



# RACE WEEKEND PARTICIPANT GUIDE

## Marathon Relay

### 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:

Phone: 831.625.6226  
 Website: [bigsurmarathon.org](http://bigsurmarathon.org)  
 Email: [info@bsim.org](mailto:info@bsim.org)

### SOCIAL MEDIA

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



# PRE-RACE PREP: EXPO



## Relay Teams

### 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.

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](#).

**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



## Bib Numbers

Each relay runner is issued a race number. Numbers should be worn on the front of shirt or shorts and be visible to race officials when running. You can look up your bib number at [MY EVENTS](#) at Active or at [SVE Timing](#).

## Timing Device

Teams will receive one wristband "scrunchy" with an attached timing device to hand off to the next team member at the relay exchange points. The first runner must carry the wristband at the start and the last runner must carry it across the finish line where they will return it to officials.

## Buses to Start and Exchange Points

Buses to the starting line and the three exchange points will be staged at the **Monterey Peninsula College (MPC)** parking lots. MPC is the letter "E" on the map at the end of this communication. A limited amount of water, coffee, and bagels will be available at bus pick-up locations at MPC. Your Relay bib is your bus ticket. Note that individual marathoners will also be parking at MPC this year to catch a shuttle to the Marathon start.

**Plan to arrive at least 15 minutes prior to departure and be ready to board your bus on time. Buses will leave on schedule.**

- 3:45 AM** Runners for legs 1, 2 & 3 should begin arriving at MPC to begin loading process
- 3:45 - 4:00 AM** Leg #1 buses leave for the Marathon starting line
- 4:30 - 4:45 AM** Leg #2 buses leave for the first exchange point
- 4:45 - 5:00 AM** Leg #3 buses leave for the second exchange point
- 5:30 AM** Leg #4 (final runner) should arrive at MPC for bus loading
- 5:45 - 6:00 AM** Leg #4 buses leave for the third exchange point

**Please don't be late. There is no way to get to your exchange point once these buses have left.**

Those **staying in Big Sur** can catch a shuttle to the Marathon start line. Big Sur shuttles will make a continual loop on Hwy. 1 between 5 AM and 5:45 AM between Deetjen's Inn on the south and the River Inn on the north. From the Marathon start, runners for legs 2-4 will get on a separate smaller northbound bus to the start of their legs. The last northbound bus departs the Marathon start at 6:00 AM to the relay exchange points.

## Buses at the Exchange Points

There'll be buses parked at the three exchange points to allow you to stay warm while waiting for your incoming runner and/or after you finish your leg. PLEASE STAY OUT OF THE LIVE TRAFFIC LANE (the east or land-side lane of Hwy. 1). Expect lengthy delays. All Relay runners who have completed their leg have the option to continue running to the next exchange point or to the finish. Course amenities like water stations and traffic control are only maintained for a six-hour finish pace.

# RACE DAY INFO

## Refreshments Before and After Each Leg

There will be light snacks, coffee, and water available at each Relay exchange point for runners waiting to run as well as for those who have completed their leg. Leg 4 runners (your final runner) will be directed to the refreshment area in the Marathon Finish Village.

## Relay Gear Check (Sweats)

Relay Gear Check bags are **not** taken from one exchange zone to the next. Bags turned in at each exchange zone are taken to the finish and may not arrive until after 1 PM. Therefore, we recommend that you keep your gear with your team members with the following plan:

## Suggested Relay Team Gear Check Plan:

To facilitate this plan, each Relay runner will collect two gear check bags at packet pick-up.

