



Federal Cup 5k

May 20th, 2006

Denver Federal Center-Lakewood, CO

MARCH 2006 - EDITION TWO - www.fedcup5k.com

"Pressure is nothing more than the shadow of great opportunity." - Michael Johnson

HOW DO I REGISTER? Let me count the ways...

Want to register for this year's event but are unsure about how to do it? Well, there are several ways to register, and we're sure you'll find a way that's easiest for you!

1.] **On-Line registration has arrived!** Using Active.com, just click below on the link, or point your browser to:

http://www.active.com/event_detail.cfm?event_id=1299920

2.] You can mail your Entry Form and Check to the address found on the bottom of the entry form. (Which is conveniently attached along with this newsletter)

3.] You can use the Drop Box located @ the Wellness Center in the Denver Federal Center,

4.] You can simply hand your entry form and check to any Fed Cup Steering Committee Member. See below for some contact information of members. Or,

5.] You can sign up at the registration table on race day. However, the entry fee on race day is \$10. If you pre-register, the fee is only \$8.

MARCH ANNOUNCEMENTS

New Race Division Added!

For the first time ever, the Federal Cup will be including a Wheelchair division in this year's race. Check out the attached 2006 entry form, and spread the word to anyone you think would be interested!

2006 Federal Cup Steering Committee

CHAIRPERSON:	Devin Croft	303-844-3677	x125 devin.croft@ed.gov
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TO UNSUBSCRIBE TO THIS NEWSLETTER, PLEASE E-MAIL TO: renee.varinpotratz@dema.mil

this month's spotlight on:

CAPT.

RUSSELL G. PENDERGRASS, SC, USNR



FED CUP 2006 EMCEE

PROFILE: CAPT Russell G. Pendergrass, Supply Corps, United States Navy Reserve, is the Commander of the Defense Contract Management Agency (DCMA) Denver Contract Management Office. He oversees the contract administration, product quality assurance, technical analysis, and financial analysis on over 4,500 contracts, valued at over \$19 billion, with more than 360 contractors across a four-state region.



CAPT PENDERGRASS WAS ASKED TO BE THIS YEAR'S FED CUP

EMCEE because he was a semifinalist in the international 2005 Body For Life [BFL] challenge. His inspirational story has been printed in many Denver metro area papers and he continues writing a motivational blog on the BFL website. He took on the BFL challenge to save his son, who was born with a condition called biliary atresia that is destroying his liver. CAPT Pendergrass talks about the family health crisis that drove him to change his body and life:

"I have known for 3 years that my 27-year-old son, Michael, will need a liver transplant and that if I were 40 lbs lighter and more physically fit I could qualify as a liver donor for him. [The size of your liver is determined by the weight of your body]. Michael's first child [was born] in November. The thought of that baby being raised without his daddy—when I could prevent it—finally gave me the perspective I needed to embrace the Body-for-LIFE Challenge. The change would have to be permanent because once I achieved my goal I would have to stay there until Michael needed half my liver. To create my new Body-for-LIFE [Michael's life], I had to kill my old body—kill it so it would NEVER resurface in the form it has carried for the past 33 years"

"I laid to rest the old 240 lb. Russell with a 44-inch waist and stand tall as a NEW man (void of guilt and self-loathing) at 210 lbs., with a lean 36 inch waist and 12 percent body fat. After failing for 33 years, I did it!! Now I can look in the mirror each morning and know that if I get the call, my liver is the right size for Michael. Nothing tastes as good as THAT feels!"

THANK YOU, CAPT Pendergrass, for volunteering to emcee this year's Fed Cup! We look forward to seeing you in May!

WE NEED YOUR HELP!

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

Thank You!