

FEDERAL CUP 5K

NEWSLETTER

April 2009
Edition No. 3

www.FedCup5K.com



5K Run and Walk

When: Saturday May 16th, 2009 at 8:15 am
Where: Denver Federal Center (DFC), Lakewood
Cost: \$10/\$15 on race day (kids fun run-free)

WE ARE PLEASED TO ANNOUNCE!!



Reggie Rivers, former Denver Bronco and current Denver CBS4 weekend Sports anchor, will be the Master of Ceremonies for the Federal Cup 5K again this year! **Stop by and say Hi!**

Bib Pre-Race Pick-Up May 7th

Don't forget! The bib pick-up event is **Thursday, 7 MAY 2009** from **11am to 1pm** at the Denver Federal Center Bicentennial Park pavilion (same place as the race).

If we have **RECEIVED** your application through www.Active.com or by mail/drop-off on or before **1 MAY 2009**, you now have the opportunity to pick up your bib before the race!

DO NOT LOOSE your bib before race day! Once it's picked up, it's yours, and the Fed Cup is not responsible for lost bibs.

SEE YOU THERE!!!

Registration Information

There are many ways to register for this fun event:

Option 1- Go to www.Active.com and look up Federal Cup 5K (this is the fastest and most efficient way to register and the Active.com fees are partially subsidized by the Fed Cup 5K)

Option 2- Fill out the paper application at www.Fedcup5K.com and mail it to:

Federal Cup, P.O. Box 261122,
Lakewood, CO 80226

Option3- Put a completed application in the Fed Cup 5K box at the Wellness Center at the DFC

BRING YOUR CAMERA

Besides capturing your accomplishment finishing the Federal Cup 5K, the **501st Legion Mountain Garrison "Vader's Fist"** will be at the park for a fun photo opportunity with **Star Wars** characters!

We have many Great Sponsors !!

We added a second page the newsletter this month to show everyone the great sponsors we have for this years event. From cash to door prize donations, we could not do this event without the generous support of these sponsors.

We always need volunteers!!

If you can help, please contact one of the Federal Cup 5K steering committee members.

2009 Federal Cup Steering Committee

Chairperson and Registration	Renee Varin Potratz	Renee.VarinPotratz@dcma.mil	303-220-4040
Questions:	Devin Croft	dctrainer@comcast.net	303-978-9342
Webmaster/Publicity:	Tara O'Neil	Tara.ONeil@dcma.mil	303-220-4061
Donations:	Cindy Southard	cindy.southard@fsis.usda.gov	303-236-9789
General Information:	Dennis Woljan	shubuskin@yahoo.com	303-988-1829
Treasurer:	Don Woody	Donnie.Woody@tma.osd.mil	303-676-3691

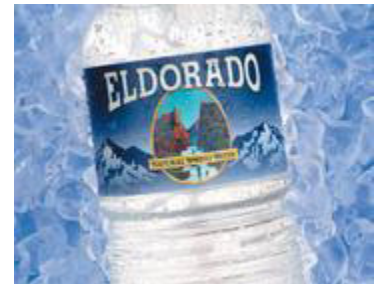
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MAJOR SUPPORTERS



GENEROUS GIVERS



Colorado School of Healing Arts

Denver Federal Wellness Center

Rishi's Crossing Yoga Studio





2009 FEDERAL CUP 5K ENTRY FORM

Saturday May 16, 2009

Denver Federal Center (DFC) Lakewood, CO

Bring Government ID or other photo ID

Enter at Gate 1 (on Kipling just north of Alameda)

Sorry, pets are not allowed on Federal Center grounds

5K Race **8:15 am**

5K Walk **8:20 am**

1K Kids Fun Run **9:00 am**

REGISTRATION INFORMATION:

Please print. One application per person. All fields are required.

Applicants must be full-time/part-time or retired Federal employees; Active Duty Military personnel or retirees; family members of Federal/military personnel, or contract employees of the US Military or Federal Government agencies and their family members. **ALL THE FOLLOWING INFORMATION IS REQUIRED**

Name _____ Age (on 5/16/09) _____ Date of Birth _____ Gender: F M

Home Address _____ City _____ State _____ Zip _____

Phone Home _____ Work _____ Email _____

Agency/Military Branch Affiliation: _____

Check Appropriate Category	MEN'S	WOMEN'S	CO-ED	KID'S
Individual 5K Run			N/A	N/A
Individual 5K Walk			N/A	N/A
Team 5K Run*				N/A
Team 5K Walk*	N/A	N/A		N/A
1K Fun Run (Free)	N/A	N/A	N/A	

TEAM INFO: * Team registration is now possible ONLINE using www.Active.com! To participate as a team, a minimum of four members are required. Placing will be based on the cumulative time of the first 4 members to cross the finish line. Co-Ed teams require at least one member of each gender. A separate application and entry fee is required for each team entrant. PAPER TEAM entries **MUST** be submitted with the same team name by May 8th, 2009. TEAMS need to fill out the additional registration information below:

Team Name _____ Team Captain _____ Work Phone _____

ENTRY FEE: \$10 (\$15 on Race Day). Reminder: There is no fee for the Kid's Fun Run but an application is required.

Item	Quantity	Price	Total
Race Registration Entry Fee		X \$10	
2009 T-Shirt (S qty____ M qty____ L qty____ XL qty____ XXL qty____)		X \$12	
Embroidered Base Ball Cap w/2009 pin		X \$12	
2009 Custom Pin		X \$ 3	
Kids 1K Fun Run		Free	Free
TOTAL \$ ENCLOSED			

Make checks payable to: Federal Cup 5K

In consideration of the acceptance of my Federal Cup 5K entry, I myself, my executors, administrators, and assignees, do hereby release and discharge the sponsors and organizers of the Federal Cup 5K event and the United States from all claims or actions whatsoever in any manner arising out of my participation in said athletic events, I attest that I have full knowledge of the risks involved and am physically fit and sufficiently trained to participate in this event.

Signature

If Under 18, Signature of Parent/Guardian

Mail This Application To: Federal Cup, P.O. Box 261122, Lakewood, CO 80226

Mail in applications must be received by **May 8, 2009.**

Active.com and Race Day Registrations are available. VISIT www.fedcup5k.com