



**Please login to your Race Roster Athlete Dashboard
to view your Relay Fin # and Start time:**
[**Athlete Dashboard**](#)

Hello Mermaid Athletes!!!

The big RELAY day starts tomorrow and we couldn't be more excited. Congrats on being part of the FIRST ever Mermaid 24 Hour Virtual Relay. We've got just over 210 athletes signed up and at least one Mermaid per 30 min slot. **WE WILL BE KEEPING THE MERMAID SPIRIT MOVING FOR 24 HOURS - NO STOPPING!!** As a fun goal, we want to see how many miles as a **collective** group we can FIN-ish during the 24 hours. After your shift, please fill out the [Google Doc](#) with your completed mileage. There is no prize for doing more or less miles and we are **ONLY** tallying up our mileage as a group, not as individuals. This is all about fun and we want you to Find Your Happy Pace!

We are hoping to fill all 240 spots before Saturday! If you know of anyone interested, please encourage them to sign up. (Bonus points if you can find a Mermaid to participate from Antarctica and South America. Right now, we've got at least one relay participant from 5 out of the 7 continents!) Side note: as far as we know, this is the LARGEST 24 Hour Virtual Relay with the MOST continents represented that has ever been put together. We are ALL making HISTORY.

RELAY LOGISTICS:

Relay Fin Numbers (#):

Since we are spread out across the world, we've assigned Relay Leg, errr "Fin" numbers to each start time. This will help keep it clear on Facebook as we announce the start of each Relay Fin. Your RELAY FIN # and start time are listed on your Race Roster [athlete dashboard](#).

Official Start Time:

Official time will be based on San Francisco, California which is (PDT) Pacific Daylight Time. All shifts will start on the hour and half hour, lasting for 30 mins. Please make sure to verify the time difference between your local time and (PDT) Pacific Daylight Time. To verify your local time compared to San Francisco, CA you can use this [Time Zone Converter](#) website.

Participant Posting On Facebook:

We are tracking the Mermaid 24 Hour Relay on the [Mermaid Athlete Facebook Group](#). If you're not a member of the [Mermaid Athlete](#) group please, please make sure you join before the start of your Relay Fin. (NOTE: there are a few simple questions to answer when you join. These help us filter out any fake profiles.) We are encouraging all participants to do at least three (3) Facebook posts in the Mermaid Athlete group. We also encourage you to post on your own page and tell your friends and family to track the relay on the [Mermaid Athlete](#) group. We are using the following hastags for the posts, #mermaidondeck, #mermaidontherun or #mermaidatnight, and #mermaid24relay. We would love to hear more about you and hear from all the amazing participants. Your first post is an introduction post and your last post is your celebratory (virtual) finish post. These two posts are all about you. This is your moment to share your story, share your thoughts, send some warm fuzzies or just share a big smile! There will be hundreds of Mermaids watching and your stories will inspire others to get moving and stay healthy.

- (1) Post an introduction picture 15 mins **prior** to the start of your Relay Fin (#mermaidondeck)
- (2) Post a picture at the **start** of your Relay Fin (#mermaidontherun or #mermaidatnight)
- (3) Post a picture **after** your Relay Fin (#mermaid24relay)

Mermaid Series Ambassador Race Directors & Buddy Runners:

A big shout out to our Mermaid Series Ambassadors who have volunteered to be your Race Directors & Buddy Runners for the relay! Each Ambassador has signed up for a 2 hour Race Director or Buddy Runner shift. They will be facilitating the handoffs, cheering you on and making sure that for 24 hours straight we have at least one Mermaid or Merman moving! If you opted in to receive a text, your Race Director will send you a text 15min prior to your start. Please respond back with a quick acknowledgment that you are ready. If they don't hear from you they will send you a follow up text ~5 mins before your start. If the Race Directors do not hear back from anyone prior to the start time, then the Buddy Runner will jump in and get moving to keep the relay going. We will not break the 24 Hour continuous spirit of the relay! Your text acknowledgments and posts on Facebook **PRIOR** to your start fin will be a big help for the Race Directors and Buddy Runners!

Fun Themes For Each Relay Fin:

To add some flair and fun to the relay, each Race Director has come up with a theme for their shift. The themes are all optional, but we strongly encourage you to break out of the box and get in the spirit, we think it'll add a ton of excitement. From crazy socks, to Mermaid gear, to lighting it up for the night shift.... Mermaids we want you to get after it. We guarantee the Race Directors will all be hyping up their theme.

