exception.

Again, thank you for helping us strengthen Sinai House and our commitment to combat homelessness. Have a fun and safe race and be sure to check us out at sinaihouse.org.

Your friends and family can register for the 5K until 8 pm on Saturday, May 11th at sinaihousedc5k.com and donations made by June 30, 2019 will count toward the event!

Race Details

The race begins and finishes at Rock Creek Park near Picnic Grove #24 and has one turn-around point. There will be a water station at the Start/Finish line and one along the race route. A bag drop will be available.

Children, Strollers & Dogs

Strollers and dogs are welcome, but please stay toward the back of the pack while lining up. Dogs must be on a 3' non-extendible leash. You do not have to register your dog, but dogs that are registered will receive a race bib and will be eligible for "The Fastest Dog and Owner Pair" award.



Teams

There are two different kinds of teams. A **Competitive Race Team** is a mixed team of men and women consisting of three to five persons. The times of the top three finishers will be calculated to determine the winning team. At least one scoring runner of each team must be of each sex (no all-men or all-woman teams). A **Social Race Team** may have as many members as you want, so you can encourage your friends to register and walk together for fun.

Parking

Ample, free parking is available at the Carter Barron Amphitheatre parking lot. Please enter the parking lot from Colorado Avenue (from 16th Street) to park near Picnic Grove #24, near the entrance to the Tennis Center. If you are using a GPS, use the Tennis Center's address: 4850 Colorado Ave, NW, Washington, DC.

Race Bib & T-Shirt Pick-Up & Bag Drop

Race bib and T-shirt pick-up, as well as a bag drop will be available at the race site from 7:00 to 7:30 am on race day. You may also pick up your race bib and T-shirt on Friday, May 10th from 5:30 – 7:30 pm in the Temple Sinai foyer at 3100 Military Rd NW, Washington, DC. Participants who registered for the 5K event will receive a race bib with an RFID disposable "bib-timing chip" attached. Fun Run participants will receive a race bib without a timing chip attached. Virtual Participants receive a T-shirt, but no racing bib.

Race Day Schedule

Race Day Schedule, Rain or Shine

THERE WILL BE NO REGISTRATON ON RACE DAY AT THE PARK.

All times are approximate.

