

# *Tricia Davis 5K for Sinai House*

**SUNDAY, MAY 8, 2022 • 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***





Thank you for participating in the **2022 Tricia Davis 5K for Sinai House!** After two years of virtual events, we are thrilled that this year we can gather in person at Rock Creek Park to celebrate the 30<sup>th</sup> anniversary of the founding of Sinai House. Tricia Davis, one of our early supporters, was committed to combating homelessness and housing insecurity and used the energy, excitement, and passion that she brought to everything she did in life toward the establishment and longevity of Sinai House. Your

participation in the Tricia Davis 5K carries on Tricia's legacy and supports 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. 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 have made some exciting changes in our program this past year. All four families who lived at Sinai House during the height of the pandemic have moved to permanent housing. Three of those families are participating in our new post-residency program, receiving tapering rent subsidies, social services, and help in connecting to services in their new neighborhoods. We have updated our facilities' four apartments and common areas, replaced the roof and back deck, made extensive repairs to the buildings, and welcomed four new families into our refurbished Sinai House. And we have forged a partnership with Jubilee Housing, which gives placement preference to our resident families, while also helping to add to the supply of affordable housing in DC area.

***Your friends and family can register for the 5K until midnight on Saturday, May 7<sup>th</sup> at [sinaihousedc5k.com](https://sinaihousedc5k.com). Donations made by June 30, 2022, will count toward the event!***



## Race Details

*The National Park Service is requiring Social Distancing Measures in place in Rock Creek. **There will be a rolling start for the 5K between 8 am and 8:15 am.** The winners will be determined by **CHIP** time, rather than gun time. There will be signage reminding participants to keep 6 feet apart from other household groups. Masks are not required to be worn outdoors.*

The race begins and finishes at Rock Creek Park in Washington, DC at Picnic Area #24 in the Carter Barron parking lot, 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. 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. Join or create a **Social Race Team** and invite as many friends and family members as you want to register and walk or run 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 16<sup>th</sup> 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

Two times and locations and time to pick up your race bib and T-shirt:

- Saturday, May 7<sup>th</sup> from 3 – 4:30 in the Temple Sinai Parking lot at 3100 Military Road NW, Washington, DC.
- Sunday, May 8<sup>th</sup> from 7 – 7:30 am at the race site on race day.

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.

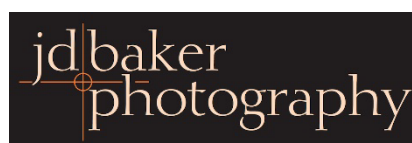
## Tricia Davis 5K Walk/Run for Sinai House on May 8, 2022 Schedule (All times are approximate)

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7: 00 - 7:30 am	Race Bib & T-Shirt pick-up
7:45 am	Warm-up exercises led by <b>Aaron Gamble, Beyond Belief Health &amp; Wellness</b>
7:55 am	Blessing for the race – <b>Temple Sinai Clergy</b>
8:00 am – 8:15 am	<b>Rolling start of the 5K Walk/Run</b> – Line up with 6 feet of social distance between household groups.
<b><i>JDBaker Photography will capture your Photo finish--Smile!</i></b>	
8:15 am	Nosh on bananas from <b>Trader Joe's, Mars goodies</b> & bottled water
8:45 am	Warm-up exercises for the Fun Run led by <b>Aaron Gamble, Beyond Belief Health &amp; Wellness</b>
9:00 am	One-Mile Fun Run begins– Line up with 6 feet of social distance between household groups.
9:15 am	Sing along with <b>Rabbi Noah Diamondstein</b>
9:30 am	All participants must be off the road and the road cleared.
	<b>Award ceremony begins</b>
10:00 am	Clean-up

**No wastewater, food waste or ice should be dumped on the ground.**

***Thanks so much for your support, Happy Mother's Day!***



**TRADER JOE'S**

## Awards

The awards ceremony will begin at approximately 9:30 am, following the Sing-along with Rabbi Noah Diamondstein. **Awards will be based on Chip time rather than Gun Time.**



