

a 501 (c)(3) non-profit organization

Nashoba GFW, Inc. GOOD FRIDAY WALK Harvard Common, Harvard, MA

March 25th 2016 Congregational Church of Harvard 5 Still River Road, Harvard

walker's	WALK	WALKER NUMBER (assigned upon arrival)					
address	e-mail						
town/cit	y	state	zip	teleph	telephone		
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signature	e (if under 18, a parent or	guardian signature is requ	 uired)			to walk (1 loop agistered walker	
C	llect all monies in advar		•		·		•
	SPONSORS						
	name	address/town/city		donation/pled	dge	paid	yet to collect
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2							
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10							
	summary of totals:		t	otal donations	tot	al collected ba	lance to collect
		Thank you	11				

32nd Annual GOOD FRIDAY WALK

March 25th 2016 (rain or shine)

Congregational Church of Harvard, 5 Still River Road, Harvard

Proceeds raised from this 32nd Walk, will go to:

Loaves & Fishes Food Pantry, Inc. (www.loavesfishespantry.org) (90%) & Sharing, Inc. (www.walkingongoodfriday.org) (10%)

How to Get Ready

- Sponsor sheets can be downloaded at www.loavesfishespantry.org or picked up at local libraries, post offices & churches.
- Find sponsors and sign them up on your sponsor sheet. Please only one walker per sponsor sheet. Finding sponsors is key to supporting your walk & we count on your sponsors' donations. Checks should be payable to the **Good Friday Walk**.
- The more money you raise, the more you help others. In 2015, over 200 walkers from 22 towns & 4 states walked about 1030 miles collectively & raised nearly \$23,000 for Loaves & Fishes and Sharing, Inc.! There were nearly 60 people behind the scenes making sure the walkers were supported every step of the way!
- Let your muscles know you're going to walk. It's roughly a 5-mile loop and your body might appreciate some pre-walk training. There is a "Toe Truck" along the route for relief and transportation, should you need it.

On the Day of the Walk

- Start at the Congregational Church of Harvard, 5 Still River Road, Harvard.
- Come any time between 7:30AM and 12:30PM on Good Friday, March 25th
- Park along the Common, away from the General Store.
- Bring your completed and totaled sponsor sheets along with your donations to the Registration Desk inside the Church. Please use the Good Friday Walk sponsor sheet.
- Walkers under 18 years of age must have the signature of a parent or guardian.
- Children under 12 must have adult supervision.
- Wear comfortable, well broken-in shoes/sneakers and socks.
- Please follow signs and walk facing traffic for safety's sake.
- No bikes, roller blades, scooters or skateboards allowed; they can be dangerous to walkers.
- Rest Stop along the route, where water & restrooms are provided.
- Unless there is a snowstorm, the "Walk" will be held (if in doubt; call the phone numbers below for a recording or go to www.loavesfishespantry.org for information.

 Should a snowstorm cancel the "Walk", donations would still gratefully be accepted.
 MA 01434)

After the Walk

- Sandwiches, fruit and drinks are available back at the Church. Donations are always appreciated.
- Collect any remaining or additional donations from your sponsors and mail a copy of your sponsor sheet and the checks in the addressed envelope provided by the GFW.

For more information, contact: Jeanie Colony 978.456.1239 jecolony@charter.net or

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