



INSTRUCTIONS



ACLI CAPITAL CHALLENGE®

**May 15, 2024
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://capitalchallenge.com/public_html/2024team_change.pdf. Deadline for changes is Tuesday, May 14 at 10:30 a.m. Any interteam changes must be made by Monday, May 13 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 the latest motion to vacate submissions
- 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 to talk to our virtual assistant who will text and seek to annoy you without answering your question
- 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.

Special Reminder: GO LEFT. After the start, please move to the left side of the road as, after the turnaround, runners will be coming back on the outer lane.

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. Your number will be in the line that denotes your division (Senate, Executive, Judge etc.)

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 security screening as you enter the park.

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 to 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 the Ridgewells truck.

"It's good to do uncomfortable things. It's weight training for life."

– Anne Lamott

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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 will be determined by chip time. We will also provide net times.

Seeded runners (very fast) have a red dot on their number and load from the front of the start area. The rest of the field should follow the sign holder and should load from the back.

SPECIAL REMINDERS

WATER

Courtesy of ACLI, we truck in pure spring water for you. NOTE: There will be two water locations after you finish, so you may use or bypass the first small one and get water, T-shirt, medals, and food further down.

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 and medal area.

T-SHIRTS AND MEDALS

All finishers win a commemorative T-shirt and medals. Your new T-shirt fabric is recycled and made from 100% post-consumer plastics.

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/>

Tag the race with
#CapChallenge
on Twitter/X, Facebook
and Instagram



SPECIAL ATTRACTION

Race participants will have the opportunity to meet and run with **Camille Herron**, a champion ultramarathoner and a leader in the sport. She is a four-time IAU International Ultrarunner of the Year and six-time USATF Ultrarunner of the Year. She is the only athlete who has won all the IAU Ultra Road World Championships (50km, 100km, and 24Hrs).

Recently she set several new women's world records while covering 560.33 miles in 6 days at the Lululemon Further Event. Camille is also the first ultrarunner to win both the prestigious Comrades Marathon and Spartathlon.

She has set numerous ultra-World and American Records between 50 miles and 48 hours. In 2023, she became the first woman to surpass a men's American Record, when she improved the women's 48 Hour World Record by 14.8 miles to 270.505 miles, which also ranks her 3rd best in the world behind only two men.

Crossing over to trail running, she won the JFK 50 mile and several other trail races. And in 2012, she set the Guinness World Record for the fastest marathon in a superhero costume (2:48:51 dressed as Spiderwoman).

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, Allianz, Athene, Boston Mutual Life Insurance Company, Brighthouse Financial, Canada Life Re, Corebridge Financial, Genworth, Global Atlantic Financial Group, Global Life, Guardian, Hannover Life Reassurance Company of America, Invariant, Jackson National, John Hancock, Lincoln Financial, M Financial Group, MassMutual, MetLife, Nationwide, New York Life, Northwestern, OneAmerica, Pacific Life, Penn Mutual, Primerica, Principal Financial Group, Protective Life, Prudential, RGA, Royal Neighbors, Sammons Financial, Security Benefit, Security Mutual Life Insurance, Swiss Re, Symetra, Thrivent Financial, Transamerica Corporation, Unum, USAA, Voya, 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 4.4 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*



MEDIA SPONSOR



Please note: We move our race office on May 11 from Pennsylvania to Virginia. So, Phone # before May 11: 610-925-1976; Phone # May 11 – May 15: TBD – call 610-925-1976 to get it.

See you on the 15th (rain or shine).