- Leg 1-3 runners should give one of their gear check bags with dry clothes to the runner they will be handing off to (e.g., leg 1 runner gives a bag to the leg 2 runner). Be sure and give your bag to your next runner before you get on the bus race morning,
- Leg 4 runners should give their post-run gear bag to the team's leg 1 runner the night before or early race morning before the leg 1 runners gets on their bus to the Marathon start. The leg 1 runner can turn in the leg 4's bag alongside those of individual marathoners at the start. This bag for the leg 4 (final) runner will reach the finish line before this runner and will be available in the Marathon Finish Village alongside marathoner bags.
- Runners waiting to run at the exchange area can use their second bag to store their warm-up clothes.
- The runner waiting to run at the exchange (the "outgoing" runner) then gives the incoming runner two filled gear bags: one with the outgoing runner's warm-ups and one with the incoming runner's dry clothes. Hand off the bags when you pass the relay baton.
- By following this plan, three of your team members will be in possession of almost all of your pre- and post-run gear and only leg 4 runners will collect their gear in the Finish Village after the race.
- This plan for handling gear bags among your team only works if your runners are running consecutive legs, i.e., they are stopping at the exchange point where they hand off the baton and collect gear bags from their next runner and do not continue to run.
- We only take clothes to the finish that are left at gear check at the start or at the exchange zones. Bags or clothes left anywhere else are donated to charity.
- Remember: any gear bags left on our trucks at exchanges 1, 2, or 3 may not arrive at the Marathon Finish Village until after 1 PM.

## THE COURSE: The Reason You Are Here

While every marathon is different, there are some things that are truly unique about the Big Sur Marathon. Here's what you should know:

- After the first couple of miles, you are restricted to only the left lane of the two-lane highway. There is live traffic in the other lane so please do not cross the center yellow line after mile two.
- There are 11 aid stations spread out about every two-to-three miles. This is fewer than many other marathons. Plan accordingly and perhaps consider bringing your own water bottle/hydration system that you can refill at the end of any of the aid stations.
- 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 defibrillators out on our course with immediate assistance. We are grateful to our community hospital for protecting all of our participants!--participants guide.
- We have more than 15 music stations on the course with local groups and entertainers including the popular Taiko drummers half way up the climb to Hurricane Point and Michael Martinez playing the Yamaha Baby Grand piano just after mile 13.1 on Bixby Bridge.
- Just about everyone wants to take pictures at some point during the race. Please look around and pull off to the side carefully before stopping to take a picture.



# RACE DAY INFO

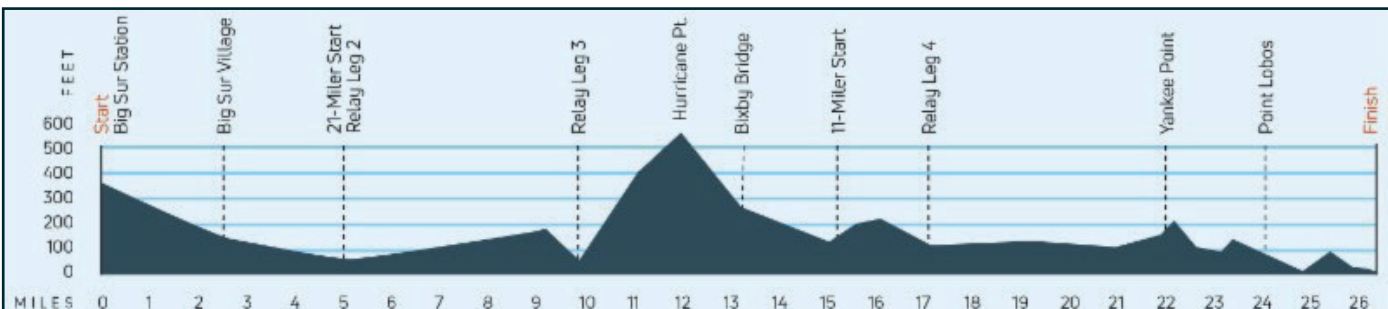
- Because Highway 1 is closed to vehicular traffic until 1:00 P.M., spectators, families, and friends of the runners/walkers can only view the end of the race from the finish area. There are no spectating points along the course.
- Cell coverage is poor to non-existent over most of the course so don't plan on posting on social media or making or receiving calls or texts during the race.
- If you are a faster runner, expect to pass hundreds of walkers and slower runners from the shorter races that also use the same single lane on Highway 1. Plan on doing some careful maneuvering around your fellow runners and walkers while staying only in the left lane.
- Enjoy the fun **HOKA ONE ONE "Time to Fly" zone** with music and cheerleaders to go placed at mile 25 (1.2-miles before the finish) and just before the final hill!
- We strongly discourage the use of earbuds/earphones. The course can be crowded in spots and it's safer if you can hear your fellow runners and race officials. Also, you are often running alongside official vehicles, bicycles, and private vehicles in escorted caravans. The better you can hear, the safer you can run.
- Please help us keep this beautiful area clean. Please don't throw trash or clothing off the road into the bushes: just drop items in your lane or the left dirt shoulder where our clean-up crews can spot them. And please don't go into the bushes or behind trees to take care of business. There is **A LOT** of poison oak alongside some sections of the course
- Relay runners may continue on the course after their leg/hand-off but they are subject to the same race rules including running only in the left lane and maintaining a six-hour finish pace.
- No bandits, unofficial pacers, or unregistered runners. Only official race entrants wearing an official bib assigned to them who start at the official start or exchange zone are allowed on the course.



