

## **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. We have been feeding the hungry since 1980. The first meal- vegetable soup and sandwiches- was served to four guests. In 2013, we served 60,385 meals- a 4% increase over the previous year



Our commitment to the hungry and homeless is unwavering. With our beautiful new facility, we are better able to serve our guests, but financial support continues to be a huge need. Please be a cheerful giver as we invest in the lives of those whose material fortunes are, at the moment, at low ebb. The Friendly Kitchen is totally dependent on the generosity of its friends. Your gift, in any amount, will help to ensure that we can provide a meal to every hungry person who walks through our door. Won't you please help us help those in need?

The Friendly Kitchen is a 501c(3) non-profit organization. Donations qualify as charitable contributions. For more info, go to [thefriendlykitchen@thefriendlykitchen.org](mailto:thefriendlykitchen@thefriendlykitchen.org)

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



# **9th Annual Concord Friendly Kitchen**

**5K Road Race**

**2.5 K Fitness Walk**

**And Children's Fun Run**

**Friday September 11,**

**2015**

**at 5:30 p.m.**

**NHTI**

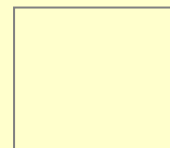
**Concord NH**



Hosted  
by

**DELTA DENTAL**

**Northeast Delta Dental  
NHTI Cross Country  
Team**





## 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 3:30 to 5:15 a.m.  
 Road Race and Fitness Walk at 5:30 p.m.  
 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](mailto:pseagroves@ccsnh.edu)  
 School phone 603-271-6484 x4303  
 Home phone 603-225-0645  
 The race is part of The Concord Rotary's Weekend on the Water  
<http://concordnhrotary.org/Event/5d1d59f4-7c74-430e-9d19-8bb9e64d73cc>  
**Hosted by NHTI Lynx X-C Team**  
 Northeast Delta Dental  
 And the Concord Rotary

## Event Highlights

T-shirts will be given to anyone who registers by Friday 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 6:45 p.m. All fun run participants will receive a prize.  
 Prizes will be 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, 70-79, 80+ NHTI Graduate /Staff.  
**New This Year: Wear a Friendly Kitchen Apron**  
 Clydesdale, Male and Filly, Female Top Three teams  
 There will be an awesome raffle after the award ceremony.  
 Numbers may be picked up or you can register in person on Thursday September 10 from 5:30 pm to 7:00 pm at Uno's in Concord. Eat at Uno's that night and mention the Friendly Kitchen Race, 20% of your bill will be donated to the Friendly Kitchen.

## Entry Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Male \_\_\_\_\_ Female \_\_\_\_\_  
 Age as of 9/11/2015 \_\_\_\_\_  
 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 \_\_\_\_\_