



**THIS RACE UPDATE CONTAINS:**

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## Hello Mermaid Athlete,

Race week is here and we're excited to cheer everyone on this Saturday! If you haven't seen the 2024 shirt, medal and necklace... check them out below!! [Online registration](#) is still open for those who have friends and family looking to participate.

**RACE START TIMES:**

10 Mile (Sirena10) - 7:30 a.m. [[map](#)] [[Interactive Map](#)] [[pdf](#)]

10K - 8:00 a.m. [[map](#)] [[Interactive map](#)] [[pdf](#)]

5K - 8:30 a.m. [[map](#)] [[Interactive Map](#)] [[pdf](#)]

*\*Mermaid Dash\** (Ages 6-12) - 10:00 a.m. *\*The mermaid dash will start adjacent to the finish line. The dash will go .75 miles out and back. Please look for the purple tear drop flag.*

## **PACKET PICKUP TIMES AND LOCATIONS:**

Stop by Fleet Feet Spokane on Thursday afternoon or Riverfront Park (Havermale Point) on Friday to pick up your race shirt and bib number! You can even pick up a friends bib number provided you bring a copy of their photo I.D. (YOU MUST HAVE A PHOTOCOPY OR PICTURE OF THEIR PHOTO ID, NO EXCEPTIONS)

Thursday (5/16): Pre-Race Packet Pickup - Fleet Feet Spokane

When: Thursday from 3:00p.m. to 6:00 p.m.

Where: Fleet Feet Spokane - [1315 W Summit Pkwy, Spokane, WA](#) (Kendall Yards)

\*\*Packets will NOT be available prior to 3:00 p.m.

Athletes must bring a photo ID in order to pick up their packet

Friday (5/17): Pre-Race Packet Pickup - Riverfront Park - Havermale Point

When: Friday from 12:00p.m. to 6:00 p.m.

Where: Riverfront Park - [Havermale Point](#) (East of the Clocktower and Lilac Bowl)

\*\*Packets will NOT be available prior to 12:00 p.m.

Athletes must bring a photo ID in order to pick up their packet

Saturday (5/18): Race Day Packet Pickup

When: 6:30 a.m. - 8:30 a.m.

Where: Riverfront Park - [Havermale Point](#) (East of the Clocktower and Lilac Bowl)

Athletes must bring a photo ID in order to pick up their packet

\*\*We recommend you arrive 45 mins to one hour before your race. This allows for you to get your bib, use the restroom, warm up and stretch before the start

## **PARKING & DIRECTIONS:**

The start, finish and expo will be at the Havermale Point this year. [Havermale Point](#) at Riverfront Park is the large grass area on the east side of the clocktower (and just adjacent/east of the Lilac Bowl). Please note, there is no parking at Havermale Point. There are several downtown parking garages and a few Riverfront paid parking lots that are all within walking distance of Havermale Point. Please reference the [PARKING MAP](#) for to see a list of options.

## **PARTICIPANT'S SHIRT, MEDAL & NECKLACE**

The participant's shirt is a silky, soft technical fabric that is guaranteed to be your new favorite workout shirt. The fun design features the 2024 "Make Waves" design on the front and our signature "mermaid athlete" on the back.



### **MERMAID YOUTH DASH - 1.5 MILES**

The youth Dash is a great way to encourage girls and boys to experience the joy of crossing the finish line. The mermaid dash will start at 10:00 a.m. Register [online](#) before 5/17 for \$15.00\* or \$20.00\* after 5/17. \*Entry fee does NOT include a t-shirt. Youth shirts are available for sale at the event.

### **VOLUNTEER AND EARN RACE CREDITS:**

If you're interested or have friends and family who are interested in volunteering at the event we

offer future race credits to all of our volunteers. This is a great way to give back and be a part of the Mermaid Community. Check out our [online volunteer sign-up](#) for a list of available shifts and times. Volunteers who work a full shift earn a free entry to a FUTURE Mermaid Run or a 50% discount to a Mermaid Tri or Du.

**BAG DROP (B.Y.O.B. - Bring Your Own Bag):**

We will have a bag drop next to the start line where you can drop off a small bag prior to the start. In an effort to be green and reduce the amount of plastic bag waste we will not have bags to give out so we ask that you, B.Y.O.B. - Bring Your Own Bag. We will have ID tags and pens at the booth to write your bib number on your bag. Please do not leave valuables in the bag. Volunteers will be monitoring the bag drop, however we are not responsible for lost or stolen items.

**AGE GROUP AWARDS:**

Female age group awards will be three deep for the 5K, 10K and 10 Mile. Female winners will receive a \$20 gift card to redeem for Mermaid Series Apparel at the Mermaid Apparel tent at the expo. While we love our Merman participants, please note that we do not offer age group or overall awards for male participants. Awards will start at approximately 9:30 am. Age groups are as follows: 9 & Under, 10-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75+

**MERMAID SERIES APPAREL:**

Looking for some super cool Mermaid gear? Hats, visors, shirts?? Check out the stylish designs at the Mermaid Apparel tent at Packet Pickup on *FRIDAY* and *SATURDAY* at the Race Expo.

**SHOE DONATION:**

We will have several shoe donation bins at packet pickup locations and at the expo to collect your \*gently\* used running shoes! The shoes will be sent to the non-profit [Sneaker 4 Funds](#) as way to responsibly recycle running shoes and give them a second life with someone in need. Many of the \*gently\* used running shoes can be worn as walking shoes, making them a product that's easily repurposed. Please do not bring shoes with holes, no tread or heavy stains as those can't be repurposed.

**Keep Smiling,  
Carlo Facchino  
Race Director**