



BIG SUR

INTERNATIONAL MARATHON

Welcome to Race Week!

APRIL 22-24, 2022

Welcome to the 35th Annual Big Sur Marathon weekend of events! This composite race weekend instructions for the 5K covers the race expo, packet pick-up, special events before race morning, race morning transportation, the start, the course, the finish line, and post-race activities. In short - it's everything you need to know about race weekend! On behalf of the Big Sur Marathon events committee, board, staff, and team, we look forward to seeing you soon and hope you have an amazing experience.



Important Note About Your Entry If You Are Unable to Run:

All race distances are full. Downgrades to shorter distances, transfers, deferrals, or refunds are not available. You may no longer sell your entry or give it to anyone else. If you purchased a registration refund policy through the Protect Group when you registered for the race and are unable to participate due to a covered reason, you may wish to apply for a refund through the Protect Group. This is a third-party company that handles refund applications for those who purchased their product. If you are unsure if you purchased this product when you registered, please review your Haku participant account or your original registration confirmation email. account.

The Big Sur Marathon office does not provide any refunds or process any refund applications. If you do not attend the race, you can consider your entry fee a tax-deductible contribution to our non-profit organization. Our federal non-profit tax ID number is 77-0048388. We use funds earned through or donated to our events to help fund programs and services to improve the health of our community, particularly for youth.

HEALTH & FITNESS EXPO / BIB PICK UP

The Health & Fitness Expo is Friday, April 22, from noon to 6 PM and Saturday, April 23, from 9:30 AM to 6 PM at the Monterey Conference Center, 1 Portola Plaza, downtown Monterey. The Expo is FREE and open to the public. Masks are required to be worn in the expo.

Free COVID testing will be available in front of the Monterey Conference Center during the Expo hours. We invite you to [register in advance](#) to speed up testing. Testing is not required.

Bibs and shirts must be picked up in person at the Expo. Please bring your photo ID. You should have received your check-in pass (with bib number) by email already. Another will be sent the Thursday before the race. If you are unable to attend the expo, please complete a [Packet Pick-Up Authorization](#) for someone else to get your bib and shirt. Marathon Relay captains or team members do not need pick-up authorization forms to get bibs and shirts for their teammates.

Because we try to minimize our event's environmental impact, we do not hand out bags filled with paper promotional materials or product samples. You will be sent a link to an electronic virtual goodie bag with coupons and other information. In addition, the race program will be digital-only and sent a week or so before the race.

CUPLESS OPT-IN PICK-UP

Join the Big Sur Marathon Foundation and HydraPak in our efforts to reduce single-use waste by pledging to run a cupless race. This year, all participants in the 2022 12K will receive a HydraPak reusable cup to use in their race. In addition, the first 4,000 participants in our other race distances are encouraged to take the cupless pledge and receive a custom Big Sur Marathon branded HydraPak reusable SpeedCup for use at aid stations. Cups will be available at the HydraPak booth in the Expo. You may also take the pledge in person at the Expo, but please note that only the first 4,000 participants to opt-in will receive a complimentary Speedcup. Hydration systems including Speedcups will also be available for purchase at the Expo.

CLINIC SCHEDULE

During Saturday's Health & Fitness Expo, we will host a full day of free race clinics beginning at 10 AM. All clinics are hosted in the Steinbeck Ballroom, located on the third floor of the Monterey Conference Center (up the escalators to the right inside the front doors). From tips about how to run your best race and inspiring runner stories to a panel of the state of women's running, our programming has something for everyone. [View the full clinic schedule.](#)



SPECIAL EVENTS

Pasta Party, Saturday, April 23, 4:30 PM or 6:00 PM

Enjoy a tasty carbohydrate-rich meal and meet fellow runners at the official Big Sur Pasta Party in the Grand Ballroom of the Marriott, across the street from the Expo in downtown Monterey. 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 \$40 at the door, if available. Online sales are now closed. There are two seating options, 4:30 PM or 6:00 PM.

United Happy Hour Lounge, Friday and Saturday from 3-5:30 PM

Visit the United Lounge at the front of the Expo if you need to sit for a spell, charge your device, and socialize with fellow runners! There will be a Happy Hour from 3 to 5:30 PM on Friday and Saturday featuring beverages from Athletic Brewing, Tito's Handmade Vodka, Marquis, Dole, and Sunny With a Chance of Flowers wine. Watch a course video, meet our Ambassadors and enjoy a series of giveaways.

Special entry rate for the November 13, 2022 Monterey Bay Half Marathon

Visit the Monterey Bay Half Marathon booth inside the expo to register for this November's race at a special discount! Plus, when you sign up in person, you'll receive a free pair of branded Fitsoks! For more information about this race, also organized by the Big Sur Marathon Foundation, please visit www.montereybayhalfmarathon.org



OFFICIAL RACE MERCHANDISE

Be sure and visit the Marathon merchandise store on the main expo floor for a wide assortment of commemorative items including technical wear, leisure wear, souvenirs, and HOKA® shoes for try-on and purchase! Supplies are limited and many items sell out early. You can also shop our online store prior to race weekend.

