

# FEDERAL CUP

5K Run/Walk

1984-2008

Denver, CO

May 17, 2008

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## May Newsletter 2008

Please excuse the different format this month there was just too much good stuff to go over to fit into our usual one page update.

- **Registration – Have you signed up yet?**  
There are many ways to enter, so what are you waiting for? No excuses!  
It's only \$8 to pre-register, \$10 on race day.

**Regular mail** – Your paper registration form needed to be mailed by May 9<sup>th</sup> to get processed in time. With only 8 days before the race, please use one of the other entry methods below that will work best for you.

**Drop Box** - At the Wellness Center located on the DFC campus, building 75, is a locked drop box. Blank entry forms are available in the pockets attached to the box. If you're in the area, swing on by, pick up a form, fill it out, and drop your entry and payment in the box. The last collection time for the drop box will be **noon on May 16th**. All paper team entries must be submitted together.

**In Person** - If you are on the Fed Center Campus, you can hand the entry form and payment in person to one of several committee members also on the campus. Use the contact information at the end of this newsletter to make arrangements, if interested. Again, all paper team entries must be submitted together, and must be given to a committee member no later than **noon on May 15th**.

**Active.com** - Online registration is open 24/7 until **noon on May 16th**. This is the only option if you want to pay by credit card. And remember, the first 150 people to use active will receive a surprise **FREE GIFT**. Also, if you sign up on Active as a team, individual team members do not have to sign up all at once. They can sign up at their own pace and choose the team they want to join by using a drop down menu. The person acting as "Team Captain" needs to be the first to sign up, however, to establish the desired team name. Active charges a \$3 fee to use their website for registration.

**Race Day** - If you're unable to pre-register using any of the methods above, no worries! You can always register at the park on race day, May 17<sup>th</sup>, but the entry fee increases to **\$10**.

- **Gate Usage/Traffic**

Entry to the Federal Center requires a Government issued photo ID such as a state driver's license or Federal Agency ID. To ease traffic flow, if you have a Federal Center ID card that can be scanned by the employee card reader, use the center gate marked "Employees" that has the card reader in front of it. Additional passengers in your vehicle may have to show photo ID to the guard on duty. Participants without a Federal Center ID should use the far right hand lane marked "Deliveries" and have their ID ready to show to the guard on duty.

Remember! No Pets are allowed on DFC property. Please leave your dogs at home.

- **Start Times**

REMEMBER! Be sure to arrive with plenty of time to pick up your bib and be ready to race.

The start times are as follows:

**8:15** 5K Race begins

**8:20** 5K Walk begins

**9:00** 1K Kid's Fun Run begins

- **Park Arrangement**

The Fed Cup takes place on the Fed Center at the park off of Main Ave. bounded by 4<sup>th</sup> Street and 4<sup>th</sup> Place. Entering at Gate 1 puts you on Main Ave., just stay on that road and you'll see the park on the right. Feel free to use any of the parking lots close to the park.

Traditionally, the Fed Cup uses the SW corner (Main Ave. and 4<sup>th</sup> Place) as the main gathering location for the race, but this year will be a little different. GSA has just completed construction on a large covered picnic area with lots of picnic tables and a shaded canopy. This is all located on the North end of the park, so we're moving most of the festivities back there. Don't worry! You won't miss it!

The registration table where you can pick up your race packet and bib will still be close to Main Ave. and 4<sup>th</sup> Place, as will the start/finish lines. Also at that corner will be the a table manned by Blue Cross/Blue shield handing out bottled water.

On the north end of the park will be all the after race festivities- award ceremony, food, merchandise table, door prize drawings, massage tent, face painting, and other interesting tables and booths manned by our sponsors.

- **It's our 25<sup>th</sup> Running! Here's How We're Celebrating!**

- Everyone who finishes the race will receive a special commemorative finishing medal!
- Reggie Rivers, former Denver Bronco and News 4 Sports Anchor, is our MC!
- Free Face Painting!
- Free Massages! Provided by the Colorado School of Healing Arts
- Free Breakfast Burrito for each participant! (see next topic for details)
- Special 25<sup>th</sup> running T-Shirt. Front side is embroidered, back screen printed- all for \$12. They're selling fast, so if you haven't pre-ordered your size, be sure to get to the merchandise table as soon as possible. Supplies are limited!
- Special 25<sup>th</sup> running custom enameled pin. Only \$3! Supplies are limited. Hat purchases (\$12) will also come with the custom pin, while supply lasts.
- Our usual fabulous door prizes!
- Free Food! (oranges, bananas, bagels, danishes, yogurt, ice cream, coffee, water)
- And more!

- Breakfast Burritos

As a special treat, everyone who participates will receive a free breakfast burrito! To make sure everyone gets one, we've added an extra tab to the bib this year. On your bib will be the prize drawing stub (be sure to turn that into the merchandise table to enter the door prize drawing) a burrito stub, and a timing stub. Just take the burrito stub to the burrito table after the race to claim your burrito.

**BE CAREFUL** not to remove your timing stub when detaching the burrito and prize drawing stubs.

Did friends and family accompany you to the race, but not participate, who would like a burrito? Would you like a second burrito? No problem. Just go to the Merchandise table. There you can purchase additional burrito coupons for \$3 each. First come, first served.

- Appearance by the 501<sup>st</sup> Mountain Garrison

Be on your best behavior, and bring your cameras! Several members of the 501<sup>st</sup> Mountain Garrison... of **Storm Troopers** will be making an appearance at this year's race!

<http://www.mg501.com/>

- Sponsors

It takes a lot of generous support to make this event possible. Please take a moment to look at this list of sponsors. These fine folks help us out with funding, supplies and equipment, and door prizes. The Fed Cup would not be possible without them, and we thank them for all the years of support!



Denver Federal Wellness Center  
 Rishi's Crossing Yoga Studio  
 Colorado School of Healing Arts  
 Jim Beam



- Contact Us

**RACE DIRECTOR**

Devin Croft  
[director@fedcup5k.com](mailto:director@fedcup5k.com)  
303.844.3677 x125

**NEWSLETTER**

Renee Varin-Potratz  
[newsletter@fedcup5k.com](mailto:newsletter@fedcup5k.com)  
303.220.4040

**TREASURER**

Don Woody

**WEBMASTER**

Kel O'Neil  
[webmaster@fedcup5k.com](mailto:webmaster@fedcup5k.com)

**PUBLICITY**

Tara O'Neil  
[publicity@fedcup5k.com](mailto:publicity@fedcup5k.com)  
303.220.4061

**GENERAL INFORMATION**

Dennis Woljan  
[info@fedcup5k.com](mailto:info@fedcup5k.com)  
303.988.1829

**COMMITTEE MEMBER**

Ian MacDonald  
303.236.1702

**COMMITTEE MEMBER**

Dave Duran  
303.969.2176

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