When you see this arch, you have 1.2 miles and one final hill to the finish line!

## COURSE PROFILE

The marathon course is point to point, moderately difficult, with rolling hills and frequent strong headwinds. The course is entirely on Highway 1, the nation's first nationally-designated Scenic Highway. The course is USATF and IAAF/AIMS certified and an official Boston qualifier.



Start elevation: 356 feet

Finish elevation: 10 feet

Estimated total elevation gain: +2,182 feet

Estimated total elevation loss: -2,528 feet

# RACE DAY INFO

## FINISH AREA

The finish line and Finish Village is located at Highway 1 and Rio Road. After crossing the finish line, you will receive your finisher medallion (one for each member of the team), a mylar blanket (if weather conditions warrant) and be directed into the runner food tent for light recovery food and beverages.

[MarathonFoto](#) will be on hand to take your picture for purchase.

Hot minestrone soup and a cold Sufferfest beer (if over age 21) 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, we do not hand out bottles of water or [Gatorade Endurance](#). Finishers are given fluids in a compostable cup that can be refilled (along with your personal hydration system) in 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.

## Post-Race Merchandise Store

Unique Big Sur Marathon commemorative merchandise will be available for sale in the Finish Village. Finisher shirts will be for sale but quantities of these and other items are limited and first-come, first-served.

## Race Results

Look for the black "SVE Race Results" tents from the timing company in the Finish Village to 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) later race afternoon.

Relay team results are also published in the Monday, April 29 [Monterey Herald](#).

We will also email an electronic results magazine to all finishers 2-to-3 months after the race.

## Relay Awards

The Relay awards ceremony will begin following the individual marathoner ceremony at 11:30 AM. Only relay teams with four members are eligible for awards. If you place in the top three teams in your division, please send a representative to the ceremony. Awards are not mailed.

## Post-Race Shuttles

Shuttles back to MPC from the finish run from 9:30 AM until 2:00 PM. Shuttles from the finish back to Big Sur leave at 11 AM, 1 PM and 2 PM. Buses back to the Big Sur area campgrounds and hotels are scheduled to depart at 11 AM, 1 PM and 2PM.

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

## Information Booth and Lost and Found

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

# RACE DAY INFO

## 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 exit.
- 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 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 "BSIM Events" 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, miles 5, 9.8, 13.1, 15.6, 17, 22, 24, and the finish.
- There is little to no cell phone service along the course. Spectators should not anticipate receiving calls, texts, or social media updates from those running the race. In addition, due to heavy demand, cell coverage in the Finish Village can be very limited 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 several restaurants in the Crossroads Shopping Center next to the Finish Village as well as more coffee shops and stores in The Barnyard and the Rancho Carmel Centers, both located about a half mile north of the Finish Village.
- If spectators are taking a ride share service or cab to the Finish Village, expect to find many area roads closed and to be dropped off at least a half mile away.



