



# RACE WEEKEND PARTICIPANT GUIDE

## THE 12K & 5K

### April 26-28, 2019

## RACE WEEKEND SCHEDULE AT A GLANCE

### HEALTH & FITNESS EXPO/PACKET PICK-UP

- The Monterey Conference Center, 1 Portola Plaza, Monterey
- Friday, April 26 from 12 Noon to 6 PM
- Saturday, April 27, from 9:30 AM to 6 PM
- Bib, shirt and packet pick-up
- Expo is FREE and open to the public

### BY-THE-BAY 3K

- Saturday, April 27, at 8 AM at Lovers Point Park in Pacific Grove

### PASTA PARTY

- Saturday, April 27, 5 or 6 PM sittings
- Grand Ballroom, Monterey Marriott
- Tickets available for purchase at the Expo or at the door for \$25




### RACE DAY SCHEDULE FOR SUNDAY, APRIL 28

- |  |          |
|--|----------|
| • 21-Miler start                                       | 6:30 AM  |
| • Marathon start                                       | 6:45 AM  |
| • Relay start  | 6:45 AM  |
| • 11-Miler start                                       | 7:00 AM  |
| • 12K start  | 7:35 AM  |
| • 5K start   | 7:35 AM  |
| • Marathon, Boston 2 Big Sur and Relay awards ceremony | 11:30 AM |
| • Highway 1 re-opens                                   | 1:00 PM  |
| • Finish Village closes/event over                     | 1:30 PM  |

### CONTACT INFO:

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Website: [bigsurmarathon.org](http://bigsurmarathon.org)  
Email: [info@bsim.org](mailto:info@bsim.org)

### SOCIAL MEDIA

 [facebook.com/bigsurinternationalmarathon](https://facebook.com/bigsurinternationalmarathon)  
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 @BSIMEvents  
#BigSurMarathon

# PRE-RACE PREP: EXPO



## 12K and 5K Participants Welcome to Race Weekend!

We're honored you have chosen our race and we have been preparing for months to make your weekend safe, enjoyable, and memorable. Thank you in advance for carefully reading through this information. It is much of the same information emailed to you in four separate emails with some updates. We have combined the 12K and 5K into one participant guide since these events use the same start, finish, and much of the same course and time schedules. Have a great race!

Your Big Sur Marathon Team

## RACE BIB PICK-UP and the HEALTH & FITNESS EXPO

The Health & Fitness Expo is Friday, April 26, from noon to 6 PM and Saturday, April 27, from 9:30 AM to 6 PM at the Monterey Conference Center at 1 Portola Plaza in downtown Monterey.

Driving directions to the Expo:

- From southbound Highway 1, take the Monterey exit 401A, turn right on Camino Aguajito, then left on Del Monte Avenue.
- From northbound Highway 1, exit at Munras Avenue (exit 399B). Munras becomes Abrego Street and then Washington Street. Head straight on Washington, then left on Del Monte.

Bibs and shirts must be picked up in person unless a [Packet Pick-Up Authorization form](#) has been filled out. Please bring your photo ID along with your check-in QR code from Active. The QR code is in your confirmation email and will also be emailed to you along with your bib number the week of the race. You can also look up your bib number at [MY EVENTS](#) at Active or at [SVE Timing](#). Race-day packet pick-up is available for the 12K/5K race morning in the parking lot of the Crossroads Shopping Center next to the Marathon Finish Village. Shirt size is not guaranteed at race-morning pick-up and picking up your bib and shirt at the Expo the two days before the race is highly recommended.

**Please note: all race distances are full and there are no downgrades, transfers, deferrals, or refunds for any reason.** Thanks for your support.

**Note:** Because we try to minimize our event's environmental impact as part of our "green" initiative, we do not hand out bags filled with paper promotional materials or product samples. You will be sent a link to a virtual goodie bag a week or so before the race which will include valuable electronic coupons.

## OFFICIAL RACE MERCHANDISE

Visit the Marathon merchandise store at the Expo for a wide assortment of commemorative items including technical wear, leisure wear, souvenirs, and [HOKA ONE ONE](#) shoes for try on and purchase! Supplies are limited and many items sell out early.





