

In 1992, local clergy united to provide safe shelter for those in the Norristown area that were experiencing homelessness and poverty.



Homelessness has many causes and the journey to wholeness and self-sufficiency is daunting.

For over 30 years the Center has helped identify and remove barriers that keep people in a cycle of poverty and empower them to break free. our complete program and service list is below. All services are free and available to any individual in need. We open our doors each weekday from 7:00 AM – 3:00 PM

PROGRAMS & SERVICES

Basic Needs

- Daily Breakfast
- Showers & Toiletries
- Mail Services
- Copies
- Lockers & Bathrooms
- Laundry Services
- Code Blue Shelter

Health & Wellness

- Flue & Covid Vaccines
- Monthly Health Clinic
- Weekly Recovery Clinic
- HIV/STI Testing
- Medical Co-Pays
- Eyeglasses with LensCrafters

Workforce Development

- On-site Trainings
- Resume Prep
- Interview Prep
- Employer Connections
- Job Coaching
- Life Skills

Social Services

- Case Management
- Rehab & Family Services
- Referrals
- Holiday Support
- Mental Health Support

Special Clinics

- ID Clinics
- Legal Aid Clinics

Advocacy

- Town Hall Meetings
- "One Night Without A Home Sleep Out"

CLIENT STORY: KENNY

My name is Kenneth DeSantis and I came to rely on the Hospitality Center in November 2023. At that time, I had just been released from jail and was roaming the streets contemplating selling drugs or even robbing people to get enough money for food and water. Not wanting to go back to jail, I continued to wander the streets without a plan.



One day at the Norristown Transportation Center, someone recognized that I was a person in need. The Hospitality Center has kept me away from criminal activity by providing me with food. Now I don't have to rob and steal to get it. Not to mention the staff here helped me get on food stamps so I can eat something when I'm not close to them. This place is extremely helpful for people in need. I'm homeless and in the summer the center gives me a place to chill inside, away from the hot summer weather. The same for the winter, I get time every weekday to get out the brutal cold. I wouldn't have a place to charge my phone without it. I need to be able to contact my parole officer and my boss. That is extremely helpful.

I wanted to get my ID so I could hopefully get a job and get off of the streets but I didn't know how to do it. The staff here were extremely helpful in breaking down the process and helping me act on it. I say that because, after they told me what I needed to do, I wasn't making the effort. They repeatedly checked in to see if I was doing what I needed to do. They helped me get a copy of my insurance card, gave me a mailing address to help me get my birth certificate, which led to me getting my social security card, and now I have my first state ID!

The staff also pointed me to my current employer and now I have my first official job. The Center showed me that I never have to go to jail again in order to survive. They provide me with clothing, hygiene products, and the facility that I need in order to stay clean and presentable in my current situation. Any unhoused person would be in a bad place without the resources provided at the Norristown Hospitality Center. Please help us continue to operate.

12TH ANNUAL SOLE HARVEST

5K/10K RUN 1 MILE WALK & COMMUNITY EVENT



**Saturday,
OCTOBER 4TH
9:00 AM
Norristown Farm Park**

**EMPOWERING THOSE
EXPERIENCING
HOMELESSNESS & POVERTY**

**Benefitting the
Norristown Hospitality Center**



RACE DETAILS

SCHEDULE

race held rain or shine

Saturday, October 4, 2025

- 7:30 AM - Registration and Check-in Begins
 - Basket Raffle Tickets on Sale
 - 50/50 Tickets on Sale
 - Games & Food Available

8:50 AM - Runners and Walkers head to the starting line

9:00 AM - 5K/10K Start

9:02 AM - Walk Start

10:10 AM - Raffle, 50/50, and Award Ceremony

COURSE LOCATION

401 North Whitehall Road, Norristown, PA

Parking will be at the **Norristown Area High School and Administration Building**. Registration and check-in will be at the Whitehall Road entrance to the Farm Park.

FEES & REGISTRATION

Runners
Registration for both the 5K and 10K are the same price. Decide on that day if you want to run the 5K or 10K.

Early Bird Registration (Runners)- \$30 before 8/24

Early Bird Registration (Walkers)- \$20 before 8/24

Regular Registration (Runners)- \$35 before 10/1

Late/Day of Registration (Runners) - \$40

Regular/Late/Day of Registration - Walkers - \$25

College Students & Minors - \$20

AWARDS & RAFFLE

- Top 3 Male & Female in each age category
- \$100 cash prizes for new 5K and 10K course records
 - 5K Records: Male - 16:13, Female - 17:51
 - 10K Records: Male - 33:49, Female - 40:03

AMENITIES

Professionally Timed

Water stop on course

Race bag with giveaway & coupons

Refreshments & plenty of parking will be provided

TEAMS

Run as a team & raise money to further support the Hospitality Center! For more information about team registration & fundraising, visit soleharvest5k.com

RAFFLE

We will be raffling off themed prize baskets and we will hold a 50/50 on race day.

SPONSORSHIP OPPORTUNITIES

Opportunity to include "swag" bag promotional materials	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Recognition on NHC webpage & social media pages*	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Verbal & posted recognition at the event	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Table to distribute material & speak to runners on race day***	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Complimentary race entries	5 3 2 1
Organization's name listed on the race t-shirt	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Organization recognized during the awards ceremony	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Social media posts specifically highlighting your organization*	2 1
Your logo on 1 lawn sign on the race trail*	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Your Logo prominently printed on race t-shirt	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	\$2500 \$1500 \$1000 \$500 \$250
	HARVESTER CULTIVATOR SOWER TILLER GARDENER



For more information on sponsorships contact soleharvest5k@gmail.com

WE NEED VOLUNTEERS TOO!
To be a race day volunteer, please email soleharvest5k@gmail.com

HOW TO REGISTER & DONATE

Online registration: through 10/1 at soleharvest5k.com

Complete the form and mail to:

Norristown Hospitality Center

P.O. Box 858, Norristown, PA 19404

Day of: Registration begins at the Farm Park at 7:30 AM

Last Name _____

First Name _____

Address _____

City _____, State _____ Zip _____

Phone _____ Email _____

Race Day Age _____ Date of Birth _____

Event (circle) 5K 10K 1 Mile Walk

Gender (circle) Male Female

Optional

Race long-sleeve t-shirts are available for \$20 each

Please select size (circle) S M L XL XXL

Team Name _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be others on the course and assume the risk for running in the park. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the course, all such risks being known and accepted by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Norristown Hospitality Center, and anyone it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

Date _____

REGISTER NOW!