## Any Questions?

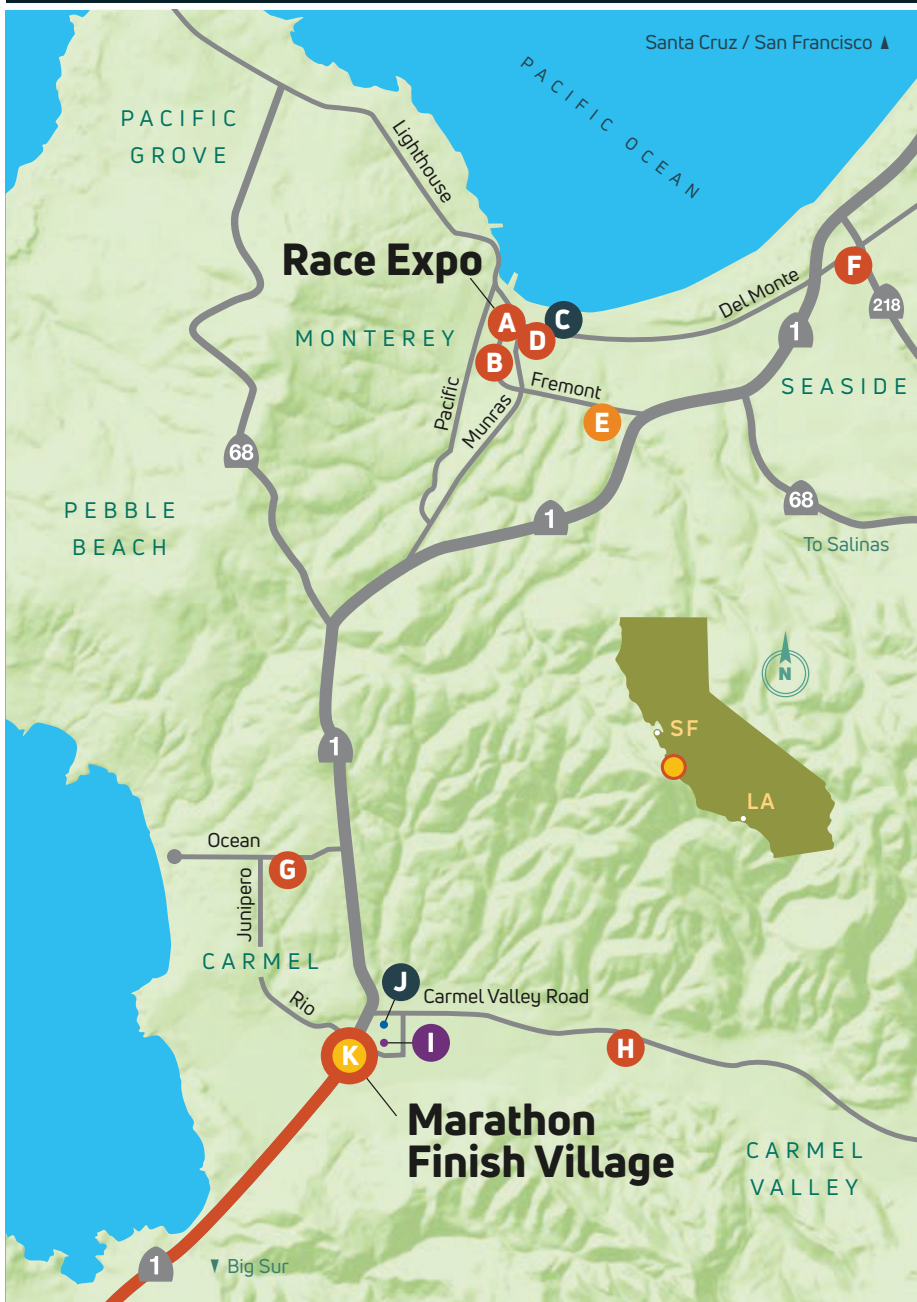
If you have any questions about the race not covered in instructions, please visit [bigsurmarathon.org](http://bigsurmarathon.org) and click on the "Race Weekend" or "Frequently Asked Questions" pages. Or, email us at [info@bsim.org](mailto:info@bsim.org) or give us a call at (831) 625-6226.

