



INSTRUCTIONS



Financial Security for Life

ACLI CAPITAL CHALLENGE®

May 17, 2023

8:00 a.m.

#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 Tuesday, May 16 at 10:30 a.m. Any interteam changes must be made by Monday, May 15 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 hear how many days until debt ceiling reached
- 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 and ask ChatGPT4 what your 2023 race time will be
- 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.

Please place the number on the front of your shirt or singlet.

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.



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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 ACLI, 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 and for fastest Members of Congress.

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.

T-SHIRTS

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

CONTACT

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Phone: 610-925-1976

For **Directions to Anacostia Park**, go to:
<https://capitalchallenge.com/driving-directions/>

For **Course Map**, go to:
<https://capitalchallenge.com/course-map/>

*Talk about the race
on Twitter*
#CapChallenge



SPECIAL ATTRACTION

Dave McGillivray, who first gained national prominence in 1978 for his **Run Across America** to raise money for the **Jimmy Fund**, which supports research to eliminate cancer in children, is our celebrity runner. He ran 3,452 miles on 80 consecutive days, averaging 45 miles per day ending in Fenway Park to a standing ovation.

Some of his other accomplishments include the Empire State Building Run-Up, 86 stories in 13 minutes, 27 seconds, and completing 9 Ironman Triathlons. In 2018, he completed the **World Marathon Challenge**, running 7 marathons in 7 days on 7 continents. Since 1988, he has been the Technical and Race Director of the **Boston Marathon**. He has run 165 marathons, including 50 consecutive **Boston Marathons** (with 35 run at night after his race director duties are finished).

Dave has received numerous awards including the MarathonFoto/Road Race Management Lifetime Achievement Award and induction into the Road Runners Club of America Long Distance Running Hall of Fame.

REFRESHMENTS

Unless you have social insecurity, stay around for refreshments and the Awards Ceremony beginning at 8:40 a.m. A continental breakfast will be served, 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, Boston Mutual, Brighthouse Financial, Canada Life Re, Corebridge Financial, Global Atlantic Financial Group, Guardian, Hannover Re, Invariant, Jackson, John Hancock, MetLife, Nationwide, New York Life, Northwestern Mutual, OneAmerica, Pacific Life, Penn Mutual, Primerica, Principal, Protective, Prudential, RGA, Sammons Financial, Security Benefit, Swiss Re, Thrivent Financial, Transamerica, Unum, USAA, Voya, and 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 3.3 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



Please note: We move our race office on May 13 from Pennsylvania to Virginia. So, Phone # before May 13: 610-925-1976; Phone # May 13 – May 17: TBD – call 610-925-1976 to get it.

*See you on the 17th
(rain or shine).*