

## The Concord Friendly Kitchen

The Friendly Kitchen has one purpose -- to feed the hungry. We are the only soup kitchen in the Concord, New Hampshire area. Anyone who comes to our door is welcome - without question or qualification. Since the Friendly Kitchen first began in 1980, it has served over 600,000 meals and has seen a steady increase in guests from year to year.

Located in Hope House, at 14 Montgomery Street in Concord, the Friendly Kitchen serves an evening meal every day, weekday breakfast during colder months, and weekend breakfasts year round. The Friendly Kitchen is run almost entirely by volunteers and it relies on donations from individuals and businesses to pay its expenses. Most of the food is donated by individuals, food drives, area businesses, the NH Food Bank, the Capital Regional Food Program, the Community Action Program, and from the volunteer serving groups.



### Become a Friend of the Friendly Kitchen

Our commitment to the hungry and homeless is unwavering, but the support of friends is critical. Won't you please help us help those in need? It is only with your assistance that our doors will continue to remain open. The Friendly Kitchen is a 501(c)(3) non-profit organization. Donations and grants qualify as charitable contributions.

With continued and increased support from Greater Concord and beyond, the Friendly Kitchen will remain open well into the future.

Friendly Kitchen Road Race  
c/o Seagraves  
13 Godbout Dr  
Concord NH 03301  
Address Correction Required



## 2<sup>nd</sup> Annual Concord Friendly Kitchen

5K Road Race  
And  
3K Fitness Walk

Friday  
September 10, 2010  
at 5:30 P.M.  
NHTI



Hosted by NHTI  
Cross Country Team

**3C** Race  
Productions





## Registration Information

Entry Fee: Donation. Give whatever you can to The Friendly Kitchen (tax exempt number 02-0354057). Pre-registration is encouraged. Please send large amounts of money (Checks payable to Friendly Kitchen) to  
 Perry Seagroves  
 13 Godbout Dr.  
 Concord, NH 03301  
 Preregistration at NHTI Student Center from 4:00 to 5:15 p.m.  
 Road Race 5:30 p.m.  
 Fitness Walk 5:15 p.m.  
 The road race will be in NHTI's scenic Seekamp Trail. Walkers may elect to participate in either the timed 5K road race or the untimed 3K fitness walk.  
 For more information contact  
 Perry Seagroves  
[pseagroves@ccsnh.edu](mailto:pseagroves@ccsnh.edu)  
 School phone 603-271-7753  
 Home phone 603-225-0645



## Event Highlights

T-shirts given to the first 100 registered participants. Preregister to insure your T-shirt.

Teams are encouraged. Minimum 3 people for a team. Contact Perry Seagroves to form a Team. Teams of 10 or more who register before Friday August 7 will receive personalized T-shirts. Each team member must raise a minimum of \$25.

Prizes given to the top 3 Men and Woman and the top 3 in the following Categories of men and women:

14 and Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+, NHTI Graduate/Staff.

Top 3 Clydesdale, Male > 190lbs and Filly, Female > 140 lbs

Top 3 teams

Awesome raffle after the award ceremony

## Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Age as of 9/11/2009 \_\_\_\_\_

Date of Birth \_\_\_\_\_

Shirt Size S M L X-L

NHTI Graduate/Staff \_\_\_\_\_

Clydesdale Male >190 lbs \_\_\_\_\_

Filly Female > 140 lbs \_\_\_\_\_

Team \_\_\_\_\_

I know that participating in the Friendly Kitchen 5K and 3K fitness Walk is potentially a hazardous activity. I also know there may be traffic, and other hazards on the course. I assume any and all other risks associated with participation in an event of this nature including, but not limited to falls, contact with other participants, effects of weather, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry donation, I hereby for myself, heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive release and discharge Friendly Kitchen, NHTI, all sponsors, volunteers, and race officials from any claim or liability for death, personal injury, or damage of any kind or nature arising out of or in the course of participation in this event. This release and waiver extend to all claims of every nature, whatsoever, foreseen, known, or unknown.

Signature \_\_\_\_\_

Signature of parent if Under 18 \_\_\_\_\_

Date \_\_\_\_\_