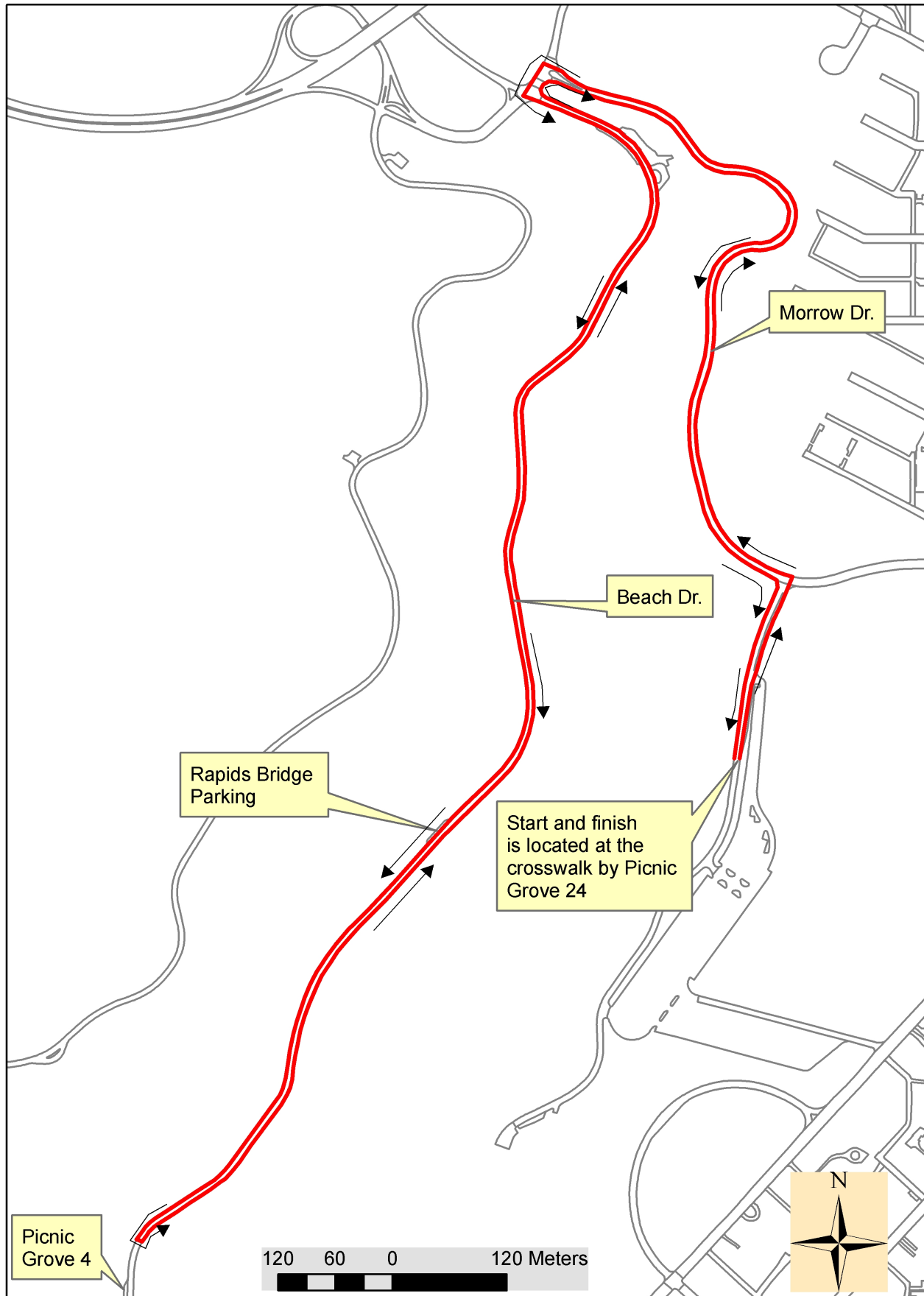
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|-----------------|---|
| 7:00 – 7:30 am: | Race Bib & T-shirt pick-up and bag drop off |
| 7:45 am: | Warm-up exercises led by Errick McAdams |
| 7:55 am: | Temple Sinai clergy bless the race |
| 8:00 am | 5K Walk/Run begins (Walkers and participants with strollers and dogs, please line up at the back.) |
| 8:45 am | Nosh on bagels and cream cheese from Bullfrog Bagels, bananas from Whole Foods, Mars goodies and bottled water from Giant Food. |
| 9 am | Fun Run warm-up exercises led by Errick McAdams |
| 9:15 am | Fun Run begins |
| 9:30 am | Award ceremony begins. All Participants must be off the race route. |
| 9:45 am | Competitive & Social Race Team Photos. |

Official Race Photos

A professional photographer will be taking photos of participants throughout the day. Remember to show your spirit for the camera while crossing the finish line! You will receive an e-mail when the photos are available for view on jdbakerphotography.com/Events.



5K Route for Rock Creek



Note: the distance from the turn around to Picnic Grove 4 parking area is 44 meters in length

Awards



Awards

Please stay for the awards ceremony following the 5K and Fun Run. Certificates and award medallions will be awarded as well as prizes from our generous sponsors.

Category	Prize
1st Place Men	Macon Bistro Gift Card
1st Place Women	Core72 Gift Card
2nd Place Men	Parthenon Restaurant & Chevy Chase Lounge Gift Card
2nd Place Women	Catch Can Gift Card & Nail Avenue Pedicure
3rd Place Men	Blue44 Restaurant Gift Card
3rd Place Women	Blue44 Restaurant Gift Card
1st Place Boy age 13 and under	Barstons Child's Play Gift Card
1st Place Girl age 13 and under	Barstons Child's Play Gift Card
2nd Place Boy age 13 and under	Potomac River Running Gift Card
2nd Place Girl age 13 and under	Potomac River Running Gift Card
3rd Place Boy age 13 and under	Potomac River Running Gift Card
3rd Place Girl age 13 and under	Potomac River Running Gift Card
1st Place Men age 50 and over	R & J Sports Gift Card
1st Place Women age 50 and over	Two Nail Avenue Pedicures
1st Place Fun Run Boys, age 12 and under	Barstons Child's Play Gift
1st Place Fun Run Girls, age 12 and under	Barstons Child's Play Gift
1st Place Competitive Race Team	Calvert Woodley Wines Gift Card
1st Place Dog & Owner Pair	Calvert Woodley Wines Gift Card & Dog Treat
1st Place Sinai House current or former resident	Periwinkles Gift Basket
1st Place –Temple Sinai Clergy or Staff	Picture from JDBaker Photography
Most Number of Donors for a Personal Fundraiser	Calvert Woodley Wines Gift Card
Most Number of Donors for a Personal Fundraiser Age 13 and under	Potomac River Running Gift Card
Most Members of a Social Team	Calvert Woodley Wines Gift Card
Caboose	Picture from JDBaker Photography
Sinai House Hero Award given to an extraordinary volunteer	Picture from JDBaker Photography & Potomac River Running Gift Card

