



Tricia Davis 5K for Sinai House

SUNDAY, MAY 10, 2026 • 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 toward self-sufficiency by providing safe and affordable housing, comprehensive social services and financial support .

Ending Homelessness One Family at a Time



Thank you for participating in the **12th Annual Tricia Davis 5K for Sinai House!** We are so pleased to gather again in Rock Creek Park to celebrate the life of Tricia Davis. She was committed to combating homelessness and housing insecurity and brought her energy, excitement, and passion to establish and sustain Sinai House.

Sinai House was founded by Temple Sinai members in 1992 with the goal of providing direct support to help families transition from homelessness toward self-sufficiency. Each year Sinai House houses and provides 4 families with job training, tutoring, counseling, and much more. 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.

Three Sinai House mothers recently graduated from college, two earning nursing degrees and one completing a bachelor's degree in public health, all while raising their children and overcoming homelessness. These women did not just reach a milestone; they changed the trajectories of their families' lives.

Your participation in the Tricia Davis 5K carries on Tricia's legacy of supporting Sinai House and shows that you believe safe housing, education, and a network of support can transform lives.



Your friends and family can register for the 5K until 6:30 am on Sunday, May 10th at sinaihousedc5k.com. Donations made by June 30, 2026, 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. The warm-up begins at 7:45; the race begins at 8:00. There will be a water station at the Start/Finish line and one along the race route. A bag drop will be available. Join or create a **Social Race Team** and invite your friends and family members 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.

Rainbow of Bubbles Fun Run (This event is NOT timed.)

This is a family-friendly option with no hills. The warm-up begins at 8:45 am, followed by the 9 am Fun Run start. Walk or run through a Rainbow of Bubbles with your family and friends. ***At the finish line, kids ages 12 and under can hand in their race bib for a chance to win one of the bubble machines. Be sure to write their name on the back of their race bib. They must be present at the award ceremony to win!***

If you register for the 5K, you can also participate in the Rainbow of Bubbles Fun Run without having to register.

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

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

- Friday, May 8th from 5 – 6:30 pm. The location will be sent in your race confirmation email.
- Sunday, May 10th from 7 – 7:30 am at the race site on race day.

Questions? Email SinaiHouseTriciaDavis5K@gmail.com

**Tricia Davis 5K Walk/Run for Sinai House on May 10, 2026
Schedule (All times are approximate)**

7: 00 - 7:30 am	Race Bib & T-Shirt pick-up
7:45 am	Warm-up exercises led by Terry Karmann-Bauer
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>	
8:15 am	Nosh on bananas and Mars goodies
8:45 am	Rainbow of Bubbles Fun Run warm-up exercises led by Terry Karmann-Bauer
9:00 am	Rainbow of Bubbles Fun Run begins
9:15 am	Play on the playground with bubbles and do crafts. Kids ages 12 and under should write their name on the back of their race bib and hand it in for a chance to win one of the bubble machines at the award ceremony. <i>They must be present to win!</i>
9:30 am	All participants must be off the road.
	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!



Awards

The awards ceremony will begin at approximately 9:30 am.

Awards will be based on Gun Time.



PARK
STORY



Category	Prize
1 st Place Overall 5K*	\$50 Gift Certificate to The Parthenon DC
2 nd Place Overall 5K*	\$25 Gift Certificate to Politics & Prose
3 rd Place Overall 5K*	\$25 Gift Certificate to Politics & Prose
1 st Place Woman 5K*	\$25 Gift Certificate to Core72
2 nd Place Woman 5K*	\$25 Gift Certificate to Core72
3 rd Place Woman 5K*	\$25 Gift Certificate to Core72
1 st Place 5K age 62 & over*	\$25 Gift Certificate to Politics & Prose
2 nd Place 5K age 62 & over*	\$25 Gift Certificate to Politics & Prose
1 st Place 5K Woman age 62 & over*	\$25 Gift Certificate to ParkStory
2 nd Place 5K Woman age 62 & over*	\$25 Gift Certificate to Politics & Prose
1 st Place 5K Boy age 12 & under*	Gift from Barstons Child's Play
1 st Place 5K Girl age 12 & under*	Gift from Barstons Child's Play
2 nd Place 5K Boy age 12 & under*	\$25 Gift Certificate to Politics & Prose
2 nd Place 5K Girl age 12 & under*	\$25 Gift Certificate to Politics & Prose
3 rd Place 5K Boy age 12 & under*	\$25 Gift Certificate to Politics & Prose
3 rd Place 5K Girl age 12 & under*	\$25 Gift Certificate to Politics & Prose
Highest Number of Donors for a Personal Fundraiser	\$25 Gift Certificate to Politics & Prose
Highest Number of Members for a Social Race Team	\$25 Gift Certificate to JDBaker Photography

Kids ages 12 and under should write their name on the back of their race bib and hand it in for a chance to win one of the bubble machines at the award ceremony. *They must be present to win!*

** 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.*

Get more involved with Sinai House

Join a Sinai House committee and work with our Executive Director and our all-volunteer Board of Directors.

- Research and write grants applications
- Assist with accounting - Some accounting experience is useful, but not necessary
- Assist with social media presence and community outreach
- Volunteer time to tutor or mentor the children and adults we work with
- Plan a special project with us
- Support the annual Tricia Davis 5K for Sinai House on Mother's Day by donating, volunteering, or registering as an in-person or virtual participant

Come join us!

To learn more about Sinai House and what we do, please visit our website at www.sinaihouse.org.



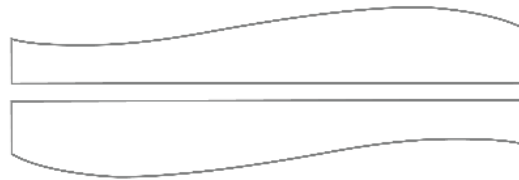
We thank all our volunteers!

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With enormous gratitude to our Donors

List reflects donation received through April 27, 2026.

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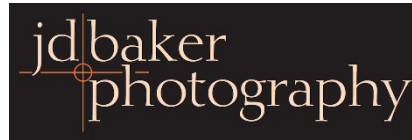
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Sinai Assisted Housing Foundation
3100 Military Road NW, Washington, DC 20015
www.sinaihouse.org

Sinai Assisted Housing Foundation is a 501(c)(3) nonprofit organization.
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