

PRESS RELEASE

What: Freeze For Food; 5K/10K walk/run fundraiser

Where: Vilas Park Shelter, Madison WI

When: Saturday January 22nd, 2011;

5K registration 11:15; 5K start Noon

10K registration noon; 10K start 1:00 pm

How much: Registration for runners/walkers is \$15

For whom: Colombian refugees; via Colombia Support Network

Online registration: www.athenstoatlantis.com

Contact: Peter J. Joyce; 608-554-0384, peterjoyce@sbcglobal.net

The Returned Peace Corps Volunteers (RPCVs) of Wisconsin-Madison and Colombia Support Network are co-sponsoring the 30th Annual Freeze For Food (FFF), a 5K/10K walk/run at Vilas Park. 100% of the proceeds of this traditional fundraiser will benefit displaced villagers in San Jose de Apartado, Colombia, Dane County's Sister City. Interested runners/walkers can register at Vilas Park Shelter on Saturday, January 22nd beginning at 11:15 am.

Food and beverages are provided by the RPCV's and local merchants. Hot cider, fruit and bagels will be available to runners after the race. Prizes, donated by local merchants, will be awarded to the top pledge raisers. "The Freeze For Food will never be cancelled due to weather," according to race coordinator Peter Joyce. As a result of the FFF, the RPCV's have donated more than \$50,000 to international charities over the last 29 years.

Some runners may be afraid to run in January because of the cold. But remember, heat stress is rarely a problem at the Freeze For Food. Runners should dress appropriately for the weather.

San Jose de Apartado is a self-declared peace community, denouncing violence from both the guerrillas and the army. Last year over \$3000 from the race was spent by the refugees in San Jose de Apartado. Monies were spent on food for refugee families and their children.

The RPCV's of Wisconsin-Madison promote peace, understanding and sharing within our global community. RPCV's hold monthly meetings, social events, sponsor fundraisers like the Freeze For Food, produce an award winning international calendar, and have donated more than \$700,000 to local and international charities.