

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 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 North Nashua

	Location	Address	Thematic Exercise
1	United Way of Greater Nashua	20 Broad St.	20 High Knees to warm up and to represent the 20+ community partners UW supports to strengthen the community safety net.
2	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.
3	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.
4	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.
5	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.
6	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.
7	Humane Society for Greater Nashua	24 Ferry Rd.	24 Bird Dogs - Face a wall or fence, place both hands on it, raise one arm up and gently kick out with the opposite leg. 12x each on both sides. HSGN helps animals including birds, rabbits, guinea pigs, etc.