

NSKS RUN & WALK FOR FOOD & SHELTER

NSKS Corporate 5K Challenge Cup



Sunday, April 05, 2020 12:00 Noon

Muldoon Fitness Center at Rivier University

440 Main St, Nashua

The Nashua Soup Kitchen & Shelter's Annual 27th Walk & Run for Food & Shelter includes a Corporate Challenge for the 5K event!

This event is open to corporate teams of three or more runners. Teams will be competing for the **NSKS Run & Walk for Food & Shelter 5K Corporate Challenge Cup**. The cup will be awarded to the team with the best race time, determined by the three best times in a team where runners' times are age and gender graded.

Teams must register no later than March 27th.

More information about this event is included in this package. To register or to participate in other events at this race, please check the NSKS web site at

<https://nks.org/run-and-walk-for-food-and-shelter/>

Nashua Soup Kitchen & Shelter Mission Statement

The Nashua Soup Kitchen & Shelter is dedicated to providing shelter and food to those in need. The overall objective of the agency is to advocate, create, and operate programs and services that promote dignity and self-sufficiency for those we serve. To ensure that basic needs are addressed, the NSKS is committed to joining with others in a community-wide ethic of caring.

Eligibility for the NSKS Run & Walk for Food & Shelter 5K Corporate Challenge

- Runners may enroll in any event in the race, however for a team to be eligible to win the Corporate Challenge Cup teams must consist of three or more runners in the 5K event.
- Full-Time, Part-Time, Contractors, Consultants, Interns and Temporary employees are eligible so long as they are currently employed.
- Running Clubs and Athletic Clubs are not eligible to register as a Corporation. Although running clubs will not be recognized as competing “Corporations,” members of such clubs may, of course, participate for their employer as well as their club.
- Runners who register for the NSKS Run & Walk for Food & Shelter 5K Corporate Challenge are also automatically registered for individual events.
- Runners must be employed at the company since January 1st, 2020 or before.

Prizes

The **NSKS Run & Walk for Food & Shelter 5K Corporate Challenge Cup** will be awarded to the Team with the Best Team Time. The winning team will be chosen based on the three best times in a team where runners' times are age and gender graded. The team will hold the cup until next year's NSKS Run & Walk for Food & Shelter 5K Corporate Challenge.

Certificate of Recognition: In addition to the NSKS Run & Walk for Food & Shelter 5K Corporate Challenge Cup, teams with the ***Most Runners and teams that Collect the Most Money in Pledges*** will each be awarded a certificate of recognition.

Other Choices For Individual Participants

If you or your team does not meet the eligibility criteria listed above, you can still participate in the Nashua Soup Kitchen & Shelter Annual Walk & Run for Food & Shelter event. Please visit this link for information on additional events and race categories.

<https://nks.org/run-and-walk-for-food-and-shelter/>

Registration

It is easy to get your team signed up for the NSKS Run & Walk for Food & Shelter 5K Corporate Challenge. Online registration can be completed by visiting the link listed below, and selecting the link to the race registration page.

Step by step instructions are available online on the registration page.

[Register Here](#)

Registration Deadlines

Corporate Teams and all individual members of a team must be registered no later than March 27th. Accordingly, teams must also be paid in full no later than March 27th. Once you register, no substitutions or changes in team members are allowed.

Some important dates for the event are:

Deadline	Date
Registration Opens	01 Nov 2019
Registration Closes	27 Mar 2020
Pickup Tags at the Soup Kitchen	03 Apr 2020 between Noon and 4:00PM
Pickup Tags at the event	05 Apr 2020 after 10:30AM
Pledges due at the event on	05 Apr 2020

Pledges

Participants in the NSKS Run & Walk for Food & Shelter 5K Corporate Challenge may individually collect pledges. A prize will be awarded to the Corporate Team with most amount of money collected in pledges. The pledge form is attached to this packet.

All Pledges must be turned in on Race Day to qualify for the Most Pledges Collected category.

Team Captain

Every Corporate team will require a Team Captain. The team captain will be the main point of contact for NSKS. Anyone on the Corporate Team can be the Team Captain.

Team Captain Responsibilities

Registration: The Team Captain is responsible for ensuring Team Registration and Individual Registrations.

Waivers: The Team Captain is responsible for making sure that team members individually register and complete the online waivers by March 27th.

Deadline: Registration for the NSKS Run & Walk for Food & Shelter 5K Corporate Challenge will be closed on March 27th. Team captains must ensure that all team members are registered online by this deadline. No additions to the team will be allowed after this date. Once registered, substitutions will not be allowed.

Payment Options:

Team Payments: For teams that are sponsored by the Corporation or if the team members opt to mail one payment, the Team Captain will be responsible to ensure that payment for all runners is submitted to NSKS no later than March 27th..

Payment Checks: For payments with a check, make the check out to Nashua Soup Kitchen & Shelter and mail it to NSKS Corporate Challenge, PO Box 3116, Nashua, NH 03061-3116

Running Packet Pickup: Team Captains are responsible for ensuring a member of the team picks up their Team Running Packet, which includes each runner's bib, and distributing those bibs to each runner on their team.

Teams may pick up the Team Running Packet at the Nashua Soup Kitchen & Shelter Business Office at 2 Quincy Street between Noon - 4PM, on Friday April 3rd.

