

FEDERAL**CUP** **5K Run/Walk****1984-2008****Denver, CO****May 17, 2008****25****25 25 25 25 25****Newsletter****FREE GIFT!**

The first 150 people to register using Active.com will receive a special commemorative free gift! Don't delay, sign-up today!

The Federal Cup 5K is celebrating its 25th running, and we're planning the biggest bash yet! We're talking about special gifts, food, events, and more! Once all this goodness has been confirmed, we'll announce it on the website, so be sure to visit www.fedcup5k.com for the most up-to-date information on this year's events. It's going to be one to remember, so don't miss out!

**REGISTRATION IMPROVEMENTS**

We're always looking for ways to make it easier to register, and this year we're pleased to announce two big changes:

1.) TEAMS can now register using Active.com! Why is this so cool? Team members registering online can do so individually and assign themselves to, or create, the team of their choice. You don't have to have all you teammates sign up at the same time! Only paper team registration must be submitted together.. Questions? Call (303) 220-4040

2.) STREAMLINED paper entry form now available! Our paper application has received a major facelift, and should be the easiest to fill out yet. Just remember to mail it in by May 9th, and you're good to go!

WE (still) NEED YOUR HELP!

This year is going to be really special, and we will need more volunteers to make this year a success. We have projects and duties for all time commitments, so if you want to be a part of this landmark running, contact any steering committee member.

-ALSO-

If you are able to help with refreshments, a prize donation, or wish to volunteer for race staff, please contact one of the committee members!

2008 FEDERAL CUP STEERING COMMITTEE

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THANK YOU!