



# BIG SUR

## INTERNATIONAL MARATHON

# Welcome to Race Week!

## APRIL 26-28, 2024

Welcome to the 37th Annual Big Sur Marathon weekend of events!

This composite race weekend instructions for the Marathon 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:** The Big Sur International Marathon collection of races are in an area with little to no cell coverage. There is limited cell coverage at the start and finish lines. This will affect texting and calling, runner tracking, and results. Please have plans in place with friends and family before race day.

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

*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 nonprofit 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 26, from noon to 6 PM and Saturday, April 27, 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.

Bibs and shirts must be picked up in person at the Expo. Please bring your photo ID. We will be sending you an email with your check-in pass (QR code and bib number) several times leading up to the event. If you are unable to attend the expo, please complete a [Packet Pick-Up Authorization](#) for someone else to get your bib and shirt, and upload it into your haku account. Click [HERE](#) for instructions on how to upload the Packet Pick Up Authorization to your [haku account](#).

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.

*Distance changes are available for all distances with the exception of moving to the 11-Mile distance. There is no availability in the 11-Miler. If you'd like to change your distance, please pick up your bib first and then go to the Solutions table in the Expo bib pick-up room. Please note, if you choose to change your distance, your entry will be updated in the system for scoring, but you will keep your bib, pick-up the race shirt for your original distance, and on race day you will pick up the medallion that matches your bib and original distance.*

## CLINIC SCHEDULE

We will host a full day of [free race clinics](#) beginning at 11 AM. All clinics are hosted in the Steinbeck Ballroom, located on the second 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 to inspiring runner stories, our programming has something for everyone. [Check out the clinic schedule!](#)

## SATURDAY AT THE HEALTH & FITNESS EXPO

**11:00 AM Turning Negative into Positive with Hellah Sidibe**

**12:00 AM Strength Training for Runners with Fitz Koehler, MESS**

**1:00 PM The Importance of the Marathon in the Olympics and a Look at the History of BSIM with Hugo J. Ferlito, DDS**

**1:30 PM Tips on Running the Big Sur Course with Bob Utley**

**2:30 PM Race Fails and Fun with Big Sur Race Announcers Rudy Novotny and Fitz Koehler**

**3:00 PM Strategic Stretching and Pain Prevention for Runners with Fitz Koehler, MESS**

**4:00 PM Relay Clinic with Ben Balester**

**There is no fee to attend. Everyone is welcome!**

## BUS TICKETS

Relay participants do not need to select a bus location (there is only one location, but will pick up their bus ticket when they pick-up their bib). Entrants in the 12K or 5K do not use a bus to get to the start of their event.

Marathon runners and 11-Milers will receive their bus ticket at their bib pick-up area in the Expo. Your pre-selected bus pick-up location will be printed on your bib. If you did not make a pre-selection, you will be directed to the Transportation Desk and assigned a [bus pick-up location](#), first come first served based on availability. Please note for 21-Milers, if you selected the Marriott as your [bus pick-up location](#), it will be printed on your bib. Due to the course re-route, the Barnyard location has been eliminated. If you made that selection, you will need to go to the Transportation Desk to pick up a new ticket, any marathon bus location will work for your needs.

## SPECIAL EVENTS

### **Pasta Party, Saturday, April 27, 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 [on your haku account](#). There are two seating options, 4:30 PM or 6:00 PM.

### **MRY Happy Hour Lounge, Friday and Saturday from 2-5:30 PM**

Visit the MRY 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 2 to 5:30 PM on Friday and Saturday featuring beverages from Athletic Brewing, Peter B's, and local wine. Purchase a \$10 commemorative glass for unlimited drinks during happy hour.

### **Shake Out Run - Saturday, April 27 at 8 AM**

Join us for a 3-mile (approx) shake-out run at 8 am on Saturday. We will start in front of the Monterey Conference Center.

## RACE MERCH

### **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](#).

# GEAR CHECK

## GEAR CHECK

If you need to use gear check, use **ONLY** the clear gear check bag provided at bib pick-up and attach the adhesive bag tag located at the top of your race bib. Do not enclose valuables, keys, credit cards, etc. and do not check any fluids or other heavy or sharp items. Please tie your bag tightly. Place your bag at the gear collection area in the start venue. **We are not responsible for lost or stolen property.**



# GETTING TO THE START

## TRANSPORTATION TO THE START

It is important to note that runners are **STRONGLY ENCOURAGED** to ride the buses to the start area. Parking is **EXTREMELY** limited in the venue area and runner drop offs will cause significant traffic congestion and disrupt the residential community. We are unable to start any of the races late for **ANY** reason, so if runners are not present for the immediate start of their race, they will not be allowed onto the course. **Taking the bus is the only way to guarantee you are on-time to the event. PLEASE PLAN TO RIDE THE BUS.**

All marathon runners were asked to select a bus pick-up location. If you made a selection, it will be printed on your bib and you will be given a bus ticket when you pick-up your bib. If you did not make a selection, you'll be directed to the Transportation Desk and assigned a bus pick-up location first come first served, based on availability.