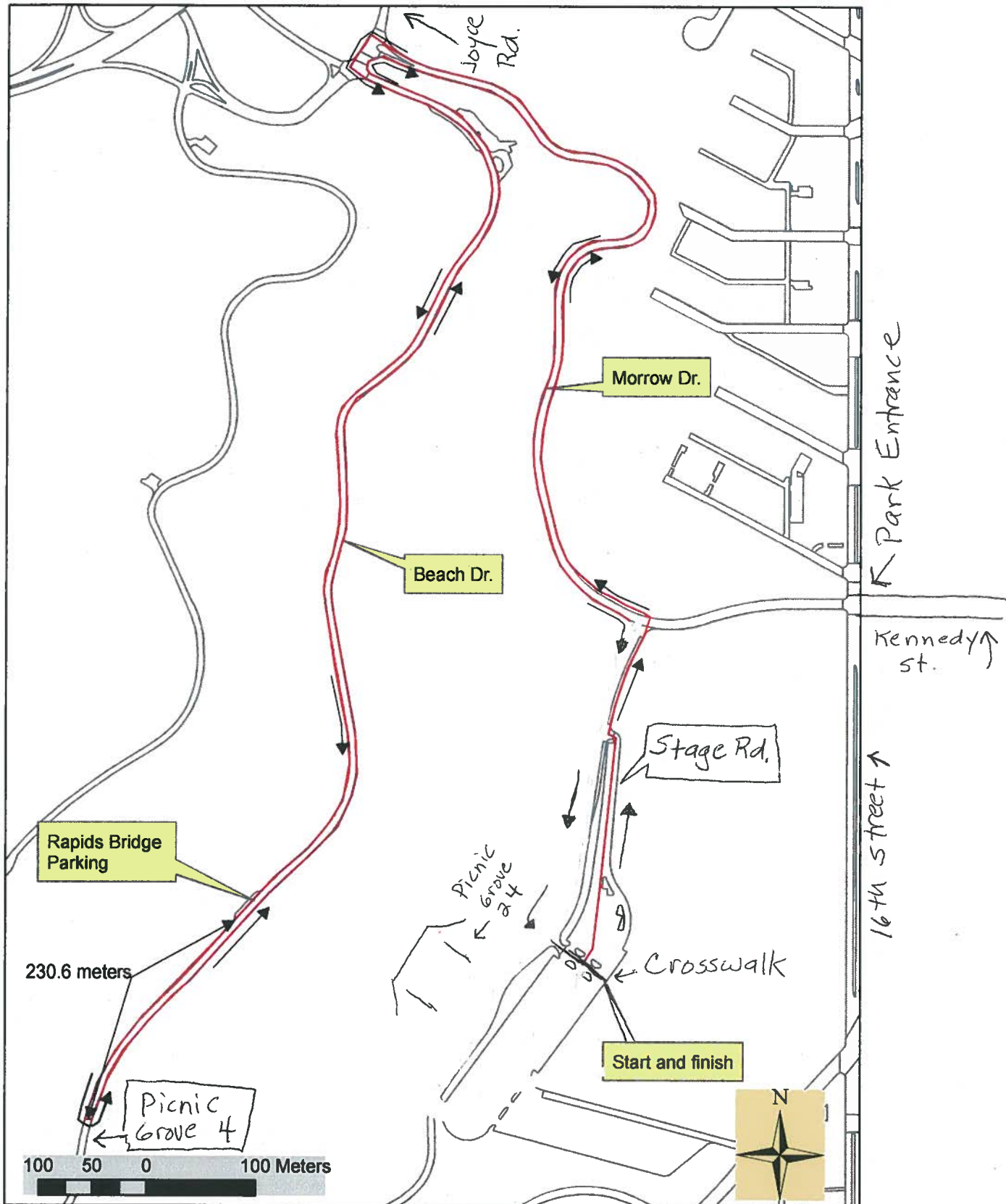
**Jerald Yanuck LMT**  
 Massage/Bodywork/Energy Work  
[JeraldYanuckLMT@gmail.com](mailto:JeraldYanuckLMT@gmail.com)

Jerald will donate 20%  
 of the first session for new clients to  
 Sinai House in honor of Tricia Davis.  
 Mention code TRICIADAVIS5K2022

