

February 2005



Edition 1

“It is a rough road that leads to the heights of greatness.”
-Seneca

*Another Year,
Another Race*

This race was started to promote health and fitness among Denver Area Federal employees, members of the Armed Forces, and their families.

It is a cooperative effort, involving many volunteers from different federal agencies.

This is the 22nd annual running of the Federal Cup event.

In the past, the Federal Cup has hosted celebrities and has had over 300 participants.

To top off our past accomplishments, we plan for this year to be the best year ever.

Something new for 2005....The Federal Cup 5K race logo will be introduced this year and displayed on the T-shirts and hats.

See you at the event!

THIS YEAR'S EVENT
SATURDAY MAY 21,
2005
Denver Federal Center
Lakewood Colorado
5K Run 8:15 am
5K Walk 8:20 am
Fun Run 9:00 am



Runner's Grub

The Food: Tuna fish

The Benefit: Research has shown that runners need about 50 to 70 percent more protein than the average couch potato. You should eat 75 to 100 grams a day, depending on your body size and mileage. This is especially important if you're strength training, as lifting weights increases your protein needs even more. Eating just 3 ounces of white tuna fish will supply you with about 20 grams of protein.

Need new shoes?

See Runner's World comprehensive shoe reviews to find the perfect shoe for race day.

HELP!

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

Thanks!

Keep an eye out for our FedCup Annual T-shirt, and New for 2005, our FedCup Caps!



FEDERAL CUP 5K STEERING COMMITTEE

Web site: <http://fedcup.freeservers.com>

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Have an article to submit or information you want to share? Send your suggestion to the Steering Committee newsletter point of contact for future consideration.