

FEDERAL CUP 5K

NEWSLETTER

February 2009
Edition No. 1

www.FedCup5K.com



It's time to get ready for the **26th running** of the **Federal Cup 5K**.

This is a special running and walking event for Federal employees, members of the Armed Forces and their families. Dust off those running or walking shoes and start preparing!!!

5K Run and Walk

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

TEAMS are an important part of the Federal Cup 5K experience

Start spreading the word about this annual event and get your Team Captains chosen and your teams ready to participate

This year we will have Men's, Women's and Co-Ed runner event categories and a Co-Ed category for walkers

JUST A NOTE: When registering for a team make sure everyone on the team use the same team name!

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 (the best way to register with the active.com fees 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

WE NEED YOUR HELP!!

We need volunteers to help make this year's event a success. We have projects and duties for all time commitments, before the event or just on race day.

-Or-

If you are able to help with supplying refreshments, a raffle donation, or a fun event on race day?

Please contact one of the steering committee members

"Goals are the fuel in the furnace of achievement"
--Brian Tracy

2009 Federal Cup Steering Committee

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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.

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