

American Lung Association.



EMERGENCY CONTACT Dial 911 Non-Emergency Medical 207-649-7584 (available 7- 9AM)

SCHEDULE 13

Thomas Point Beach & Campground Brunswick

3:00 - 7:00PM Volunteer Check-in

Information Booth

4:00 - 7:00PM

Trekker Check-in

Regular & Speedy Check-in Winner's Circle Check-in Luggage Tag Changes Dorm Waiting List

Music, Food Truck, and Beverages

Trek Merchandise

Purchase a Pinwheel!





American Lung Association.



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WELCOME AND OFFICIAL "SEND OFF" - 7AM



Thomas Point Beach & Campground Brunswick

6:00 - 9:00AM

Volunteer Check-in

Luggage Drop Off

Water Monster

Bike Mechanics

Self Service Air Pump Station Start Line Area

Parking Area/Departs at 9am

Start Line Area

Start Line Area

Start Line Area

6:30-8:45AM

Check-in

Trekker check in, luggage tag changes, and dorm waiting list

Luggage Drop Off Tent

SCHEDULE

EMERGENCY CONTACT Dial 911 Non-Emergency Medical 207-649-7584 (available 7- 9AM)

Bates College Lewiston

ALL DAY/OVERNIGHT	Volunteer Parking

7:30AM - 4:00PM

10:00AM - 4:00PM

10:00AM - 10:00PM

10:00AM - 4:00PM

Volunteer Check-in

Information Booth Lost and Found

Camping Showers

Trek Merchandise

11:00AM - 4:00PM Baked Potato Bar

11:00AM - 5:00PM Luggage Pick Up

11:00AM - 6:00PM Bike Mechanics

Underhill Arena Parking Lot

Next to Garcelon Field

Finish Line Festivities

Merrill Gymnasium

Finish Line Festivities

Commons/Tent Area

Dorm: Gray Cage Off Site: Inside Benjamin Mays Ctr Camping: Gray Cage

Central Avenue



SCHEDULE

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Bates College Lewiston

11:00AM -OVERNIGHT

Bike Storage Underhill Arena Locked at 10PM. Reopen 5:30AM on Sunday Hoses are available all day/night behind arena

11:30AM - 7:00PM

Massage Therapy \$15 for 15 Min

Commons Dining Hall 2nd floor = Room 221 & 222

NOON - 4:00PM2025 Early RegistrationFinish Line Festivities

NOON - 5:00PM Room Assignments

Hotel Shuttle

Inside Gray Cage

12:30PM - 8:00PM

1:00PM - 1:30PM

3:00PM- 4:00PM

Hampton Inn/Lewiston

Active Recovery Session Neck & Shoulder Stretching

Active Recovery Session Back & Lower Body Stretching

3:00PM - 9:30PM

4:30PM - 7:00PM

Buffet Dinner

The Pub

Campus Avenue

Commons Dining Hall 2nd floor = Room 226

Commons Dining Hall 2nd floor = Room 226

Library Quad Tent

Commons Dining Hall

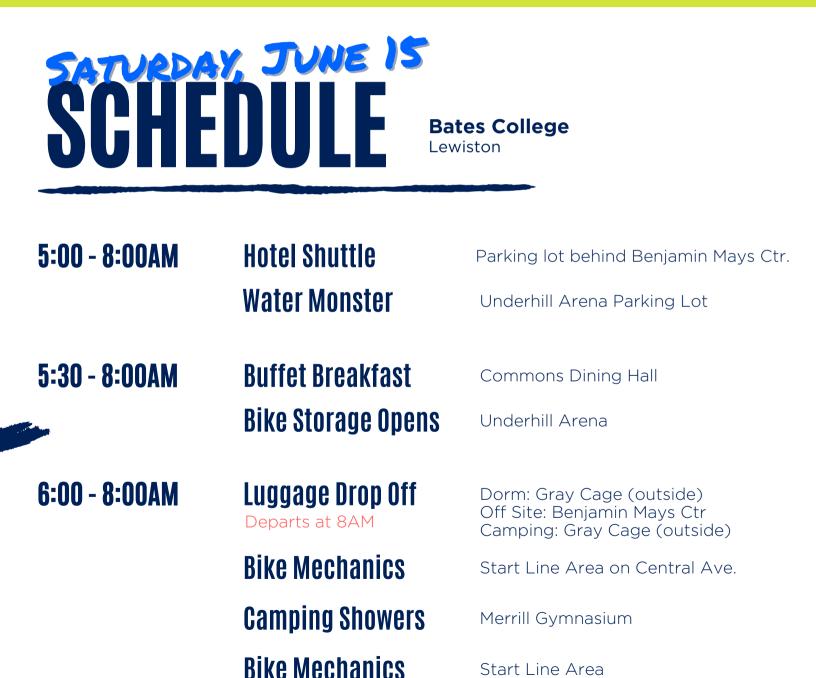


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EMERGENCY CONTACT Dial 911 Non-Emergency Medical 207-649-7584 (available 7-9AM)

