Leesburg’s Freeze Your Gizzard Race Returns for Its 20th Year

Loudoun County, VA: A pre-holiday Leesburg tradition returned for its 20th year this past Saturday morning with the annual Freeze Your Gizzard 5K and 1-mile Fun Run at Ida Lee Park. The race is coordinated by the Town of Leesburg Parks & Recreation Department in partnership with Loudoun Hunger Relief. This year, Loudoun Hunger Relief received almost 800 pounds of food donations brought by runners and $30,000 raised through sponsorships and registrations.

Cole Williamson was the top male finisher in the 5K, crossing the line with a time of 16:39. Emma Ahrens was the top female finisher in the 5K, finishing the course in 19:50.

Loudoun Hunger Relief’s CEO, Jennifer Montgomery, emceed the event and said, “We’re honored to partner with the Town of Leesburg again to coordinate the Freeze Your Gizzard 5K cross country race and one mile fun run, especially in the race’s 20th year. It is a fun day for runners and even for our team and shows that our community continues to support us in various ways.”

A special thanks to the sponsors and local businesses for supporting LHR this year:

**Signature Sponsor**: QTS Data Centers  
**Fun Run Sponsor**: Merritt Properties  
**Water Table Sponsor**: Backflow Technology, LLC  
**Refreshment Table Sponsor**: Toth Financial  
**Major Sponsors**: Atlantic Union Bank, WingSwept, Sandy Spring Bank, SpeedPro Nova, Loudoun Now, and HHMI Janelia Campus

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*Loudoun Hunger Relief, Loudoun’s leader in food assistance has been serving the Loudoun community since 1991. LHR provides nutritious food and other personal items to any Loudoun resident in need. In FY2022, LHR distributed more than 2.3 million pounds of food to 12,000 Loudoun residents in 162,000 service encounters through our direct pantry services and various community partners. We are currently serving around 650 families each week. For more information, please visit [www.loudounhunger.org](http://www.loudounhunger.org) or call 703-777-5911.*