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

[View race maps on the following pages](#)



# Bus Pick-up Locations



All entrants in the Marathon, Marathon Relay, 21-Miler, and 11-Miler are required to take a bus to their start or relay exchange area. Highway 1 is closed to private vehicles and there is no parking at any start and no runner drop off. Free bus tickets must be picked up at the Expo. Bus assignments are made based on where you are staying before the race. Buses will return entrants from the Marathon Finish Village to their morning pick-up location after the race.

## PICK-UP TIMES

### Marathon

- B** 4:00 – 4:15 a.m.
- D** 3:30 – 4:15 a.m.
- E** 4:00 – 4:15 a.m.
- F** 4:00 – 4:15 a.m.
- G** 3:45 – 4:15 a.m.
- H** 3:30 – 4:00 a.m.

### 21-Miler

- I** 4:15 – 4:30 a.m.
- B** 4:30 – 4:45 a.m.

### 11-Miler

- C** 5:30 – 5:45 a.m.
- J** 5:30 – 5:45 a.m.

### Relay

- E** LEG 1 / 4:00 – 4:15 a.m.
- E** LEG 2 / 4:30 – 4:45 a.m.
- E** LEG 3 / 4:45 – 5:00 a.m.
- E** LEG 4 / 5:45 – 6:00 a.m.

### 5K | 12K

- K** Drive to the start of the event – Highway 1 at Rio Road, Carmel. Parking at The Crossroads Carmel and other area shopping centers.

Participants staying in Big Sur may ride a shuttle to the Marathon start. These shuttles run a loop along Highway 1 in Big Sur between 4:45 and 6:00 a.m. Those running other events will take a second bus (running between 5:30 and 6:00 a.m.) from the Marathon drop-off area to the start of their event or Relay exchange area. **Notice: Please do not leave valuables in plain view and be sure to lock your vehicle when parking.**

(Rev 04-2019)

**A Race Expo**  
Monterey Conference Center  
1 Portola Plaza, Monterey  
NO PICK-UP HERE

**B Monterey Marriott**  
350 Calle Principal  
Monterey  
MARATHON + 21-MILER

**C Wharf Marketplace Parking Lot**  
New Location for 2019  
290 Figueroa Street  
(at Del Monte Avenue)  
Monterey  
11-MILER

**D Downtown Garage East/West**  
(formerly Custom House Plaza Garage)  
340 Tyler Street  
Monterey  
MARATHON

**E Monterey Peninsula College**  
980 Fremont Street  
Monterey  
MARATHON + RELAY

**F Embassy Suites**  
1441 Canyon del Rey  
Seaside  
MARATHON

**G Carmel Plaza**  
Ocean Avenue & Junipero  
Carmel  
MARATHON

**H Carmel Middle School**  
4380 Carmel Valley Road  
Carmel  
MARATHON

**I Barnyard Shopping Center**  
Clock Tower Lane &  
Via Nona Marie  
Carmel  
21-MILER

**J Carmel Rancho Center**  
Clock Tower Lane & Via Nona Marie  
Carmel  
11-MILER

**K Marathon Finish Village**  
Highway 1 & Rio Roads, Carmel  
No transportation provided from the  
Marathon finish to any start line.

### Post-Race Shuttles

Free shuttles are provided  
between 9:30 a.m. and 2 p.m.  
to take runners from the  
Marathon Finish Village to  
their original pick-up location.

