



Tricia Davis 5K *for Sinai House*

SUNDAY, MAY 14, 2023 • 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 **2023 Tricia Davis 5K for Sinai House!** We are so pleased to gather again in person at Rock Creek Park to celebrate Tricia Davis. She 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.

This has been a challenging and exciting year, as we transitioned from providing all our services virtually during the height of the pandemic, to increasingly meeting with our residents in person once again. Three families are now in their second and final year of our new post-residency program. After extensive maintenance and repairs to our 100-year-old buildings, we welcomed four new families to the Sinai House residency program. One of those families has now departed, and a young mother who recently came from South Africa with a two-year-old daughter, eager to take advantage of Sinai House services, became our newest resident in late February. As a result of this important work, we need to replenish our Commitment Fund, which provides the financial backing we need to guarantee our commitment to our Sinai House resident and alumni families.



Your friends and family can register for the 5K until midnight on Saturday, May 13th at

sinaihousedc5k.com.

Donations made by June 30, 2023, will count toward the event!

Race Details

The 5K 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.

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.

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

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

- Saturday, May 13th from 3 – 4:30 in the Temple Sinai Parking lot at 3100 Military Road NW, Washington, DC.
- Sunday, May 8th from 7 – 7:30 am at the race site on race day.

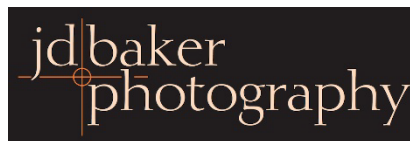
Participants who registered for the 5K event will receive a race bib with an RFID disposable “bib-timing chip” attached. Fun Run participants will receive a race bib without a timing chip attached. Virtual Participants receive a T-shirt, but no racing bib.

Tricia Davis 5K Walk/Run for Sinai House on May 14, 2023 Schedule (All times are approximate)

7: 00 - 7:30 am	Race Bib & T-Shirt pick-up
7:45 am	Warm-up exercises led by Aaron Gamble
7:55 am	Blessing for the race – Temple Sinai Clergy
8:00 am	5K begins – Walkers and participants with strollers and dogs, please line up at the back.
<i>JDBaker Photography will capture your Photo finish--Smile!</i>	
Learn the soft touch from Pickleball Performance & Wellness in drop-in lessons for all ages in the Dink Dynasty area down the road from the Start/Finish line.	
8:15 am	Nosh on bananas from Trader Joe's , Mars goodies & bottled water from Kathryn Schwartz & Laurie Muir, TTR/Sotheby's
8:45 am	Fun Run warm-up exercises led by Aaron Gamble ,
9:00 am	One-Mile Fun Run begins
9:15 am	Sing along with Rabbi Noah Diamondstein
9:30 am	All participants must be off the road and the road cleared.
	Award ceremony begins
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!



Kathryn Schwartz
& Laurie Muir

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Awards

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



PARK
STORY

Category	Prize
1 st Place Overall 5K *	\$100 Gift Certificate from Blue44
2 nd Place Overall 5K *	1 Hour Lesson for up to 4 people from Pickleball Performance & Wellness at Bethesda OneLife
3 rd Place Overall 5K *	
1 st Place Woman 5K *	\$100 Gift Certificate from Core72
2 nd Place Woman 5K *	1 Hour Lesson for up to 4 people from Pickleball Performance & Wellness at Bethesda OneLife
3 rd Place Woman 5K *	
1 st Place 5K age 62 and over *	1 Hour Lesson for up to 4 people from Pickleball Performance & Wellness at Bethesda OneLife
2 nd Place 5K age 62 and over *	
1 st Place 5K Woman age 62 and over *	\$25 Gift Certificate from ParkStory
2 nd Place 5K Woman age 62 and over *	1 Hour Lesson for up to 4 people from Pickleball Performance & Wellness at Bethesda OneLife
1 st Place 5K Boy age 12 and under *	Gift from Barstons Child's Play
1 st Place 5K Girl age 12 and under *	Gift from Barstons Child's Play
2 nd Place 5K Boy age 12 and under *	1 Hour Lesson for up to 4 people from Pickleball Performance & Wellness at Bethesda OneLife
3 rd Place 5K Boy age 12 and under *	
2 nd Place 5K Girl age 12 and under *	
3 rd Place 5K Girl age 12 and under *	
Highest Number of Donors for a Personal Fundraiser	1 Hour Lesson for up to 4 people from Pickleball Performance & Wellness at Bethesda OneLife
Highest Number of Members for a Social Race Team	1 Hour Lesson for up to 4 people from Pickleball Performance & Wellness at Bethesda OneLife

** 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.*

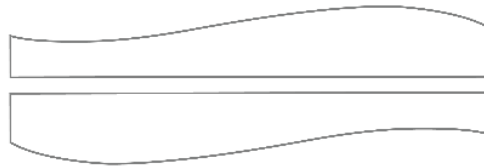
We thank all our volunteers!

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

List reflects donation received through June 1, 2023.

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



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FOR SOCIAL JUSTICE**
— AT TEMPLE SINAI —

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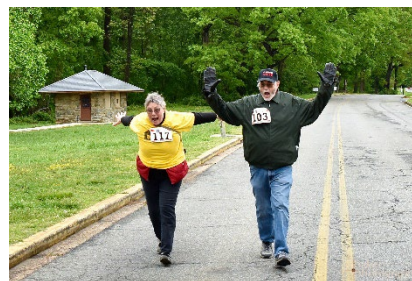


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Sinai Assisted Housing Foundation
3100 Military Road NW, Washington, DC 20015
www.sinaihouse.org
Combined Federal Campaign (CFC)#73039
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