

## Covid-19 Safety Information

In accordance with CDC and National Park Service best practices we are asking that participants wear masks before the race. Once the race starts, masks can come off. Upon finishing, please put the mask on again. Obviously when you are having a drink or eating the mask will be off, but we are asking participants to take precautions. We strongly recommend getting vaccinated before the race, but if you are unvaccinated, we would suggest a test up to 72 hours prior to the race.

While nothing can be completely certain with COVID-19, it does appear that sufficient numbers of people will be vaccinated for the event to take place safely in-person in late September. We will continue to monitor the situation to make sure that the race can proceed in a safe manner.



## INSTRUCTIONS

# ACLI

Financial Security for Life

### ACLI CAPITAL CHALLENGE®

**September 29, 2021**

**8:00 a.m.**

*"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."*

– Martin Luther King

#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, September 28 at 10:30 a.m. Any interteam changes must be made by Friday, September 24 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 to be told we are experiencing higher than normal call volume
- Press 3 to be told this call may be recorded for training purposes so we can waste more of your time
- Press 4 to be asked for DOB, social security number, passcode and a brief biography
- Press 5 if your time is valuable and to be cut off
- Press 6 to hear all of this again instead of resolving your issue

## COURSE (HERE'S THE DEAL)

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.

## 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



*"What kills a skunk is the publicity it gives itself."*

– Abraham Lincoln

*"My esteem in this country has gone up substantially. It is very nice now when people wave at me, they use all their fingers."*

– Jimmy Carter



**Akin Gump**  
STRAUSS HAUER & FELD LLP



FAMILY MATTERS.  
NO MATTER WHAT.



*hannover* **re**

Invariant

**JACKSON**  
FINANCIAL FREEDOM FOR LIFE



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.

## SPECIAL REMINDERS

### WATER

We spare no expense, and courtesy of Principal Financial Group 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

[jdarman@capitalchallenge.com](mailto:jdarman@capitalchallenge.com)

Phone: 610-925-1976

*"It does not matter how slowly you go as long as you do not stop."*

– Confucius

*"If you want to go fast, go alone. If you want to go far, go together."*

– African Proverb



MEDIA SPONSOR



## SPECIAL ATTRACTION

**Keira D'Amato**, women's only 10-mile record holder, 2:22:56 marathon best, 4:33 miler, and All-American Cross Country and Track at American University, 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.

## REFRESHMENTS

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 Akin Gump, 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](#)), Aflac, AIG, Akin Gump, Boston Mutual Life Insurance Company, Guardian, Hannover Life Reassurance Company of America, Invariant, Jackson National, MetLife, New York Life, OneAmerica, Pacific Life, Primerica, Principal Financial Group, Protective Life, RGA, Transamerica Corporation, Unum, USAA, 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

*See you on the 29th  
(rain or shine).*

Talk about the race on  
Twitter

**#CapChallenge**

*"Power corrupts, but  
absolute power is really  
neat."*

– John Lehman

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

– Richard Armour

**Please note:**  
We move our  
race office on  
September 25  
from Pennsylvania  
to Virginia. So,  
call PA for VA  
number.

For **Directions to Anacostia Park** and **Course Map**, go to:

[http://www.capitalchallenge.com/2001\\_cabinet/drive2001\\_anacostia.php](http://www.capitalchallenge.com/2001_cabinet/drive2001_anacostia.php)