

INSTRUCTIONS

///ACLI

Financial Security for Life

ACLI CAPITAL CHALLENGE®

May 12, 2022

8:00 a.m.

"Be nice to people on the way up, because you may meet them on the way down."

– Jimmy Durante

#CapChallenge

TEAM CHANGES

All team adjustments must be made prior to race day. So if injuries strike, download a team change form from our website, <https://www.capitalchallenge.com/forms/teamchange.php>. Deadline for changes is Wednesday, May 11 at 10:30 a.m. Any interteam changes must be made by Monday, May 9 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 asked "have you had any COVID symptoms in the last two weeks? If yes, uh oh!"
- Press 4 to talk to a real person (ha, ha)
- Press 5 to be told your time is valuable and to be cut off
- Press 6 to stop the annoying music and repetitive message
- Press 7 if your call is of an urgent nature and to reach our race director on call

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.

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 7:40 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 are asked 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, ride sharing, or biking** 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). Two Wheel Valet will be located to the left of Number Pick Up near Ridgewells.



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

— John Kennedy

*"Live as if you were to
die tomorrow. Learn
as if you were to live
forever."*

— Mahatma Gandhi

Akin Gump
STRAUSS HAUER & FELD LLP

Allianz 

 **ATHENE**


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MUTUAL
LIFE INSURANCE
COMPANY
— 1891 —
FAMILY MATTERS.
NO MATTER WHAT.

 **Brighthouse**
FINANCIAL

 **Canada Life**
Reinsurance

 **EQUITABLE**

 **Guardian**

hannover re

Invariant

JACKSON
FINANCIAL FREEDOM FOR LIFE



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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

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 T-shirt area.

Walkers: Special ribbons for all walkers. Be sure to get yours near the T-shirts.

T-SHIRTS

All finishers win a commemorative T-shirt and 40th race medal.

CONTACT

jdarman@capitalchallenge.com

Phone: 610-925-1976

Talk about the race on Twitter

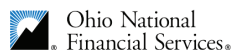
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MEDIA
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*"If you tell the truth,
you don't have to
remember anything."*
– Mark Twain

*"A mind is like a
parachute. It doesn't
work if it isn't open."*
– Frank Zappa



SPECIAL ATTRACTION

Keira D'Amato, who in January broke the American marathon record with a time of 2:19:12, will be the celebrity runner. The former American University All-American is also the American ten-mile record holder. She will take pictures with runners before the race, serve as the official "whistle blower" and, after starting the race, will jump in at the back and run with 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 Unum, 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 USA (none are used for T-shirts or other race expenses). And thanks to ACLI ([American Council of Life Insurers](#)), Akin Gump, Allianz, Athene, Boston Mutual Life Insurance Company, Brighthouse Financial, Canada Life Re, Equitable, Guardian, Hannover Life Reassurance Company of America, Invariant, Jackson National, John Hancock, MassMutual, MetLife, New York Life, Northwestern Mutual, Ohio National, OneAmerica, Pacific Life, Primerica, Principal Financial Group, Protective Life, Prudential, Resolution Life, RGA, Sammons Financial, TIAA, Transamerica Corporation, Unum, USAA and our media sponsor CQ Roll Call, an additional donation (unfunded mandate) will also be added to your fees and donated to Junior Achievement USA.

Junior Achievement USA gives young people the knowledge and skills they need to make positive choices, plan for their future, and achieve economic success. Junior Achievement USA programs serve more than 2.5 million students in all 50 states, providing relevant hands-on experiences that provide vital information related to financial education, work readiness and entrepreneurship.

Jeff Darman
Director

*See you on the 12th
(rain or shine).*

"Start slow, then taper off."

– Walt Stack

"Remember, the second most important thing to choosing the right shoe is choosing the left one."

– Unknown

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

– John Lennon

Please note: We move our race office on May 7 from Pennsylvania to Virginia. So, call PA for VA number.

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

https://www.capitalchallenge.com/2001_cabinet/maps2001.php