

June 2004



Edition 5

"Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving." Maurice Greene (attributed to Roger Bannister shortly after running the first sub-4 mile)

**THANKS FOR PARTICIPATING IN THE 2004 FEDERAL CUP 5K**  
**SEE YOU NEXT YEAR!!!**

**WE HAVE A NEW HOME!!!!**

The Federal Cup 5K has a new web site. Look for us at <http://www.fedcup5K.com>



**The 2004 Group! Ready! Set! GO!!!**

**THANKS TO OUR WONDERFUL SPONSORS**

Blue Cross/Blue Shield  
Blue Point Bakery  
Boulder Running Company  
Credit Union of Denver  
DFEB  
Einstein Brothers Bagels  
Eldorado Springs Water  
GSA  
King Soopers  
Marie Callender's  
Mountain High Youghart  
National Geographic Society  
Safeway  
Sam's Club  
Village Roaster  
Western Area Power Admin/Fitness Facility

**THE RESULTS!!**

Top Male Runner- Tom Dolen 17:40  
Top Female Runner- Rhonda Bershok 20:58  
Top Male Walker- Eric Koppelman 34.41  
Top Female Walker- Monica Heimdal 34.47  
Top Male Team- USGS Striders: Rob Runkel, John Bullock, Scott Minor and Mark Niles  
Top Female Team- Monkey Wrench Gang: Adela Berman, Kate Hammond, Nola Chavez and Debra Miller  
Top CoEd Team- Tri-Umphants: Greg Woskow, Don Woody, Rhonda Bershok and Joe Lozoya  
Top Masters Team- Paleostriders: Mark Woodworth, Scott McFarlane, David Moore and Ed Youngberg

**GREAT JOB TO ALL PARTICIPANTS**

**FEDERAL CUP 5K STEERING COMMITTEE**

Members to Contact:

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To unsubscribe to this newsletter send an email to [renee.varinpotratz@dcma.mil](mailto:renee.varinpotratz@dcma.mil)  
**New** Web site: <http://www.fedcup5k.com>

**WE NEED YOU!!!!**

**The Federal Cup 5K Steering Committee is looking for some energetic volunteers to help plan the 2005 event. It's rewarding and tons of fun. Contact a member to get additional information**