



RACE UPDATE

- Directions
- Parkings
- Packet Pickup: Race Day ONLY
- Start Times with Course Maps
- Course Marking & Bib Colors
- Cutoff Time for Half & 9 Mile
- Age Group Awards (Female only)
 - TRAIL ETIQUETTE
 - Volunteer Opportunities
 - Participant Shirt & Swag
 - Shoe Donation

Hello Mermaid Athlete,

We're looking forward to cheering on all the athletes at the Mermaid Trail Run! This update is a combination of Race Update #1 and Update #2. It contains ALL the pertinent information about the trail run.

DIRECTIONS:

1100 Kings Mountain Road, Woodside, California [[Google Maps Link](#)]

When coming to Huddart from the North (San Francisco) or the South (San Jose), use Highway 280. Turn off at the Woodside Road (Highway 84) exit. Turn westbound (towards Woodside). Proceed approximately 1.5 miles through the Town of Woodside. Turn right on Kings Mountain Road. Proceed up the hill to the main park entrance which will be on your right.

PARKING:

\$6 CASH (*exact change, please*) to enter the park. There is one ranger kiosk to handle all of the parking so paying with exact change helps keep the line moving.

NOTE: THE PARK DOES NOT ACCEPT CREDIT CARDS ON RACE DAY.

There is **NO PARKING** on Kings Mountain Road or along the road to the main entrance before the Ranger station. The road around the park is one way, so if you see an open spot please take the first one available. There are plenty of parking spaces, but ***we always encourage you to carpool.***

PACKET PICKUP TIME AND LOCATION:

If you do not choose the "Mail My Packet" option we will have packet pickup available on Race Morning before the race, starting at 8:00 am. *Please make sure you plan to arrive early enough to allow for time to pick up your packet before your race start.*

Participants always ask if they can pick up their friends packet and ***YES, you can pick up a friend's*** bib number and shirt provided you bring a copy (digital picture or photocopy) of their drivers license. (YOU MUST HAVE A COPY OF THEIR PHOTO ID, NO EXCEPTIONS)

RACE DAY - SATURDAY

Location: Huddart Park, Werder Shelter

Pickup Opens: 8:00 am

*You must have a photo ID in order to pick up your packet

START TIMES & COURSE MAPS:

8:45am - Sirena 6 Hour [[Interactive Map](#)] [[map](#)] [[pdf](#)] (Last Hour: [[map](#)] [[pdf](#)])

9:00am - Half Marathon [[Interactive Map](#)] [[map](#)] [[pdf](#)]

9:15am - 9 mile [[Interactive Map](#)] [[map](#)] [[pdf](#)]

9:30am - 6 mile [[Interactive Map](#)] [[map](#)] [[pdf](#)]

9:45am - 3 mile [[Interactive Map](#)] [[map](#)] [[pdf](#)]

11:00am - Mermaid Dash [[map](#)] [[pdf](#)]

**** IMPORTANT ** COURSE MARKING & RACE BIBS:**

Each distance will have a different bib color which corresponds to the color flagging tape (ribbon) we are using to mark the course. It's very **CRUCIAL** that you follow the color tape for your distance. Note: If you see orange/black caution tape it means do **NOT** go in that direction.

3 MILE - YELLOW Bib, follow [**YELLOW**] tape

6 MILE - BLUE Bib, follow [**BLUE**] tape

9 MILE - WHITE Bib, follow [**WHITE**] tape

HALF MARATHON - PINK Bib, follow [PINK] tape

SIRENA 6 HOUR - PURPLE Bib, you first follow the 3 Mile [YELLOW] tape for your BIG LOOPS and then the Last Hour (optional) you would follow the [PURPLE] tape for the small loops.

Mermaid Dash - follow [PURPLE] tape

ORANGE/BLACK = WRONG WAY: If you see orange/black stripped flagging tape it means wrong way.

The course will be well marked, but you are responsible for following the color tape that matches your bib and for knowing your course. If you do not see your color ribbon, turn around and go back to where you last saw it.

CAUTION: Do not just follow the person in front of you as they might not be doing the same distance as you. You should always be looking for your color flagging.

The short strips of color flagging tape will be tied on branches at eye level. In some cases four colors will be tied together. There will be instances where you will see only three colors, or two colors or just one color. **If you don't see your color then you're on the wrong course!** Turn around and go back to where you last saw your color. We will be marking the trails and the turns to keep you on track. Each intersection will have directional signs on the ground for your course to help you identify the turns. Remember, ORANGE & BLACK CAUTION TAPE = WRONG WAY

CUT-OFF TIMES:

Participants in 9 mile and Half Marathon will need to keep up at least a 25min/mile pace. This means they will need to reach the third aid station at Skyline Trail/King's Mountain Road by 11:30 am in order to continue. If you're hiking the Half Marathon or 9 Mile and need additional time we will have an early start option. Please email us at info@mermaidseries.com if you would like additional time. There is no cut-off time limit for the 3 mile or 6 mile distances.