Alternatively, Running Packets can be picked up at the Corporate Challenge Table 10:30AM - Noon the morning of the race. Team Running Packets will be available at the Corporate Challenge Table in the Registration area.

Race Start Line

The race starts on the campus of Rivier University Nashua, NH from South Main Street adjacent to the **Muldoon Fitness Center located at 440 Main St, Nashua, NH** and ends on the parking lot of the Muldoon Fitness Center. A course map is provided in this information packet.

Directions & Parking

Parking is available on Rivier University campus. Free parking is also available in the campus lots at 420 South Main Street, Nashua, NH.

From Route 3 (North or South):

- ⇒ Take Exit 4. Head East towards Main Street.
- ⇒ At the intersection of East Dunstable & Main, take a right at the lights.
- ⇒ At the roundabout, take the 2nd exit onto South Main St.
- ⇒ Muldoon Fitness Center at Rivier University is on the left, after Clement Street.

Runner Safety

Running a race is a potentially hazardous activity. Runners should not enter and run unless they are medically able and properly trained. Bicycles, baby joggers or strollers, roller skates or blades, iPods, headsets, or dogs, unless they are assisting a disabled participant, are not allowed in the race.

Pledges

Please ask your family and friends to sponsor our programs at the Nashua Soup Kitchen & Shelter by sponsoring you in this event. Use the pledge form in this package to list your pledges. The pledge form and funds must be submitted on race day on Sunday, April 05th, 2020 to be eligible for the prizes.

Be a Corporate Sponsor

There are several opportunities for Corporations to participate and sponsor the Nashua Soup Kitchen & Shelter Annual Walk & Run for Food & Shelter. The NSKS Walk & Run for Food & Shelter event draws over 700 participants from the local community and provides a great opportunity for Corporations to be seen and recognized at this event.

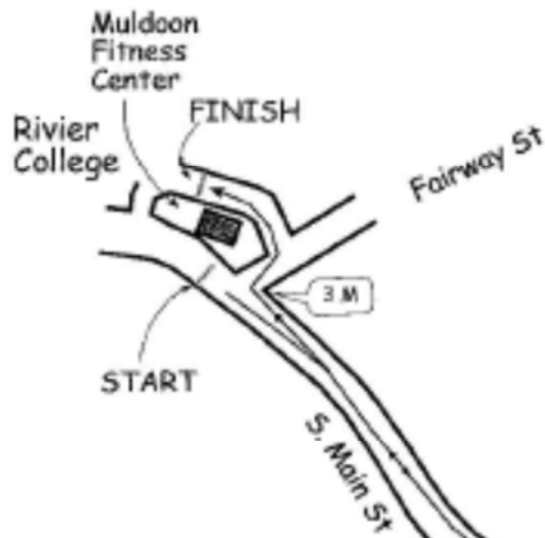
If you are interested in becoming a sponsor, call or email to request a Corporate Sponsorship package:

Carol Weeks at 603-889-7770 Ext 121 carol@nks.org

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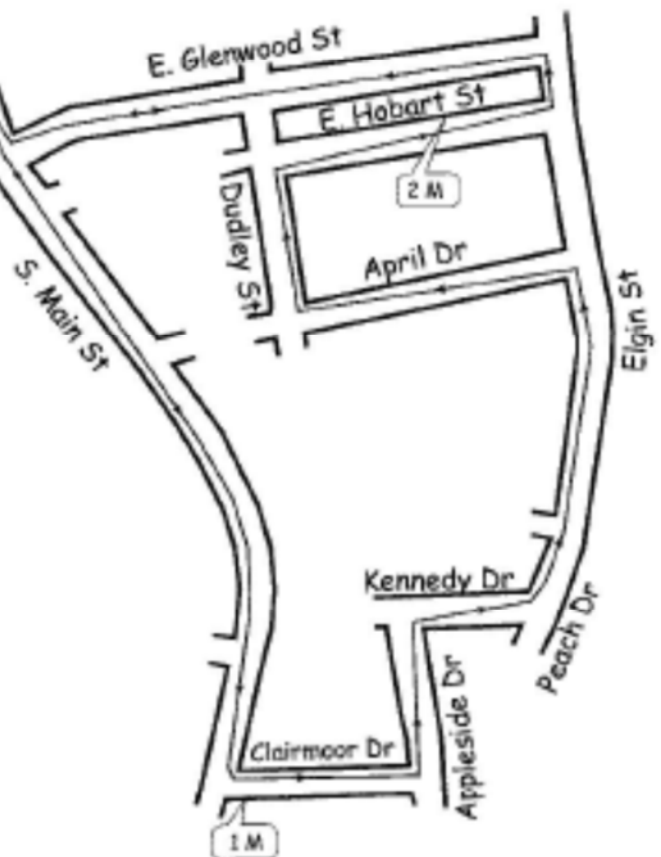
Questions?

If you have any questions about the Corporate Challenge Cup, please e-mail your questions to: NSKSCorp5KCup@gmail.com



Nashua Soup Kitchen 5K

Nashua, New Hampshire



Certified Course



USA
TRACK & FIELD™

NH13010RF

Certificate Effective:
9/30/2013 - 12/31/2023

Measured September 24, 2013
by Ron Fitzpatrick
603.731.3345
ronfytz@gmail.com

