

• CORRECTIONS/CHANGES

Please check the address label on these instructions. If **your name or team name** is incorrect, please call (610) 925-1976 between 9:30 a.m. and 11:30 a.m. to correct it. All **team adjustments must be made prior to race day** as an identical label is used for scoring purposes. So if injuries strike call for Team Change Form. Deadline for changes is C.O.B. Monday, May 9.

If we do not answer:

- Press 1 for an annoying voice explaining your call is very important to us
- Press 2 to be directed to our website
- Press 3 to hear useless options again
- Press 4 to be cut off
- Press 5 to be told this call may be recorded for training purposes so we can frustate you more next time
- Press 6 to leave a message which is what you wanted to do five minutes ago

• COURSE (ANACOSTIA PARK)

Captains be sure all members of your team, even the slow ones, have the directions. Directions are found next to the course map in this flyer and are also on our website at www.capitalchallenge.com.

• NUMBER PICK UP

Go to your assigned line (**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 in front of Skating Pavilion on Anacostia Drive. 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. Please fill out the data on the back of your number to be used in case of emergency. A table for that purpose with pens will be located next to the registration area. Don't get any ideas about taking the pens.

"When the facts change, I change my mind. What do you do?"

-Mark Twain

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!

• PARKING

Please be patient with our parking monitors as they direct you to park close to number pick up and the start. We recommend car pools to reduce the number of cars.

• 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.



SPECIAL REMINDERS

• WATER

We spare no expense and truck in pure water for you. It will be available at the halfway mark and the finish.

• PERKS

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). 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 and for the fastest captains age 60-69 and 70 and over.

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 will appreciate your acting obnoxious in front of them in order to gain their attention and hopefully votes and a chance at spectacular awards.

• FINISH (*Civil Reunions*)

After you cross the finish line, keep in order and walk swiftly through the finish chutes maintaining a dignified posture. Scorers will remove the lower tag on your number. Try to remain upright.

• T-SHIRTS

All finishers win a commemorative T-shirt.

• SPECIAL ATTRACTION

We are happy to welcome Alan Webb who broke Jim Ryun's 36-year-old high school mile record (3:53:43) in 2001. He was the top ranked US miler in 2004 and once again is ranked among the top

runners in the world in 2005. Alan will try to run slowly enough to have a conversation with some of you during the race!

• REFRESHMENTS

Unless you have social insecurity, stay around for refreshments and the Awards Ceremony beginning at 8:45 a.m. A continental breakfast, compliments of Fannie Mae, will be served which will include croissants, fruit and pure water.

"Do all you can with what you have, in the time you have, in the place you are."

-Nikos Johnson

• ABSTINENCE

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.

• CLOSURE

All your entry fees are donated to District of Columbia Special Olympics (None are used for T-shirts or other race expenses). And thanks to ACLI, John Hancock Financial services, Northwestern Mutual, Swiss Re, Fannie Mae, Roll Call Newspaper, and Running Times, an additional donation (*unfunded mandate*) will also be added to your fees.

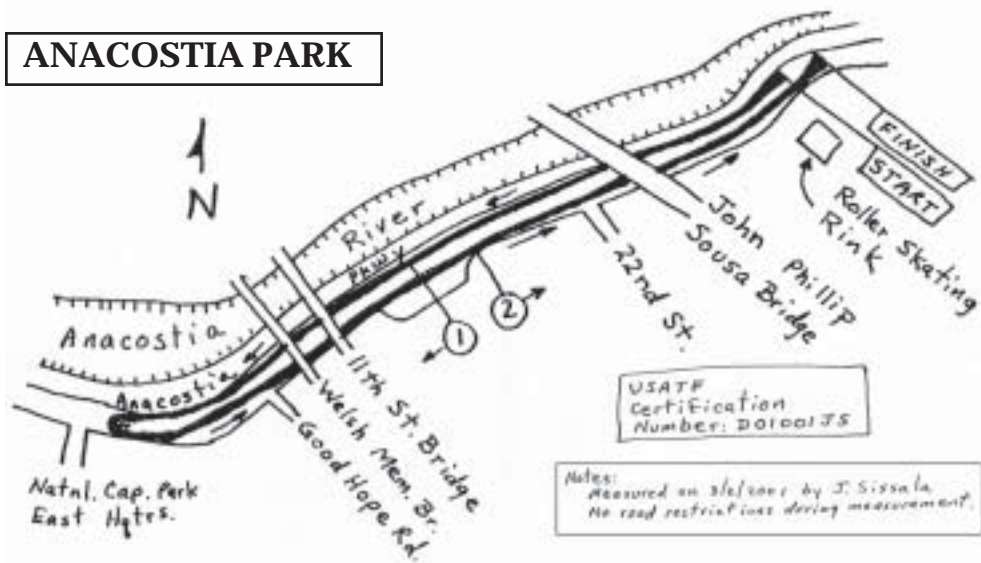
Read My Lips:
NO NEW FAXES
Please note we move our race office on May 7 from Pennsylvania to Virginia. So, call PA for VA number and **do not fax to PA after May 7.**

See you on the 11th (rain or shine).

