

ADVOCACY TIPS

NARC urges you to meet with your senators and representatives during NARC's National Conference of Regions. While Wednesday is the designated Capitol Hill Day, we encourage you to meet with your delegations whenever you have free time. NARC staff are always available to answer questions prior to your meetings. We may also be available to accompany you, depending on scheduling. Below are tips on getting the most out of your meetings.

GET THE MEETING

OPTION 1: Meet with Your Senators and Representatives

If you know your senator or representative well, call their office and ask for the appointments secretary or scheduler; otherwise ask for the legislative assistant who is responsible for your issue. Explain who you are, why you want to meet, and when you are available. Let them know that 15-20 minutes is all you need and your likelihood of getting an appointment will improve.

OPTION 2: Meet with Legislative Staff

If you can't get an appointment with your senator or representative, meet with the staffer who handles your issues, or with whom you have developed a relationship through other meetings or projects. Meeting with staffers who advise your senators or representatives can often be as impactful as meeting with the member.

OPTION 3: Meet with Committee Staff

Another option is to meet with the congressional committee that has jurisdiction over your issue. Remember that there are separate staff on each committee for Democrats (majority staff) and Republicans (minority staff). Try to meet with both.

OPTION 4: Keep District Staff Informed

Develop an on-going relationship with your senators' and representatives' district offices. Inform them of your organization's work and achievements for the congressional district or state they represent.

AT THE MEETING

Congressional staff knowledge of local government and regional planning organizations varies a great deal. We suggest you cover the following topics in your meetings:

INTRO

Introduce yourself and explain what role you play in your MPO, COG, or other regional council.

WHAT'S A REGION?

Describe the functions of an MPO, COG, or regional council.

YOUR ISSUES

Explain the issues that are important to your city, county, or region. Be as specific and concise as possible. Explain how the policy issue or program you advocate would benefit your region.

ASK

Ask if the senator or representative might support your position on the issue.

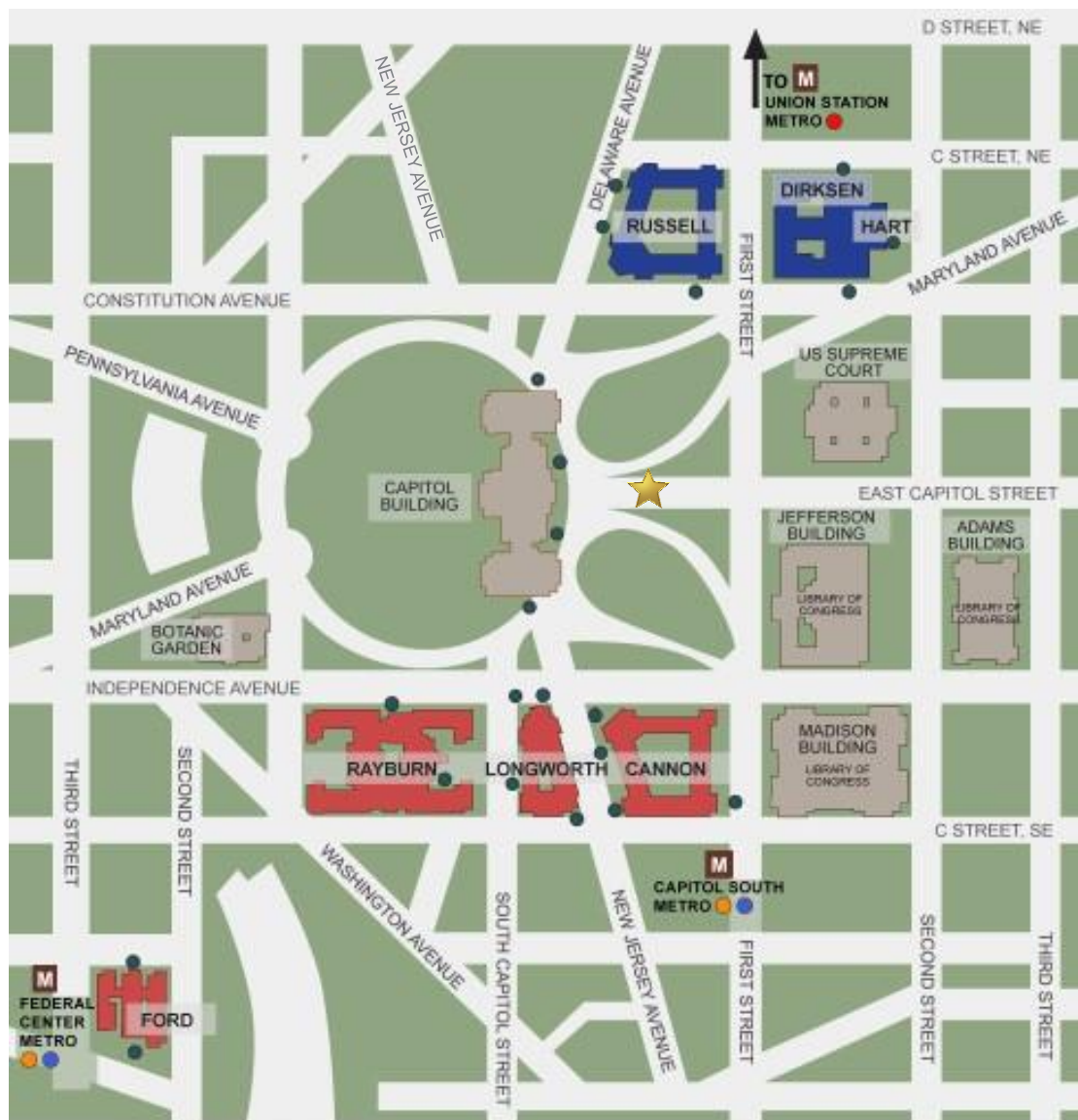
SUPPORT

Leave the office you are visiting a one-pager and any other materials that help explain the policy issue or program that you are advocating. Encourage them to see you as a resource.

AFTER THE MEETING

Email a thank you note to whomever you met. Let them know that you or a NARC staff member can be contacted with follow up questions. Please tell us who you met with, what you discussed, any feedback, and whether NARC staff should follow up.

DIRECTIONS



- House office building (Rayburn, Longworth, Cannon, Ford)
- Senate office building (Russell, Dirksen, Hart)
- Building Entrances
- Metro station
- Red line ● Blue line ● Orange line
- ★ U.S. Capitol Visitor Center Entrance

METRO

Senate offices: Take the Red Line to Union Station.

House offices: Take the Red Line, transfer to the Orange/Blue Line at Metro Center and get off at Capitol South.

WALKING

(from Washington Court Hotel)

Senate offices: Heading South, turn left on New Jersey Ave NW. Turn left on Constitution Ave NW. Destination on your left.

House offices: Heading South, turn left on New Jersey Ave NW. Turn left on Constitution Ave NW. Turn right on First St NE. Turn right on Independence Ave SE. Destination on your left.

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