



Race Guide

What to Know Before Race Day

Thank you for registering for the 11th annual Miles for Mills 5K! We're excited to host this race in person on Sunday, May 29, 2022, at Brunswick Landing in Brunswick, Maine. For those unable to join us, we also offer a virtual component. As always, the event will benefit recalibrated veterans and their families. Please take a moment to review the following guide that contains important details pertaining to the race.

Pre-Packet Pickup

When: Pre-Packet pickup will be held the day before the event on Saturday, May 28, 2022

Time: 9 a.m. to noon

Where: Brunswick Recreation Center, 220 Neptune Drive at Brunswick Landing, Brunswick, Maine, 04011

Pre-packet pickup is encouraged so you are ready for race day. The first 400 people to come to pre-packet pickup will receive a race swag bag full of items from our sponsors. If you are picking up a bib for someone else, please be ready to give the person's first and last name to ensure that we provide you with the correct bib. For those who register before April 1, 2022, (*while supplies last*), we also plan to have New Balance T-shirts and fundraising incentives to those who earn them.

Same Day Packet Pickup

When: Sunday, May 29, 2022, the morning of race day

Time: 7:00 AM - 8:15 AM

Where: Brunswick Recreation Center, 220 Neptune Drive at Brunswick Landing, Brunswick, Maine, 04011

Getting Around On Race Day

Parking: Please follow signs to the designated parking areas. Maps are included here.

Accessible Parking: Accessible parking will be available at Brunswick Recreation Center, where the race both begins and ends.



Event Timeline

- **7 AM**
 - Same day Packet Pick-up begins
- **8:15 AM**
 - Same day Packet Pick-up ends
- **8:30 AM**
 - Announcements begin
- **8:35 AM**
 - Presentation of Colors and National Anthem
- **8:40 AM**
 - Welcome

- **8:45 AM**
 - SSG Travis Mills addresses the crowd
 - **8:50 AM**
 - Runners line up by **expected 5K total time (ex. 18, 20, 23, 25 min)**
 - Walkers, please line up in the back.
 - **10:30 AM**
 - Post race announcements and awards
- 11:00 AM**
Flight Deck Opens

Start and Finish Line Venue Map

The race will start and end at Brunswick Recreation Center on the campus of Brunswick Landing, with plenty of restrooms and ample, nearby parking. The flat, 5.0 KM-course starts by heading east on Neptune Drive, past Coastal Landing and Coastal Shores to Anchor Drive. The course then crosses Admiral Fitch Avenue to the north side of Brunswick Landing. It meanders through to Line Drive and then it takes a hard right at Flight Deck Brewing on Pegasus Street, continuing north to Hangar Six. At Hangar Six, there will be portable toilets and the Poland Spring water truck for refreshments. The course then turns right onto Seahawk Avenue (past Flight Deck again) and heads south to Pelican Street. A left onto Admiral Fitch Avenue is next, past the Brunswick Naval Aviation Museum and Memorial Gardens. A hard right is taken at the P-3 Memorial south onto Pegasus Street then west onto Burbank Avenue. The course takes a left onto Orion Street and final stretch is back on to Neptune Drive to the finish line!



1) Brunswick Landing
Recreation Center
220 Neptune Dr,
Brunswick, ME 04011:
- Registration
- Start / Finish Line
2) Hangar SIX
- Halfway Turn around
- Water Truck
- Port Potties

3) Brunswick Landing
Memorial Garden
Brunswick Naval
Aviation Museum
179 Admiral Fitch
Ave, Brunswick, ME
04011:
- Post 9/11 Memorial

Molly Lovell-Keeley
Marketing and Communications Mgr.
Molly@travismillsfoundation.org

Brandy Dupper-Macy
Director of Development
Brandy@travismillsfoundation.org

Christine Johnson
Event and Community Outreach Coordinator
Chistine@travismillsfoundation.org

Natalia Smalley
Asst. Volunteer Coordinator
Natalia@travismillsfoundation.org

Run. Remember.

Trigger Warning: The Memorial Day weekend event is hosted annually to honor the lives of those service members who lost their lives serving our country. Each year, we have a memorial area for Maine veterans who died in combat during the post-9/11 era war. This can be difficult for the friends and family who knew them.

Race Day Activities and Family Fun

The event will include family fun activities from corn hole and face painting to ice cream and bounce houses; an after race party will be held just blocks away from the recreation Center at Flight Deck Brewing, 11 Atlantic Ave., where attendees can mingle with Travis and celebrate the race. Cooks Food truck will be there and Flight Deck will be serving brick oven pizza. Before and after the event, visit Wild Oats from 8 to 3 p.m.

