



# JOIN US!

## LEARN HOW TO PARTICIPATE!

**NATIONAL AND D.C. RACE DATE:**

**SUNDAY  
MAY 7, 2017**

**LOCATION:**

Washington, D.C. and around the U.S.!

Register online at:

**[www.feea.org/5K](http://www.feea.org/5K)**



FEAA is the official charity of the  
Public Service Charity 5K Run/Walk





Runners start at the front of the pack. In D.C. professional timing ensures accurate results.



Walkers get their steps in while enjoying the beautiful day with family and friends and supporting a great charity.



Virtual participants across the country join in on race day by running and walking in their local communities.



Volunteer city captains promote virtual participation across the country. These volunteers use their networks to advertise the race and identify running and walking locations in their local areas.



## ABOUT THE EVENT

Now in its fifth year, the Public Service Charity 5K Run/Walk celebrates and supports federal public servants across the country, giving public employees a visible reminder they are valued, and offering friends, family, and the broader community the opportunity to come together to thank them.

Hundreds of runners and walkers in the D.C. Metropolitan area participate in the flagship event and hundreds more join in across the country by forming local teams and running and walking in their local communities.

All proceeds from the race support civilian federal and postal workers through FEEA: The Federal Employee Education & Assistance Fund, the event's official charity. Participants are invited to further assist the official charity by soliciting pledges and sponsorship from friends and family supporting their walk/run participation.





## SUPPORT OUR CAUSE

Participants in the Public Service Charity 5K support FEEA's work providing emergency loans, disaster relief grants, and scholarships to our dedicated civilian federal and postal public servants and their families. We encourage all participants to ask friends and family to support their participation in the 5K with a donation to FEEA.

- During registration our system will automatically make you a personal 5K fundraising webpage for collecting donations from friends and family online. You can easily customize your page and then share it with friends and family via email, Facebook, Twitter, and other social media.
- For those that would rather support you with a check donation you can download a donation tracking form on our website at [www.feea.org/5K](http://www.feea.org/5K) and mail it and the checks (no cash please) received to FEEA, 1641 Prince Street, Alexandria, VA 22314 before or after the race.
- For those who raise over \$300 we will refund you base registration fee!

## VOLUNTEER

Outside the Washington, D.C. metro area we are recruiting "City Captains" to help raise awareness about virtual participation in the 5K.

### City Captains:

- Advertise via their personal network and local community by posting flyers and promoting participation via email and social media;
- Suggest local parks or other locations where runners and walkers can meet on race day to sprint, jog, or stroll a roughly 5 kilometer distance; and
- Help connect registered participants who would like to walk or run as a group on race day.

We'll give you all the tools you need to succeed, including downloadable flyers and lots of ideas for getting the word out.

Interested? Sign-up at: [www.feea.org/5k](http://www.feea.org/5k)



We also need volunteers for race day in D.C. Please follow us on Facebook for more details.

[facebook.com/FedsHelpingFeds/](https://facebook.com/FedsHelpingFeds/)

## OUR D.C. LOCATION

The D.C. Run/Walk will be hosted at beautiful Anacostia Park. The park offers a level run/walk waterfront venue and vast park lands for picnicking and recreational sports before and after the race. A pirate ship playground is also available for small children.

Anacostia Park is operated by the United States National Park Service. The park protects the wetlands and woodlands alongside the Anacostia River, providing a habitat for diverse species of animals and plants. The natural areas of Anacostia Park are home to osprey, bald eagles, songbirds, and waterfowl. An abundance of plant life thrives alongside the Anacostia River. Cherry trees, northern wild rice, cattail, Nuphar, milkweed, Joe Pye, and button bush all add to the area's natural beauty.

### What's Nearby

- Frederick Douglas National Historic Site: 1.9 miles
- Eastern Market: 2.1 miles
- Anacostia Community Museum: 2.5 miles
- US Capitol Visitor Center: 2.8 miles
- US Botanic Gardens: 3.5 miles
- National Gallery of Art: 3.8 miles
- Smithsonian National Air and Space Museum: 4 miles
- Smithsonian Museum of Natural History: 4.3 miles
- Smithsonian Museum of American History: 4.5 miles
- Kenilworth Aquatic Gardens: 4.5 miles



