FAQ’S Coastline Challenge & Music Fest

1. What is the Coastline Challenge?

The Coastline Challenge is to walk or run the Milford Coastline (14.41 mapped out accessible walk) on the First Weekend in May. May 1, 2, 3. To Launch Mental Health Awareness Month.

1. Do you have to walk/run the entire Coastline to Participate?

No, you can walk/run as little or as much as you want. There are 4 mapped out routes that cover approximately 3 miles (6 miles round trip) or 1 that covers the whole, walkable areas of the Milford Coastline.

1. When does it start and finish?

You can begin walking any time after 3 pm on Friday May 1, 2020. All walks are to be finished by 9 am on Sunday May 3, 2020.

1. Why the length of time?

There is no set time that you must walk/run your route, only parameters. This way if you want to walk sunrise, sunsets or just anytime during the day it's your choice. Milford has an amazing coastline to walk or run.

1. How are you going to track the walk?

Use Map my Walk or a walking app to track your walking. There will be QR codes along the routes in different places to scan, with messages.

1. What are QR codes and how do they work?

They are square boxes that will be laminated and placed on areas along the route. They will contain messages or information. Most smartphones have a qr reader built into the came or you You may need to download a free barcode reader app.

1. What are the costs?

The cost to walk is $25, you will receive a lawn sign with your registration. The lawn sign you can fill in the reason you are walking. For Mental Health, For Depression, For Loved one battling, For Addiction whatever the reason you are participating.

1. Why a lawn sign?

Lawn signs are Visible way to Raise Awareness for how many people battle or know people that are battling daily.

1. How do you sign up to walk? Are there Teams?

You can sign up on Eventbright, yes you can create a team. Teams are fun and you can create more photos etc. help when walking

1. What is the Festival part?

Sunday May 3, 2020 from 9 am to 4 pm at Fowler Field in Milford (behind the library) there will be Yoga classes, Meditations, Chair & Stretch Massage, Educational tables, Vendors, Raffles, Food Truck and Live Music and more!

1. Can anyone participate in the Yoga & Meditation Classes?

The class is free for walkers participating in the Coastline Challenge. There will be a Donation for anyone else that wants to participate.

1. What or Who is the Music that day?

The Music Fest part will begin around 11 am. Various bands will play, and you can dance or just listen to the beats! Check the AJJFoundation Facebook, Walks with Buddy Facebook and Walks with Buddy Website for updates on the band's that will attend.

1. Will there be event T-shirts available?

There will be T-shirts available at the event if you want to purchase one.

1. Can you bring your dogs?

Yes, you can walk with your dogs and bring them to the event on a leash.

Photos and Selfies, team photos are encouraged along the way. The time of day can reveal sunrise and sunsets that are fabulous here in Milford. This event is about Raising Awareness for Mental Health in a more Holistic way. Self-Care is very important in today’s world. Stress, anxiety and depression are growing and there are ways to manage them and still have a healthy and prosperous life.