

Race Details

Registration Time

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

Registration Fee

\$15 by mail or day of the run

Start

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

Splits

Times at 1 mile, half way & finish
Ribbons to top finishers each category

Questions

Call Peter Joyce at (608) 554-0384

We have never cancelled the race due to weather!

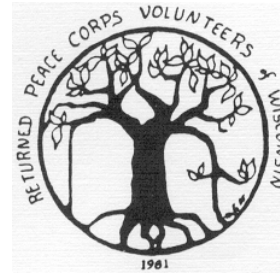
The Returned Peace Corps Volunteers of WI - Madison

promote peace, understanding,
and sharing within our global
community.

We hold monthly meetings,
social events, sponsor community
events like the Freeze for Food and produce
an award-winning international calendar.

***You are invited to run and walk with us to
raise funds for food, seeds, and tools for
people in Dane County's sister city;
Apartado, Colombia.***

- Please help us continue to support the
people of Apartado.*
- Electronic registration is at
www.athenstoatlantis.com.*
- This race is part of the Madison Area
Running Series, www.madisonseries.com.*



The 29th Annual

Freeze for Food

To benefit the Colombia Support Network

Saturday, January 23, 2010

Vilas Park Shelter, Madison

Register online at www.athenstoatlantis.com

10K Run 5K Run/Walk
If running both races, select each race

Name _____

Address _____

City _____ State __ Zip _____

Age _____ (on race day - Jan 23rd 2010)

Email address _____

Female Male

Select your age group:

< 30 30-39 40-49 50-59 60+

Registration is **\$15 per participant or \$22.50
for both races.**

In appreciation, you will receive the beautiful
2010 International Calendar, produced by our
Group.

**Please make checks payable and send to:
RPCVs of Wisconsin – Madison**

I hereby assume for myself all risk, harm, and
injury that may occur in conjunction with this
event. I will not hold the Returned Peace
Corps Volunteers of Wisconsin – Madison, the
Colombia Support Network, the City of Madi-
son, the Town of Madison, or the University
of Wisconsin–Madison liable for any loss,
damage, injury, or harm and hereby waive any
claim or liability of any kind arising out of my
participation in this event.

Participant's Signature _____ Date _____

Parent/Guardian signature if under 18 Date _____

The Colombia Support Network

Over 4.3 million people have been displaced by violence in Colombia,
forcing families to travel hundreds of miles to find a place to stay.



Dane County is an official Sister City of Apartado,
Colombia, where many refugees have gone. The
Colombia Support Network has been working
with the people of Apartado for more than ten
years.