



In 2025, can you run ...

1. In a MITR-sponsored race (or just run the course)	2. Carrying something unexpected that is $\geq 11b$	3. 8 MITR Mondays in a row	4. in a dress	5. in a non-MITR trail race (or just run the course)
6. ≥ 1 mile on a beach	7. a Cadillac Mtn-sized run ($\geq 1530'$ of gain)	8. with a stop to use a porta-john	9. during a sunrise	10. on only gravel roads
11. ≥ 20 days in a row	12. In temps $\leq 15^\circ F$	free run	14. and stop to climb a tree	15. the same loop 25 times
16. on an island that is not Marsh Island	17. while it is raining the entire run	18. after completing ≥ 2 hrs of trail work	19. a route $\left(\frac{100}{\sqrt{(your\ age)}}\right)$ miles long	20. ≥ 1 mi through a field (no trails or roads)
21. a MITR "adventure run"	22. and click your heels when a car stops to let you cross a road	23. and bring someone new to MITR Monday	24. with bells on	25. and set a personal record you are proud of

Rules:

To play – Go for a run that fulfills the condition described in any square above. Satisfy five squares in a row (horizontal, vertical, or diagonal) to win! OR go for blackout and satisfy all of the squares! Except for the three shaded squares, any single run may only satisfy one square. Except where explicitly noted, a run must be at least a 5k to satisfy a square.

To play FOR PRIZES – Register (\$20) at marshislandtrailrunners.org/bingo and enter Strava links as evidence for each square you've completed. Those who get Bingo or Blackout will be entered into a drawing for the following prizes (blackout winners are entered for both):

Bingo Prizes

- Free registration for a 2026 MITR race
- A free "bee costume" for the Millinocket MITR costume
- Drink for free at MITR Monday for a month in 2026
- A MITR sticker of your choice

Blackout Prizes

- Free registration for all 2026 MITR races
- A free "bee costume" for the Millinocket MITR costume for you and a friend
- Drink for free at MITR Mondays in 2026
- MITR clothing swag

