



LOAVES & FISHES FOOD PANTRY 2024 SPRING INTO ACTION 5K THANK YOU TO OUR SPONSORS



CONNECTIONS PHYSICAL THERAPY
DEVENS ENTERPRISE COMMISSION
FRIOT'S WATER TREATMENT
GAVIN & CAMERON REALTORS
GOLDEN GIRL GRANOLA
HARVARD SWEET BOUTIQUE

ROLLSTONE
BANK & TRUST

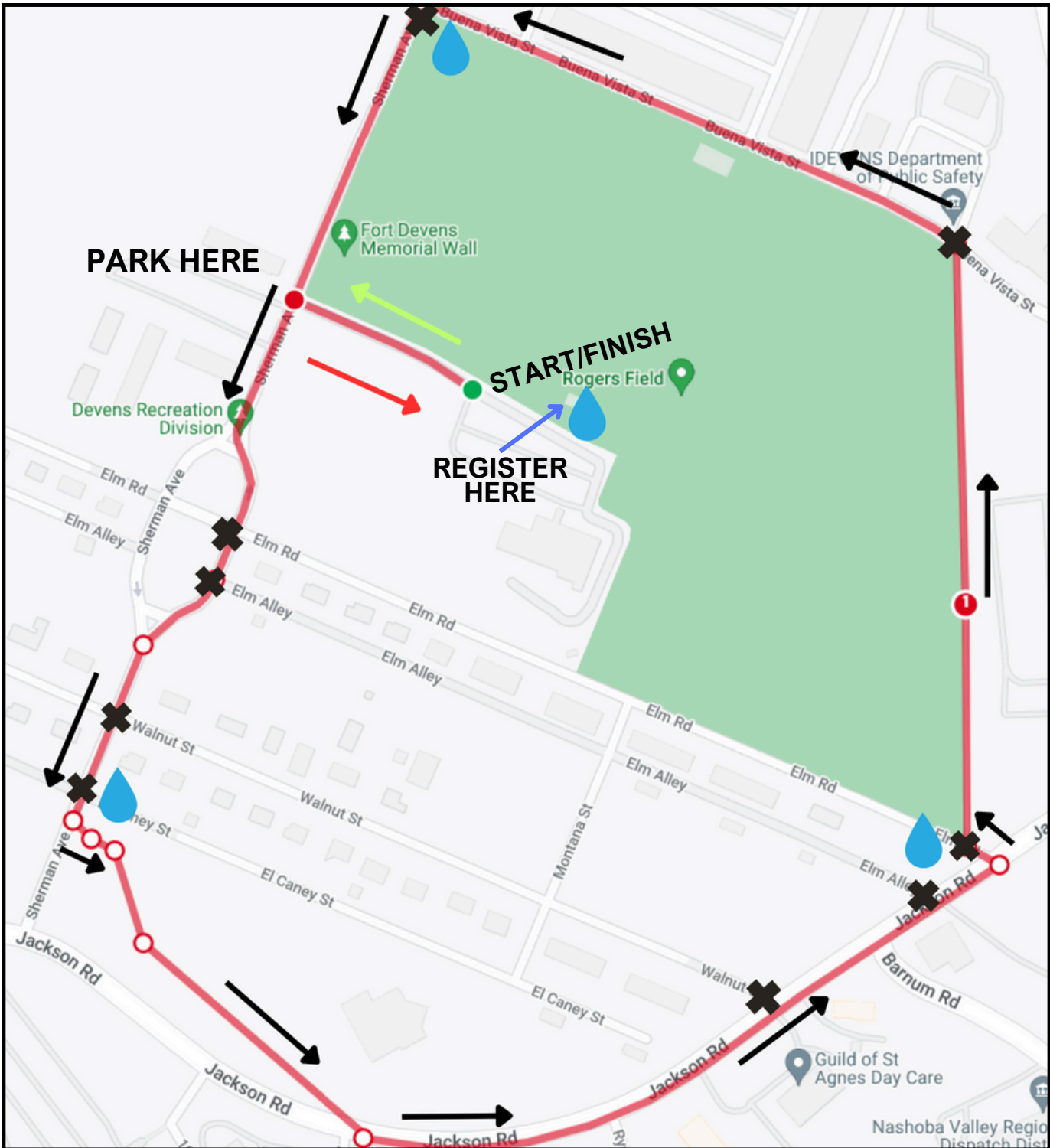
ADELMAN
ASSOCIATES

PATRICK & SHEILA KELLY
LITTLE BEE BOOKSHOP
LITTLE LEAF FARMS
REDDY FAMILY DENTAL
LAW OFFICE OF ERIN MCBEE, PLLC
VERIZON - TOWNSEND

PARTICIPANT INFORMATION SHEET

THANK YOU FOR SUPPORTING LOAVES & FISHES FOOD PANTRY!

- Park across the street from the Bob Eisengrein Community Center, 100 Sherman Avenue, Devens. Follow the signs to Registration.
- Gentle pre-race yoga and stretching from Jennifer Peck, of JenZen Living Ayurveda & Yoga begins at 12:45 PM.
- Brief welcome remarks will begin at 1 PM.
- Course is open from 1 PM - 3 PM. Be sure you are finished with your walk/run by 3 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 CHILDREN MUST BE ACCOMPANIED BY AN ADULT
- ALL DOGS MUST BE LEASHED, CLEANED UP AFTER, AND WELL BEHAVED OR THEY MAY BE ASKED TO LEAVE THE EVENT
- **MOST IMPORTANTLY - HAVE FUN!**



COURSE INFORMATION

- ✘ 9 Street Crossings and Safety Stations
- 💧 4 Water Stations
- Start at the gazebo and follow course signs
- Full course is 2 full laps
- Water and basic first aid supplies are available at safety stations.
- All dogs must be leashed, cleaned up after, and well behaved.
- PLEASE CHECK OUT AT REGISTRATION TABLE WHEN YOU ARE DONE