

MAD MILES.

Know Before You Go

When do we run?

We run **Mondays, Tuesdays, and Saturdays**—all year long.

Pull up when you can. We'll be there.

Where do we meet?

Our locations stay pretty consistent, but we switch it up when needed.

Before you head out:

- Check the **website**
 - Tap in with us on **Instagram** for any updates
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Who is this for?

Everybody.

Whether you're:

- Walking your first mile
- Getting back into a routine
- Or chasing bigger goals

If you show up, you belong here. **All paces. All levels. No pressure.**

Do I have to be a member?

Nope.

You do **not** have to be a Mad Miles member to join our runs or most events. We're here for the **Charlotte community and beyond**—always have been.

So what does membership get you?

Membership is for those who want to go a little deeper with us.

Think:

- **Exclusive events**
 - Special perks
 - Extra experiences throughout the year
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How do I become a member?

We open membership **twice a year**:

- **May** (Anniversary Month)
- **Early December** (around our Annual Ball)

When it opens, you'll know. Stay connected.

What are the routes like?

We keep it simple and intentional:

- **Looped routes** so nobody gets left or lost
 - Loops are typically **1–2 miles**
 - Want more? Run it back. As many times as you'd like
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What should I bring?

Come prepared:

- **Water** (stay hydrated, always)
 - Comfortable gear
 - Good energy
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What does a run actually feel like?

It's not just a run—it's an experience.

Every time you pull up, expect:

1. **Group warm-up**
2. **The run**
3. **Group cool down**

And throughout it all—**music, movement, and energy**.

We might be running, but there's always a little **dancing, vibing, and connecting** happening too.

It's fitness, community, and culture—all in one.

Is there guidance if I'm new?

Always.

Our team is on-site at every run to:

- Answer questions
 - Help you get situated
 - Make sure you feel good before we get moving
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Do I need to sign up?

Most runs are **free and open**.

For special events, you may need to register—just check the site or our socials ahead of time.

Safety & Responsibility

We're here to move smart and take care of ourselves.

By joining, you acknowledge:

- You're responsible for your own health and pace
- Mad Miles Run Club is **not liable for injuries**

Listen to your body. Hydrate. Move with intention.

Run Etiquette: Keep It Smooth, Keep It Safe

We move as a group, so let's look out for each other:

- **Headphones:** Keep **one ear open** so you can hear callouts and stay aware.
 - **Dogs:** Leashed, close, and under control at all times.
 - **Strollers:** Stay in safe pedestrian areas—**no running in the street** with strollers.
 - **Passing:** Slower pace? **Stay to the right.** Passing happens on the **left.**
 - **Stay aware:** A quick "on your left" goes a long way.
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Can I bring someone with me?

Always.

Bring a friend, your coworker, your partner—whoever. That's how the community grows.

Is this a race?

No.

This is a **community run**. No pressure, no clock—just movement and connection.

What about weather?

If anything changes, we'll post updates on **Instagram**. Check before you head out.

Do you host other events?

All the time.

From themed runs to major celebrations and community activations—we're always building something. Stay tapped in.

Want to partner with Mad Miles?

We're always open to aligned brands and collaborators. Tap in through our website to connect.
