27TH ANNUAL GIFT OF LIFE DONOR DASH
Sunday, April 28, 2024

AT THE NAVY YARD PHILADELPHIA

KNOW BEFORE YOU GO!

PRE- DONOR DASH

Registration:

Online 10K/5K race registration closes on Monday, April 22nd at noon. Individuals can register in person on the day of the Dash starting at 8am by visiting the on-site registration tent. Day of race registration is $40.

Online 3K walk registration closes on Saturday, April 27th at noon. Individuals can register in person on the day of the Dash starting at 8am by visiting the on-site registration tent. Day of walk registration is $30 for adults and $20 for ages 6-13.

For more information, please visit **DonorDash.org**

Changing Your Event:

To change your event type, email **dash@donors1.org** by Saturday, April 27 at noon with your full name and which event you'd like to transfer to. All other transfers can be done on site at the Donor Dash on April 28th. 10K and 5K runners are welcome to participate in the 3K walk after the completion of their race at no additional charge.

Packet Pickup (Optional):

You can pick up your Donor Dash materials (t-shirt and 10K/5K running bib) before the event at Gift of Life Donor Program (401 N. 3rd Street, Philadelphia, PA 19123) during the below dates/times:

- **Friday, April 26 4pm - 7pm**
- **Saturday, April 27 9am - 2pm**

Team Captains that RSVP'd before 4/25 will have their team's shirts and running bibs pre-packaged for them. Please note, when you pick up materials for your team members, you will be responsible for distributing the items. For team pickup, only participants registered by April 22 at noon will be included in your materials.

Any materials not picked up at packet pickup will be available for individuals to pick up at the Donor Dash.
Virtual attendees will have their shirts mailed to them.
We will be accepting **donations for Howie's House** at packet pickup and the Donor Dash!
There will be free parking in the Gift of Life Donor Program lot for packet pickup.

DAY OF THE DONOR DASH

Where To Go:

Marine Parade Grounds
Philadelphia Navy Yard
4747 S Broad St, Philadelphia, PA 19112 (Enter at Intrepid Ave & 13th Street)
Click here to view the Marine Parade Grounds Site Map

Parking:

There is **free street parking** around the Navy Yard campus, along with parking in the 1 Crescent Drive lot (300 car lot on Intrepid Ave & 13th St). **Parking in the 1 Crescent Drive lot will begin at 7:30am.** Overnight street parking is not allowed.

We encourage carpooling for groups attending and allow extra time for parking as this is our first year at the Philadelphia Navy Yard and are anticipating large crowds! **Parking is first come, first served.**

Note that the parking lots are private and reserved for Navy Yard businesses. Please do not park in unauthorized lots. ***Parking in unauthorized lots may result in your vehicle being towed****.*

Overflow parking will be in the NovaCare Lot on Pattison Ave. (between S. Broad St. and S. 20th St.) **Two 15 passenger shuttles will run between the NovaCare lot and the Marine Parade Grounds from 10am – 2pm**. If you choose to walk via Broad Street (one mile south of the NovaCare Lot), please use the sidewalk along the west side of Broad Street adjacent to FDR park.

Race Routes:

Click to view the 2024 Donor Dash **10K/5K Race Route** and **3K Walk Route**!

Streets along the race route will close to traffic between 9am – 1:30pm. Please note if you are parking on the following streets, please know you will not be able to move your vehicle until after roads reopen. **These are great places to park if you're arriving before 9am and staying all day at the Donor Dash**:

S. Broad St.
Admiral Peary Way
League Island Blvd.
Kitty Hawk Ave. (between League Island Blvd. and Broad St.)
Rouse Blvd. (reopens around 11:30am)

Rideshare Access

If you are going to use rideshares or a taxi, use the address **1 Crescent Drive** and walk down S Broad St. to the Marine Parade Grounds

Public Transit, Pedestrian & Bicycle Access*:*

The Navy Yard is bike friendly with bike lanes and bike racks throughout the Navy Yard. Two Indego Bike Share stations are located inside the Navy Yard, two are located at NRG Station (Broad St. & Pattison Ave.). The closest bike share station at the Navy Yard is at Crescent Park (1 Crescent Drive, one block north of the Marine Parade Grounds)

The closest **SEPTA** stop to the Navy Yard is the NRG station, the southernmost stop on the Broad Street Line.

If you choose to walk via Broad Street (one mile south from the NRG station), please use the sidewalk along the west side of Broad Street adjacent to FDR park.

DAY OF THE DONOR DASH

Timeline:

8:00am – On-Site Registration, Pre-Registration, and T Shirt tents Open
9:15am – 10K Run
9:30am – 5K Run
10:15am – Kids Fun Run (ages 6 and under, sign up on-site)
10:30am – Stage Show, featuring performances by:
National Anthem sung by Arlinda Griffin, Transplant Recipient
Anton Milton & Glorified Choir
Remarks by Philadelphia City Councilman Mark Squilla
Hip-Hop Artist, Transplant Recipient and Donor Dad Philadelphia Freeway
Positive Movement Entertainment Drumline
11:00am – 3K Walk
12:15pm – *Performance by Philadelphia School of Rock*
1:00pm – *Performance by Temple CMSP Jazz Ensemble*
1:30pm – Event End

What to Do When You Arrive at the 2024 Donor Dash:

- Enter at the top of the Marine Parade Grounds (off Intrepid Ave.)
- Head to your first tent for check-in (Pre-Registration, On-Site Registration, or the Volunteer Tent)
- Grab your 2024 Donor Dash T-Shirt
- Check out the lawn games, face painting, and glitter tattoos in the Family Activity Area
- Sign up your kids (6 and under) for the Kids Fun Run at the Family Activity Area before 10:15am
- Pick up your Team Sign and take your Team Photo
- Stop by our Family Support Central to add your "I Dash For" to our Tribute Line
- Visit our Community Pavilion to see all the great services in the area
- Visit our Sponsors Area to learn about and thank the groups that sponsored this year's Donor Dash

What to Bring:

- Sunscreen
- Running Accessories
- Phone for taking pictures
- Team T-shirts if you made your own!
- Money for food trucks
- Donor Dash donations – turn in at the on-site registration tent
- Donations to the **Howie's House Shuttle**
- New or gently used shoe donations for the Community Recycling Shoe Program

Family Fun & The Kids Fun Run

- Check out our Family Activity Area at any point during the Donor Dash! Featuring:
    - Face Painting
    - Glitter Tattoos
    - Lawn Games
- The Kids Fun Run (ages 6 and under) will be in the center of the Marine Parade Grounds on the grass at 10:15am! To sign up your child, please go to the Kids Fun Run feather flag in the middle of the Family Activity Area between 8am – 10:10am. All kids in the Kids Fun Run need to have a parent/guardian sign a waiver before they can get their racing sticker.

DAY OF THE DONOR DASH

Food Options

- Food and drink options will include free water, snacks, Rita's Water Ice, and Accelerated Energy Drinks. Food trucks with items for purchase will include, Pot of Essence, Piece of Fruit, and Kendrick's Wraps!

Community & Sponsors Pavilion

- We'll have dozens of local organizations at our Community Pavilion and Sponsors Pavilion!
- **Want to be entered into a raffle to win exclusive Donor Dash merch?** Pick up a stamp card at the Get Involved Tent or Community Pavilion, stop by 10 Community Pavilion or Sponsor Pavilion tables to get your card stamped, and bring the card back to the Get Involved tent to put your completed ticket in the raffle jar! We'll select and email 5 winners in May to receive exclusive premium Donor Dash merch!

Team Photos

- Team Signs can be picked up by the team captain at the **Team Sign Pickup** area along S. Broad Street! You'll be able to add starbursts to your sign (Donor Family, Recipient, Living Donor, On the Waiting List, Hospital Partner, or Advocate team)
- After picking up your team sign, head over to our **Team Photos Area** to get your official Donor Dash team picture with our photographers! We will have bleachers for larger teams to take group pictures, along with a balloon arch for smaller groups. Team Photos will be added to the Gift of Life Facebook page after the Donor Dash!

First Aid and Lost & Found:

- First Aid and Lost & Found will be in the Volunteer Check-In tent. First aid kits will also be available in most tents. Emergency services will be on site. Please notify a volunteer in a Navy Donor Dash crewneck if you need medical assistance.

Awards & Contests

- **Largest Community and Corporate Teams** will be contacted the week of the Donor Dash! All people registered for their team between now and Tuesday, April 23 at noon will count toward their team's total. Winners will receive a large tent with tables and chairs for their team.
- **Team T-Shirt Contest** voting will be on the Gift of Life Facebook page from Monday, April 22 – Friday, April 26. The shirt with the most likes wins a trophy during the stage show at the Donor Dash along with a dedicated feature on Gift of Life's Facebook Page
- **Race award winners** (10K and 5K-- 1st, 2nd, and 3rd Men's and Women's awards) will be announced during our stage show between 10:30am – 11am. Awards for these individuals can be picked up at the On-Site Registration Tent. Age group medals will be mailed to the winners after the Dash! Every 5K/10K participant will receive a finisher medal after their race by the finish line. QR codes with race results will be available on-site!
- Individuals who opted in for **Fundraising Incentive Prizes** have until May 6 to reach their fundraising goals!

Help us Celebrate 50 years of Gift of Life!

- Gift of Life is celebrating 50 years of service to the community! Help us reach our goal of signing up 5,000 more organ donors – one for each person in our area on the organ transplant waitlist. To help us reach our goal, register to be a donor at donors1.org
- Be sure to take pictures with our exclusive 50th Anniversary sign at the Donor Dash! Please tag us @donors1 on social media with your Dash pictures!

DAY OF THE DONOR DASH

Weather

- The Dash is a rain or shine event. Registration fees are non-refundable and non-transferable. In the event of inclement weather (e.g., lightning) or other conditions that may affect the safety and health of participants, race officials reserve the right to delay, postpone or cancel the race.

Pets

- We ask that participants leave all pets at home on the day of the event, unless it is a service animal.

Strollers

- Strollers cannot be used in the 10K or the 5K. Strollers can be used on the 3K walk.

Tents/Chairs/Blankets

- Attendees are welcome to bring their own tents/chairs/blankets. If you choose to bring a tent, please ensure it is properly secured to the ground in case of wind. Tents can be set up on the bottom half of the Marine Parade Grounds, below to Largest Team Tent, about 4 acres of open space (not shown on the map to enlarge the visibility of the tents on the site map). Gift of Life is not responsible for lost or stolen items.

Virtual Attendees

- Anyone registered for virtual by 4/15 had their t-shirts mailed to them on 4/18.
- Any virtual participants who register after 4/15 will have their shirts mailed after April 28.
- If you are running virtually, you can upload your run times below. After, we'll mail you a 2024 Donor Dash finisher medal!
    - Print your VIRTUAL Race Bib here
    - Upload your Virtual Race Times Here

More Questions?

Check out the **Donor Dash FAQs** or email **dash@donors1.org**

Thank you for supporting the 27th Annual Donor Dash!