RACE MORNING



RACE DAY PARKING AND PACKET PICKUP

The 5K is an out-and-back race from the Marathon finish line and 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. We do not provide any bus transportation to the 5K start.

Because no shuttle bus is needed, race-day packet pick-up is available for the 5K in the parking lot of The Crossroads Carmel 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.

For 5K participants staying in Big Sur, we use smaller shuttle buses to transport runners from two locations north of the Marathon starting line and two locations south of the Marathon starting line. If you are staying in a hotel or campground north of the start, you would walk to either Ripplewood Cabins and Campground or River Inn to catch a bus at 5:15 AM. If you are staying south of the starting line, please walk to Post Ranch Inn or Deetjen's to catch a ride to the start at 5:15 AM. To board these buses, stand near Highway 1 in order to be visible to bus drivers. A second bus will depart from the Marathon starting line to take 5K runners to the start of their race at the Marathon finish line in Carmel. Masks are required on any bus.

GEAR CHECK

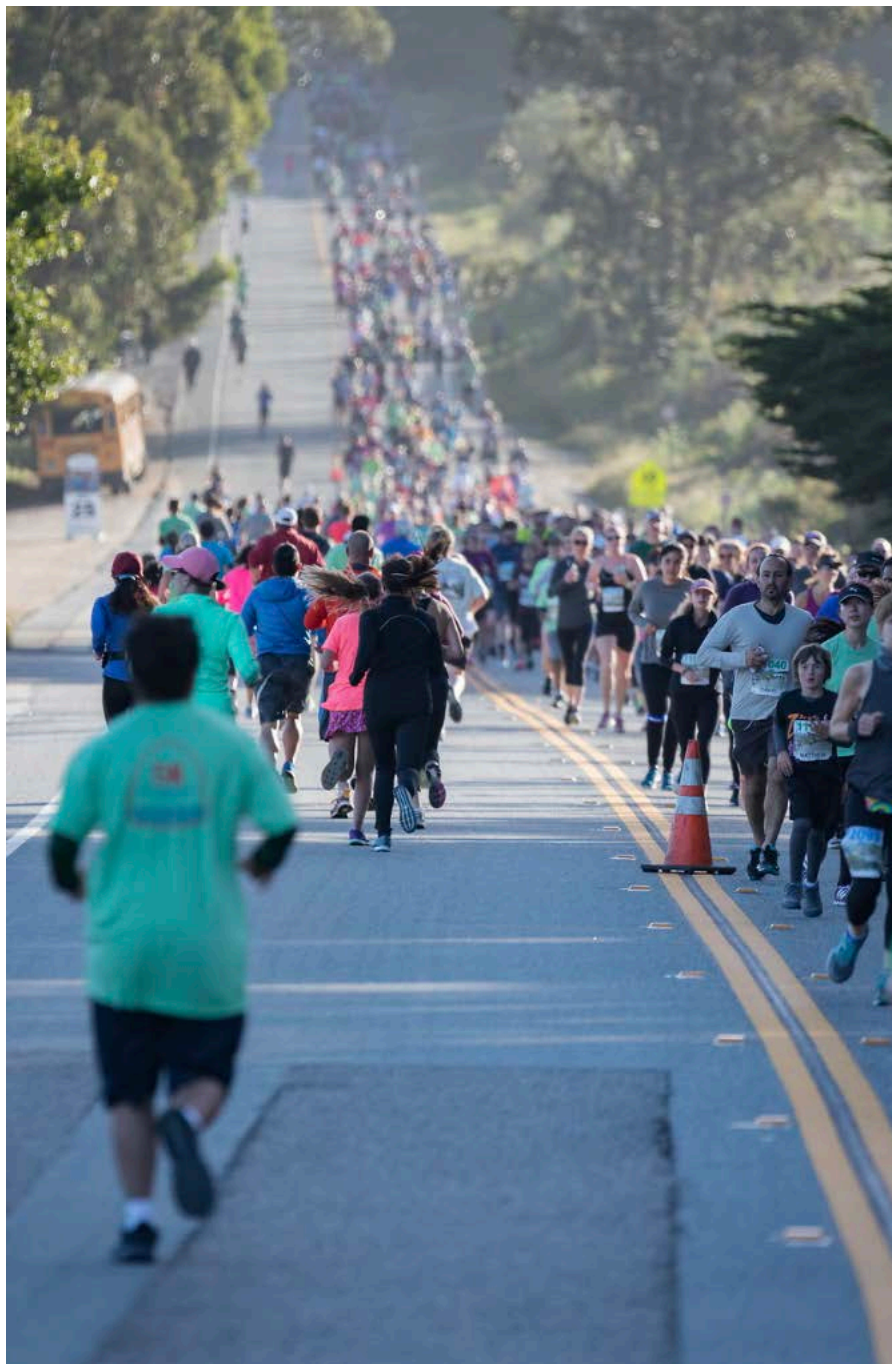
Since most 5K participants will have a personal vehicle parked nearby, and because we are preparing the gear check area for the thousands of runners running point-to-point longer races on Highway 1, there is a very limited gear check option. If you'd need to use gear check, be sure to use the clear GU 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 Carmel shopping center near race-day bib pick-up before heading to the race start. We are not responsible for lost or stolen property.

