



BIG SUR

INTERNATIONAL MARATHON



RACE WEEKEND PARTICIPANT GUIDE

The 21-Miler

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
- 8Expo 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
Email: info@bsim.org

SOCIAL MEDIA

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#BigSurMarathon

PRE-RACE PREP: EXPO



21-Miler 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. Have a great race!

Your Big Sur Marathon Team

RACE BIB PICK-UP and the HEALTH & FITNESS EXPO

The free 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](#).

When you pick-up your 21-Miler bib, you should receive a ticket to one of two 21-Miler bus locations to catch a free shuttle to the race start. Your bus pick-up location depends on where you are staying the night before the race.

Note: Because we try to minimize our event's environmental impact, we do not hand out goodie bags filled with promotional materials or samples. You should have received a link to an electronic virtual goodie bag.

If you have questions about your entry before race weekend, email the registrar Sally Smith at sally@bsim.org. Race weekend, you can visit the "Solutions Desk" in the packet pick-up room.

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

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



TRANSPORTATION TO THE 21-MILER START

All 21-Miler runners and walkers must use our free transportation to the 21-Miler start at Andrew Molera State Park in Big Sur. Highway 1 is closed early race morning to private vehicles. There is NO parking in the start area and there is no runner drop-off by private vehicle.

PARKING

Free race-morning parking will be available for the following 21-Miler bus departure locations:

- **Monterey Marriott** (for Marriott hotel guests and those parking at the Downtown East/West Garages in Monterey) from 4:30 – 4:45 AM
- **Barnyard Shopping Center** (Clock Tower Place and Via Nona Marie, Carmel) from 4:15 – 4:30 AM

For participants staying in Big Sur, smaller shuttle buses will make a continuous loop on Highway 1 between 4:45 and 6 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. The Big Sur shuttle bus will either take you directly to Andrew Molera State Park, the site of the 21-Miler start, or to the Marathon start. If you are taken to the Marathon start, a second bus will take you to the 21-Miler start.



Free post-race buses depart the Marathon Finish Village between 9:30 AM and 2 PM to take runners back to their original pick-up location.

EVENT START

The 21-Miler start is at Andrew Molera State Park on Highway 1 in Big Sur. Wear warm clothing (average temperatures are in the 40's°F) as you will be in area for an hour or more before your start. Use the clear GU gear check bag 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. Place your bag at a gear collection area before the race start. We are not responsible for lost or stolen property.

There is one start for all 21-Milers at 6:30 AM. For your safety, you will start in the parking lot at Andrew Molera and run up the entrance road to enter Highway 1. Your official race time will begin when you cross a timing mat at the Marathon 5-mile mark, about .2 of a mile from the parking lot start.

Listen carefully for race announcements to begin loading into the main start road. We will load the faster runners first. The event is chip-timed so there is no advantage to being near the front. Relax and enjoy the start—there is plenty of course ahead!

RACE DAY INFO

THE COURSE

While every course is different, there are some things that are truly unique about the Big Sur 21-Miler.

- The 21-Miler begins near mile five of the Marathon course at 6:30 a.m., 15 minutes before the marathoners and, with a five mile “head start,” you will have the course to yourself for many miles!
- Always stay in the left (ocean-side) lane on Highway 1. There is live traffic in the other lane so please do not cross the center yellow line.
- There are nine aid stations spread out about every two-to-three miles. Plan accordingly and perhaps consider bringing your own water bottles/hydration system that you can refill at the end of any of the aid stations.
- We have more than 12 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 Bixby Bridge. Awesome!
- The only mile markers you will see are for the full 26.2-mile Marathon. To know how far you are in your race, subtract five miles from the signs you see (e.g., Marathon mile nine is your 21-Miler mile 4, etc.).
- 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.
- 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 11-Miler and even the 12K races; both use the same single lane on Highway 1. They know you are coming and are advised to stay to the far-left; however, plan on doing some careful maneuvering around these fellow runners and walkers (while staying only in the left lane).
- Enjoy the fun **HOKA ONE ONE** “Time to Fly” zone about 1.2-miles before the finish line—and before the last 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.
- Few people live along this section of Highway 1 and it's been said you may see as many cows as you do spectators. Enjoy the scenery and chatting with your fellow runners.



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

RACE DAY INFO

- We are very serious about our course time limit because we must be. Please read additional information about the time limit below.
- Please help us keep this beautiful area clean. Please don't throw items off into the bushes; just drop items in your lane or in the dirt shoulder on your left 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 are plenty of portos on the route and there is A LOT of poison oak alongside some sections of the course!
- 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, wheelchairs, hand cranks, baby joggers, or children/infants in backpacks. If you need special accommodations, call (831) 625-6226 or email 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.

