

# 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!
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## Half Marathon Plus 2

	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	YMCA of Greater Nashua	24 Stadium Dr.	Sing the "YMCA" song while doing the associated dance. The YMCA has numerous programs that include dancing, stretching, circuit training, nutrition, youth development, summer camps, and more.
3	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.
4	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.
5	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!
6	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.
7	Harbor Care	45 High St.	March for 1 Minute - One focus of this organization is veteran care and reducing veteran homelessness.
8	Nashua Public Library	2 Court St.	20 Jumping Jacks - Getting a new book to read is so exciting that you jump for joy!
9	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.
10	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.
11	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.
12	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.
13	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.
14	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.
15	Corpus Christi Food Pantry and Assistance	3 Crown St.	10 Bear Crawls because Corpus Christi prevents growling stomachs.
16	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.
17	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.
18	Greater Nashua Dental Connection	31 Cross St.	5 Burpees - Dentistry may be nerve-racking for some, but like burpees, they're not as bad as they seem to be.
19	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.
20	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.
21	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.

