



a 501 (c)(3) non-profit organization  
gfwalk.org

Nashoba GFW, Inc.  
GREAT FOOD WALK on Good Friday  
Harvard Common, Harvard, MA

April 19<sup>th</sup>, 2019  
Congregational Church of Harvard  
5 Still River Road, Harvard

_____			_____
walker's name			e-mail
_____			_____
address			telephone
_____	_____	_____	_____
town/city	state	zip	affiliation/group/team

Each walker is suggested to have a minimum donation today of **\$25.00**. The following release must be signed before the beginning of the Walk (persons under 18 must have the signature of a parent or guardian). ALL WALK participants assume the risk of harm, injury, and damage during the Walk and at the Rest Stop; and Nashoba GFW, Inc. dba GFW/Volunteers/ Congregational Church of Harvard, UCC will not be liable for any loss, damage, injury or harm under any circumstances or acts of any kind of any persons. I give the Nashoba GFW, Inc., the right and permission to use my photo &/or my child's or children's photo in its promotional materials and publicity efforts and release all connected with the GFW, Inc. from liability with connection with such use.

\_\_\_\_\_ miles intending to walk (1 loop approx. 5 miles)  
 \_\_\_\_\_ number of unregistered walkers with you  
 signature (if under 18, a parent or guardian signature is required)

Please collect all monies in advance & make checks payable to: GFW

SPONSORS					
	name	address & e-mail	donation/pledge	paid	yet to collect
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

summary of totals:

total donations    total collected    balance to collect

Thank you!

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**35<sup>th</sup> Annual  
GREAT FOOD WALK  
April 19<sup>th</sup>, 2019 on Good Friday (*rain or shine*)  
Congregational Church of Harvard, 5 Still River Road, Harvard**

Proceeds raised from this 35<sup>th</sup> Walk, will go to:

**Loaves & Fishes Food Pantry, Inc.** ([www.loavesfishespantry.org](http://www.loavesfishespantry.org)) (90%) &  
**Sharing, Inc.** ([www.walkingongoodfriday.org](http://www.walkingongoodfriday.org)) (10%)

### How to Get Ready

- **Sponsor sheets can be downloaded at [www.gfwalk.org](http://www.gfwalk.org) or [www.loavesfishespantry.org](http://www.loavesfishespantry.org)**  
Alternatively, they can be 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 **GFW**.
- The more money you raise, the more you help others. In 2018, 122 walkers from 17 towns walked nearly 565 miles collectively and raised over \$19,000 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, April 19<sup>th</sup>, 2019**
- 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 GFW 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.gfwalk.org](http://www.gfwalk.org) or [www.loavesfishespantry.org](http://www.loavesfishespantry.org) for info. Should a snowstorm cancel the "Walk", donations would still gratefully be accepted.  
**(Mailing address: GFW, 94 Jackson Road, Suite 105B, Devens, 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](mailto:jecolony@charter.net)  
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**Thank you !**