The Concord Friendly Kitchen

Our Mission Statement

The Friendly Kitchen seeks to provide a meal for the hungry in a warm and caring non-discriminating environment through the coordination of community volunteer resources.

The Kitchen has one purpose – to feed the hungry. Anyone who comes to our door is welcome. Since the Friendly Kitchen opened in 1980, it has served over 600,000 meals and has seen a steady increase in guests from year to year.

On April 30, 2011, tragedy struck and the building that housed us burned. Through the generosity of our community not a meal was missed! We are currently housed at Christ the King Parish, Sacred Heart Church on Pleasant St. in Concord and will remain there until we are able to move into a new permanent location.

Our commitment to the hungry and homeless is unwavering but your support at this critical time is so important. A capital campaign, *Rising from the Ashes*, hopes to raise enough funds to pay for building and refurbishing a new Friendly Kitchen. We have already received donations from Lincoln Financial, the City of Concord, several area businesses and many private citizens but the need is still there. Your contribution will help us rebuild while we continue to serve those who come to us for a hot meal. Won't you please help us help those in need?

The Friendly Kitchen is a 501©(3) non-profit organization. Donations qualify as charitable contributions. We run almost entirely on volunteers from our community and most food that we serve is donated. With continued support the Friendly Kitchen will fulfill its mission well into the future. Visit www.thefriendlykitchen.org for more details.

Friendly Kitchen Road Race
c/o Seagroves
13 Godbout Dr
Concord NH 03301

Address Correction Required

6th Annual Concord Friendly Kitchen

5K Road Race
And
2.5K Fitness Walk
And Children's Fun Run

Friday
September 7, 2012
at 5:30 p.m.
NHTI

The Friendly Kitchen
5K Road Race

Hosted by NHTI
Cross Country Team

DELTA DENTAL

Northeast Delta Dental

Registration Information

Entry Fee: Donation. Give whatever you can to The Friendly Kitchen (tax exempt number 02-0354057).
Preregistration is encouraged.
Please send large amounts of money (Checks payable to Friendly Kitchen)
to
Perry Seagroves
13 Godbout Dr.
Concord, NH 03301
Day of Race Registration at NHTI Student Center from 4:00 to 5:15 p.m.
Road Race and Fitness Walk at 5:30 p.m.
The road race will be in NHTI's scenic Seekamp Trail. Walkers may elect to participate in the timed 5K road race or the untimed 2.5K fitness walk.
The Children's Fun Run will be at 6:15 p.m.
For more information contact
Perry Seagroves
pseagroves@ccsnh.edu
School phone 603-271-7753
Home phone 603-225-0645

Hosted by NHTI Lynx X-C Team
And Northeast Delta Dental

Event Highlights

T-shirts given to anyone who registers by Wednesday August 22 and makes a minimum donation of $25 to the Friendly Kitchen.
Teams of 10 or more will have their team name printed on the sleeve of their T-shirts. All team members must make a minimum $25 donation. Race applications must be submitted together by the August 22 deadline.
A Fun Run for children who are ten or younger will take place at 6:15 p.m. All fun run participants will receive a medal and a prize.
Prizes given to the top 3 Men and Women 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. Clydesdale, Male > 190lb and Filly, Female > 140 lb. Top 3 teams
Awesome raffle after the award ceremony.
Numbers may be picked up or you can register in person on Thursday September 6 from 5:30 pm to 7:30 pm or after 3:30pm on race day.
Registration is in the NHTI Student Center.
Pre Race Pasta Dinner. Eat at Uno's Chicago Grill on Fort Eddy Rd in Concord Thursday September 6. Mention the Friendly Kitchen Race and have 20% of your bill donated to the Friendly Kitchen.
No personal listening devices during race.

Entry Form

Name _____

Address_____

_____

_____

E-mail_____

*Male*_____*Female*_____

Age as of 9/7/2012 _____

Date of Birth _____
Shirt Size S M L X-L
NHTI Graduate/Staff _____
Clydesdale Male >190 lbs _____
Filly Female> 140 lbs _____
Fun Run _____
Team _____

I know that participating in the Friendly Kitchen 5K 2.5K fitness Walk and Children's Fun Run 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 _____