

• CORRECTIONS/CHANGES

Please check the address label on these instructions. If **your name or team name** is incorrect, please call (610) 925-1976 between 9:30 a.m. and 11:30 a.m. to correct it. All **team adjustments must be made prior to race day**, as an identical label is used for scoring purposes. So if injuries strike, call for a Team Change Form. Deadline for changes is Tuesday noon, May 14, 2013.

If 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 cut off
- Press 3 to be told this call may be recorded for training purposes so we can frustate you more next time
- Press 4 to make 2014 White House tour reservations
- Press 5 to hear Jeb Bush's latest position on immigration reform
- Press 6 if your time is valuable and you really can't afford to stay on hold for a long time, then wait for laughter.
- Press 7 to learn why the race is 3 miles and not 5K (hint- started in 1981)

• COURSE (OCCUPY ANACOSTIA PARK)

Captains, be sure all members of your team, even the slow ones, have the **revised** directions to Anacostia Park. Directions are found next to the course map in this flyer and are also on our website at www.capitalchallenge.com.

"When a man tells you that he got rich through hard work, ask him: 'Whose?'"

- Don Marquis

"To give anything less than your best is to sacrifice the gift."

- Pre

• 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!

• PARKING

Please be patient with our parking monitors as they direct you to park. **We recommend car pools** to reduce the number of cars.

• SCORING (NO CONGRESSMAN LEFT BEHIND)

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.

"Let us not seek the Republican answer or the Democratic answer, but the right answer. Let us not seek to fix the blame for the past. Let us accept our own responsibility for the future."

- John F. Kennedy

SPECIAL REMINDERS

• WATER

We spare no expense and courtesy of our sponsor MetLife we truck in pure spring water for you. It will be available at the halfway mark and the finish.

• CLASS WARFARE

a. 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), and for the Best Team Spirit, as well as individual awards in 16 categories.

b. Those interested in winning awards for Best Spirit should curry favor with the Judges. The Chief Judge is Kim Dorgan of ACLI, who will be ably assisted by Alyn Beauchamp, number pick up director, and race announcer Phil Stewart. They, as do I, always appreciate your acting obnoxious in front of them or bringing little gifts in order to gain their attention and hopefully votes and a chance at spectacular awards.

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."

- William Arthur Ward

• FINISH (CIVIL REUNIONS)

We are utilizing chip timing now 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.

• SPECIAL ATTRACTION

Ryan Hall, who has the fastest marathon time by an American (2:04:58 at Boston) and is also the American Half Marathon record holder (59:43),

and first US runner to break one hour, is our 2013 celebrity runner (courtesy of John Hancock).

• TARP (TIRED ATHLETES REFRESHMENT PROGRAM)

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 which will include croissants, fruit and pure spring water. Consumption will be monitored in order to comply with Ethics Rules.

• ABSTINENCE

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 Wounded Warrior Project (none are used for T-shirts or other race expenses).

And thanks to ACLI, Guardian, ING, John Hancock, MassMutual, MetLife, Nationwide, New York Life, Prudential, RGA, TransAmerica Corporation, USAA, Western and Southern Financial Group, and Roll Call, an additional donation (unfunded mandate) will also be added to your fees.

Jeff Darman
Director

Read My Lips:

NO NEW FAXES

Please note: We move our race office on May 11 from Pennsylvania to Virginia. So, call PA for VA number and do not fax to PA after May 11.

