

their actions. We must remember that any one of these people could have at one time stood beside us in a demonstration, a speak-out, or an organizing meeting. Tomorrow, we might find ourselves in this situation; it is therefore imperative to maintain a strong, supportive community for these comrades. The strength of our movement is determined by how much we support our fallen brothers and sisters. As former Anarchist POW Ojore Lutalo puts it, "Any Movement that does not support its political internees is a sham movement."

## 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 young folk dedicated Protecting their community.

- **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.

(contact us before JULY 1st 2010)

- **Donate to the Warchest or to Corazón Del Pueblo** - For the Warchest send funds to the Philadelphia ABCF, indicating your desire for those funds to go to the Warchest. (Philadelphia ABCF P.O. Box 42129 Philadelphia, PA 19101).

- Corazón Del Pueblo at 2003 East 1st ST. Boyle Heights, CA 90033 • 323.780.9080

- **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.

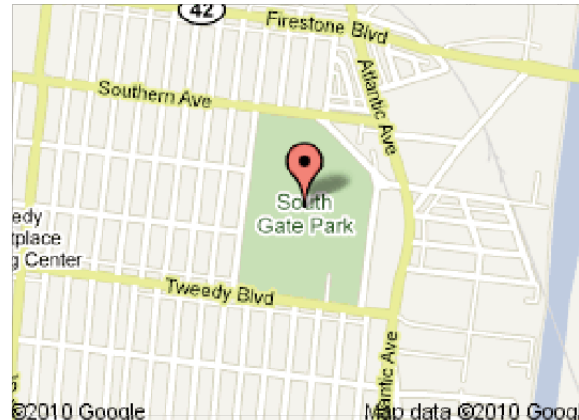


### WHEN:

Saturday, August 7th, 2010 from 10 am - 2 p.m.

### WHERE:

South Gate Park, 9615 Pinehurst Avenue  
South Gate, CA 90280  
(park on southside of park, along Tweedy or Hildreth)



### Registration fees:

\$12 pre-registration; \$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  
(562) 214-1554

Check out the RDTW website:

<http://www.abcf.net/la/laabcf.asp?page=lardtw>



**AUGUST 7TH, 2010**

**SOUTH GATE PARK  
SOUTH GATE, CA**

**Presented by the  
Anarchist Black Cross Federation**

**Sponsored by:  
AK Press**



**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 Saturday, August 7th, 2010 at 10 a.m., the Los Angeles Anarchist Black Cross will host a 5k run/walk at South Gate Park in South Gate, CA. This run/walk is designed to raise much-needed funds for the Anarchist Black Cross Federation's Warchest program and Corazón Del Pueblo.

## RAISING FUNDS

We are attempting to reach the goal of \$3,000 with this year's run. Funds received will be divided between the ABCF Warchest and the Corazón Del Pueblo.

- **The Warchest Program** was created in November of 1994. Its purpose is to send monthly financial support to Political Prisoners and Prisoners of War (PP/POWs) who have received insufficient, little, or no financial support during their imprisonment. Funds for the Warchest will then be divided and distributed through monthly stipends to the political prisoners in need. Prisoners use this money to cover the basic necessities of everyday living.

- **Corazón Del Pueblo** is a volunteer-run, not-for-profit collective, and community cultural center, that promotes peace, social justice and cultural understanding through the arts, education and social action.

## SUPPORT THE STRUGGLE

We must remember that many of those arrested in the past or present are not far from us. Many of them were and are community and labor activists, queer and environmental activists; people who decided to speak out against various forms of oppression and sacrificed personal freedom for

# 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 Aug. 7th, 2010. Remember to make checks out to Tim Fasnacht.