

# SPRING INTO ACTION 5K PARTICIPANT INFORMATION



## WELCOME TO THE SPRING INTO ACTION 5K AND KIDS FUN RUN!

THANK YOU FOR SUPPORTING LOAVES & FISHES FOOD PANTRY!

No one should go hungry. Your participation in this year's Spring Into Action 5K helps us provide nutritious food to our neighbors in need in Ayer, Devens, Dunstable, Groton, Harvard, Littleton and Shirley. On behalf of our clients, our board of directors, our staff and our volunteers, thank you! Your fundraising and donations are making a difference in the fight against food insecurity.

### FREE KIDS FUN RUN

- 1/4 mile fun run for all kids 12 and under
- Parents / guardians must sign a permission form.
- Race begins at 1 PM.
- Gather near the Registration Desk at 12:45 PM.
- Goodie bags for all participants!
- Prizes for the winners

### 5K INFORMATION

- Course will be open from 10 AM until 4 PM. Please make sure you are finished with your walk/run by 4 PM
  - The full 5K is 2 full laps around the course. Please check out at the registration table when you are done.
- A map of the course is on the other side of this page. Please note locations of course safety stations for basic first aid, water and information
- ALL DOGS MUST BE LEASHED, CLEANED UP AFTER, AND WELL BEHAVED OR THEY MAY BE ASKED TO LEAVE THE EVENT

### PRIZES

#### Kids Fun Run Winner:

Bee Book Store gift certificate  
Kimball Farm Gift Certificate

#### 5K Top Fundraising Winners\* :

Gibbet Hill Grill Gift Certificate  
Harvard Therapeutic Massage Gift Certificate  
Union Coffee Gift Certificate

Harvard General Store Gift Certificate

\*Calculated according to all donations received by May 1st

Loaves & Fishes is a 501(c)(3) non-profit founded in 1983 to help our neighbors in need, regardless of their financial means.

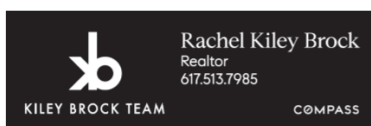
With the help of over 280 volunteers and over 3000 donors, we serve the communities of Ayer, Devens, Dunstable, Groton, Harvard, Littleton and Shirley. Over \$0.85 of every dollar donated is used on client services.

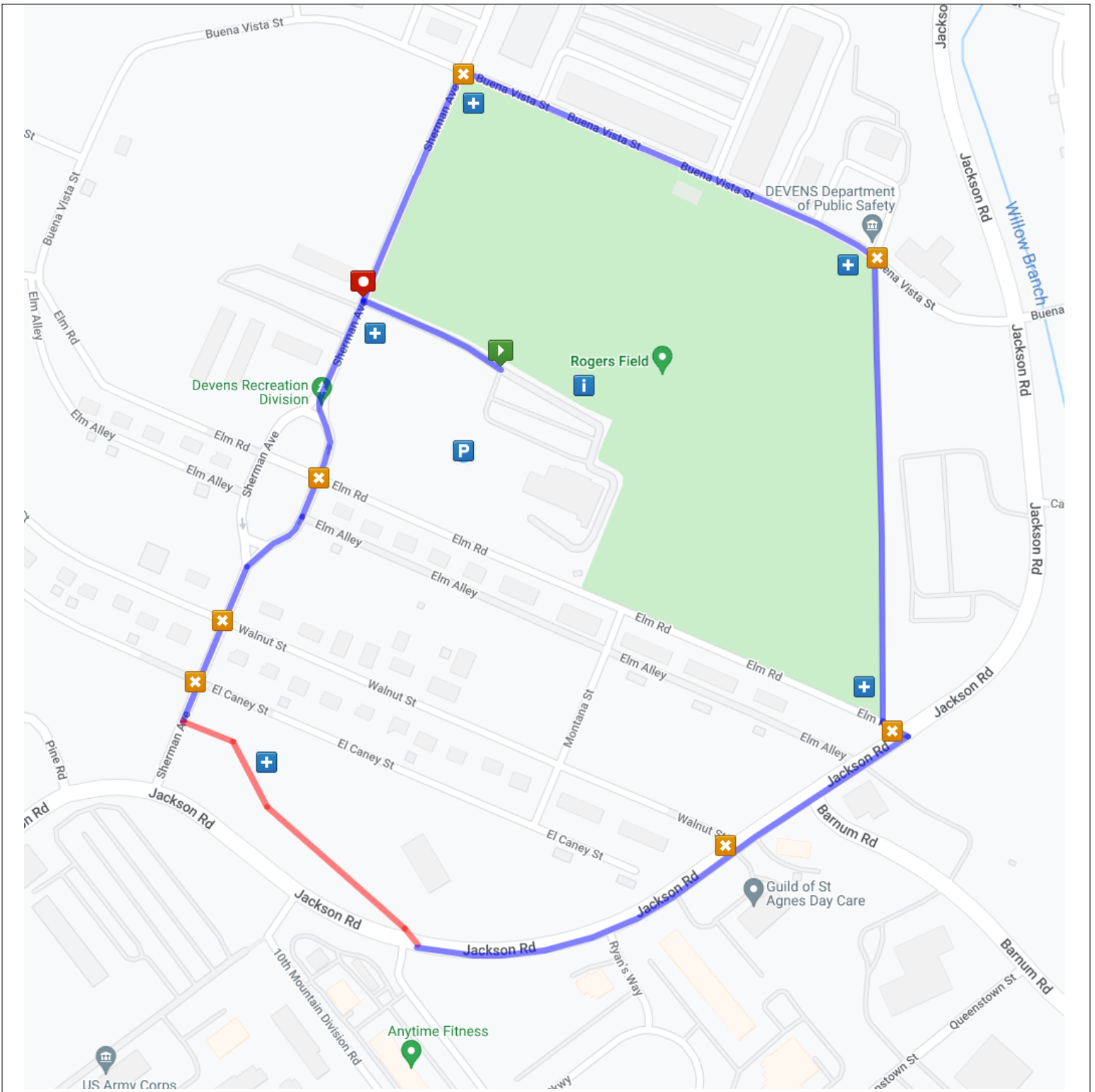
Loaves & Fishes offers assistance to over 650 families who are struggling, by providing the opportunity for them to pick up groceries through our drive up twice a month. We provide approximately half of their monthly grocery needs, including shelf stable products, produce, protein and personal care items. We also provide information about accessing other community services our neighbors may need.

## THANK YOU to all of our sponsors!



COMPASS





### Course Map Key

	Road Crossing
	Registration Desk
	Course Safety Station
	Parking

### Course Information

- Start at the Gazebo and follow course signs.
- Full course is 2 full laps.
- Please check out at registration table when you are done.
- Water and basic first aid supplies are available at safety stations around the course and the registration table.
- ALL DOGS MUST BE LEASHED, CLEANED UP AFTER, AND WELL BEHAVED.