



Federal Cup 5k

APRIL 2006 - EDITION THREE - www.fedcup5k.com

"Obstacles are those frightening things that become visible when we take our eyes off our goals." - Henry Ford

NEW FOR '06: PINS & HATS

Fed Cup 2005 marked the introduction of the stylish embroidered Fed Cup hat. But there's a little more to this item than you may realize. If you bought a hat last year, you probably noticed the gold 2005 pin. The pins were kept separate from the design so that entrants can 'collect' the years they participate in this event.

Did you buy a hat last year? Then you can add a matching 2006 pin to your hat this year for only three dollars!

Thinking about buying a hat this year? It will already come with a 2006 pin, but if you ran last year, and wish to add to your collection, we have a few 2005 pins left for one dollar!

This is a fun way to remember the race, and show off your participation!

What is a TEAM?

What does it mean to be a team? Well, without getting into an intense philosophical debate, here are the team rules for FedCup 2006.

Anyone qualified to run in FedCup 2006 is qualified to be on a team. Team members are typically from the same agency, however, it is permissible to have a mixed agency teams.

All we ask is that you please submit your applications together as a group.

NEED TRAINING?

There will be training runs held every Thursday to help you prepare for the Fed Cup! Meet Kiel Hovland @ the Wellness Center located on the Fed Center Grounds at noon on Thursdays if interested.

QUESTIONS: Call Kiel @ 303-236-6911



**YOU CAN DO IT!
WE CAN HELP.**

Did you know that it is possible for your agency to pay your entry fee for the Fed Cup? 5 U.S.C section 7901 and Chapter 2 of the Healthier Feds Handbook allow agency reimbursement of events like the Fed Cup. Reimbursement is at the Agency's discretion. To find out if your agency will pay for your entry, see your wellness/employee health representative.

NEW AWARDS!!!

come one, come all!

(And look for that strange outfit in the back of your closet...)

As mentioned in the February Newsletter, this year will mark the inception of the two new FEDERAL SPIRIT awards. The Federal Spirit Awards reward the little things that add so much to the fun, flavor, and festivities of the Fed Cup!

The PUBLIC SPECTACLE Award

This prestigious award will go to the individual, or group, with the most imaginative outward display of appearance. Get creative! An anonymous judge will be scouring the crowd for cool team shirts, goofy hats, costumes... whatever- it's up to you!

To win, whatever is worn must be worn during the entire race, and it cannot get in the way of the other participants. Also, as this is a family event, on Federal property, please use common sense and discretion when choosing your items/words/theme. The winner will be chosen at the discretion of our secret judge. The winner(s) will receive certificates commemorating their achievement!

The MOST AGENCY PARTICIPATION Award

This traveling trophy will be awarded to the agency with the most total participation. The most participation will be determined by the agency listed on the entry form. The winning agency will have their name and year inscribed on the traveling trophy, and will get to keep it until the next Fed Cup.

HELP WANTED!

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

Thank You!

2006 Federal Cup Steering Committee

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