



# THE 48<sup>TH</sup> RUNNING OF

## SUNDAY MAY 5TH, 2024



### TRANSPORTATION TO START

For race morning you can take an STA bus, ride your bike, or drive your car.



#### BUS

**Ride for FREE on Bloomsday!** There are 5 locations to catch the bus: Spokane Valley Mall, Ferris High School, Northtown Mall, Cheney/EWU, and West Plains Transit Center. We suggest being at the shuttle stop two hours before your start time. Buses will take you directly to the Start area on 1st Avenue. Catch your return bus at the same location after the race.



**Spokane Transit**



#### BIKE

You can ride your bike to the **Red Wagon** at Riverfront Park. There is a secure bike corral that will be monitored. Thank you Spokane Bicycle Club.



#### PARKING

We recommend riding the bus if possible. If you must drive - please carpool and allow plenty of time to find street parking. **DO NOT PARK ON THE BLOOMSDAY COURSE OR YOUR VEHICLE WILL BE TOWED.** Downtown core is closed to traffic at 5:30 a.m.



#### DRINK WATER

Arrive at the Start line hydrated by drinking water the day(s) before and on the morning of the race. Hydrate during the race at the water aid stations near miles 2, 4, 5, 6, and at the finish line.



#### MEDICAL CONCERNS

Train for weeks prior to Bloomsday and check with your healthcare provider to ensure you can participate. On race day, not drinking enough fluids can lead to overheating and symptoms such as muscle cramps, nausea, dizziness, and confusion.



#### DRESS

Wear appropriate clothing and avoid overdressing. Wear an old sweatshirt at the start to keep warm then toss it aside at the start for donation to charity.



#### BACKPACKS

**ONLY CLEAR BACKPACKS ARE ALLOWED ON COURSE.** Backpacks for medical or diaper bags for infant care are allowed in the **RED GROUP ONLY**. If you wear a backpack to the start line outside of the red group, you will be turned away.



#### STROLLERS AND ASSISTED WHEELCHAIRS:

Strollers, assisted wheelchairs, and anyone pushing a wheelchair must start in the RED group, and running with a stroller or jogger will result in disqualification. Those in the RED group with a net time under 1:40 will also be disqualified. **All occupants of strollers or wheelchairs must register for Bloomsday.**



#### NOT ALLOWED ON COURSE

No dogs are allowed on the Bloomsday course. No bicycles, scooters, roller skates, roller blades, skateboards, handcycles, wagons, hover-boards or motorized wheelchairs are allowed.



#### WEBSITE

Please read our website for full details on the Bloomsday race day experience if you have additional questions.  
[www.bloomsdayrun.org](http://www.bloomsdayrun.org)



## RACE NUMBER & TAG

Wear your race number on the front of your shirt to enter the Start Area of Bloomsday. No bib means no entrance. The color of your bib determines your starting location and time. The Start is on Riverside Ave, and you can access it from the back of your color group. **Do not wear someone else's number, or you will be disqualified.** Complete the information on the back of your race number with a ballpoint pen, and only wear your assigned number.



## IMPORTANT REMINDER

**YOU CANNOT MOVE FORWARD FROM YOUR ASSIGNED COLOR GROUP.**

- You may move backward to change color groups.
- Doing so will result in disqualification.



