



RACE UPDATE #1

- Packet Pickup Times & Locations
 - Shirt, Medal & Necklace
 - Start Times
- RRCA 10 Mile State Championships
- Overall Awards presented by [Cofo Provisions](#)
 - Age Group Awards
 - Bag Drop (BYOB)
 - Shoe Donation
- Mermaid Youth Dash

Hello Mermaid Athletes!

It's time to kick up your heels and get ready to Find Your Happy Pace in San Francisco! It's race week and we're a few days away from the [T9 Mermaid Run San Francisco](#). We can't wait to cheer everyone on at the finish line.

We will be sending out one more race update with detailed parking and course information, keep an eye out for it. If you miss either race update, they are posted [online](#).

TITLE NINE PACKET PICKUP

A special thanks to our race partner, [Title Nine](#) for hosting the pre-race packet pickups in Walnut Creek and Los Gatos. Make sure to swing by Title Nine and use your bib number when shopping to get 9% off any in-store purchase.

PACKET PICKUP TIMES & LOCATIONS

Keep your race morning stress free and pick up your race packet *BEFORE* the race!! Can't make it to one of the pre-race packet pickups? You can have a friend pick up your bib number,

timing chip and race shirt provided they bring a paper or digital copy of your photo I.D. (**THEY MUST HAVE A COPY OF YOUR PHOTO ID, NO EXCEPTIONS**)

11/10 - THURSDAY Packet Pickup

When: 10am - 5pm

Where: [Title Nine Walnut Creek](#) - 1637 Mt. Diablo Blvd, Walnut Creek

**Packets will NOT be available prior to 10:00 a.m. Athletes must bring a photo ID in order to pick up their race packet.

[Google Maps - Directions](#)

11/11 - FRIDAY Packet Pickup

When: 10am - 6pm

Where: [Title Nine Los Gatos](#) - 218 N. Santa Cruz Ave., Los Gatos

**Packets will NOT be available prior to 10:00 a.m. Athletes must bring a photo ID in order to pick up their race packet.

[Google Maps - Directions](#)

11/12 - SATURDAY Packet Pickup

When: 10am - 5pm

Where: [Crissy Field](#)

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

11/13 - SUNDAY (Race Morning) Packet Pickup

When: 6:00 a.m. to 8:00 a.m.

Where: [Crissy Field](#)

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

PARTICIPANT'S SHIRT, FINISHER'S MEDAL & NECKLACE

Mermaids always receive the best swag! Check out the stylish LONG SLEEVE race shirts for both Mermaids and Mermen. If you didn't choose a Shirt, Medal or Necklace with your entry fee you can still order one by emailing info@mermaidseries.com



START TIMES

7:00 a.m. - Sirena10

7:30 a.m. - 10K

8:00 a.m. - 5K

9:55 a.m. - mermaid 1.5mile dash (Ages 9-12)

10:00 a.m. - mermaid 1.5mile dash (Ages 6-8)

MERMAID YOUTH DASH - 1.5 MILES

The youth dash is a great way for girls and boys to experience the joy of crossing the finish line!

Entry fee includes a medal and necklace! Register online for \$15.00* or \$20.00* at the event.

*Entry fee does NOT include a t-shirt

RRCA STATE CHAMPIONSHIPS

We are very excited to be hosting the Road Runners Club of America 10 Mile State Championships! Male, Female and Non-Binary participants in the Sirena10 Mile run will be eligible for RRCA State Championship Awards.

OVERALL AWARDS PRESENTED BY COFO PROVISIONS

Cofos is sponsoring the Overall Awards with 1st, 2nd and 3rd place winners receiving a bag of [Cofos Marine Collagen](#)!! Cofos Provisions Marine Collagen helps support natural collagen decline while aiding in the repair and recovery of muscles, joints, bones, gut, and skin health. Cofos 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 Cofos Provisions Marine Collagen can find their products online www.cofoprovisions.com.

Mermaids receive 20% off with code: COFOJOY20

AGE GROUP AWARDS

Female age group awards will be three deep for the 5K, 10K and Sirena10. Note: We do not give out awards for male age groups. Awards will start at approximately 9:15 am with the 5k awards and 10:00 am for the 10k and Sirena10 awards. Age groups are as follows: 9 & Under, 10-12, 13-14, 15-19, 20-29, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70-74, 75+

SHOE DONATION

We will have several shoe donation bins at the packet pickups and 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.

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

We will have a bag drop next to the expo check-in 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.