Course Time Limit:

The 21-Miler time limit is 6:30 hours (18:30 per mile). Highway 1 will reopen to vehicular traffic at 1 PM.

- 21-Milers who fall behind a 6:30 finish pace at any point on the course may be asked to discontinue the race and take a sag wagon to the finish area. Runners and walkers still on the course at or after 1 PM may be shuttled to the finish for their safety.
- All 21-Milers must reach Marathon mile 21.2 by 11:50 AM. This is a pace of about 18:30 per mile. Those who arrive after 11:50 AM will be transported to the finish area by bus. NO EXCEPTIONS!
- If you decide to drop out at any point on the course, notify a course marshal or stop at any aid station and a sag wagon will be dispatched to take you to the finish.
- Official finish medallions and finish times are provided only for those who cross the line before 6:30 hours (chip time) from the start of the 21-Miler.

Thank you for your cooperation.

Aid Stations:

There are nine aid stations located about every 1.6-2.6 miles with [Gatorade Endurance](#), water, refill stations for you to refill your personal bottles, and portable restrooms. [GU](#) energy gel will be available at mile 7.2 and mile 13.9. Fruit is available at later stations.

We will have our popular strawberry will be near Marathon mile 23.2. Yummy!

There are porta-potties at each aid station, at relay exchange areas, and at most entertainment 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!

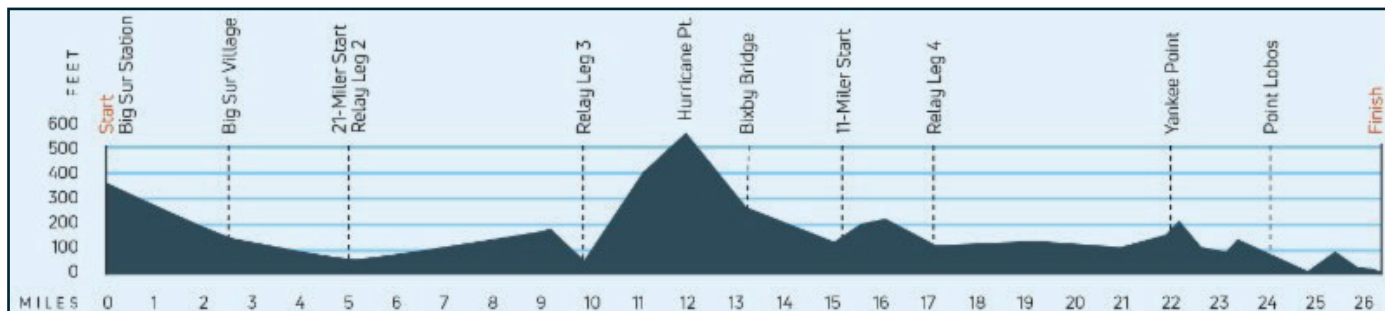


RACE DAY INFO

Course Profile

The 21-Miler 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. Note the 21-Miler is the last 21 miles of the Big Sur Marathon course on the map and elevation profile.

ELEVATION PROFILE



Start elevation: 356 feet

Finish elevation: 10 feet

Estimated total elevation gain: +2,182 feet

Estimated total elevation loss: -2,528 feet

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, 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 electrolyte. Finishers are given a cup of water 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.

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.

Awards

The 21-Miler is a timed but non-competitive event. There are no overall or age group awards for 21-Milers.

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 this and other items are limited and first-come, first-served.



RACE DAY INFO

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 later race afternoon.

21-Miler finishers 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.

Post-Race Shuttles

Post-race buses depart from near the Marathon Finish Village beginning at 9:30 AM to return you to your morning boarding locations. The last bus will depart at 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.

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 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 and Marathon miles 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 Marathoners 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 a half dozen or more 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.