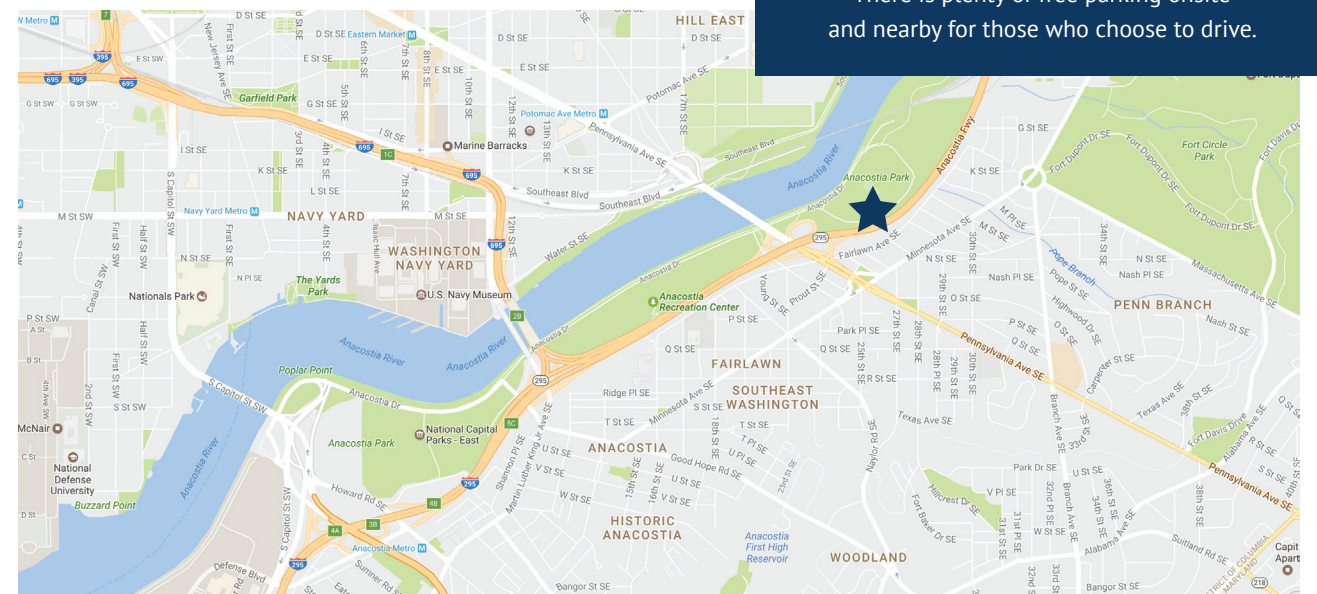
### How to Get There

The park is metro accessible, just over one mile away from the Potomac Avenue Metro Station.

For your GPS: 1500 Anacostia Drive SE, Washington, D.C. 20020.

For those coming from Virginia we recommend approaching the park via the 14th Street Bridge.

There is plenty of free parking onsite and nearby for those who choose to drive.







## FEEA SERVES FEDERAL EMPLOYEES ACROSS THE ENTIRE US GOVERNMENT

Department Of The Air Force ★ Department Of Agriculture ★ Department Of The Army ★ Department Of Commerce ★ Department Of Defense ★ Department Of Justice ★ Department Of Labor ★ Department Of Energy ★ Department Of Education ★ Department Of Health And Human Services ★ Department Of Homeland Security ★ Department Of Housing And Urban Development ★ Department Of The Interior ★ Department Of The Navy ★ Department Of State ★ Department Of Transportation ★ Department Of The Treasury ★ Department Of Veterans Affairs ★ U.S. Agency For International Development ★ National Credit Union Administration ★ Equal Employment Opportunity Commission ★ Environmental Protection Agency ★ Federal Communications Commission ★ Federal Deposit Insurance Corporation ★ Court Services And Offender Supervision Agency For The District Of Columbia ★ Federal Reserve System ★ Federal Trade Commission ★ General Services Administration ★ Broadcasting Board Of Governors ★ Government Printing Office ★ National Science Foundation ★ National Labor Relations Board ★ National Aeronautics And Space Administration ★ National Archives And Records Administration ★ Nuclear Regulatory Commission ★ Office Of Personnel Management ★ Peace Corps ★ Small Business Administration ★ Securities And Exchange Commission ★ Smithsonian Institution ★ Social Security Administration ★ National Foundation On The Arts And The Humanities ★ Federal Labor Relations Authority ★ Merit Systems Protection Board ★ Defense Nuclear Facilities Safety Board ★ Pension Benefit Guaranty Corporation ★ Office Of Management And Budget ★ Commodity Futures Trading ★ Commission ★ Export-Import Bank Of The United States ★ Office Of Administration ★ Farm Credit Administration ★ Federal Mediation And Conciliation Service ★ Office Of Special Counsel ★ Overseas Private Investment Corporation ★ Presidio Trust ★ International Boundary And Water Commission: United States And Mexico ★ U.S. Holocaust Memorial Museum ★ Federal Housing Finance Agency ★ Judicial Branch ★ Corporation For National And Community Service ★ Federal Election Commission ★ Federal Maritime Commission ★ Millennium Challenge Corporation ★ Federal Retirement Thrift Investment Board ★ Armed Forces Retirement Home ★ Railroad Retirement Board ★ Consumer Product Safety Commission ★ Selective Service System ★ National Transportation Safety Board ★ U.S. International Trade Commission ★ Office Of The U.S. Trade Representative ★ Administrative Conference Of The United States ★ American Battle Monuments Commission ★ African Development Foundation ★ Appalachian Regional Commission ★ Arctic Research Commission ★ James Madison Memorial Fellowship Foundation ★ Architectural And Transportation Barriers Compliance Board ★ Nuclear Waste Technical Review Board ★ Christopher Columbus Fellowship Foundation ★ Commission On Civil Rights ★ Council Of Economic Advisers ★ Commission Of Fine Arts ★ National Commission On Libraries And Information Science ★ Public Interest Declassification Board ★ Northern Border Regional Commission ★ Denali Commission ★ Morris K. Udall And Stewart L. Udall Foundation ★ Council On Environmental Quality/Office Of Environmental Quality ★ Trade And Development Agency ★ Federal Financial Institutions Examination Council ★ Chemical Safety And Hazard Investigation Board ★ Farm Credit System Insurance Corporation ★ Barry Goldwater Scholarship And Excellence In Education Foundation ★ Office Of Government Ethics ★ Valles Caldera Trust ★ Vietnam Education Foundation ★ Election Assistance Commission ★ International Boundary Commission: United States And Canada ★ International Joint Commission: United States And Canada ★ Committee For Purchase From People Who Are Blind Or Severely Disabled ★ Advisory Council On Historic Preservation ★ Harry S. Truman Scholarship Foundation ★ U.S. Interagency Council On Homelessness ★ Inter-American Foundation ★ Council Of The Inspectors General On Integrity And Efficiency ★ Marine Mammal Commission ★ National Council On Disability ★ National Mediation Board ★ National Capital Planning Commission ★ National Security Council ★ Occupational Safety And Health Review Commission ★ Office Of National Drug Control Policy ★ Office Of Navajo And Hopi Indian Relocation ★ Medicaid And CHIP Payment And Access Commission ★ Federal Mine Safety And Health Review Commission ★ Office Of Science And Technology Policy ★ Japan-United States Friendship Commission ★ Utah Reclamation Mitigation And Conservation Commission ★ Privacy And Civil Liberties Oversight Board ★ World War 1 Centennial Commission ★ Medicare Payment Advisory Commission ★ U.S. Commission On International Religious Freedom ★ United States-China Economic And Security Review Commission ★ Dwight D. Eisenhower Memorial Commission