TIMING AND RACE PHOTOS

Your bib number is your timing chip. You must wear your bib number on the front of your body and have it on the outer layer of your clothing. This will help the photographers capture your photo and make sure we get you timed.

Happy Running!!

Carlo Facchino

Race Director



RACE UPDATE #2

- Start Times, Directions, Parking
- Course Maps & Aid Stations
 - Bag Drop
- Mermaid Apparel

Hello Mermaid Athletes!

Sunday is ALMOST here and we're looking forward to cheering you all on at the **T9 Mermaid Run San Francisco!** If you missed Race Update#1 with Packet Pickup times you can find it [online](#).

START TIMES

We love seeing everyone start the race, however our permit does NOT allow us to keep the start line open indefinitely. It is your responsibility to get to the start line **ON TIME** and to cross the starting mat for your race distance. ***This is a strict, zero exception policy based on our permit.*** The start line will close 5 minutes after each start. If you miss your start you can switch to a later distance, but you must go to the registration booth to make the change. ***No participants will be allowed to start the 5K after 8:05 am.***

7:00 a.m. - Sirena10

7:30 a.m. - 10K

8:00 a.m. - 5K

START AND FINISH LINE

The Start and Finish Line are located in the far [west corner of Crissy Field](#), closest to the Golden Gate Bridge. The start will be on Mason Street next to the House of Air and the finish

line will be on the grass at Crissy Field. For an overview of the Start, Finish, Expo Area and parking locations please reference the [expo map](#). See below for all parking information.

DIRECTIONS TO THE START

The best address to google for directions is: [Stilwell Hall on Mason Street](#). Note: Mason Street is closed to the west of Stilwell Hall. If you are being dropped off race morning you can use the Stilwell Hall parking lot as a drop off and pickup area. **There is NO STOPPING and dropping off on Mason Street.**

PARKING

There is plenty of paid parking in the Presidio that is within walking distance to the start. Please be aware that car break-ins are at an all time high. **DO NOT LEAVE valuables in your car.** We recommend you arrive 60 minutes prior to your race start to allow for time to park and still get to the start line. Here is a [Google Map with Parking Lot Locations](#). Click on the parking locations to get directions to the specific lot. There are several lots where there is FREE parking. The free parking is on a first come, first served basis.

Free Parking - East Beach & Little Marina Green

- [Little Marina Green](#): There are approximately 100 spots. It is roughly a .75 mile walk to the Start/Finish Location.
- [Marina Green](#): The Marina Green is over 2 miles away. We recommend this as a very last resort for FREE parking. It has approximately 300 spots.

[Presidio Parking - Pay \(\\$\)](#) - [Google Map](#): There are several parking lots within the Presidio that are less than a 1 mile walk to the East Beach Parking Lot. To enter the Presidio, enter from the west on either Marina Blvd, Lombard St or Gorgas Ave. **Parking ranges from \$2.50 to \$3.00 per hour or \$12 to \$15 for all day. Pay kiosks accept credit cards. You should be able to pre-pay for parking starting at 5am.** Below is a list of parking lots based on walking distance to the start/finish.

- [Main Post \(122 Anza Ave\)](#) 200+ spots
- [Main Post \(38 Keys Ave\)](#) 60 spots
- [Lundeen Parking Lot](#) 200 spots
- [Presidio \(Birmingham Lot\)](#) 35 spots
- [Presidio \(1063 Kendall Drive\)](#) 30 spots
- [Presidio \(1040 Edie Road\)](#) 70 spots

COURSE MAPS & AID STATIONS

Each distance will pass multiple water stations. Each aid station will have water, Ultima Replenisher and Honey Stinger Chews. The National Park Service does NOT allow us to serve Gels on the course. If you typically run with Gels you will need to bring your own. PLEASE make sure to throw away your Gel packets (including the top) at a Water Station. Do not drop them along the race course. To see where the Water Stations are located, please review the course maps. <[5K MAP](#)> <[10K MAP](#)> <[Sirena10 MAP](#)>

BAG DROP - BYOB

We will have a bag drop at the expo area next to the registration tents. 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.

MERMAID SERIES APPAREL

Looking for some super cool new Mermaid gear? Stop by the Mermaid Apparel tent on SATURDAY at Packet Pickup and on SUNDAY at the Race Expo. Check out the [Mermaid Apparel](#) store online to see the latest in sweatshirts, shirts, hats and Mermaid accessories.

WE LOOK FORWARD TO SEEING YOU AT THE RACE!

Carlo Facchino
Race Director