Category	Prize
1 <sup>st</sup> Place Overall 5K *	1 ½ Hour Massage/Bodywork/Energy Session from Jerald Yanuck LMT
1 <sup>st</sup> Place Woman 5K *	1 ½ Hour Massage/Bodywork/Energy Session from Jerald Yanuck LMT
2 <sup>nd</sup> Place Overall 5K *	1 ½ Hour Massage/Bodywork/Energy Session from Jerald Yanuck LMT
2 <sup>nd</sup> Place Woman 5K *	1 ½ Hour Massage/Bodywork/Energy Session from Jerald Yanuck LMT
1 <sup>st</sup> Place 5K age 62 and over *	1 Hour Personal Training or Health Coaching Session from Aaron Gamble, Beyond Belief Health & Wellness
1 <sup>st</sup> Place 5K Woman age 62 and over *	1 Hour Personal Training or Health Coaching Session from Aaron Gamble, Beyond Belief Health & Wellness
2 <sup>nd</sup> Place 5K age 62 and over *	1 Hour Personal Training or Health Coaching Session from Aaron Gamble, Beyond Belief Health & Wellness
1 <sup>st</sup> Place 5K Boy age 12 and under *	Gift from Barstons Child's Play
1 <sup>st</sup> Place 5K Girl age 12 and under *	Gift from Barstons Child's Play
Highest Number of Donors for a Personal Fundraiser	Picture from JDBaker Photography
Highest Number of Members for a Social Race Team	Picture from JDBaker Photography

*\* Only one prize per person. If the same person qualifies for a prize in more than one category, that person will choose one prize. The next fastest person in the category not chosen will be awarded the prize in that category.*