RACE START

[The 5K/12K 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. Please wear your race number on the front of your shirt, shorts or jacket so it is visible to race officials during the event. The event is chip-timed so there is no advantage to being near the front unless you can start and maintain a faster pace. The 5K is timed but there are no age group or overall awards. Relax and enjoy the start-there is plenty of beautiful course ahead!

RUNNER TRACKING

We do offer an app through our timing company, South Valley Endurance, to track runners on race day. [Download the app by clicking here](#). Note that because of little to no cell coverage or internet on the course, updates on runner positions on the course are often delayed.



ON COURSE

THE COURSE: THE REASON YOU ARE HERE!

The 5K features a [beautiful out-and-back course](#) beginning and ending at the Marathon finish. The 5K begins with the 12K at 7:35 a.m. at the Marathon finish line at Highway 1 and Rio Road.

The 5K features gently-rolling hills and amazing views. Be prepared for an incredible journey!

View a map of the 5K course.

- Look for small signs for each mile of the 5K. These are separate signs from the much larger Marathon mile marker signs you will see at Marathon miles 25 and 26.
- Note that the 5K course uses the left (east) side of Highway 1 on the way out and the west (ocean-side) lane of Highway 1 back north toward the finish. Please listen for instructions and follow signage for a safe run. Slower 5K runners and walkers will be passed by faster runners from longer race distances. Please stay to the FAR-LEFT side of your lane on the way to the finish to allow passing by faster runners.
- Please help us keep this beautiful area clean. Please don't throw items off the road: just drop items in your running lane where our clean-up crews can more easily spot them. And please don't go to the bathroom behind bushes, trees, or fences on the course. 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 closed to private vehicles, bicycles, walkers, or non-registered runners. The only place for friends and family to watch you run is at the finish line. No spectators are allowed on the course.
- No dogs or other animals, unofficial pacers, skates, skateboards, bikes, scooters, wheelchairs, hand cranks, baby joggers, or carrying of children or infants. 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 2022 bib assigned to them are allowed on the course.

AID STATIONS

The 5K features one aid station at the turn-around at about mile 1.5. If you choose to opt-in to our cupless initiative, you will be able to fill your HydraPak SpeedCup or other reusable hydration system at this aid station.

COURSE MEDICAL

There are medical personnel at each aid station with basic first-aid supplies. We do not provide medications (ibuprofen, aspirin, inhalers, etc.).

There are mobile medical teams and course marshals on bicycles throughout the course for your safety. If you have any medical needs, flag down one of our bike marshals. Bike marshals are there to ensure runner safety.

If you choose to discontinue your race, please report to an aid station where a sag wagon will be dispatched to take you to the finish area. Note that it can take some time to return you to the finish.

THE FINISH & POST-RACE ACTIVITIES

[View a map of the finish area.](#)

The 5K finish line is the same as the 5K starting line (and the Marathon finish line) at Highway 1 and Rio Road. After crossing the finish line, you will receive a finish medallion 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.

Note: as part of our goal to reduce our environmental impact, we do not hand out plastic bottles of water. There will be an area to refill your personal hydration device or compostable cup.

The family reunion area is outside the runner food tent in the central area of the Finish Village.

Hot minestrone soup and a Cheers Garden (for those age 21 or over) are also available. The Cheers Garden will feature Other Brother Brewing beer and Athletic Brewing non-alcoholic beer. Entrants are entitled to one free beer. Beer will also be available for sale for those over age 21 for \$5 cash.

FINISH MEDICAL

Medical professionals 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. We do not offer post-race massages.

GEAR CHECK

If you checked a gear bag before the 5K start, it should be in the same area outside the fenced grass Village area in the parking lot of The Crossroads Carmel shopping center.

MARATHON AWARDS CEREMONY

The Marathon awards ceremony will begin at 11:30 a.m. on the main stage for the top finishers in the 26.2-mile race. There are no overall or age group awards in the 21-Miler, 11-Miler, 12K, or 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. The Finish Village store will have a final clearance sale on Monday, April 25, the day after the race, from 10 AM to 2 PM.

RACE RESULTS

Look for the black "SVE Race Results" tent 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 on Sunday afternoon (along with a downloadable finisher certificate). Marathon finishers are also published in the Tuesday, April 26 Monterey Herald.

INFO BOOTH AND LOST & 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.
- Free parking is available in the shopping centers and nearby streets but expect heavy traffic. You may have to park a half mile or more away from 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. Parking can be a challenge in the shopping centers and nearby streets.
- 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 Rancho Carmel Center, about a half-mile north of the Finish Village.
- If spectators are taking a ride share service or cab to the area, expect to find many surrounding roads closed and to be dropped off a quarter to a half mile away from the Finish Village.



If you have any additional questions, please visit bigsurmarathon.org and click on the "Race Weekend" or "Frequently Asked Questions" pages. Our email is info@bsim.org. Our office phone number is (831) 625-6226 (note that this phone is not answered race weekend). We'll see you soon!

-The Big Sur Marathon Team

GOOD LUCK, RUNNERS!