



# 2024 TEAM CHANGE FORM

Please fill in legibly - Print or Type

Team Name  Date

We ask to delete  from our team.  
Name

We want to replace them with:   
Name

Occupation Phone Email

Print/Web Electronic  
Byline Journalist or Editor?  Yes  No On Air?  Yes  No

Sex:  Predicted Time:

Do you still have at least one woman on the team?  Yes  No (whoops, try again)

Captain or contact  Email

Phone    
Day Cell

**Return this form immediately, particularly if close to race day.** Scan (PDF) to Jeff Darman at [jdarman@capitalchallenge.com](mailto:jdarman@capitalchallenge.com)

**Waiver:**

I assume entry into this race at my own risk. I know that running a road race and reading print this small are potentially hazardous activities. In consideration of the acceptance of my application, I, for myself, my heirs, my executors, administrators, assign, waive and release any and all rights for damages I may have or hereafter accrue to me against the sponsors and any and all individuals and groups involved in the coordination of the ACLI Capital Challenge, their representatives, successors, and assigns for any and all injuries suffered by me in said event. In other words, if you let me participate, I won't sue and understand the race director guarantees a policy of "no congressman left behind."

*"I attest and verify that I am physically fit, have sufficiently trained for the race and agree I will not support a motion to vacate the race director position."*

Signed    
New Team Member Date

**NO INTERTEAM CHANGES (SWITCHING MEMBERS FROM TEAM TO TEAM) WILL BE ACCEPTED AFTER MONDAY, May 13 at 4:00 P.M.**

**INTRATEAM CHANGES (SUBSTITUTING A NEW PERSON FOR A PERSON DROPPING OUT OF A TEAM) MAY ONLY BE MADE UNTIL TUESDAY, MAY 14 by 10:30 a.m.**

**Questions?  
Call 610.925.1976**