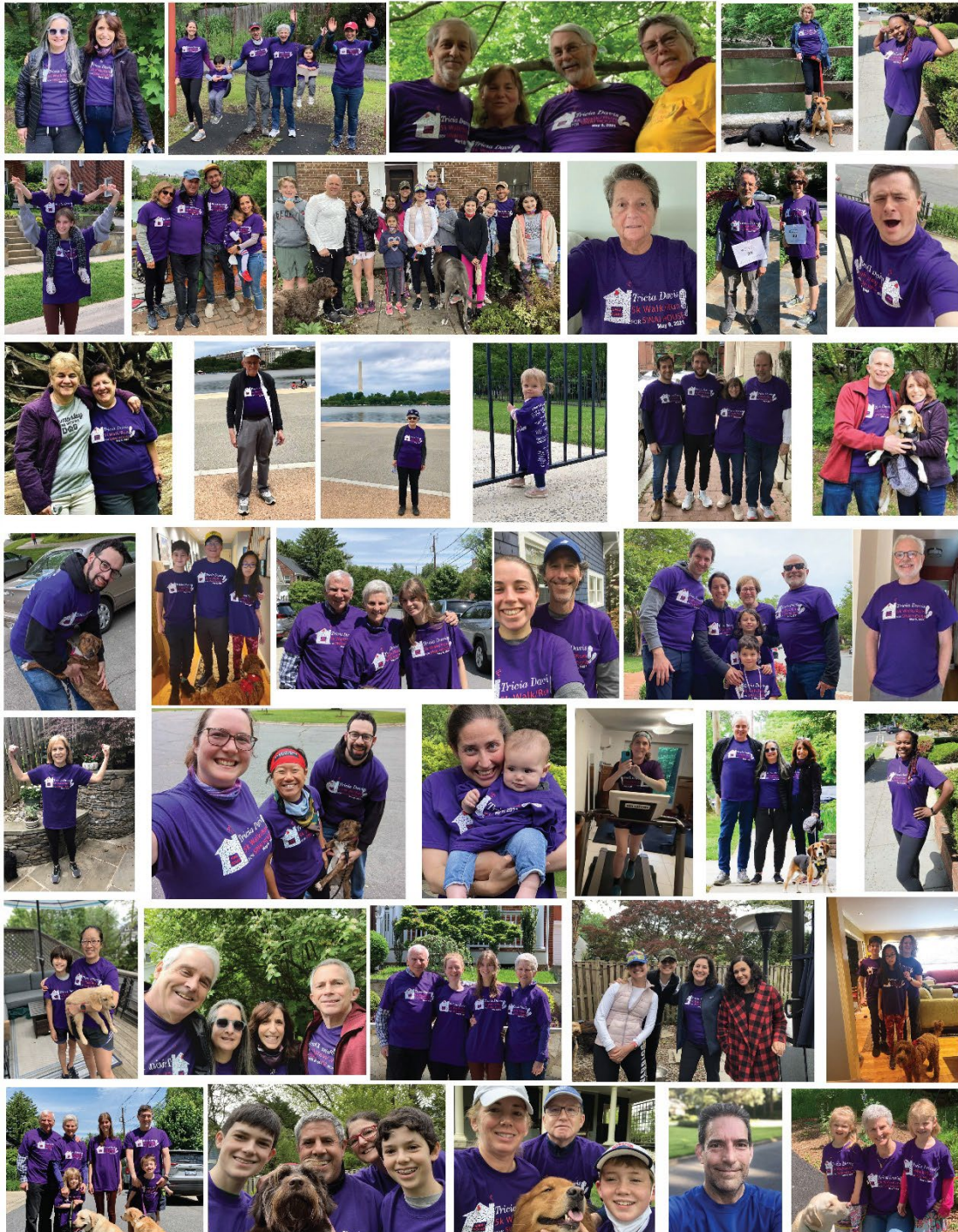
# 5K Route for Rock Creek





*We thank all our volunteers!*

Temple Sinai Staff  
Temple Sinai Clergy  
Temple Sinai Community  
Race Day Volunteers  
Sinai House Staff & Board Members  
Sinai House Community



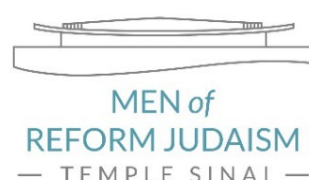
*With enormous gratitude to our Donors*

*Click on the logo of our business sponsors to check out their website!*



## Share Fund

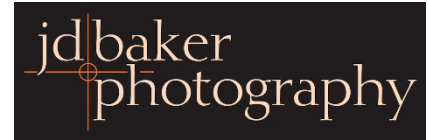
### LEADER



Anonymous (2)  
Amy Borrus & Rich Miller  
in memory of Marian Miller & Adele Borrus  
Ken & Debbie Jaffe  
New Era Group  
Allen & Susan Snyder  
Richard A. Steinwurtzel  
Maxine and Jack Zarrow Family Foundation



## SUSTAINER



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Milena Aquino, Cristina Torres, Francisco Torres &  
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Michael S. Berman & Debbie Cowan

Robert & Audrey Bredhoff

Debbie & Jeremy Brown

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The Haber-Mandel Family Foundation

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Mutnick/Levine Family

Rabbi Fred Reiner & Susan Liss

Jo Ann & David Reiss

Amy I. Schear

Noreen & Scott Winkelman

Jerald Yanuck LMT

## SUPPORTER

Holland & Knight



judylicht  
PHOTOGRAPHY



Anonymous (5)  
Phyllis Aaronson  
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Elaine & Richard in honor of Rachel  
& Susannah Binder  
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Meisnere  
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Karen & Darwin Walker  
Andrew Wayne  
David Wessel & Naomi Karp



## FRIEND

Anonymous (3)  
The Angel Family  
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Kathryn Condello  
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Cathy Houston  
Matt Jaffe & Jonah Ruffer  
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Susan Shaffer  
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Ann Sloane  
Carolyn Snyder  
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Sue Thau  
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Randi & Robert Wolchock  
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Anonymous (5)	Hershel Lipow & Susan Siegal
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Arthur & Betsy Chotin in honor of Jerry Burg	Ed Rivera & Evan Bachner
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Georgiana Forrester	Steven Sbar
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Richard & Carol Gross	Carol Seager
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James & Niesa Halpern	Stevie & John Shuchart
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Judy Heyman	Lafe Solomon & Catherine Crockett
Hunter Hogewood & Jamie Yavelberg	Don Steinman & Ruth Greenspan
Sandra Hughes	Jonathan Strum
Myra Jacobs & Michael Fuchs	Liz Symonds
Eric Jaffe	Mary Taylor
Lynn Jatlow	Bruce Vinik & Virginia Levin
Andrea Jolly	Jessica Wasserman & Jim Kopetsky
Marvin & Madeleine Kalb	Stefanie Weiss
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Marilyn Kitzes & Scott Satin	Joshua Werman & Lauren Sparber
Ken Kleinman	Andrew Wilson
The Landesberg Family	Michael Wolly
Richard & Sally Levie	Jane & Eric Yaffe
Michael Lilek & Rosann Wisman	



## DONOR

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 Robin Gerber  
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 Ben Schultz  
 Joanna Snyder on behalf of Eloise & Alena  
 Deborah Stern  
 Shayne Swift  
 Robbie Tisch  
 Jodi Torzewski  
 Eunice Washington  
 Paul Weech & Ellen Suthers  
 Susan Wray



**Sinai Assisted Housing Foundation**  
**3100 Military Road NW, Washington, DC 20015**  
[www.sinaihouse.org](http://www.sinaihouse.org)  
**Combined Federal Campaign (CFC)#73039**  
**United Way National Capital Area Designation #9854**