

# 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.



Map by



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## 5K 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	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.
3	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.
4	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.