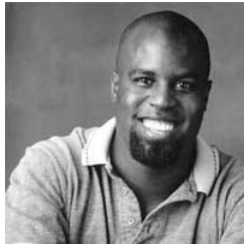




“Somewhere in the world someone is training when you are not. When you race him, he will win.” -Unknown

Reggie Rivers is back!



The Federal Cup welcomes back Reggie Rivers as this years special guest race emcee!

Rivers signed with the Denver Broncos as a rookie free agent in 1991. He enjoyed a successful football career with the Broncos for six years, and at the end of his first season was named to Pro Football Weekly’s All-Rookie Team as a special teams player.

Currently, Reggie writes a weekly editorial column for the Denver Post, co-hosts Countdown to Kickoff on KCNC Channel 4, writes once a month for Pro Football Weekly, and works as an analyst for ABC’s College Football Division. Reggie is also the host of the television show “Drawing the Line,” a public affairs program on KBDI, Channel 12 in Denver, that focuses on Constitutional issues.

In addition to his work and support for the FedCup, Reggie also has supported numerous organizations during the past decade. He participates in more than 100 charity events every year for groups such as D.A.R.E, Multiple Sclerosis Society, Muscular Dystrophy Association, United Way, Kiwanis, American Red Cross, Children’s Hospital of Denver, Punts with a Purpose, Rocky Mountain Adoption Exchange, Big Brothers/Big Sisters and many more.

Don’t miss the opportunity to see Reggie Rivers at this years Federal Cup event!

New Web Address!

www.fedcup5k.com

Download your Fed Cup 5k entry form here!

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: Oranges



The Benefit: Stay healthy during the weeks before a big race by sucking down an orange a day—each one packs 75 milligrams of vitamin C. For even better reinforcement, eat organic oranges, which according to research from the American Chemical Society, may contain as much as 30 percent more vitamin C than conventionally grown oranges.

FEDERAL CUP 5K STEERING COMMITTEE

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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.