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PRESS RELEASE
January 7, 2013

What: Freeze For Food – 5K/10K walk/run fundraiser
Where: Vilas Park Shelter, Madison WI
When: Saturday January 19th, 2013
5K registration 11:15 // 5K start Noon
10K registration noon // 10K start 1:00 pm
Online registration: www.athenstoatlantis.com
Mailed registration: download form at www.rpcvmadison.org
How much: Registration for runners/walkers is \$15 or both races for \$22.50
For whom: Dane County’s sister city, Apartado, Colombia
Contact: Jack Laun, home: 608-203-6218, cell: 608-351-1760, jlaun515@gmail.com

The Returned Peace Corps Volunteers (RPCVs) of Wisconsin-Madison and Colombia Support Network are co-sponsoring the 32nd Annual Freeze for Food, a 5K/10K walk/run beginning at Vilas Park and continuing through the Arboretum.

The RPCVs absorb all expenses for this event from the proceeds of their International Calendar (www.rpcvcalendar.org) to directly benefit the Peace Community of San Jose de Apartado, Colombia, Dane County's sister community that denounces violence from both the guerrillas and the army.

Interested runners/walkers can register at Vilas Park Shelter on Saturday, January 19th beginning at 11:15 am. The race is a qualified event in the Madison Area Running Series (www.madisonseries.com/). Pre-registration may be done electronically through www.athenstoatlantis.com, or by mail by downloading a brochure at www.rpcvmadison.org.

Food and beverages are provided by the RPCVs and local merchants. Hot cider, coffee, fruit and bagels will be available to runners before and after the race. “This is an impressive inter-group volunteer effort that allows 100% of the race proceeds to go directly to the people of the Peace Community of San Jose de Apartado,” said race coordinator Jack Laun of the Colombia Support Network.

Over the last 31 years, the Freeze for Food has raised over \$62,000 for international non-profits that focus on food aid programs, in the last several years working specifically with the Colombia Support Network. Last year over \$2,000 from the race was sent to the people of the Peace Community of San Jose de Apartado for food, seeds, and tools.

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.

The race never cancels due to weather.

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Freeze for Food, Jan 19, 2013



*The **Returned Peace Corps Volunteers of Wisconsin-Madison** promote peace, understanding and sharing within our global community. The group holds monthly meetings, social events, sponsors fundraisers like the Freeze For Food, produces an award winning international calendar, and have donated more than \$1.5 million to local and international charities since 1980.
rpcvmadison.org and rpcvcalendar.org*



*The **Colombia Support Network** works for peace with justice in Colombia, where over six million people have been displaced by violence. It was created to give solidarity to the Colombian people through sister city projects, delegations, and petitions to educate members of the U.S. government about human rights conditions in Colombia.
colombiasupport.net*



2006 Photo:
The starting line