

# 2022 NASHUA NOR'EASTER

# WINTER WALK/RUN

## TAKING THE COMMUNITY BY STORM!

**5K / 10K / HALF MARATHON • FEBRUARY 5-13, 2022**



# LIVE UNITED

# United Way



# United Way of Greater Nashua

To be in the running for the Ghost Games for your 5K, 10K, or Half Marathon you should:

- Go to each stop on your map
  - Like/Follow the nonprofit on a social media platform you prefer
  - Complete the exercise
  - Take a photo or video to post now or after the race
  - Take a photo at our Xfinity Photo Backdrop at 20 Broad St before or after your run!
  - Tag your photos or videos with #NN22. This is part of our determination for "Most Team Spirit" award.

## To compete for best time in your category you should:

- Download a running app like Strava, Map My Run, etc
  - Complete the course
  - Send a screenshot/photo of your time to :  
[info@unitedwaynashua.org](mailto:info@unitedwaynashua.org)  
including your name and course length.
  - Take a photo at our Xfinity Photo Backdrop at 20 Broad St before or after your run!
  - Tag your photos or videos with #NN22. This is part of our determination for “Most Team Spirit” award.



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## 5K Central Nashua

	Location	Address	Thematic Exercise
1	Greater Nashua Mental Health	5 Pine St. Ext.	10 Lunges because GNMH empowers lives and hearts one step at a time to promote whole-person health.
2	Marguerite's Place	87 Palm St.	5 Inchworm Pushups - This exercise is both silly like the kids at Marguerite's Place Daycare and symbolizes the small steps it takes for long-term success that can be found for Moms in Marguerite's Place Transitional Housing Program.
3	Nashua Police Athletic League	52 Ash St.	Shadow Box for 1 Minute - PAL's full boxing ring is open to the community and produces pro boxers!
4	PLUS Company	19 Chestnut St.	10 Cross Body Toe Touches - Both sides of the brain are used during cross body exercises - like the big-brained and big-hearted work of the PLUS Company.
5	Harbor Care	45 High St.	March for 1 Minute - One focus of this organization is veteran care and reducing veteran homelessness.
6	Nashua Soup Kitchen and Shelter	2 Quincy St.	10 Standing Bicycle Crunches symbolize the eco-friendly nature of the building, and the gardening and sustainability efforts of NSKS.
7	Bridges Sexual and Domestic Violence	28 Concord St.	5 leg crunches with each leg - Step back into a lunge and bring your leg up to meet your opposite elbow. Leg crunches build core support and improve balance and confidence as Bridges does for domestic violence survivors.
8	Front Door Agency	7 Concord St.	12 Squats emphasizing the stability the Front Door Agencies offers families in crisis to help them flourish into self-sufficiency.