

What to Know Before Race Day

Thank you for registering for the 13th annual Miles for Mills Memorial Day Weekend 5K Run/Walk and 10K Run! The race begins at 9 a.m. on Sunday, May 26 at Brunswick Landing. It begins and ends Brunswick Recreation Center, 220 Neptune Drive, Brunswick ME. In addition to the 5K, this year's race will also include a 10K route; we also offer a virtual component. As always, the event will benefit post-911 recalibrated veterans and their families served by the Travis Mills Foundation. Please take a moment to review the following Race Guide that contains important details pertinent to the race.

Pre-Packet Pickup

(We are offering 2 locations this year!)

When: Friday, May 24

Time: 9 a.m. to 2 p.m.

Where: Buker Community Center, 22 Armory St., Augusta, ME 04330

When: Saturday, May 25

Time: 8 a.m. to noon

Where: Brunswick Recreation Center, 220 Neptune Drive, Brunswick, ME 04011

Pre-packet pickup is encouraged so you are ready for race day. You will receive your bib, Miles for Mills bumper sticker, route information, and schedule of events. Those who register on or before April 15, 2024, will receive a New Balance T-shirt, while supplies last.

Fundraising Incentives: If you participated in fundraising, you will be able to pick up your incentive items on Saturday, May 25, (Pre- Packet Pick Up) and Sunday, May 26, (Race Day) at Brunswick Recreation Center.

Same Day Packet Pickup

When: Sunday, May 26, 2024, the morning of race day

Time: 7 to 8:15 a.m.

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

You will receive your bib, Miles for Mills bumper sticker, route information, and schedule of events. Those who register before April 15, 2024, will receive a New Balance T-shirt.

Fundraising Incentives: If you participated in fundraising, you will be able to pick your items on Sunday, May 26 (race day) at Brunswick Recreation Center.

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, 220 Neptune Drive, where the race both begins and ends.

Event-Day Timeline

- **7 AM**
 - Same day packet pick-up begins
- **8:15 AM**
 - Same day packet pick-up ends
- **8:30 AM**
 - Announcements
- **8:35 AM**
 - Presentation of Colors by the Brunswick Police Department and “National Anthem” sung by Evelyn LaCroix
- **8:40 AM**
 - Welcome remarks from the Travis Mills Foundation
- **8:45 AM**
 - SSG Travis Mills addresses the crowd
- **8:50 AM**
 - Handcyclers line up first
 - Runners line up
 - Walkers, please line up in the back
- **10:30 AM**
 - Post- race announcements and awards
- **11:00 AM**
 - Flight Deck open for after party