# PRE-RACE PREP: EXPO

## FREE RACE CLINICS ON SATURDAY AT THE EXPO

**10 AM & 4 PM: Marathon Relay Tips & Info:** For relay team captains and members

**11 AM: Gary Dudney: Leveraging Your Big Sur Fitness into Great Adventures**

**12 Noon: Fitz Koehler, Strength Training for Runners**

**1 PM: Olympian Memories and tips for your race** with local Olympic runners Blake Russell, Steve Scott, Nelly Wright, and Maria Trujillo

**2 PM: Tips for Race Day and Running the Big Sur Course** with Grizzled Vets, past winners Michael Wardian and Adam Roach, "every day runner" Tom Foreman, and power walker Lee Scott

**3 PM: Peter Sagal**, author of *The Incomplete Runner* and host of National Public Radio's "Wait Wait...Don't Tell Me!" Moderated by CNN correspondent and author Tom Foreman



Peter Sagal

## SPECIAL EVENTS

### TECH HAPPY HOURS

Tech Happy Hours are Friday, April 26, and Saturday, April 27, from 2 to 5 PM inside the Expo. Enjoy beer and wine tasting, free phone charging stations, and drawings for prizes. Tickets are \$5 at the entrance.

### PASTA PARTY, Saturday, April 27 at 5 or 6 PM

Enjoy a tasty carbo-rich meal and meet fellow runners in the Grand Ballroom of the Marriott, across the street from the Expo. Pre-purchased tickets are available for pick-up in the same room as bib pick-up or at the door. Tickets can be purchased for \$25 at the Expo or at the door.



# RACE DAY INFO



## RACE DAY PARKING

Both the 12K and 5K are out-and-back races from the Marathon finish line and 12K/5K entrants are responsible for their own transportation to the start (if staying in Big Sur, see below). Limited free parking is available at The Crossroads Carmel, the nearby Barnyard Shopping Village and area roads and lots next to the Marathon Finish Village at Highway 1 and Rio Road. Plan to arrive extra early and expect heavy traffic in the area.

For participants staying in Big Sur, buses will make a continuous loop on Highway 1 between 4:45 and 6:00 AM with stops at all facilities between River Inn to the north and Deetjen's to the south. To board these buses, stand near Highway 1 in order to be visible to bus drivers. A second bus will transport you from the Marathon start to the 12K/5K start at the Marathon finish line between 5:30 and 6 AM.

## GEAR CHECK

If you'd like to use gear check, be sure to use the clear GU gear check bag you received at bib pick-up and attach the adhesive bag tag located at the top of your race bib. Do not check any personal bags, backpacks, suitcases, etc. Do not enclose valuables and do not check any fluids or other heavy or sharp items. Give your bag to a volunteer at the gear collection/distribution area in the parking lot at the Crossroads Shopping Center before heading to the race start. We are not responsible for lost or stolen property.

## EVENT START

The 12K and 5K start together on Highway 1 at the Marathon finish line at 7:35 AM. Runners should self-seed by expected pace with faster runners near the front. The event is chip-timed so there is no advantage to being near the front unless you can start and maintain a faster pace. Relax and enjoy the start-there is plenty of beautiful course ahead!

## THE COURSES

The 12K (7.4-miles) features a beautiful out-and-back course beginning and ending at the Marathon finish and is the only course that includes a loop inside the stunning Point Lobos State Natural Reserve.

The 5K is an out-and-back on Highway 1 with the turn-around at Monastery Beach.

Both courses feature rolling hills and amazing views.

Look for small green and white mile marker signs for each mile of the 12K and 5K. These are separate signs from the much larger Marathon mile marker signs.

Note that both the 12K and 5K use one side of Highway 1 on the way out and the ocean-side lane of Highway 1 back north toward the finish. Please listen for instructions and follow signage for a safe run. Faster 12K runners will pass slower 5K runners and walkers heading back to the finish. Slower 12K runners and walkers will be passed by



# RACE DAY INFO

faster runners from longer race distances. Please stay to the **FAR LEFT** side of your lane to allow passing by faster runners.