About Sinai House

All proceeds from this race will benefit Sinai House in its mission to enable families to move from homelessness to independence by providing safe and affordable housing, comprehensive social services and financial support.

Founded in 1992 by members of Temple Sinai, we provide fully-furnished apartments to four families at a time. Families live at Sinai House for about two years, while working to achieve stability and independence.

We require a significant level of commitment from our residents: Adults must work full-time or engage in a combination of part-time work and part-time school or job training (which Sinai House may help finance). The children must attend accredited daycare or an appropriate school, and a structured summer camp program. Adults sign a contract acknowledging their obligation to abide by the rules, including paying a monthly stipend towards rent and participating in the savings program; to attend all programs; and to meet regularly with our Executive Director.



Individual Case Management: Our Executive Director, whose office is on-site, works with each adult resident to develop a plan that focuses on the adult's career and educational development, the educational and emotional development of the children, and mental health support for each family member where needed. Our Executive Director regularly meets with the families and confers with our professional service providers to continuously assess the progress of each family member and adjust their plans accordingly.

Education Counseling: An education counselor works with each family to help them reach their goals. The counselor administers an education assessment for each child, monitors their progress throughout their residency and provides resources to the parents to help them identify and secure appropriate educational services for their children.

Financial Literacy: Each resident learns to create a budget and understand her credit score and works to improve her financial status. Residents are introduced to living wills and insurance and are educated about housing assistance programs.

Mental Health & Well-Being: Licensed therapists come to our facility to provide one-on-one counseling for current and former adult residents and for those children identified as needing assistance.

Tricia Davis Matching Savings Program: Residents are required to set aside a specified amount of money each month in a savings account, which Sinai House matches on at least a 2:1 basis.

Career Development: Our job counselor enhances the ability of our current and former residents to identify, secure and maintain good jobs that fit their interests and skills. We host job fairs where employers meet with current and former residents to discuss potential opportunities. We also contribute to the costs or provide loans for college or job certification courses.

Volunteers

We thank all our volunteers!

Temple Sinai Staff
Temple Sinai Clergy
Temple Sinai Member
Community
Race Day Volunteers

Sinai House Staff
Sinai House Board
The Tricia Davis 5K Walk/Run
Planning Committee

How You Can Make a Difference!

Become a Tutor: Meet with elementary and middle school-aged children weekly and work on math, reading, science or language arts.

Playtime Facilitator: Come weekly to play board games, take a short walk to the park or supervise the children in our backyard playground and garden. Play is essential for the cognitive, physical and emotional well-being of children and youth.

Become a Mentor: Mentors spend time one-on-one with a child once or twice a month to go to a basketball game or to pursue another shared interest.

Enrichment Activities: We encourage students to choose Sinai House for their service project. Projects engage our children in fun activities, including baseball games, festivals and camping trips.



Go to www.sinaihouse.org or e-mail sinaihouse@gmail.com to volunteer or learn more about Sinai House.

Sinai Assisted Housing Foundation, 3100 Military Road NW, Washington, DC 20015

www.sinaihouse.org

Combined Federal Campaign (CFC)#73039

United Way National Capital Area Designation #9854

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With enormous gratitude to

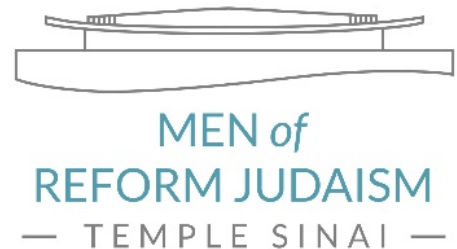
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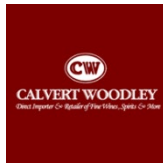
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