

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 2016, we served 53,398 meals.



Our commitment to the hungry 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

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



11th Annual Davis & Towle Friendly Kitchen

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

Friday September 8, 2017
at 5:30 p.m.
NHTI



Hosted by
Northeast Delta Dental



NHTI Cross Country Team
Bishop Brady High School





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 P.M.

Road Race and Fitness Walk at

5:30 p.m.

The Children's Fun Run will be at

6:15 p.m.

For more information contact

Perry Seagroves

pseagroves@ccsnh.edu

School phone 603-271-6484 x4303

Home phone 603-225-0645

Hosted by NHTI Lynx X-C Team

Northeast Delta Dental

Bishop Brady High School

Form A Corporate Team and Win

The Runner's Alley

Friendly Kitchen Bowl

Teams of three or more

Contact pseagroves@ccsnh.edu

Event Highlights

T-shirts will be given to the first 100 registrants who makes a minimum donation of \$25 to the Friendly Kitchen. Arrive early to insure your choice of size.

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 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. Clydesdale and Filly, top three teams.

Corporate teams of 3 or more can compete for the **Runners' Alley Friendly Kitchen Bowl**. Send a team of runners, have fun, and perhaps win this handsome bowl and bragging rights!

Walkers are welcomed. Walk can choose to walk either one loop (1.5 miles) or the entire 5K course.

Newly certified fast and flat course. Set a personal best!!!!

There will be an awesome raffle after the award ceremony.

Numbers may be picked up or you can register in person on Thursday September 7 from 5:30 pm to 7:00 pm at Uno's, 15 Fort Eddy Road, Concord, NH. Stay and have dinner and 20% of your tab will go to the Friendly Kitchen.

Entry Form

Name _____

Address _____

E-mail _____

Male _____ Female _____

Age as of 9/8/2017 _____

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 or the 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 _____