



INSTRUCTIONS

ACLI

Financial Security...for Life.

ACLI CAPITAL CHALLENGE®

May 15, 2019

8:00 a.m.



"The supreme quality for leadership is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, in an army, or in an office."

– Dwight D. Eisenhower

#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 14 at 10:30 a.m. Any interteam changes must be made by Friday, May 10 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 waste more of your time
- Press 4 to learn about the Deep State
- Press 5 if your time is valuable and to be cut off
- Press 6 if you desire a security clearance
- Press 7 for the latest caravan updates

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 no charge for the service as the race is paying for it (though I assume valet workers appreciate tips from the 1 percent).



"Honesty is the first chapter in the book of wisdom."

– Thomas Jefferson

"Forgive your enemies, but never forget their names."

– President John F. Kennedy

"Moral authority comes from following universal and timeless principles like honesty, integrity, treating people with respect."

– Stephen Covey



FAMILY MATTERS.
NO MATTER WHAT.



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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.

SPECIAL REMINDERS

WATER

We spare no expense, and courtesy of ACLI (American Council of Life Insurers) 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.

CONTACT

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"How many legs does a dog have if you call the tail a leg? Four. Calling a tail a leg doesn't make it a leg."

– President Abraham Lincoln

"Start every day off with a smile and get it over with."

– W. C. Fields



MEDIA SPONSOR



SPECIAL ATTRACTION

Deena Kastor, Olympic Bronze Medalist, American Marathon Record Holder (2:19:36), eight-time NCAA All-American and Silver Medalist at the World Cross Country Championships, will serve as official “whistle blower” and start the runners on their way. She 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 compliments of ACLI, 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 Junior Achievement (none are used for T-shirts or other race expenses). And thanks to ACLI (American Council of Life Insurers), AIG, Boston Mutual Life Insurance Company, Guardian, Hannover Life Reassurance Company of America, Jackson National, John Hancock, MetLife, Nationwide, New York Life, OneAmerica, Pacific Life, Prudential, RGA, Transamerica Corporation, USAA, UTG, Voya Financial, Western & Southern Financial Group and our media sponsor CQ Roll Call, an additional donation (unfunded mandate) will also be added to your fees and will be donated to Junior Achievement USA. Junior Achievement is the world’s largest organization dedicated to giving young people the knowledge and skills they need to own their economic success, plan their future, and make smart academic and economic choices.

Jeff Darman
Director

*Talk about the race on
Twitter*

#CapChallenge

“I think the scariest person in the world is the person with no sense of humor.”

– Michael J. Fox

“I am happy to say that everyone I have met in my life, I have gained something from them; be it negative or positive, it has enforced and reinforced my life in some aspect.”

–Walter Payton

“No man will make a great leader who wants to do it all himself or get all the credit for doing it.”

– Andrew Carnegie

Please note: We move our race office on May 11 from Pennsylvania to Virginia. So, call PA for VA number.

*See you on the 15th
(rain or shine).*

For **Directions to Anacostia Park** and **Course Map**, go to:
http://www.capitalchallenge.com/2001_cabinet/drive2001_anacostia.php