

# 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.







## 10K East Nashua

	Location	Address	Thematic Exercise
1	Nashua Public Library	2 Court St.	20 Jumping Jacks - Getting a new book to read is so exciting that you jump for joy!
2	Harbor Care	45 High St.	March for 1 Minute - One focus of this organization is veteran care and reducing veteran homelessness.
3	Revive Recover Resource Center	263 Main St.	3 Twelve-Step Sun Salutations or your best try because in recovery all that is expected is your best effort.
4	Adult Learning Center	4 Lake St.	Run the ALC Appalachian Climb three times and learn how the ALC helps new Americans scale the peaks of language and cultural connection.
5	Salvation Army Nashua NH Corps	1 Montgomery Ave.	12 Shuttle Runs (24 dashes in total) from the sidewalk to the side entrance of the building representing the 1,200 kids the Christmas gift program served in 2021.
6	Girls Inc.	27 Burke St.	Skip for 1 Minute - Never give up joyful childhood habits like skipping. Girls Inc. ensures that girls will have happy childhood memories.
7	Clearway Alternative High School	40 Arlington St.	12 of any type of Clearway Crunches symbolizing how this alternative HS helps students achieve their goals on their terms. Recommended - 6 standing side crunches on each side.
8	Corpus Christi Food Pantry and Assistance	3 Crown St.	10 Bear Crawls because Corpus Christi prevents growling stomachs.
9	Family Promise of Southern NH	3. Crown St. Bldg. B	1 minute wall sit to take a moment to appreciate your home with walls and what Family Promise does to aid those experiencing homelessness.
10	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.
11	Gateways Community Services	144 Canal St.	10 Star Jumps - Like a 5-pointed star, Gateways serves the community in 5 areas; Autism, Children, Adults, Seniors, and Family Support.
12	Greater Nashua Dental Connection	31 Cross St.	5 Burpees - Dentistry may be nerve-wracking for some, but like burpees, they're not as bad as they seem to be.