You will pass several entertainment groups and the fun [HOKA ONE ONE](#) "Time to Fly" zone about 1.2-miles before the finish line-and before the last hill.

The road is not open to private vehicles, bicycles, walkers, or joggers. The only place for friends and family to watch you run is at the finish line.

Due to the nature of the course, we do not allow animals, pacers, skates, skateboards, bikes, scooters, wheel-chairs, hand cranks, baby joggers, or children/infants in backpacks. If you need special accommodations, call (831) 625-6226 or email [info@bsim.org](mailto:info@bsim.org).

No bandits, no unofficial pacers, no exceptions. Only official race entrants wearing an official bib assigned to them are allowed on the course.

## AID STATIONS

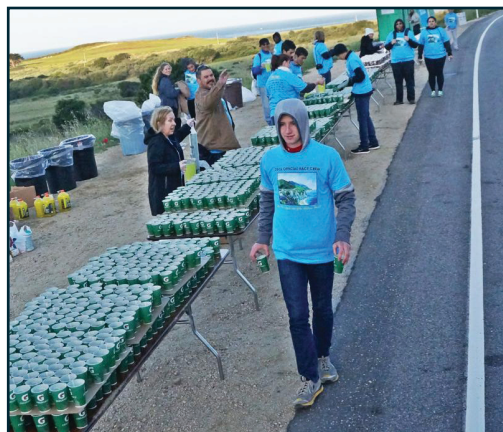
The 12K features three aid stations, one on Highway 1 outbound, one inside Point Lobos at the turn-around, and a second pass on Highway 1 inbound. These are about every 1.6-2.3 miles with Gatorade Endurance, water, refill stations for you to refill your personal bottles, and portable restrooms.

The 5K features one aid station at the turn-around at mile 1.55.

Our medical sponsor, [Community Hospital of the Monterey Peninsula](#), provides race day medical assistance. Look for their staff volunteers at all first aid stations. They are stocked with supplies such as bandages & petroleum jelly to aid with blisters and chafing. They also have a team of cyclists with mobile defibrillator's out on our course with immediate assistance. We are grateful to our community hospital for protecting all of our participants!

## FINISH AREA

The 12K and 5K both finish at the same place they started on Highway 1 near Rio Road (the Marathon finish). After crossing the finish line, you will receive your finisher medallion, a mylar blanket (if weather conditions warrant), and be directed into the runner food tent for light recovery food and beverages. [MarathonFoto](#) will be in the finish chute to capture your picture for purchase later.



Hot minestrone soup and a cold [Sufferfest](#) beer (if age 21 or over) are also available in the Village. Entrants are entitled to one free beer. Beer will also be available for sale for those over age 21 for \$5 cash.

**Note:** as part of our goal to reduce our environmental impact, race finishers are given water or Gatorade Endurance in a compostable cup, not in a plastic bottle. You can refill your cup or personal hydration system at several locations in the Finish Village.

## MEDICAL

Medical professionals from [Community Hospital of the Monterey Peninsula](#) will be scanning finishers for any signs of distress. A large, fully-staffed medical tent is in the area. You may also visit the area on your own if you need any medical attention (blisters, cramps, etc.). There will be ice located in or near the medical tent.

Note, there is a massage tent but, because of limited space and therapists, it is reserved for marathoners only. Thank you for your understanding.

## GEAR CHECK

Gear bags checked before your race are located just outside the fenced grass Village area in the parking lot of the Crossroads Shopping Center.

# RACE DAY INFO

## AWARDS

The 12K and 5K are timed but non-competitive events. There are no overall or age group awards in the 12K or the 5K

## FINISH VILLAGE MERCHANDISE STORE

Unique Big Sur Marathon commemorative merchandise will be available for sale in a large tent in the Finish Village. Quantities are limited and all items are available on a first-come, first-served basis. The tent is open for spectators, friends, and family. Cash and credit accepted.

## RACE RESULTS

Look for the black "SVE Race Results" tents from the timing company in the Finish Village. There you can look up your results on a laptop computer. (Printed results are not posted.) Results also will be available online at [bigsurmarathon.org](http://bigsurmarathon.org) on Sunday afternoon (along with a downloadable finisher certificate).

