

GET INVOLVED

People can participate in the following ways:

- Be a runner: We are asking people or groups who are running to collect as many sponsors for the run as possible. Remember the money received is going to help imprisoned comrades and local groups who need help.

- Sponsor a runner: This can be done through a flat donation to the runner of your choice.

- Sponsor Running Down the Walls: Any amount helps. Contact the Los Angeles Anarchist Black Cross if you wish to simply donate money. Organizations who donate more than \$35 will be added to list of sponsor organizations on the website and all fliers/posters.

- Donate to the Warchest: For the Warchest send funds to the Lancaster ABC, indicating your desire for those funds to go to the Warchest. Please make checks and money orders to *Tim Fasnacht*. (Lancaster ABCF P.O. Box 8682 Lancaster, PA 17604).

- Organize a Running Down the Walls in your location: We wish to expand the solidarity runs in more cities and prisons. Please contact LA ABCF if you wish to organize a run in your area. Also, the LA ABCF welcomes anyone interested in helping us to organize the LA run.

RUNNING DOWN THE WALLS 2019



WHEN:

Sunday, June 9th, 2019 from 10:30 am- 2 pm

WHERE:

Echo Park Lake
751 Echo Park Ave., Los Angeles, CA 90026

REGISTRATION FEES:

\$12 preregistration; \$15, the day of the run.
(Make checks out to Tim Fasnacht)

FOR MORE INFORMATION CONTACT:

Los Angeles Branch Group of the
Anarchist Black Cross Federation
PO Box 11223
Whittier, CA 90603
la@abcf.net

Check out more information on our website:

<http://www.abcf.net/losangeles>

RUNNING DOWN THE WALLS

LOS ANGELES

2019



June 9, 2019 • 10:30 am - 2 PM

Echo Park Lake
Los Angeles, CA

5k Run/Walk to Raise Funds
for Political Prisoners



POLITICAL PRISONER: A person incarcerated for actions carried out in support of legitimate struggles for self-determination or for opposing the illegal policies of the government or its political subdivisions.

(Special International Tribunal on the Violation of Human Rights of Political Prisoners and Prisoners of War in the United States Prisons and Jails, December, 1990.)

RUNNING DOWN THE WALLS

On Sunday, June 9th, 2019 at 10:30 am, the Los Angeles Anarchist Black Cross will host a 5k run/walk at Echo Park Lake in Los Angeles, CA. This run/walk is designed to raise much-needed funds for the ABCF Warchest.

RAISING FUNDS

We are attempting to reach the goal of \$5,000 with this year's run. Monies received will be used to fund the ABCF's Warchest Program. **The Warchest Program** was created in November of 1994 with the goal of sending consistent financial support to those Political Prisoners and Prisoners of War (PP/POWs) who receive insufficient, little, or no financial support during their imprisonment. Since its inception, the ABCF has raised over \$120,000 through the Warchest program. Currently, funds from the Warchest are divided and distributed through monthly stipends to fourteen political prisoners. They use this money to cover the basic necessities of everyday living.

RUNNING DOWN THE WALLS SPONSOR SIGN-UP

Runner's Name: _____ **Phone:** _____

Runner's Contribution: _____

Sponsor #1: _____

Amount: _____

Sponsor #2: _____

Amount: _____

Sponsor #3: _____

Amount: _____

Sponsor #4: _____

Amount: _____

Sponsor #5: _____

Amount: _____

Sponsor #6: _____

Amount: _____

Sponsor #7: _____

Amount: _____

Sponsor #8: _____

Amount: _____

Total funds raised: _____

Please use a separate sheet of paper for additional sponsors/contributions. The completed forms must reach LA-ABCF, P.O. Box 11223 • Whittier • CA • 90603 by June 2, 2019. Remember to make checks out to Tim Fasnacht.