Darlings Ice Cream for a Cause

Join Michael, age 12, at the Darlings Ice Cream For a Cause Truck to get ice cream. Donations are welcome and will go toward Scoops for Troops, spearheaded by Michael himself. He did an incredible job in 2019 by raising \$30,000 to send a **whole week** of veteran families to the Retreat! Michael and his older sister, Kara, have since partnered up and fundraised throughout the pandemic in 2020 and 2021 raising close to another \$30,000!



Bounce House and Inflatable Obstacle Course

There will be a large inflatable obstacle course and bounce house for children to play on starting at 8 AM on race day. There will also be a small bounce house for younger children to play in if they are not comfortable with the large obstacle course. **Please note:** For the safety of all participants, we ask that the children on the inflatables are supervised at all times by their parent/guardian; it is their responsibility to ensure their safety.

Frequently Asked Questions:

How do I sign up as an individual?

- Go to milesformills.com
- Click the “Sign Up” button or select from the Event options (In-person, Virtual, Fundraiser)
- Fill in your name and contact information and select “Continue”
- Review the waiver and click the box and select continue button
- Add your shirt size and emergency information and continue to the next screen
- From there you can join a team, create a team, or go alone
- **Optional:** Connect your page to your Facebook profile for easy fundraising to raise money and earn incentive prizes

How do I create a team?

- Go to milesformills.com
- Under “Events” choose one of three categories and click “Sign Up”
- Register your personal information and choose your event once again and select “Continue” at the bottom of the page
- Scroll through the waiver and check the agreement box; select “Continue”
- Select your T-shirt size and answer a short series of questions: emergency contact, etc. Select “Continue”

- Create a Team Fundraiser (at right of page) and below add a name, fundraising goal, and personal messaging.
- Complete transaction and then your team will be set up.

How do I join a team?

- Go to milesformills.com
- Under “Events” choose one of three categories and click “Sign Up”
- Register your personal information and choose your event once again and select “Continue” at the bottom of the page
- Scroll through the waiver and check the agreement box; select “Continue”
- Select your T-shirt size and answer a short series of questions: emergency contact, etc. Select “Continue”
- Click on ‘Join a Team’
- Type in the team name
- Complete registration process
- You are now a part of that fundraising team

How can my friends and family donate?

- Friends and family are able to go to the website (<https://runsignup.com/Race/Donate/ME/Brunswick/milesformills>) and find you or your team page by entering the search in the search bar.
- For those who opt to link Facebook to their fundraising page, they can also ask friends to donate on there and have it automatically linked back to your fundraising page

Is the course handcycle and wheelchair friendly?

- Yes, the course is handcycle and wheelchair friendly.
- It is a very flat course.
- Additionally, volunteers will be stationed along the route at all intersections and where the course turns right or left.

Where can I pick up my race bib and timing tag?

- You can attend pre-packet pick-up the day before the event at the Brunswick Recreation Center from 9AM to Noon to pick up everything for race day. Pre-packet pick-up is encouraged to avoid lines on race day.
- You can pick up your race bib at packet pick-up on the day of the event beginning at 7 AM.

Can I change my race shirt size?

- No. After you make your selection during registration, it cannot be changed.

Can someone else pick up my race packet for me?

- Yes, they can. Please make sure they have your registration info for packet pick-up. First and last name is required. However, in order to qualify for a goody bag, the person needs to be there in person.

Is my entry fee tax deductible?

- Per IRS regulations, individual registration fees for the event are not tax-deductible (due to goods and services received). Please note, any donations or pledges over and above the registration fee are tax-deductible.

What does Miles for Mills support?

- The Miles for Mills 5K supports the Travis Mills Foundation. All money raised from Miles for Mills goes directly toward bringing recalibrated veteran families to our Retreat in Maine.

Where should I park?

- Please see the attached parking map.

When does the race start?

- The race starts at 9 AM on Sunday, May 29, 2022.
- The pre-race announcements and speech from SSG Travis Mills will begin at 8:30 AM

Are dogs allowed?

- Service dogs and spectators with leashed dogs are allowed.

What is the schedule of events on race day?

- 8:15AM: Same-Day Registration Closes
- 8:40 AM: Announcements Begin
- 9:00 AM: Horn Blows for Runners
- 9:05 AM: Horn Blows for Walkers
- 10:30 AM: Awards with Travis on stage
- 11:00 AM Flight Deck Opens for after party

Will there be food and beverages?

- Wild Oats open from 8 a.m. to 3:30 p.m. (\$5 coupons in all goody bags)
- *Poland Springs water (free)*
- *FLIGHT DECK (one free beverage coupon for all runners)*
- *Cooks Food Truck and Flight Deck will open at 11AM to purchase food*
- *Darling's Ice Cream For a Cause Truck (by donation)*

Is there lodging in the area?

- *A block of rooms is booked at the Best Western, 71 Gurnet Road, Brunswick, which is located 2.7 miles from the race location. **The deadline to book a room is March 31**; please call 207-725-5251 for a reservation. Ask for the Travis Mills Foundation Block.*

