

FREEZE

FOR FOOD

March 2, 2019

Vilas Park Shelter

Madison, Wisconsin

Pre-register: bit.ly/Freeze4Food

Info: rpcvmadison.org

or call 248-574-1533

38th Annual

5K run/walk – 12pm

10K run – 1 pm



Get Moving for Madison's Open Doors for Refugees

Sponsored by the Returned Peace Corps Volunteers of
Wisconsin - Madison

JOIN US! - WE NEVER CANCEL DUE TO WEATHER 

Photos - Paul Schmidt



FREEZE

FOR FOOD Run/walk

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Saturday, March 2, 2019
Vilas Park Shelter
Madison, Wisconsin

Join us-

Run/walk to raise funds to support food programs of Madison's Open Doors for Refugees!

Registration Fee:

Before 2/19/19 by online registration -
\$20 for one race or \$30 for both races/participant
\$10 per student participant (w/ student ID), limit 50
After 2/19/19 and Day of registration-
\$30 for one race or \$40 for both races/participant

Race Day Registration Time:

5K Run/Walk: 11:15-11:45
10K Run: 12 Noon-12:45

Race Start times:

5K Run/Walk -12 Noon
10 K Run- 1 p.m.

Register online: www.itsracetime.com/
Registration is limited to 320 participants

Times/Awards:

Timed at halfway and finish. Complimentary t-shirts will go to the top male and female in each age category. **All** runners receive a 2019 International Calendar.

T-shirt:

\$15 per long sleeve light weight moisture-wicking t-shirt (while supplies last)

This event is sponsored by the Returned Peace Corps Volunteers of Wisconsin for the benefit of Open Doors for Refugees

Open Doors for Refugees is a nonprofit organization dedicated to supporting the resettlement of refugees in the Madison area and welcoming them into the community. All proceeds from Freeze for Food will be donated to relief efforts for incoming refugees. For more info:

<http://www.opendoorsforrefugees.org/> or 

The Returned Peace Corps Volunteers of Wisconsin-Madison promote peace and global understanding. The RPCVs hold monthly meetings, social events, sponsor community events like the Freeze for Food, and produce the award-winning "we all" **International Posters** and **International Calendars**. For more info: rpcvmadison.org/ or 

Volunteer at the race:

Please join us by signing up for a volunteer task to make this event a success:
bit.ly/RPCV_Vol

Thank you!



Race timing services provided by
[Its Race Time](http://ItsRaceTime.com)



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