



## INSTRUCTIONS



Financial Security...for Life.

### ACLI CAPITAL CHALLENGE®

**May 21, 2014**

**8:00 a.m.**



*"I am extraordinarily patient, provided I get  
my own way in the end."*

– Margaret Thatcher

# TEAM CHANGES

All **team adjustments must be made prior to race day**. So if injuries strike, email, call for or download a team change form from website. Deadline for changes is Tuesday, May 20 at noon. Any interteam changes must be made by Monday, May 19 at 1:00 P.M. No Race Day Changes.

If you call and we do not answer:

- Press 1 for an annoying voice explaining your call is very important to us and the hold time will be 10 minutes
- Press 2 to be cut off
- Press 3 to be told this call may be recorded for training purposes so we can frustrate you more next time
- Press 4 for up to date lane closure information on the George Washington Bridge
- Press 5 to hear a list of possible Republican Presidential candidates
- Press 6 if your time is valuable and you really can't afford to stay on hold for a long time, then wait for laughter.
- Press 7 to learn why the race is 3 miles and not 5K (hint- started in 1981)

*"People who think they know everything are a great annoyance to those of us who do."*

– Isaac Asimov

*"Do not put off until tomorrow what can be put off until the day after tomorrow."*

– Mark Twain

# COURSE (OCCUPY ANACOSTIA PARK)

Captains, be sure all members of your team, even the slow ones, have the directions to Anacostia Park. Directions are found on our website at [www.capitalchallenge.com](http://www.capitalchallenge.com).

# NUMBER PICK UP

Go to your assigned line (**please come prepared by memorizing the first letter of your last name**) and pick up your number and safety pins.

Numbers may be picked up between 7:00 a.m. and 7:35 a.m. in Anacostia Park near skating rink and start line. The race starts promptly at 8:00 a.m. Please be on time. If you run without a number because you arrived late, we CANNOT fix it after the race. Leave time for traffic delays and for finding the course.

Numbers are specially coded. Captains have special numbers. Be sure you are wearing your number. On occasion some team members mix up their numbers. Don't be one of them!

**You may not pick up another person's number as this has caused "issues" in the past.**

# PARKING

Please be patient with our parking monitors as they direct you to park. **We recommend car pools** to reduce the number of cars.

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GUARDIAN<sup>®</sup>

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John Hancock  
the future is yours

 MassMutual  
FINANCIAL GROUP<sup>®</sup>

MetLife

 Nationwide<sup>®</sup>  
On Your Side

## SCORING (NO CONGRESSMAN LEFT BEHIND)

a. Low score wins for teams. Place finish for all 5 finishers on a team determines score. **This means that the Captain of a team and the other 4 members (including at least one woman) must finish for the team to score.**

b. Captains who are no shows or non-finishers are reminded that their teams will be disqualified, are ineligible for awards, are subject to being banned in future years, and may be held up to public ridicule. What does this mean?

**If the Captain drops out at the last moment, other team members are welcome to volunteer to work the race or to spectate, but please do not run.**

*"Before you speak ask yourself: is it kind, is it necessary, is it true, does it improve on the silence?"*

– Shirdi Sai Baba

## SPECIAL REMINDERS

### WATER

We spare no expense and courtesy of our sponsor MetLife we truck in pure spring water for you. It will be available at the halfway mark and the finish.

### CLASS WARFARE

a. The first two teams will win awards in the Senate, House, Executive, Judicial and the two Media Divisions (electronic [radio and TV only] and print/web). There are also three awards for Best Team Name, and three awards for Worst Team Name (James B. Kenin Award in memory of Jim Kenin), and for the Best Team Spirit, as well as individual awards in 16 categories.

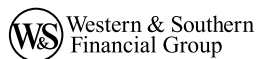
b. Those interested in winning awards for Best Spirit should curry favor with the Judges. The Chief Judge is Kim Dorgan of ACLI, who will be ably assisted by Alyn Beauchamp, number pick up director, and race announcer Phil Stewart. They, as do I, always appreciate your acting obnoxious in front of them or bringing little gifts in order to gain their attention and hopefully votes and a chance at spectacular awards.

### FINISH (CIVIL REUNIONS)

We utilize chip timing so you can just speed right across the finish line and head out of the finish area to breakfast and the shirt area.

### T-SHIRTS

All finishers win a commemorative T-shirt.



## SPECIAL ATTRACTION

Shalane Flanagan, Olympic Bronze Medalist in the 10,000 and an American Record holder in the 10K on the track and 15K on the road, is the 2014 celebrity runner (courtesy of John Hancock). Flanagan who is also a 2:25:38 Marathoner (2012 Olympic trials victor), will serve as the official "whistle blower" and start runners on their way. Then she will jump in and run from the back of the pack.

## TARP (TIRED ATHLETES REFRESHMENT PROGRAM)

Unless you have social insecurity, stay around for refreshments and the Awards Ceremony beginning at 8:45 a.m. A continental breakfast will be served which will include croissants, fruit and pure spring water. Consumption will be monitored in order to comply with Ethics Rules.

## HOMELAND SECURITY

At the risk of appearing anti-family values, we remind you that in accordance with safety guidelines, baby strollers are prohibited due to the risk of accidents. And we recommend against the use of audio devices.

## TRANSPARENCY

All your entry fees are donated to Fidelco Guide Dog Foundation (none are used for T-shirts or other race expenses). And thanks to ACLI, Allianz, Guardian, Hannover Re, ING, John Hancock, MassMutual, MetLife, Nationwide, New York Life, OneAmerica Financial Partners, Inc., Prudential, RGA, TransAmerica Corporation, USAA, Western and Southern Financial Group, and Roll Call, an additional donation (unfunded mandate) will also be added to your fees and will be used to provide a life-changing Fidelco Guide Dog and services to a blinded veteran or their immediate family member to support increased independence, mobility and safety.

Jeff Darman  
Director

*See you on the 21st  
(rain or shine).*

*"Politics it seems to me,  
for years, and too long, has  
been concerned with right  
or left instead of right or  
wrong."*

*- Richard Armour*

*"Light travels faster  
than sound. This is why  
some people appear  
bright until you hear  
them speak."*

*- Alan Dundes*

### ***Read My Lips:*** **NO NEW FAXES**

**Please note: We move our  
race office on May 17 from  
Pennsylvania to Virginia.  
So, call PA for VA number  
and do not fax to PA after  
May 17.**

For **Directions to Anacostia Park** and **Course Map**, go to:  
**[www.capitalchallenge.com/2001\\_cabinet/maps2001.html](http://www.capitalchallenge.com/2001_cabinet/maps2001.html)**