

2022 NASHUA NOR'EASTER

WINTER WALK / RUN

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

TAKING THE COMMUNITY BY STORM!



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 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.



Law Logistics is Putting
this Event on the Map!

LAW LOGISTICS



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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.