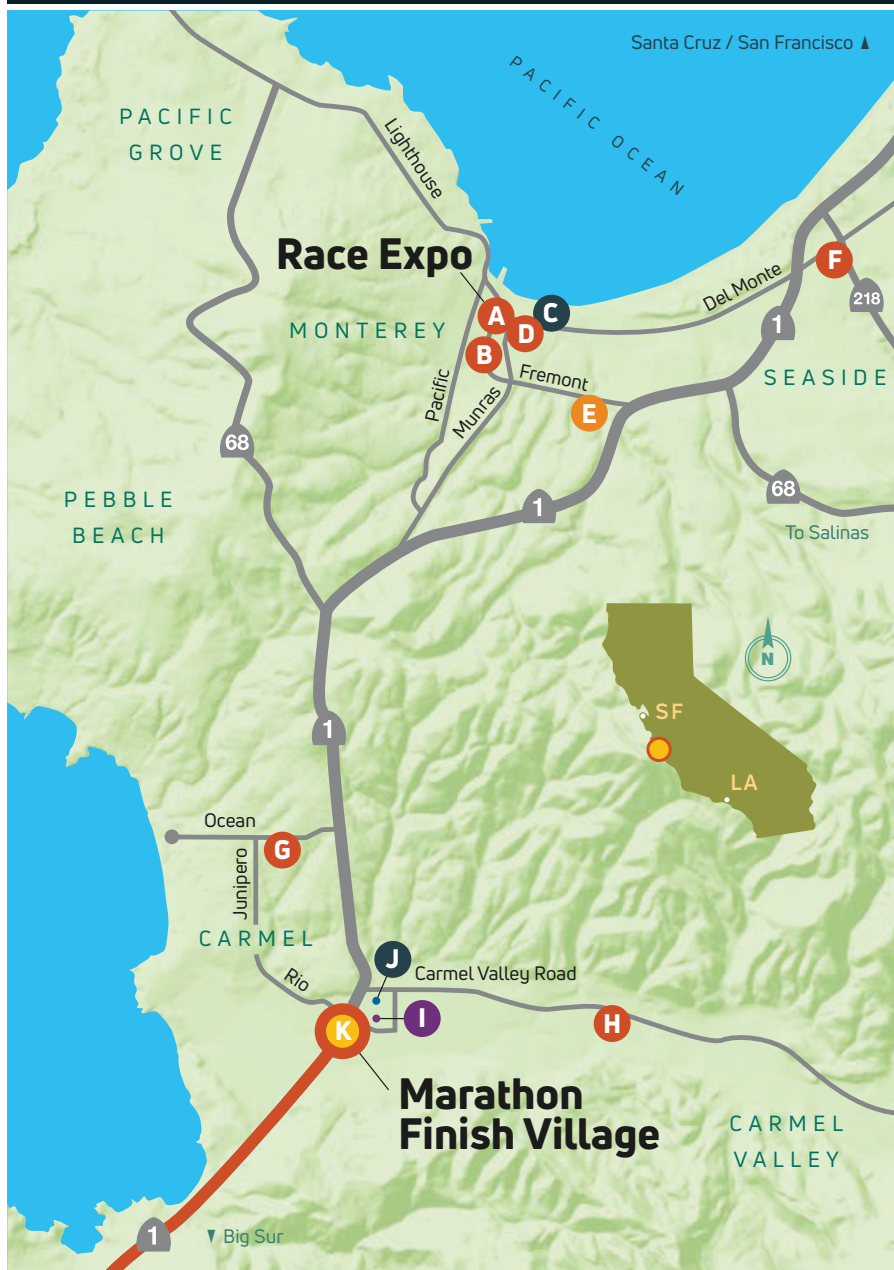
Any Questions?

If you have any questions about the race not covered in this information, please visit bigsurmarathon.org and click on the "Race Weekend" or "Frequently Asked Questions" pages. Or, email us at 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 Marriot

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

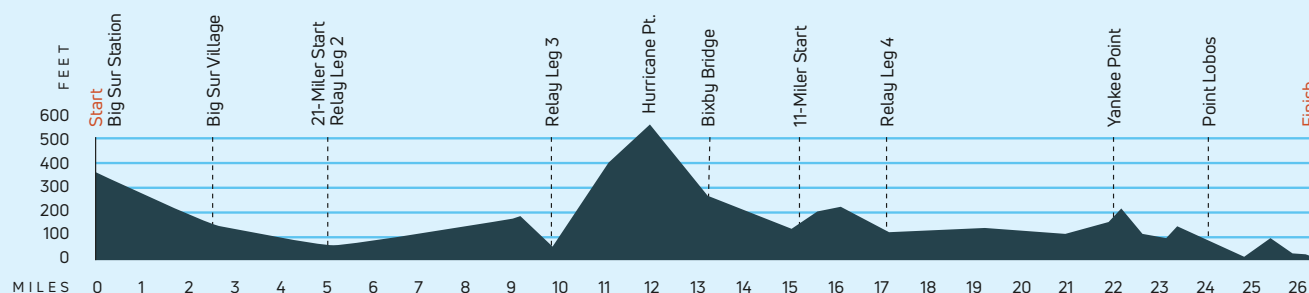
All events finish at Rio Rd. + Highway 1



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

