



The Rather Not Run | Convert a typical 5K into burpees, lunges, or skaters or your favorite exercise that covers distance. Kiss your newly formed biceps hello by June 30.

Stair climber | From the parking lot at Camden Hill State Park, run to the tower of Mt. Battie and back – that’s a 5K!

Fitness relay | Designate teammates to walk/run each week. Each week the team cheers on that participant and the participants shares the time recorded and a picture of the route.

Neighbor relay | Encourage your neighbors to run/walk each week, house by house.

Bingo | Using your favorite bingo sheet (our favorite is [this wildlife one](#)) challenge your team to find the most on this list.

The Shawshank Stroll | The old Maine State Prison, now torn down, stood in the field next to the Maine State Prison store - it inspired Steven King to write Shawshank Redemption. Do laps around the old prison yard till you get to 5k/10k.

The Battie Buster | Run up to top of Mt Battie and back down again. Careful on those knees! (5K)

The Ragged Dash | A race up and down Ragged Mt. trail. Walking up is a 5K, the walk down makes it a 10k!

Sure, Owl Run! | A walk or run around Owl’s Head, starting at the Lighthouse and taking a stroll down Shore Dr.

Both Sides Now | On person runs one side of the street while someone runs on the other.

Lobster Roller | Start at Mcloons or Lukes and do a 5-mile loop. The dip net from Dip Net to Lukes is a 10K.

Samoset Circuit | Park at the Samoset and walk or run Waldo, Samoset Rd and Samoset Inn Rd to make a lovely 5K.

The Social Distance | Run or walk your most secret route, where no one’s gonna be.

Make Way for Trekkers | A tribute to Maine resident and award winning children’s book author Robert McCloskey. One of these mornings in Maine, do the duckling thing and follow the leader at a safe distance. Keep an eye out for small bears and blueberries while you’re at it.

Aye, Skipper! | Why run when you can SKIP! The benefits of skipping have been [well documented](#). Show who’s in command of their stride (and self confidence) my skipping this route along the Thomaston (or Rockland) Waterfront.

Knox Out Punch | A run up and down 131 starting and ending at the Knox museum.

The Jailbird | Run from the Maine State Prison Showroom to popular birding spot Weskeag Marsh. If you avoid Rte. 1 and take backroads, it will be a really great workout (9.4 miles)!