## INFORMATION BOOTH AND LOST AND FOUND

If you have any questions after the race, please visit our information booth located near the Village exit.

## TAKING PHOTOS?

Be sure to post your race photos and videos on social media. Tag us as @bigsurinternationalmarathon on [Facebook](#), [Twitter](#) and [Instagram](#).

@BSIMEvents

#BigSurMarathon

## SPECTATOR TIPS

- Due to the closure of Hwy 1 to private vehicles, bikes, runners and walkers, the only place to watch participants in any of our races is at the Finish Village.
- Find your friends and family at the Runner Reunion area near the exit of the runner food tent.
- Please, no dogs, drones, or bicycles in the Finish Village.
- The Finish Village is a relatively small area so anticipate heavy vehicle and pedestrian traffic and lengthy delays accessing the area. We suggest you scope out the area in the days before the race and have a confirmed post-race meeting time and location. It usually takes at least 15 to 20 minutes from the time a runner crosses the finish line to be available to reunite with family and friends outside the runner food tent.
- Runner tracking is available through the Big Sur Marathon app. Search for "Big Sur Marathon" on iTunes or Google Play. Important note: due to limited cell coverage on the course and in the finish area, expect lengthy delays in runner tracking. Splits are recorded at the start, Marathon mile 24 (for 12K) and the finish.
- Reminder: there is little to no cell phone service along the course. Spectators should not anticipate receiving calls, texts, or social media updates from participants. In addition, due to heavy demand, cell coverage in the Finish Village can be very challenging after the race.
- There are three coffee shops located within a few blocks of the finish line including a Starbucks adjacent to the Village. There is also a drug store, grocery store, and a half-dozen or more restaurants in the Crossroads Shopping Center next to the Finish Village. More coffee shops and stores are also located in The Barnyard and Carmel Rancho Center, about a half-mile north of the Finish Village.
- If spectators are taking a ride share service or cab to the finish area, expect to find many surrounding roads closed and to be dropped off at least a quarter to a half mile away from the Finish Village.

## Any Questions?

If you have any questions about the race not covered in this information, please visit [bigsurmarathon.org](http://bigsurmarathon.org) and click on the "Race Weekend" or "Frequently Asked Questions" pages. Or, email us at [info@bsim.org](mailto:info@bsim.org) or give us a call at (831) 625-6226.

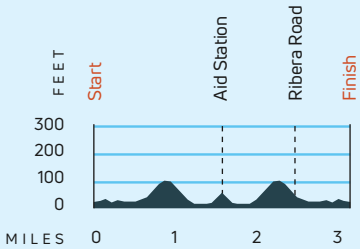
**Good luck and enjoy your race experience!**

**View race maps on the following pages**

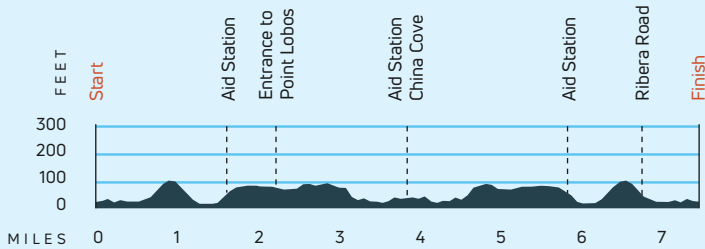
# 5K | 12K Course Map



(Rev. 04-11-2018)



5K Profile



12K Profile

# Marathon Village



## Marathon Village

### INFORMATION

The Marathon Finish Village is at Highway 1 and Rio Road in Carmel next to The Crossroads Carmel shopping center. This is the finish for all events as well as the start area for the 5K and 12K. There is parking in The Crossroads, Carmel Rancho and The Barnyard Shopping Village one block north and in nearby neighborhoods west of Hwy 1. Shuttles will depart from the Marathon Village to take runners back to their morning pick-up locations including Big Sur. The Marathon Village is a small area with large crowds; expect heavy traffic and delays. Please, no dogs or bicycles in the Marathon Village.