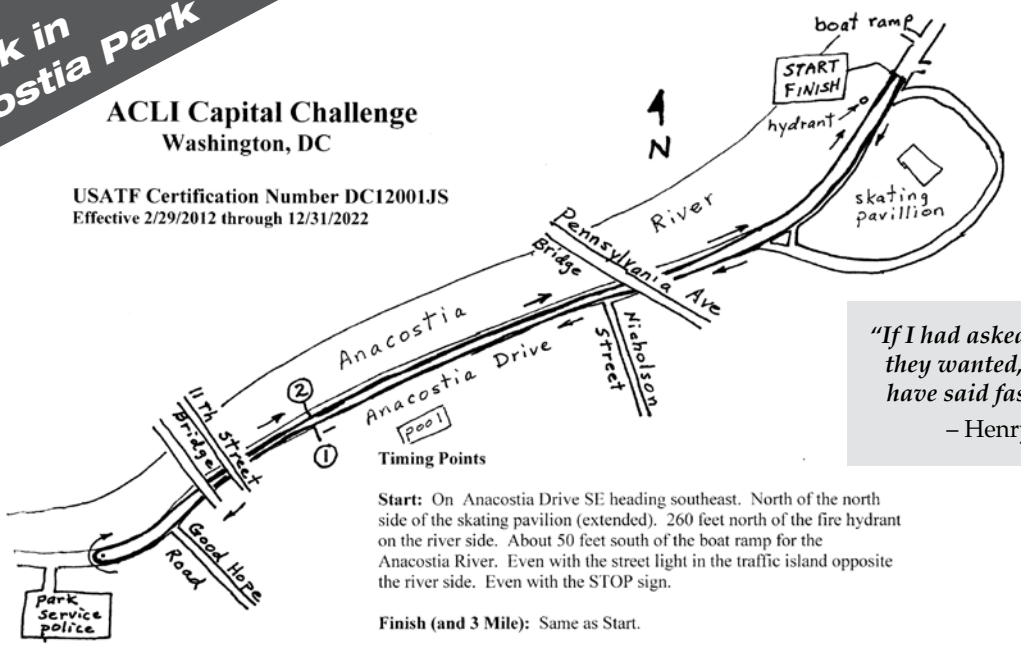
See you on the 15th (rain or shine).



Back in Anacostia Park

ACLI Capital Challenge Washington, DC

USATF Certification Number DC12001JS
Effective 2/29/2012 through 12/31/2022



"If I had asked people what they wanted, they would have said faster horses."
- Henry Ford

Timing Points

Start: On Anacostia Drive SE heading southeast. North of the north side of the skating pavillion (extended). 260 feet north of the fire hydrant on the river side. About 50 feet south of the boat ramp for the Anacostia River. Even with the street light in the traffic island opposite the river side. Even with the STOP sign.

Finish (and 3 Mile): Same as Start.

1 Mile: Going south on the Anacostia Drive SE. 815 ft. north of the north face of the 11th St. Bridge. 12 ft. south of the 4th street light pole on the river side north of the 11th St. Bridge. 33 ft. north of the 3rd street light pole north of the bridge.

Turn: On the Anacostia Drive SE. 68 ft. north of the 2nd street light pole north of the entrance to the park police headquarters. 72 ft. south of the 3rd light pole.

2 Mile: Going north on Anacostia Drive SE. Same point as mile 1.

Measured to USATF certification standards on 2/13/2012 by J. Sissala

Directions to Anacostia Park

From the Baltimore-Washington Parkway

Follow the Baltimore-Washington Parkway South toward Washington, DC. Take the left lanes to 295 South for a few miles and then stay to the center lane. From 295, take the Eastbound Pennsylvania Avenue exit. Take the first right onto Fairlawn Avenue (right before the Sunoco station). Go to the stop sign and turn right again on Nicholson Street to enter the park. Turn right and follow the ACLI parking signs to parking area. Parking marshals will direct you to a space.

From Interstate Route 395

Follow I-395 North into Washington, DC toward Southeast-Southwest Freeway (I-695). Follow the sign for DC 295 North (**Note DC 295 North – exit on the right**). Then follow the sign (3/4 mile) for Pennsylvania Avenue. Exit onto Eastbound Pennsylvania Avenue. Take the first right onto Fairlawn Avenue. Take the first right onto Fairlawn Avenue (right before the Sunoco station). Go to

the stop sign and turn right again on Nicholson Street to enter the park. Turn right and follow the ACLI parking signs to parking area. Parking marshals will direct you to a space.

From the Suitland Pkwy/South Capitol St.

Follow the Suitland Parkway west toward Washington, DC. Turn right at the 4th traffic signal onto Firth Sterling Avenue. Take the next left turn on Howard Road. When you approach the Douglas Bridge, the lanes will split and the park entrance is to the right. Turn right and follow signs to ACLI parking area.

From Capitol Area

Start at Pennsylvania Avenue near Capitol Building. Then take Pennsylvania Ave. East to the Sousa Bridge. Then continue with the directions from the South (above) on Pennsylvania Ave.

Really Lost: U.S. Park Police (Anacostia Park) 202.610.8703 or 202.610.7505.

www.capitalchallenge.com



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ACLI CAPITAL CHALLENGE®

INSTRUCTIONS

May 15, 2013

8:00 a.m.



"I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend."

- Thomas Jefferson