YOUR COMPLETE GUIDE to TRAIL RUNNING ETIQUETTE:

Trail running is all about enjoying the great outdoors and soaking in the sights, sounds and smells of your surroundings. On that note, we STRONGLY discourage the use of headphones while out on the trails. We encourage you to be present and one with nature.

HILLS: It is very common to walk or hike the uphill and run the downhill. Huddart Park has some very long climbs where you'll want to be hiking. This is okay! Trust us... we

recommend that you save your energy and hike the uphill so you can enjoy the fun downhill!

NARROW TRAILS: Huddart Park has miles of single track trails. We are excited that you get to run on these beautiful trails and experience the thick canopy of the surrounding redwoods. However, a lot of the trails are only wide enough for one person, hence the name, "single track." If you're with friends or other participants, you should always be moving in a single file! If you are going to pass a runner or hiker please call out, "on your left" as you approach them. This gives the person in front of you enough time to move safely to their right as you pass them on their left. Never pass unless it is safe for the both of you.

When approached by a runner coming from the opposite direction, the runner who is ahead in distance (in the lead) of the race has the "right of way." The runner who is behind in the race yields to the runner ahead of them. The best way to yield for a runner in this situation is to slow down and move to your right giving the oncoming runner a clear and safe path to pass you. Safety is key for everyone. **BOTH** runners need to be aware of the terrain and conditions surrounding them when passing and keep **each other** safe at all times. Sometimes both runners will have to slow down to let each other pass. This is a great time to give a high five, a few words of encouragement, a smile or a head nod. Remain calm and carry on as soon as you can.

HYDRATION STATIONS:

Vehicle access is limited on the trails. Therefore, it is difficult to have an aid station available every 1.5 to 2 miles like you typically see at a road race. When trail running, we recommend running with a hydration pack or a handheld water bottle. We **STRONGLY** suggest that you have at least 20 ounces on you at all times. This will keep you hydrated on the course. At the hydration stations, we will have water, Ultima (electrolyte replacement), bars, chips and other snacks. Please review the course maps for the locations of the Hydration Stations.

EQUESTRIANS: ALWAYS YIELD TO EQUESTRIANS

You may encounter a horse and rider during the event. If you are coming up from behind the horse you should make yourself known to the rider and quietly let them know you are there. Wait for the rider to give you permission to pass. If a horse and rider are coming toward you, you should stop and allow the horse to pass. If the rider gives you the ok to pass you can continue approaching. Never assume it is okay to pass the horse without permission.

OTHER WILDLIFE:

This is a trail run. You might see squirrels, deers and a banana slug or two. The park is also known to have yellow jackets. The location of the hives are hidden in the dirt and sometimes the stomping of runners and hikers passing can stir them up. **It is your responsibility to bring any allergy medication that you might need.** Our first aid kits on course and our volunteers are not equipped to deliver allergy medications.

TAKE OUT WHAT YOU BRING IN:

DO NOT LITTER! This also includes tissues, toilet paper, paper towels, orange peels, banana peels or anything that may be biodegradable. Please bring a sandwich bag to dispose of your garbage and keep it on you until your back at the finish line.

BATHROOMS

There are two bathroom locations, one at the [Werder Shelter](#) and the other at the [Zwierlein Shelter](#). While on the course you will pass the bathrooms at the Zwierlein Shelter at approximately mile 1.75. After that, there are no portable bathrooms on the trail. You are one with nature... ;)

AGE GROUP AWARDS:

Female overall and age group awards will be three deep for the 3 mile, 6 mile, 9 mile, and Half Marathon. We will give out female overall (1st, 2nd & 3rd) awards for the Sirena 6 Hour. **Note: We do not give out overall or age group awards for MALE participants.** Age groups are as follows: 9 & Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70-74, 75+

VOLUNTEER OPPORTUNITIES:

Our awesome Mermaid events would not be what they are without the amazing support of our volunteers! Volunteering is a great way to give back to the Mermaid Community. We are still looking for volunteers for Friday and Saturday. You can sign up for available shifts [HERE](#). Please feel free to share this with your friends and family and encourage them to join in the fun. In addition to having a fun filled day, volunteers who work a full shift will receive a FREE future race credit to any Mermaid Series run event, or 50% discount to the Mermaid Triathlon & Duathlon. Please email us at info@mermaidseries.com if you have any questions.

SWAG UPDATE & PARTICIPANT SHIRT:

We are very excited about the 2023 Mermaid Trail long sleeve shirt design! If you haven't seen the shirt we've included pictures below. **If you did not choose a shirt, medal or necklace during registration and would like to add one or make a change to what you ordered during your registration, it's not too late, just email**

us as by Nov. 3rd at info@mermaidseries.com to make any changes.



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SHOE DONATION:

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

Happy Trails!
Carlo Facchino
Race Director