



Eagle 5k Walk/Run FAQ

Do I need to be an experienced runner to do this?

No! There are plenty of other great 5ks out there to test speed and performance. The Eagle 5k Walk/Run event is all about the fun, not the speed. The purpose of this walk/run event is to encourage healthy habits among the AU community while increasing awareness on summer reading loss in DCPS. You can run, walk, or a combination if you wish!

What is included with my registration?

To register for the Eagle 5k Walk/Run, you need to bring a book in good condition (new or used) to donate to a DCPS elementary school. All participants will receive a medal and shower pass*.

All participants will be emailed about 10 days prior to the race with detailed information on the date, time, and location for check-in.

*Shower passes will be distributed to participants with an AU ID for access to the shower stalls at Jacobs Fitness Center at a first come-first serve basis.

What is the inspiration behind The Eagle 5k Walk/Run?

The Eagle 5k Walk/Run is the first of its kind for AU. AU Staff Council wanted to keep the tradition of the book and media swap going, but add a service-focused twist. We wanted to make an impact in the DC community and thought that the book swap would be a great way to do so.

We partnered with AHealthyU and came up with the idea of inviting members of the AU community to participate in a 5k Walk/Run event with the hopes of collecting books to support a local DCPS elementary school. We hope that a less stressful and untimed running/walking environment that is more about health and happiness will attract members of the community to join! Ultimately, we hope that The Eagle 5k Walk/Run can act as a catalyst to inspire continual healthy living and raise awareness to summer reading deficits.

Can children participate?

Absolutely! It's all about the fun! If they wish to participate and run, jog, walk, or stroll the three miles of The Eagle 5k Walk/Run, they can absolutely join us!

Can I bring a pet?

For the safety of our runners and animal friends, we cannot allow animals at our event.

How many times around the track is 3.1 miles?

3.1 miles is equivalent to 12 laps around the track.

Can I participate if I am not affiliated with AU?

Yes! This event is open to community members. For those who wish to join, but will need parking accommodations, please familiarize yourself with [Parking and Commuter Services](#) policies around daily parking rates.

Is The Eagle 5k Walk/Run a timed event?

The Eagle 5k is more about effort than competition. Therefore, this event will not be timed. We suggest self-timing for anyone desiring a finish time.

What if I have an ADA need?

If you have an ADA need please contact us at scchair@american.edu.

Are there other ways to support this event without participating in the 5k?

Yes! You can participate as a volunteer on the day of the event and/or you can donate a book at one of the drop off locations on campus.

Drop off locations:

- School of International Service (SIS 117)
- Center for Community Engagement Services
- Human Resources
- Washington College of Law (Capital 107)
- Spring Valley (Room 324A)
- Connecticut Avenue/WAMU (5th floor)

What if I have a super sweet question that isn't answered here?

Please contact us at scchair@american.edu and we will get back to you with an answer. If your question is awesome enough, we might even publish it right here on the official The Eagle 5k Walk/Run FAQs page.