Jeff Darman
Director



ANACOSTIA PARK



Timing Points

- START:** 54 ft. north (upstream) of the center of the entrance to the roller skating rink. 18 ft. north of the light pole on the river side of the road. Even with the fire hydrant on the west (river) side of the road.
- 1 Mile:** One tenth mile upstream (north) of the 11th Street Bridge face. 102 ft. south (downstream) of the north end of the paved off street parking and 162 ft. north of the south end of the same paved off street parking on the east side of the road (opposite the river).
- Turn:** Approx. 400 ft. north (upstream) of the Park Headquarters entrance. Even with the 2nd light pole north of the Park Headquarters entrance on the east side of the road.
- 2 Mile:** 113 ft. north (upstream) from the 1 mile mark. 15 ft. north of the north end of the paved off street parking on the east side of the road. 9 ft. south of the first light pole north of the off street parking.
- FINISH:** 167 ft. north (upstream) of the center of the entrance to the roller skating rink. 113 ft. north (upstream) from the START. 24 ft. north of light pole on east side of road. 21 ft. north of center of sewer cover in road.

→ OLD Europe
→ NEW Europe

MATERIAL CONTAINS EXPLICIT

“There is no education in the second kick of a mule.”
-Sam Rayburn

www.capitalchallenge.com

Directions to Anacostia Park

FROM CAPITOL AREA: Start at Pennsylvania Avenue near Capitol Building. Then take Pennsylvania Ave. East to the Souza Bridge. Continue with the directions FROM THE SOUTH on Pennsylvania Avenue.

FROM THE SOUTH: Take 395N, cross 14th Street Bridge, then bear right on SE/SW Freeway. Go about 3.2 miles. You will pass by exits for 12th Street, D Street, C Street, South Capitol, and 6th Street. Follow signs to Pennsylvania Avenue, get in right lane until it ends (Do **not** take 295 South and do **not** exit at Anacostia Freeway). Go right after going over the Souza Bridge (.4 mile). Proceed to Fairlawn and turn right. (NOTE: Fairlawn is **not** marked and comes up very fast. It is first right after the bridge. It is immediately **before** the Mobil station on the right.) Go to stop sign and turn right on Nicholson Street/22nd Street, go to stop sign in park. Turn right on Anacostia Drive and proceed for about 1/2 mile (parallel to the water) to parking lots and Skating Pavilion/Start.

FROM SILVER SPRING: Get on the Beltway (I-495), take Baltimore Washington Parkway (BW Pkwy) towards Washington, and follow the signs to I-295. Exit at Pennsylvania Avenue, and continue with the directions FROM THE NORTH.

FROM THE NORTH: Take 95 South or BW Pkwy to 295 South for a few miles passing several exits. Take Pennsylvania Avenue East Exit (sharp turn). Go .1 mile and immediately turn Right onto Fairlawn (NOTE: Fairlawn is not marked but it is immediately **before** the Mobil station on the right.) Go to

stop sign and turn right on Nicholson Street/22nd Street, (there is a big Anacostia park sign), go to stop sign in park. Turn right on Anacostia Drive and proceed for about 1/2 mile (parallel to the water) to parking lots and Skating Pavilion/Start.

LOST: If you get lost and end up on 295, you want Pennsylvania Avenue East Exit. If lost elsewhere, get directions to vicinity of park.

HINTS: Good Hope Road leads into park, Minnesota Avenue SE is close, as is Pennsylvania Avenue SE, but hopefully you just follow the flawless directions above.

FROM WOODROW WILSON BRIDGE: Take I-295 north to South Capitol Street/Downtown D.C. exit (ramp on right)... The ramp will take you to (what is actually) the end of the Suitland Parkway headed toward the South Capitol Street Bridge (Frederick Douglass Memorial Bridge) and downtown. However, you don't want to cross the bridge! Stay to the right, and take first exit on right and go to stop light at Howard Road... Go "straightish" towards the river after stop light toward brown National Park Service "Anacostia Park" sign... At stop sign (Anacostia Drive) go right past the National Capital Parks-East Headquarters and U.S. Park Police complex on the right, continuing on Anacostia Drive one and a half mile to parking for race.

REALLY LOST: Anacostia Park 202-472-3884; U.S. Park Police (Anacostia Park) 202-610-8703



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ACLI CAPITAL CHALLENGE® INSTRUCTIONS

May 11, 2005
8:00 a.m.



“The first rule of bureaucracy is to protect the bureaucracy.”
-Ronald Reagan