### CELEBRATING 30 YEARS:

1986-2016



Nearly 12,000 no-interest, emergency loans to help make ends meet during personal tragedies like illness, death of a loved one, or divorce



Nearly 10,000 disaster relief grants for wildfires, tornadoes, floods, and other natural disasters



Nearly 32,000 low-income federal families provided childcare subsidies so they can have peace of mind and a safe place for their children while they serve the American public



Over 10,000 merit-based scholarships to federal public servants, their spouses, children, and grandchildren.

## ABOUT FEEA

FEEA has been the official charity of the Public Service Charity 5K run/walk for five years.

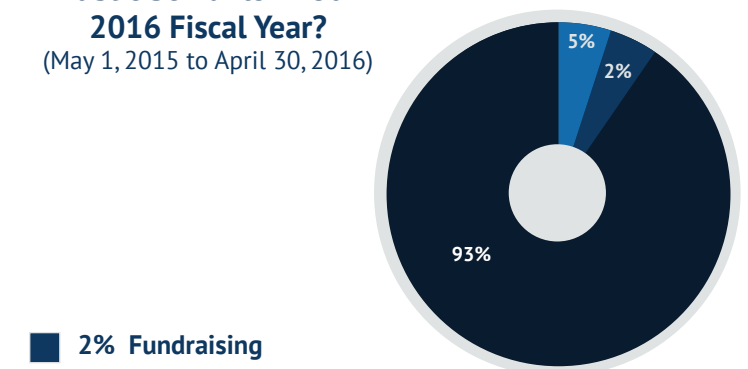
Founded in 1986, FEEA: The Federal Employee Education and Assistance Fund is the only independent, nonprofit, 501c3 organization devoted solely to providing emergency financial assistance and scholarships to our dedicated civilian federal and postal public servants and their families.

Over its thirty year history, FEEA has supported more than 50,000 federal families all across the United States and from almost every federal department and agency, with emergency loans, disaster relief grants, scholarships, and childcare subsidies.

FEEA has a four-star Charity Navigator rating – the highest possible – which is given only to nonprofit organizations that exceed industry standards and outperform most charities in their cause.



### How Did We Spend Our Funds Helping Federal Public Servants In Our 2016 Fiscal Year? (May 1, 2015 to April 30, 2016)



- 2% Fundraising
- 5% Management and General
- 93% Programs



## REGISTER TO PARTICIPATE OR VOLUNTEER:

[WWW.FEEA.ORG/5K](http://WWW.FEEA.ORG/5K)

## STAY CONNECTED

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Alexandria, VA 22314

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