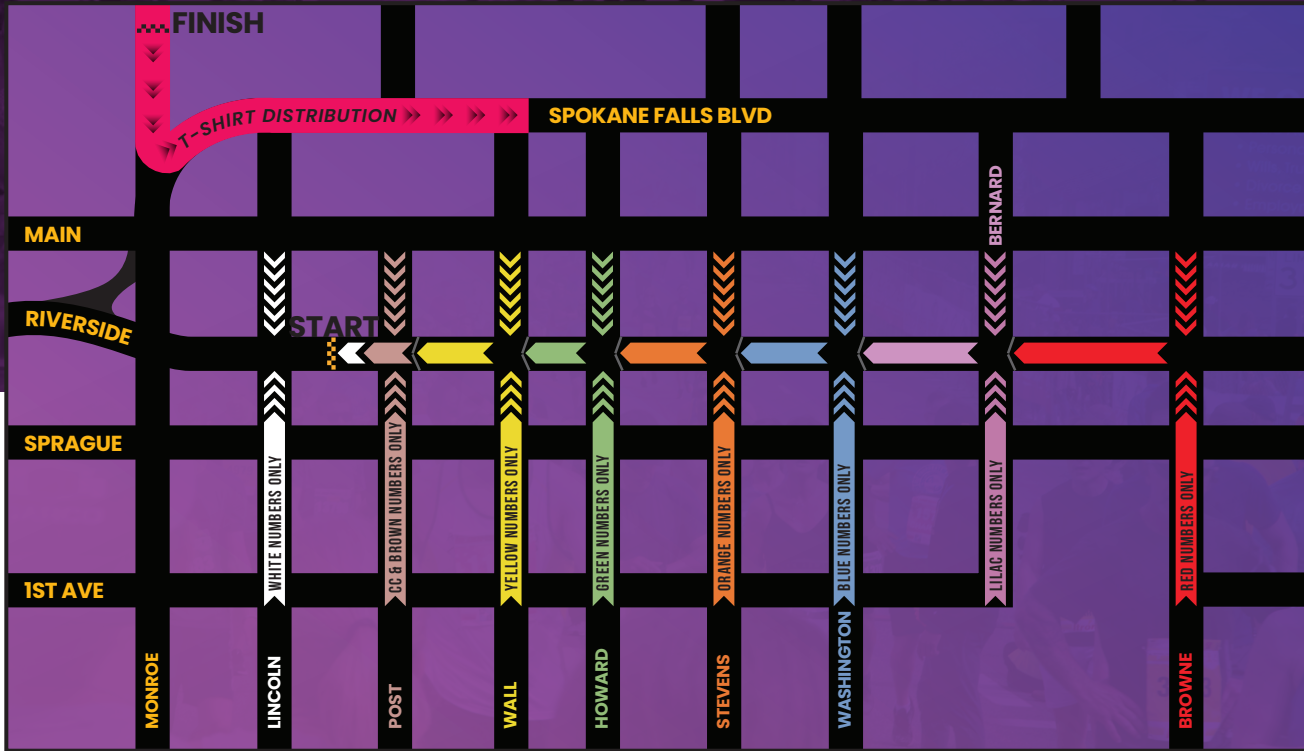
## MEDICAL AID & WATER AID

Water and medical aid stations are on the course at miles 2, 4, 5, 6, and after the finish, with restrooms available at select locations.



## RACE COURTESY

Move through Bloomsday crowds with patience and care. Walk on the right side of the road and allow faster participants to pass on the left. No smoking or vaping allowed. Move to the sidewalk and follow all traffic laws after the course closes.



## TIMING AND THE NEW BLOOMSDAY APP

Each of your mile splits will be recorded as you run or walk the race course. You can keep track of your time on the **Bloomsday App**.

Download today at: [www.bloomsdayrun.org](http://www.bloomsdayrun.org)



Or scan here to download the App!

After the race, look for your results on the App or at: [www.bloomsdayrun.org](http://www.bloomsdayrun.org). Photos of your race are also available here from FinisherPix!

## STARTING TIMES

You should arrive 30 minutes\* prior to the time listed to ensure entrance to your starting area.

Elite, Corporate Cup & Brown	9:00 a.m.
Yellow & Green	9:05 - 9:20 (approx.)
Orange & Blue	9:25 - 10:10 (approx.)
Lilac	10:15 - 10:25 (approx.)
Red	10:30 (approx.)

\*Red group should be in place by 10:15



## LOST AND FOUND

Plan for a reunion spot after the race. If you get separated from your child, there is a Lost and Found tent located after T-shirt distribution on Spokane Falls Blvd.



## FOOD

There will be many post-race vendors in Riverfront Park offering food and drinks. Bring a credit/debit card and a valid ID if visiting the beer garden.



## T-SHIRT DISTRIBUTION

Finisher shirts are available on Spokane Falls Blvd after race at tables on both sides of the street. Size exchange is available at the end of T-shirt lines.



## DISQUALIFICATION

Follow instructions to avoid disqualification. Timing mats will be placed at each mile to track start time and cheating on the course will result in disqualification.

**KUDOS!** Thanks to our volunteers & sponsors who allow the magic of Bloomsday to happen year after year!

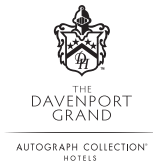
## CONGRATULATIONS!

TO OUR CHARITY OF THE YEAR: [Scan here to donate:](http://www.shrinerschildrens.org)



**Shriners Children's**  
Spokane

[ShrinersChildrens.org](http://ShrinersChildrens.org)



# 2024 RUNNER INSTRUCTIONS

[WWW.BLOOMSDAYRUN.ORG](http://WWW.BLOOMSDAYRUN.ORG)