



For Immediate Release

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Ronald McDonald House Charities® of Greater Washington, DC Celebrates 13th Anniversary of Annual Red Shoe 5K with HEROES

On October 8, Raise Your Feet To Raise Hope For Families

NATIONAL HARBOR, Md. – Ronald McDonald House Charities® of Greater Washington, DC (RMHCDC), a charity focused on easing the hardship of childhood illness on families by helping families remain together and near local hospitals while their critically ill or injured child receives treatment, announces the premier of “Red Shoe 5k Heroes” at the 13th Annual Red Shoe 5K Run and Walk.

More than 25 years ago, the event began as a walk hosted by RMHC alum, the Herrmann family. Thirteen years ago, a running component was added and the Red Shoe 5K Run and Walk became RMHCDC’s signature event! The October 8th 5k will be hosted by Doug Kammerer, NBC4’s Chief Meteorologist, at National Plaza in National Harbor, Maryland.

The family-friendly event features a timed 5k course suited for both runners and walkers (all competition levels welcome), and a Kids Fun Run for “Red Shoe 5k Heroes” 8 years old and younger. For the first time, every Kids Fun Run participant will receive a red cape to power their dash, thanks to United Healthcare, who is committed to healthier communities. The fully paved course is ideal for strollers and dogs on leashes are also welcome. Afterward, participants are encouraged to enjoy activities for all ages and stay for the award ceremony.

Funds raised by the Red Shoe 5K benefits families and children cared for through RMHCDC programs. Through these programs, RMHCDC works to create a world where children have access to quality health care and their families can better comfort and support them while actively participating in their care.

“This is a very special year for the Red Shoe 5K and by joining us, you’ll be helping us keep families together during one of the toughest times of their lives,” said Craig Rice, RMHCDC VP of Community Engagement. “While there have been different names and different locations over the years, the race has always had the same goal at its heart - to give the community a way to come together, show support for, and make a positive impact on the families we serve.”

Teams and individuals are encouraged to join at National Harbor on October 8 and Raise Your Feet To Raise Hope For Families. To register for the #RedShoe5K please visit www.RedShoe5k.org. Registration fees are currently \$40 for 5K registrations and \$25 for the Kid’s Fun Run (8 and under). Prices will rise to \$45 and \$30, respectively, on race day. All 5K finishers will receive a race shirt and finisher’s medal. All Kid’s Fun Run participants will also receive a Red Shoe 5k Heroes cape, thanks to United Healthcare. Individuals who cannot participate in the 5K event but would like to support the organization and receive a race T-shirt can register for the virtual 5k for \$45.

Generous sponsors who have helped make the 13th Annual Red Shoe 5k possible include McDonald’s of Greater Washington, D.C., Baltimore, and the Eastern Shore, Daikin, Gaylord National Resort and Conference Center, United Healthcare, Susdewitt Enterprises, Aetna, McDonald’s Bethesda Field Office, Capital Air Filter Corporation, Hoar Construction, and SKY Schools. A full list of sponsors can be found at www.RedShoe5k.org.



About Ronald McDonald House Charities® of Greater Washington, DC (RMHCDC):

Ronald McDonald House Charities® of Greater Washington, DC, a 501(c)(3) organization, eases the hardship of children’s illness on families through programs that directly improve the health and well-being of children. Through its three core programs: two Ronald McDonald Houses®, three Ronald McDonald Family Rooms®, and two Ronald McDonald Care Mobiles®; RMHCDC keeps families with sick children together and close to the medical care their child needs at leading local hospitals. RMHCDC programs provide access to quality, family-centered care, ensuring families are fully supported and actively involved in their children’s treatment. For more information, visit rmhcdc.org.

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#RedShoe5k

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Jace & Raegan tested out the Red Shoe 5k Heroes capes, powered by United Healthcare, and they can confirm that the capes improve speed and awesomeness!