# Starting Area Maps

## Marathon | Relay



### START TIMES

Event	Start Time	Start Location
Marathon	6:45 a.m.	Big Sur Station
Relay	6:45 a.m.	Big Sur Station



### START TIMES

All marathoners and leg 1 relay runners will take a bus to the start. There is no private vehicle access, parking or drop-off. The race will begin at 6:45 a.m. with Wave A (estimated finish 4:00 and under). Wave B (4:01-5:00) will start at 6:50 a.m. Wave C (5:01 and over) will start at 6:55 a.m. An early start is not available.



## 21-Miler



### START TIMES

Event	Start Time	Start Location
21-Miler	6:30 a.m.	Andrew Molera State Park



### START INFO

All 21-Milers will take a bus to Andrew Molera State Park for their start. There is no private vehicle access, parking or drop-off. The group yoga and warm-up stretch will begin about 6 a.m. The 21-Miler starts in one wave at 6:30 a.m. Official timing will begin as runners cross marathon mile 5 on Highway 1, about 2/10ths of a mile away.

## 11-Miler



### START TIMES

Event	Start Time	Start Location
11-Miler	7:00 a.m.	Grimes Ranch



### START INFO

Runners will be dropped off on Highway 1 by bus for the start of the 11-Miler. There is no private vehicle access, parking or drop-off. The 11-Miler will start in waves at 7 a.m. at Grimes Ranch on Highway 1.





# Marathon Course Map



## START TIMES

Event	Start Time	Start Location
Marathon	6:45 a.m.	Big Sur Station
Relay	6:45 a.m.	Big Sur Station
21-Miler	6:30 a.m.	Andrew Molera State Park
11-Miler	7:00 a.m.	Grimes Ranch
12K	7:35 a.m.	Rio Road + Highway 1
5K	7:35 a.m.	Rio Road + Highway 1

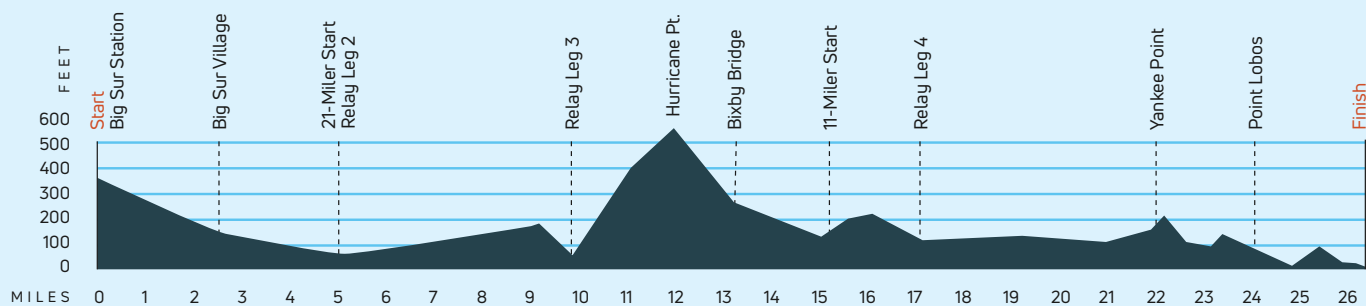
All events finish at Rio Rd. + Highway 1



## AID STATIONS

There are 11 aid stations on the course. All stations feature **Gatorade Endurance** first, then water. Refill stations for those with their own bottles are located at the end of every other station. Look for the signs for refill stations. Fruit is located at all stations starting at mile 10.4. **GU** is located at the stations near mile 12.2 and near mile 18.9. Please be considerate of runners behind you and the environment and drop your energy gel packets and cups in the receptacles provided after each station. Please do not put your energy gel wrappers or other trash inside water cups! There are portable toilets located at each aid station. Each station also features medical personnel with minor first aid supplies.

(Rev. 04-2019)



## Marathon Profile

This is a beautiful and challenging course. The total elevation gain is +2,182 feet and total loss is -2,528-feet. The longest hill is the 500-plus foot climb between miles 10 and 12. There are numerous rolling hills between miles 22 and 25. Good luck and enjoy the experience!

## Marathon Village

