KAGW 5K • 8K

CHARITY RUN-WALK 2026

Race Guide & Rulebook

Run Together. Rise Together.

📅 **May 30, 2026**

📍 **Great Falls Park**

11710 MacArthur Blvd

Potomac, MD 20854

Hosted by

Kerala Association of Greater Washington (KAGW)

Welcome

Welcome to the **KAGW 5K / 8K Charity Run 2026**, a vibrant community fitness event bringing together runners, walkers, families, and youth participants from across the Washington DC metropolitan region.

This event promotes **health, community connection, and outdoor activity** through inclusive sporting initiatives.

Participants of all experience levels are encouraged to take part in this exciting day of fitness and community celebration.

About KAGW

The **Kerala Association of Greater Washington (KAGW)** is a leading non-profit organization serving the Malayalee community in the Washington DC metropolitan area for more than five decades.

With over **2,000 engaged member families**, KAGW organizes cultural, educational, youth, and sports initiatives that strengthen community bonds and promote healthy lifestyles.

The **KAGW Sports Initiative** focuses on community wellness through inclusive sporting events and programs.

Event Overview

The **KAGW Community Run 2026** includes multiple race categories designed for participants of all ages and fitness levels.

Participants may also join a **six-week Couch-to-5K training program** and a **30-Day Step Challenge** leading up to race day.

The event aims to promote:

- community wellness
- family participation
- youth engagement
- outdoor recreation

Race Categories

Participants may register under the following categories.

Category	Distance	Eligibility	Notes
8K Run	**8 km (5 miles)**	**Age 14+**	**Recommended for participants with prior 5K**

			experience. Run/Walk allowed.
5K Run / Walk	**5 km**	**All ages**	**Run or walk**
1K Fun Run	**1 km**	**Youth (≤13)**	**Kids participation event**

Registration Fees

Category	Age	Fee
8K Run	14+	$40
5K Run / Walk	14+	$35
Youth (5K/8K)	13 & under	$20
Youth (1K)	13 & under	$0

Group Registration Discount

Participants registering as a **group of 10 (across categories)** will receive a **$5 discount per participant**.

Category	Regular	Group
8K	$40	$35
5K	$35	$30
Youth	$20	$15

Groups must register **10 participants at the time of registration** to qualify.

Registration Deadline

Registration will close on:

April 28, 2026

Event organizers reserve the right to:

- close registration earlier if participant capacity is reached
- extend registration if additional slots become available

Participants are encouraged to **register early**.

Registration Includes

Each registered participant will receive the following benefits as part of their race registration:

- Official KAGW Race Dri-Fit T-Shirt
- Finisher Medal awarded to participants who successfully complete their race

- Official race entry for the selected event category
- Snacks and hydration available during the event
- Access to six weeks of guided Couch-to-5K training sessions designed to help participants prepare for race day
- Eligibility to participate in the 30-Day Step Challenge, encouraging consistent daily activity leading up to the event

Payment Methods

Payments may be made through:

- **Zelle:** treasurer@kagw.com
- **PayPal:** treasurer@kagw.com

Registration is confirmed only after **payment is completed**.

Training Program

Participants will receive **six weeks of guided training sessions** leading up to race day.

Training Start Date:

📅 **April 18, 2026**

Training locations will be organized in:

- **Maryland**
- **Virginia**

Training sessions will focus on:

- endurance building
- pacing techniques
- injury prevention
- race preparation

30-Day Step Challenge

To encourage consistent physical activity, participants may join the **KAGW 30-Day Step Challenge**.

Challenge Period

📅 **April 28 – May 27, 2026**

Duration: **30 days**

Qualification Requirements

To qualify for the **Step Challenge leaderboard**, participants must **log their steps for all 30 days of the challenge period**. Participants who fail to record steps on any day will **not be eligible for leaderboard ranking**.

Daily Step Requirement

- Participants should aim to complete a **minimum of 5,000 steps per day**.
- A participant may record **fewer than 5,000 steps on a maximum of three days** during the challenge period.
- If a participant records **fewer than 5,000 steps in more than three days**, they will be **disqualified from the challenge leaderboard**.

Winner Selection

Step Challenge winners will be determined based on:

- **Total cumulative steps recorded during the 30-day challenge period**

Participants must also **meet the qualification requirements and daily step conditions** to remain eligible for ranking.

Step Tracking

- A **specific step tracking app** will be used to track participant steps.
- Details and instructions will be shared **after registration**.

Venue Information

Great Falls Park
11710 MacArthur Blvd
Potomac, MD 20854

Important notes:

- Park entrance fee: **$20 per vehicle**
- Participants are encouraged to **carpool**

Bib & T-Shirt Pickup

Bib numbers and official race T-shirts will be distributed **prior to race day** to help ensure a smooth race morning.

📅 **Pickup Window:** Beginning **May 23, 2026 (Race Week)**

The **exact pickup date, time, and location will be communicated to all registered participants** via official event communications.

Participants are encouraged to **collect their bib and T-shirt in advance** to avoid race day delays.

Race Day Timeline

📅 **Event Date:** May 30, 2026
📍 **Venue:** Great Falls Park

Start Schedule

- **8:00 AM** — 8K Run Start
- **8:05 AM** — 5K Run Start
- **8:10 AM** — 5K Walk Start
- **8:15 AM** — Youth 1K Fun Run

Start Window

The **maximum race start time is 8:20 AM**.

Participants starting after this time **may not be included in official race timing or results**.

All participants are encouraged to **arrive early and be ready at the starting area at least 10 minutes before their race start time**.

Course Information

- Start and finish points will be the **same location**
- Course routes will be **clearly marked**
- Volunteers will assist participants along the route

Water and snack stations will be located **approximately halfway along the course**.

Awards & Recognition

Awards will be presented during the **post-race celebration ceremony**.

Awards categories may include:

- Overall winners – 8K Run
- Overall winners – 5K Run
- Youth category winners
- Step Challenge winners

Additional categories may be announced by the organizers.

Sustainability Initiative

KAGW promotes a **Go Green initiative**.

Participants are encouraged to:

- bring **reusable water bottles**
- help reduce plastic waste

Water stations will also provide **paper cups**.

Race Capacity

The event will have a **maximum participant limit**.

Once capacity is reached, **registration will automatically close**, even if the deadline has not passed.

Weather & Event Policy

The race will take place **rain or shine**.

Organizers reserve the right to **delay, modify, or cancel the event** due to:

- severe weather
- unsafe course conditions
- government or park authority instructions

Participants will be notified of any changes.

Bib Transfer Policy

Race registrations are **non-transferable**.

Running with another participant's bib without approval may result in **disqualification**.

Race Timing & Results

All race categories will be **officially timed**, including:

- 8K Run
- 5K Run/5K Walk
- Youth categories

Participants must start within the **official start window** to be included in race results.

Participant Safety Guidelines

For safety and enjoyment of all participants:

- Follow instructions from race officials and volunteers
- Remain aware of other runners and pedestrians
- Pass on the left and stay on the right side of the course
- Move aside at aid stations
- Continue moving after crossing the finish line

Participants should consult a physician before participating if they have health concerns.

Photography & Media Consent

By registering for the event, participants grant **KAGW permission to capture and use photographs or video recordings** taken during the event.

Media may be used for:

- event promotion
- social media
- marketing and publicity

Participants who prefer not to appear in promotional media should notify organizers in advance.

Contact Information

For event inquiries: 📧 **sports@kagw.com**

Event updates: 🌐 **https://kagw.com**