



In 2024, can you run ...

1. TUCARD	2. with a dog	3. every MITR Monday in 2, consecutive, in-season months*	4. ≥ 1 mi with someone at least ± 20yrs your age	5. the Frost Fixed Time
6. ≥ 1 mile on a frozen body of water	7. on trails outside of Maine	8. on lands managed by a land trust	9. through 3 different towns	10. on trails in the dark
11. ≥ 500 miles over the year	12. on trails in state lands	free run	14. on trails in federal lands	15. ≥ 30 miles in one week
16. a route that includes a swim (of any length)	17. on trails outside the US	18. on (unposted) private land	19. on trails outside Penobscot County	20. ≥ 1 mi cross-country (no trails, no roads)
21. a MITR "adventure run"	22. learn someone's name while running with them	23. a double MITR Monday route loop	24. in a costume	25. half of a "Backyard Katahdin" (2634' of gain)

*May – November

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! Any single run may only satisfy one square (except for the three shaded ones). Except where explicitly noted, you have to do the described activity for at least a 5k to satisfy the 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 2025 MITR race
- A free "bee costume" for the Millinocket MITR costume
- Drink for free at MITR Monday for a month in 2025
- A MITR bumper sticker

Blackout Prizes

- Free registration for all 2025 MITR races
- A free "bee costume" for the Millinocket MITR costume for you and a friend
- Drink for free at MITR Mondays in 2025
- A MITR buff