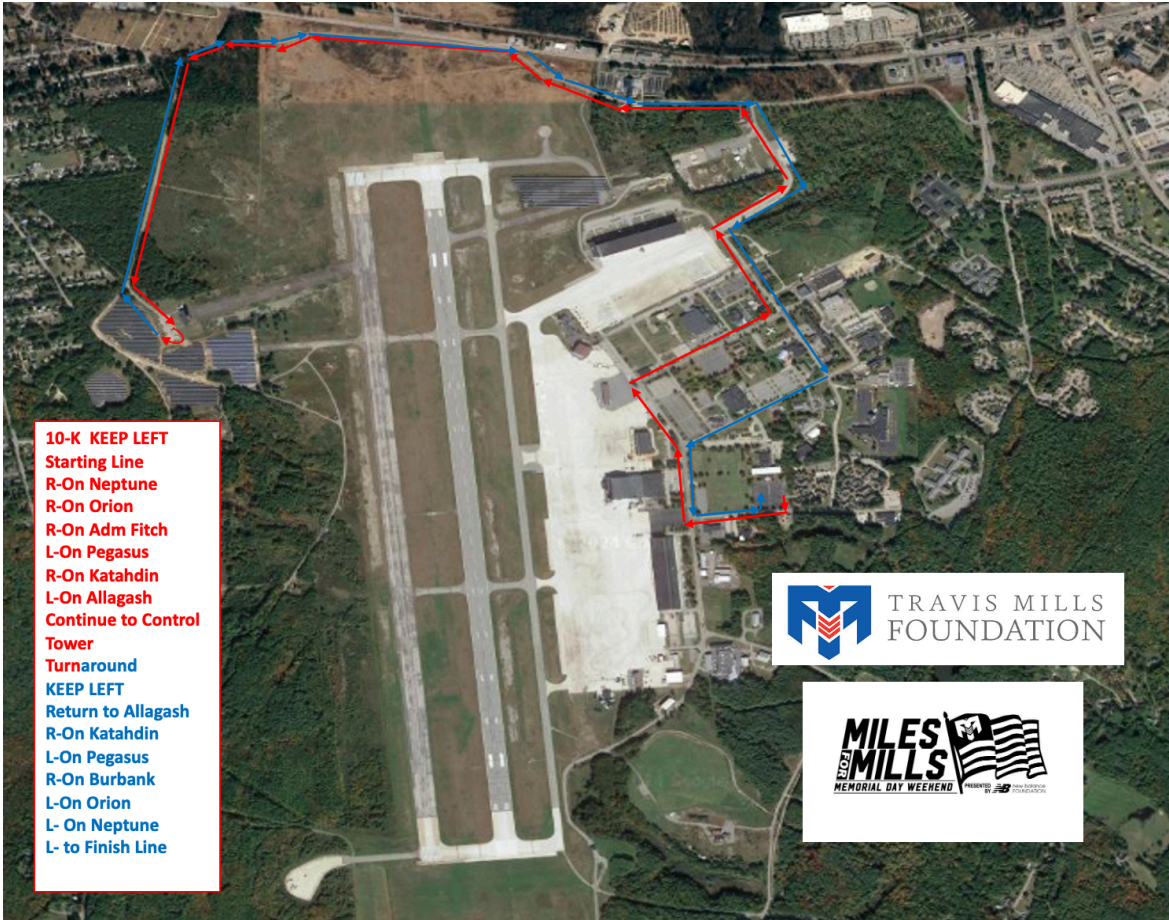
Start and Finish Line Venue

5K



*10K Below

10K



- 10-K KEEP LEFT
- Starting Line
- R-On Neptune
- R-On Orion
- R-On Adm Fitch
- L-On Pegasus
- R-On Katahdin
- L-On Allagash
- Continue to Control
- Tower
- Turnaround
- KEEP LEFT
- Return to Allagash
- R-On Katahdin
- L-On Pegasus
- R-On Burbank
- L-On Orion
- L-On Neptune
- L- to Finish Line



Run. Remember.

The Memorial Day weekend event is hosted annually to honor those who lost their lives while in service to our country. Each year, we feature memorial signs along the race route for Maine veterans who died in combat during the post-/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, freebies from veteran resource booths, corn hole, yard games, face painting, tattoos to ice cream and a bounce house. An after race party will be held just blocks away from the recreation Center at Flight Deck Brewing, 11 Atlantic Ave., and Wild Oats, 166 Admiral Fitch Ave, where attendees can mingle with U.S. Army SSG (Ret.) Travis Mills and celebrate the race. Flight Deck will serve brick oven pizza.

Bounce House

There will be a large inflatable bounce house for children starting at 8 a.m. on race day.

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.org
- 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”
- Add your shirt size and emergency information and select “Continue”
- From there you can join a team, create a team or go alone
- **Optional:** Connect your page to your Facebook profile for easy fundraising

How do I create a team?

- Go to milesformills.org
- Under “Events” choose one of three categories and click “Sign Up”
- Register your personal information and choose your event once again, 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

How do I join a team?

- Go to milesformills.org
- Under “Events” choose one of three categories and click “Sign Up”

- Register your personal information and choose your event once again, 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 a name 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.

How do I get a race day T-shirt?

- You must sign up by **Apr 15, 2024** in order to receive a T-shirt.

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?

- You can attend pre-packet pick-up on May 24 at the Buker Center in Augusta from 9 a.m. to 2 p.m. or on the day before the event, May 25 at the Brunswick Recreation Center from 8 a.m. 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 a.m..

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 information along with your first and last name.

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 10K supports the Travis Mills Foundation. All proceeds go toward serving recalibrated veteran families at its Retreat in the Belgrade Lakes Region of Maine, along with the men and women who have experienced the invisible wounds of war.

Where should I park?

- Please see the attached parking map. There will be plenty of signage and volunteers to assist with parking.

When does the race start?

- The race starts at 9 a.m. on Sunday, May 26, 2024
- Pre-race announcements and speech from SSG Travis Mills will begin at 8:30 a.m.

Are dogs allowed?

- Service dogs and spectators with leashed dogs are allowed.