UNOFFICIAL START TIME - 7-8AM



Start Line Area

SCHEDIIF

EMERGENCY CONTACT Dial 911 **Non-Emergency Medical** 207-649-7584 (available 7-9AM)

St. Joseph's College Standish

7:00AM - 3:00PM	Volunteer Check-in	Mercy Lawn
10:00AM - 4:00PM	Information Booth Lost and Found	Mercy Lawn
10:00AM - 7:00PM	Massage Therapist \$15 for 15 Min	Alfond Rec Center-1st Floor
11:00AM - 3:00PM	2025 Early Registration	Mercy Lawn
11:00AM - 3:30PM	Pizza & Ice Cream	Mercy Lawn
11:00AM - 4:00PM	Trek Merchandise Room Assignments Dorm Keys Available	Mercy Lawn Alfond Rec Center (inside) Dorm Lobby
11:00AM -OVERNIGHT	Bike Storage Locked at 10PM. Reopen 5:30AM c Hoses are available all day/night be	
11:30AM - 9:00PM	Mobile Bar	Mercy Lawn
11:00AM - 5:00PM	Luggage Pick Up Bike Mechanics	Alfond Rec Center Bike Corral (Dorm, camping and offsite) Xavier Hall Parking Lot

SCHEDULE IS

St. Joseph's College



12:30PM- 4:45PM

12:30PM- 8:00PM

1:00PM - 1:30PM

2:30PM-4:30PM

3:00PM-4:00PM

Active Recovery Session

Active Recovery Session

Back and Lower Body Stretching

Team Photos

Outdoor Pub

Hotel Shuttle

Mirco-tel

Mercy Lawn

Alfond Rec Center Parking Lot

Alfond Recreation Center HA-1 (Second Floor)

Xavier Hall (in back) Rain location - Inside gym

Alfond Recreation Center HA-1 (Second Floor)

4:00PM - 7:30PM

Buffet Dinner

Activities

Outdoor Fire Pits Kayak Rental (Waiver & Fee) Basketball Court Pool Table Mercy Dining Hall

Fish Bowl Lakefront (closes at 7:30PM) St. George's Hall Heffernan



SPIRIT OF THE TREK - 5PM - MERCY LAWN



5:00PM - 9:00PM

Axe Throwing

6:30PM - 9:00PM Outdoor Live Music

No Guts No Glory

Mercy Lawn - Mobile Truck

Mercy Lawn

EMERGENCY CONTACT NUMBERS

Emergency blue light call boxes on campus will auto dial with location All emergencies call St. Joseph's Campus Safety: 207-893-7911 St. Joseph's NON-EMERGENCY INFO LINE: 207-893-6687

SCHEDULE

St. Joseph's College Standish

5:00AM - 8:00AM

Water Monster Hotel Shuttle Mirco-tel

5:30AM- 8:00AM

6:00AM-8:00AM

6:00AM-8:30AM

Buffet Breakfast

Bike Storage Open

Luggage Drop Off

Bike Mechanics

JUNE 16

Alfond Rec Center (outside)

Alfond Rec Center Parking Lot

Mercy Dining Hall

Alfond Rec Center

Alfond Rec Center Parking Lot (Dorm, camping and offsite)

Xavier Hall Parking Lot

Thomas Point Beach & Campground Brunswick

6:30AM - NOON

10:00AM- 3:00PM

11:00AM- 3:00PM

Volunteer Check-in

Trek Merchandise Information Booth Lost and Found

Luggage Pick Up Luggage Tent

Catered Finish Line Lunch Purchase Guest Meal Tickets

2025 Early Registration

11:00AM - 2:00PM FLIGHT DECK BREWERY

Team Staging Area Staging area for teams or friends to gather to ride to the finish line as a group

