



Friends of the Poor 5K Run/Walk

Saturday Oct. 5th, race starts at 9:00 am, registration 8am

New Ipswich Congregational Church, 156 Main Street New Ipswich NH

Adult Runner: \$25

17 and under Runner: \$10

Walkers: Free

Runners who register by **Sep 19th** receive a premium long sleeve wicking shirt.

Walkers who register by **Sep 19th** receive a free T-shirt.

Runners who register same day of event the Adult fee is \$30 and the Child Fee is \$15.

We welcome your help receiving sponsor pledge donations, please see attached.

Our 5K course will be on scenic New Ipswich country roads. The fall foliage should be truly spectacular. This scenic 5K course will be a fun filled family event for everyone to enjoy!

All proceeds will benefit the Society of St. Vincent de Paul, which helps feed many local families. Donations will help provide food for our local food pantry, provide fuel assistance, help pay utility bills, and provide Holiday gift baskets! Over 50 families per week receive food from our food pantry! Thank you very much for all that you do in helping others, and we most appreciate your continued prayers for helping those in need!

Feedback from participants who joined us in previous years:

“It was a well-run event” “My first year I loved the race” “Wonderful event” “Beautiful scenery” “Loved It!”

To register go to: FriendsOfThePoor5K.com

“Lord when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? Truly I tell you just as you did to one of the least of these you did it to me” Matthew 25:37-40

Date

- | Sponsor's Name | Address | Pledge Amount |
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"To the world you may be just one person, but to one person you might just be the world!" Mark Twain