Relay Fins 1 to 4: Theme: Favorite Mermaid shirts & gear (RD: Jessica)

Relay Fins 5 to 8: Theme: Disney (RD: Kerri)

Relay Fins 9 to 12: Theme: Crazy patterns / animal prints (RD: Elena)

Relay Fins 13 to 16: Theme: Mermaid Hair Don't Care (RD: Sueh)

Relay Fins 17 to 20: Theme: Crazy Socks (RD: Therese)

Relay Fins 21 to 24: Theme: Wear your fave Mermaid race shirt & gear (RD: Ann)

Relay Fins 25 to 28: Theme: Brightest, craziest colors (RD: Theresa)

Relay Fins 29 to 32: Theme: Light IT UP. Moonlight Mermaids (RD: Cortney & Kirstin)

Relay Fins 33 to 36: Theme: Midnight Munchies [and] COWBELLS (RD: Anndora)

Relay Fins 37 to 40: Theme: Daybreakers: Neon & Halloween Costumes (RD: Kathleen)

Relay Fins 41 to 44: Theme: Lights, Lights, LIGHTS (RD: Sandra)

Relay Fins 45 to 48: Theme: Red, White & Blue [U.S. Memorial Day Holiday] (RD: Melissa)

Recording The Mermaid Miles (or Kilometers) Covered:

As a fun goal, we wanted to see how many miles we FIN-ish as a group! Some of you might want to walk, jog, hike or run longer than your 30 min shift, which is awesome and encouraged. However, we are asking you **ONLY** record the mileage done during your 30 min time slot. This will keep our collective miles as accurate as possible. If you don't have a GPS watch or an app on your phone you can always drive the route in your car ahead of time to get the mileage. There are many free apps that will track your mileage. If you have an iPhone there is a Health App already installed on your phone that will track your mileage. You can also download and sign up for the free version of apps like [RunKeeper](#) or [Strava](#). For accuracy, please don't round up and try to record your mileage or kilometers to the nearest hundredth or second decimal. At the end of your 30 min slot please fill out the Google Doc to record your miles or kilometers.

Relay FAQ:

We've put together a Relay FAQ below. If you don't see the answer to your question in the FAQ feel free to email us at info@mermaidseries.com.

Important Rule To Follow:

Have FUN! Seriously, this is all about smiles, moving and being part of something bigger than just moving for 30mins. It's your time to sweat it out or stop and smell the roses. There is no right or wrong way to move!

We are looking forward to seeing you all (virtually) this weekend!

Cheers,

The Mermaid

FAQ for Runners	
How far do I have to run?	<i>There is no distance requirement. You will go as far as you can for your 30 minute relay leg.</i>

<p>How do I submit proof of completing my run? Proof of my mileage?</p>	<p><i>This relay is all based on the honor system.</i></p> <p><i>Please complete the provided Google Form to share the distance you were able to complete during your relay leg. This is for us to total up and celebrate how many combined miles our Mermaid Athletes are able to complete in 24 hours.</i></p> <p><i>Please share a photo of your finish on the Mermaid Athlete Facebook page. You may include a photo of your gps/watch mileage with your post if you would like.</i></p>
<p>When should I post on Facebook?</p>	<p><i>10-15 minutes prior to your run, post a photo of you preparing for your relay shift (#mermaidondeck)</i></p> <p><i>Post a photo of you at your “start line” (#mermaidontherun or #mermaidatnight)</i></p> <p><i>Post a photo to show the completion of your relay leg (#mermaid24relay)</i></p>
<p>What hashtags should I include with my post?</p>	<p>All Posts can include: #mermaidathlete and #virtualmermaid</p> <p>Pre-run post: #mermaidondeck</p> <p>Start: #mermaidontherun, #mermaidatnight</p>

	After your Run: #mermaid24relay
Should I post my photos to the Mermaid Athlete facebook page or my personal page?	<p><i>Please post your pre, during, and after photos on the Mermaid Athlete facebook page so all of our Mermaid Athletes can celebrate with you!</i></p> <p><i>You of course are also encouraged to post as much as you would like about the Mermaid 24 Hour Relay on your own personal facebook page as well.</i></p>
What if I want to run for more than 30 minutes?	<p><i>We ask that you only submit how many miles you completed during your 30 minute relay "fin."</i></p> <p><i>You are welcome to continue your run after your 30 minute relay "fin" is over, but we ask that you do not include those miles in your submitted mileage.</i></p>