

Run + Recline with Liberty: FAQs

Why should I register for Run + Recline with Liberty?

Run + Recline with Liberty is a celebration of our community and all the wonderful people who love art, running, and the glimmers that come from being together. We are hosting a run/walk as well as an outdoor yoga experience in our front yard. Best plan ever.

Each experience is its own registration. Meaning you can only register to Recline with Liberty. You can register for only Run with Liberty. Or you can register for both.

What does registration cover?

Run with Liberty and **Recline with Liberty** registration fee covers your super cool **Run + Recline with Liberty** event t-shirt, special MoCA front yard party that includes some unique art experiences.

Run with Liberty

Runners, walkers, families, friends, strollers, and well-behaved leashed dogs are all welcome. There are no official finish times and no awards. Instead, **Run with Liberty** is a chance to get outside, enjoy some movement with your friends and neighbors, explore the MoCA neighborhood, and then stick around for a fun community celebration in the front yard of the museum.

Run with Liberty will take off at 8:30 am. We'll run on a course through the neighborhood for 3.44 miles, a little over a 5k. The streets will remain open, so we ask you to be aware of pedestrian and vehicle traffic at all times. We want to be considerate to our dear neighbors so we can continue to do fun events in the community. We thank you for your consideration and kindness!

Is Run with Liberty a timed race?

No! **Run with Liberty** is all about the experience, not the finish time. There will be no official timing or awards. Run, walk, jog, stroll, or take your time and enjoy the neighborhood.

How far is the route? The route is 3.44 miles through the MoCA neighborhood south towards Arlington Boulevard, into Columbia Gardens Cemetery, and back up Jackson Street to the finish party.

Is the route closed to traffic?

No. Roads will remain open during the event. Please follow all traffic and pedestrian safety rules, stay alert, and follow directions from event staff and volunteers.

Will there be water?

Yes, we'll have a water refill station at the start/finish area of the race provided by Arlington County. In an effort to reduce waste, we ask runners who might want water on the run to bring a refillable water bottle. There will be paper cups available, too. Liberty would like us to keep our event footprint as light as possible and we appreciate your help with this goal.

Are there bathrooms?

Yes, the bathrooms inside the museum will be open.

Can dogs participate?

Absolutely! Well-behaved, leashed dogs are welcome to join the fun. Please bring clean-up bags and be prepared to pick up after your pup.

For your dog's comfort we request starting toward the back of the pack.

May I run with a stroller?

Yes! Baby strollers and jogging strollers are welcome. For everyone's safety, we recommend starting toward the back of the group and being mindful of other participants along the route.

What should I wear?

Whatever makes you happy! Dress up, wear green, come as your own version of Liberty, come in your favorite running gear, whatever gets you ready for a little adventure.

What happens after the run?

Please stick around and enjoy the party at MoCA! We'll have the Rossana Coffee Truck for all your caffeination needs, art activities, vendors, music, and plenty of good vibes. Take your time, meet your neighbors, enjoy the museum, and celebrate with us.

At 9:30 am we are hosting an outdoor yoga class, **Recline with Liberty**.

New and experienced yogis alike can join for an outdoor yoga class in the front yard of MoCA by Reclining Liberty. Just bring your mat or a towel, and we'll provide the rest.

Recline with Liberty will begin at 9:30 am, allowing for any runners or walkers to complete their movement prior to the start of yoga. You can certainly register for yoga as a stand alone activity and receive your **Run + Recline with Liberty** swag. Treats for everyone!

And don't forget to take a photo with **Reclining Liberty** and tag us on social media at **@mocaarlington**.

Is Run + Recline with Liberty rain or shine?

Yes! **Run + Recline with Liberty** is a rain-or-shine event.

Are registration fees refundable?

No. All registrations are non-refundable.

How can I get to the Museum of Contemporary Art Arlington (MoCA)?

There are many ways to get to MoCA, and we encourage participants to consider public transportation, biking, walking, or carpooling when possible.

By Metro

MoCA is just one block south of the Virginia Square–GMU Metro station, served by the Orange and Silver Lines.

By Bus

ART Line 41 stops directly in front of the museum, and Metrobus A76 stops one block away near the Virginia Square Metro station.

Visit [WMATA](https://www.wmata.com) to plan your trip using public transportation.

By Bike

MoCA has a small bike rack on the east side of the museum, next to the parking lot.

A Capital Bikeshare station is also located one block away near the Virginia Square Metro station. Visit [Capital Bikeshare](https://www.capitalbikeshare.com) to find a bike or dock.

Is parking available?

Yes. Street parking is available along Wilson Boulevard, Monroe Street, and throughout the surrounding neighborhood. Please follow all posted parking restrictions and allow extra time to find a space.

Whenever possible, we encourage participants to walk, bike, take Metro, or carpool to the event.

What should I bring?

Come ready to have fun! We recommend bringing:

- Comfortable shoes and clothing
- Water for before and after the run
- A leash and clean-up bags if you're bringing your dog
- A stroller if needed

- A yoga mat and or a towel is you plan to **Recline with Liberty**
- Your friends, neighbors, and good vibes!

What makes Run + Recline with Liberty different?

There are plenty of races where the goal is to run your fastest, chase a personal record, or stand on a podium.

Run + Recline with Liberty is different.

It's about being outside together. It's about art, movement, community, and those little moments of joy that happen when people come together. Whether you run three miles, walk the route, push a stroller, bring your dog, come for the yoga, or simply come for the post-run celebration, you are welcome here.