

FEDERAL CUP 5K

NEWSLETTER

May 2009
Edition No. 4

www.FedCup5K.com



The Fed Cup 5K is Saturday May 16th at the Denver Federal Center

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

Registration – Have you signed up yet?

There are many ways to enter, so what are you waiting for?

It's only \$10 to pre-register, \$15 on race day.

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. The last collection time for the drop box will be **noon on May 13th**.

In Person - If you are on the Fed Center Campus, you can hand the entry form and payment in person to committee members located at building 16. Use the contact information for Renee Varin Potratz or Tara O'Neil on the web site (www.FedCup5K.com) to make arrangements, if interested. The applications must be given to a committee member no later than **noon on May 13th**.

Active.com - Online registration is open 24/7 until **noon on May 14th**. This is the only option if you want to pay by credit card.

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 16th, but the entry fee increases to \$15.

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. Use Gate 1 to enter the Center:

- If you only have a Drivers License use the far right lane with the guard.
- If you have a Federal Center ID card that can be scanned by the employee card reader, use the center gate.
- If you have a Federal Government Employee ID use the left lane.

Additional passengers in a vehicle may have to show ID, these vehicles 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.

FEDERAL CUP 5K NEWSLETTER

May 2009
Edition No. 4

www.FedCup5K.com



Page 2

Park Arrangement

The Fed Cup takes place on the Fed Center at the park off of Main Ave. bounded by 4th Street and 4th 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 4th Place) as the main gathering location for the race, but this year will be a little different. GSA has 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 most of the festivities are in this area. 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 4th 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 26th Running! Here's How We're Celebrating!

Reggie Rivers, former Denver Bronco and News 4 Sports Anchor, is our MC!

Bruegger's Bagels

Free Face Painting! Provided by Face Painting Denver

Free Massages! Provided by the Colorado School of Healing Arts

A professional clown courtesy of Frank Bier

Our usual fabulous door prizes!

Free Food! (oranges, bananas, bagels, danishes, yogurt, ice cream, coffee, water)

And more!

Appearance by the 501st Mountain Garrison

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

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