FREEZE FOR FOOD

March 7, 2020
Vilas Park Shelter
Madison, Wisconsin

Pre-register: bit.ly/Freeze4Food
Info: rpcvmadison.org
or call 248-574-1533

39th Annual
1K Fun Run
5K run/walk – 12pm
10K run – 1pm

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
FREEZE FOR FOOD run/walk

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Saturday, March 7, 2020
Vilas Park Shelter
Madison, Wisconsin

Join us-
Run/walk to raise funds to support food programs of Madison’s Open Doors for Refugees.

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

Prices:
- $0 for Fun Run
- 5K & 10K run/walk:
  - $20 for one race or $30 for both
  - $10 per student participant, limit 50
- 2/18/2020 through Day of Race
  - $30 for one race or $40 for both

Check-in / Race Day Registration - 11:00 am

Race Start times:
- 1K FunRun – 11:30 am
- 5K run/walk – 12 Noon
- 10 K run - 1 pm

Times/Awards:
Timed at halfway and finish. Awards will go to the top male and female in each age category. All runners receive a 2020 International Calendar.

T-shirt:
$15 per long sleeve light weight moisture-wicking t-shirt by pre-order only.

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/F4FVol

Thank you!

Race timing services provided by It's Race Time, Inc.

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