

FEDERAL CUP 5K

NEWSLETTER

March 2009
Edition No. 2

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)

TIRED OF THOSE RACE DAY BIB PICK –UP LINES?

You hate the race day bib pick-up lines. We hate them too. We're always looking for ways to improve the race day experience, and thanks to the support and cooperation from our timing company we think we have a solution!!

If we have received your application (paper or through Active.com) by **May 1st, 2009** you now have the opportunity to pick up your bib before the race!

On **Thursday May 7, 2009 11-1pm** at the DFC Bicentennial Park pavilion (same place as the race) the Federal Cup Committee will set up a table to distribute race bibs available to everyone who registered by May 1st. If you are in the area just stop by and get your bib. It's that easy!!

Team representatives or family members can pick up bibs for their friends, but be careful you don't lose your bib before race day. Once it's picked up, it's yours, and the Fed Cup is not responsible for lost bibs after they have been picked up!

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

Option 3- Put a completed application in the Fed Cup 5K box at the Wellness Center at the DFC

WE NEED YOUR HELP!!

We need volunteers for the following positions to help make this year's event a success:

Time Machine Operator
Chute Handler
Tag Puller
Tag Stringer
Registration Assistants

If you, a friend, or if you know of a group who can help please contact one of the steering committee members. **THANKS**

REMINDER

Some Agencies have discretionary authority to reimburse your entry fee under 5 U.S.C 7901. Contact your agency to find out if you qualify!!

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 |
| TO UNSUBSCRIBE TO THIS NEWSLETTER CONTACT PLEASE EMAIL RENEE | | | |





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