



INSTRUCTIONS

ACLI

Financial Security...for Life.

ACLI CAPITAL CHALLENGE®

May 17, 2017

8:00 a.m.



*"It is easier to build strong children than
to repair broken men."*

– Frederick Douglas

#CapChallenge

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 16 at 10:30 A.M. Any interteam changes must be made by Friday, May 12 at 4:00 P.M. No Race Day Changes and No Exceptions so please do not ask.

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 for Russian
- Press 3 to be told this call may be recorded for training purposes so we can frustate you more next time
- Press 4 to repeal and replace climate change
- Press 5 if your time is valuable and you really can't afford to stay on hold for a long time, then wait for laughter
- Press 6 for latest fake news update
- Press 7 to learn why the race is 3 miles and not 5K (hint-started in 1981)

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.

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.

BIKE VALET

We are pleased to again offer bike valet services through Two Wheel Valet at this year's Capital Challenge, so if you wish to bike to the race just leave your bike with them! There is



"I am a man of fixed and unbending principles, the first of which is to be flexible at all times."

– Sen. Everett Dirksen

"Remember, remember always, that all of us, and you and I especially, are descended from immigrants and revolutionists."

– Franklin D. Roosevelt



GUARDIAN®

hannover re®

John Hancock

 **MetLife**


Nationwide®
is on your side

no charge for the service as the race is paying for it (though I assume valet workers appreciate tips from the 1 percent). Two Wheel Valet will be located to the left of Number Pickup near Ridgewells.

SCORING (NET NEUTRALITY)

- 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.

Since this is a team event, points are determined by gun/whistle time. We will however also provide net times for bragging purposes.

“Before you speak, ask yourself: ‘Is it kind, is it true, does it improve the silence?’”

– Sai Baba

“Extremes to the right and to the left of any political dispute are always wrong.”

–Dwight D. Eisenhower

SPECIAL REMINDERS

WATER

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

CLASS WARFARE

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), as well as individual awards in 16 categories.

FINISH

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.



MEDIA SPONSOR



SPECIAL ATTRACTION

2016 Olympic Marathon Bronze medalist **Galen Rupp** is the 2017 celebrity runner (courtesy of John Hancock). He is also a multiple American record holder and will serve as the official “whistle-blower” starting the runners on their way. He will then 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, Guardian, Hannover Re, John Hancock, MetLife, Nationwide, New York Life, OneAmerica Financial Partners, Inc., Prudential, 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 17th
(rain or shine).*

Talk about the race on
Twitter

#CapChallenge

“The absolute heart of loyalty is to value those people who tell you the truth, not just those people who tell you what you want to hear. In fact you should value them most. Because they have paid you a compliment of leveling with you and assume you can handle it.”

– Pat Summit

Read My Lips: **NO NEW FAXES**

Please note: We move our race office on May 13 from Pennsylvania to Virginia. So, call PA for VA number and do not fax to PA after May 13.

For **Directions to Anacostia Park** and **Course Map**, go to:
www.capitalchallenge.com/2001_cabinet/maps2001.html