

APRIL 2005



EDITION 3

**“The will to win means nothing if you haven’t the will to prepare.”
-Juma Ikangaa, 1989 NYC Marathon Winner**

IMPORTANT REGISTRATION INFORMATION!!

- Save a stamp: Look for the Fed Cup registration box at the Federal Center Fitness Center (Bldg 75). Checks only please!!
- Several modifications have been made to the race application. Please visit www.fedcup5k.com for an updated application form
- Please make checks payable to: The Federal Cup

NEWLY DESIGNED FOR 2005!

FEDERAL CUP T-SHIRTS & HATS



Pre-order your shirts and hats on your race registration form (while supplies last). Shirt sizes (S, M, L, XL, XXL).

Are shirts really not your thing? New for this year, hats with collectible ‘2005’ pins will be available for purchase. Start collecting a pin every year!. These hats

and pins are a great way to commemorate your Fed Cup 5k experience.

RUNNER’S GRUB



The Food: HONEY
The Benefits: An excellent source of carbohydrate, honey has been shown to effectively keep blood glucose levels high

for optimal endurance. Three studies done at the University of Memphis exercise and Sport Nutrition Lab report that honey is just as good as energy gels when eaten before and during a workout.

SPECIAL THANKS TO:

Credit Union of Denver

SAFEWAY

SAMS Club

**FOR YOUR GENEROUS CONTRIBUTIONS TO
FED CUP 2005**

2005 Federal Cup Steering Committee

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HELP!

If you can help the Federal Cup with refreshments or a prize donation, please contact one of the committee members.

THANKS!