



FEDERAL CUP 5K

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"Most people run a race to see who is fastest. I run a race to see who has the most guts." - Steve Prefontaine

Walking vs. Race Walking: WALKING A FINE LINE

Walk or Race Walk? The ongoing question... Few checkboxes generate as many questions as the one for the 5k Race Walk on the entry form, and hopefully this article will help ease some of the confusion.

Which Am I? Walkers are non-competitive Race Walkers who are choosing to simply walk the course. Race Walkers are competitive Walkers who follow a specific fast-walking form, but are not jogging. Both Walkers and Race Walkers check the same box on the entry form.

What is Race Walking? Official Race Walking has two rules:

- 1) There should be no visible loss of contact with the ground during the progression of steps.
- 2) The advancing leg must be straightened (meaning not bent at the knee) from the moment of first contact with the ground until in the vertical position.

How is it enforced? Walking the course with you on race day is Mr. Bob Carlson, a well-known and respected Race Walker. He enforces rule one, the ground contact rule, to ensure people are not jogging. We do not formally enforce rule two, the straight-leg rule, but encourage people to try this form. Mr. Carlson often coaches, mentors, and encourages people on their form during the race. This is an excellent opportunity for experienced Race Walkers and Newbies alike to improve upon their technique.



Want to give Race Walking a try? You can learn more about this sport at:
www.racewalk.com

It's Who You Know!

We want to spread the word about the Fed Cup! After all, it's the only event of its kind in Colorado. It's a 5k for Feds, by Feds, but even after more than 20 years of races, we know there are still many Federal employees and members of the military who have never heard about us!

If you are a PR person in your office, or if you know someone who can help us announce this event, please let us know. Every office has different rules for announcements, and we need help getting our message through the proper channels. Contact Devin.Croft@ed.gov if you can help us place posters or otherwise publicize this event.

New Awards in 2006!

This year, we thought it would be fun to reward the creativity and spirit of our participants. Keep these new fun and informal awards in mind as you fill out your individual or team applications:

- **Most Agency Participation**
Special recognition will be given to the members of the agency who have the most total participants. (Determined by the agency/military branch identified on the entry form.)
- **Greatest Display of Spirit**
Be it matching team shirts or individual costumes, we will recognize the most creative display of spirit.

H E L P !

2006 Federal Cup Steering Committee

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

Thank You!