



THIS RACE UPDATE CONTAINS:

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Hello Mermaid Athletes,

Race week is here and we're excited to cheer everyone on this Saturday! If you haven't seen the 2022 shirt, medal and necklace... check them out below!! This race update has all the important details for Saturday including the pre-race packet pickup time at Title Nine on Friday. [Online registration](#) is still open for those who have friends and family looking to participate.

10K COURSE CHANGE

Due to the recent construction on the Centennial Trail at the Don Kardong

Bridge (near the GU campus) the 10K will be 2 loops of the 5K course. Please review the course maps to familiarize yourself with the loop.

RACE START TIMES

10K - 8:00 a.m. [[map](#)] ** New Course - 2 Loops **

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

Mermaid Dash* (Ages 6-12) - 10:00 a.m.*the mermaid dash will start adjacent to the finish line. Please look for the purple tear drop flags

***** TITLE NINE - SPECIAL OFFER *****

A BIG thanks to Title Nine for hosting the packet pickup on Friday. As an additional bonus, Mermaids will receive a 9% off all in-store purchases when they show their bib number at the store! The 9% coupon on your bib number is valid through June 10th.

PACKET PICKUP TIMES AND LOCATIONS

Stop by the [Title Nine](#) store 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)

Friday: Pre-Race Packet Pickup - Title Nine Spokane

When: Friday from 10:00 a.m. to 6:00 p.m.

Where: [Title Nine Spokane](#) (928 S Perry Street, Spokane)

**Packets will NOT be available prior to 10:00 a.m.

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

[Directions to Title Nine Spokane](#)

Saturday: Race Day Packet Pickup

When: 7:00 a.m. - 8:30 a.m.

Where: Riverfront Park - [Lilac Bowl](#)

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

**We recommend you arrive one hour to 45 mins before your race.

This allows for you to get your bib, use the restroom, warm up and stretch before the start

[Directions via Google Maps - NOTE: The Lilac Bowl is to the east of the Clocktower](#)

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 a "spring" look with flowers and the words, "Inspire. Love. Motivate" on the front and our signature "mermaid athlete" on the back. During registration all participants were given the option to customize the swag items they wanted. If you opted out of a swag item and want to add it back into your registration please email info@mermaidseries.com as soon as possible.



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 5/19 for \$15.00* or \$20.00* after 5/19. *Entry fee does NOT include a t-shirt. Dash shirts are available for sale at the event.

PARKING & DIRECTIONS

The [Lilac Bowl](#) at Riverfront Park is the large grass area on the east side of

the clocktower. The start, finish and expo will be at the Lilac Bowl. Please note, there is no parking at the Lilac Bowl. There are several downtown parking garages and a few Riverfront paid parking lots that are all within walking distance of the Lilac Bowl. Please reference the [PARKING MAP](#) for to see a list of options.

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 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 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

Age group awards will be three deep for the 5K and 10K. Winners will receive a \$20 gift card to redeem for Mermaid Series Apparel. You can redeem the gift card at the race or redeem it online! 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+

OVERALL AWARDS: Title Nine Gift Card & Cofo Marine Collagen

Overall winners are treated to a Title Nine Gift Card and Cofo Marine Collagen! Cofo Provisions Marine Collagen helps support natural collagen decline while aiding in the repair and recovery of muscles, joints, bones,

gut, and skin health. Cofo Provisions received the seal of approval for sustainability from the Marine Stewardship Council (MSC) for its marine collagen that is USA Alaskan wild-caught. They keep their footprint small while making waves to contribute to our oceans' overall health. Athletes looking to purchase Cofo Provisions USA Marine Collagen can find their products online www.cofoprovisions.com. **Mermaids receive 50% off with code *COFOT9S50* until June 15, 2022.**



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](http://Sneaker4Funds) 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**