Buses leave from one of seven locations:

[View the bus pick-up locations map.](#)

# RACE START

The [Marathon start](#) is on Highway 1 just south of Rio Road in Carmel. The start venue is located on Rio Road across from the Crossroads Carmel shopping center. There will be porta potties as well as water, nuun, and coffee and tea. If you prefer something specific on race day, please bring your own supplies. We recommend packing something to sit on (garbage bag, old mylar blanket, etc.) and plan to stay in the start venue until it is time to move to your corral for the race start.

If you want to check gear, use **ONLY** the clear gear check bag provided at bib pick-up and attach the adhesive bag tag located at the top of your race bib. Do not enclose valuables, keys, credit cards, etc. and do not check any fluids or other heavy or sharp items. Please tie your bag tightly. Place your bag at the gear collection area in the start venue on the way to your corral. We are not responsible for lost or stolen property. Wear warm clothing as the average temperatures are in the 40's. Discarded clothes will be donated.

# RACE CORRALS

**START CORRALS** - Marathon participants are assigned to one of three corrals (A, B, or C) based on your estimated finish time. Look for your corral assignment on your race bib. Race start is at 6:15AM for corral A and subsequent corrals will be released approximately every five minutes. Your official time does not begin until you cross the start line. Listen carefully for race announcements for an on-time start.

**Notes: You can move back to a later corral race morning but you may not move into an earlier corral for safety reasons.**

# COURSE DETAILS

## THE COURSE: THE REASON YOU ARE HERE!

[View a map of the course](#) - Here's what you should know:

- The Marathon begins at 6:15 AM with three corrals (A,B, or C will be listed on your bib).
- After the first couple of miles, you are restricted to only the land lane of the highway on the out-bound portion of the course. Once you have passed the turn around, always stay in the left (ocean-side) lane on Highway 1. The other lane (land side) is used for emergency vehicles, race officials, and live traffic in escorted caravans both northbound and southbound. Please do not cross the center yellow line.
- There are large wooden marathon mile markers on the course.
- There are 12 aid stations spread out about every two-to-three miles.
- Be sure your race number is visible on the FRONT of your shirt or shorts for race officials and photographers..
- We strongly discourage the use of earbuds/earphones. The better you can hear what is around you, the safer you can run.
- Please help us keep this beautiful area clean. Please toss all trash, cups, gel packs, food, etc. within an aid station footprint to help ease clean up and get roads reopened promptly. 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!
- No dogs or other animals, unofficial pacers, skates, skateboards, bikes, scooters, wheelchairs, hand cranks, baby joggers, or carrying of children or infants. 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

There will be lemon-lime nuun and water at all 12 aid stations. There will be fruit located at all stations from mile 7.9 on. GU energy gel in a variety of flavors will be available at mile 7.9 and mile 16.8. We encourage the use of personal hydration vests, bringing your own bottle, etc., to reduce cup waste. If you carry your own water, there are fill up stations at the end of each aid station.

A strawberry station is at mile 21.9 featuring the tasty locally-sourced fruit for a burst of final energy.

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

## TIME LIMITS

The Marathon course time limit is 6:00 hours, a pace of 13:45 per mile/8:32 per km. This begins when the final runner crosses the start in the final wave. This strict enforcement is part of our permit to use Highway 1 and it is enforced without exception by the California Highway Patrol and race officials in the following ways:

- If you fall behind a 6-hour finish pace at any point on the course, you may be asked to discontinue the race and take a sag van to the finish area.
- All marathoners must reach mile 14.1 by 9:45 AM or mile 22.3 by 11:40 AM to continue in the race. Anyone reaching these locations after the time limit will be transported to the finish 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 inform the volunteers of your desire to drop out. They will dispatch a sag van to take you to the finish.

Thank you for your cooperation. Maintaining the time limit helps us secure a permit each year to conduct this race.

## FINISH AREA

[View a map of the Marathon Village.](#)

The finish line and Marathon Village are located at Highway 1 and Rio Road (the same location as the start line). 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. The family reunion area is outside the runner food tent in the central area of the Marathon Village.

Hot minestrone soup and a Cheers Garden (for those age 21 or over) are also available. Entrants are entitled to one free alcoholic beverage. Drinks will also be available for sale for those over age 21 for \$5 cash.

Gear bags checked before your race are located just outside the fenced grass village area in the parking lot of The Crossroads Carmel shopping center.

## TRACKING RESULTS AWARDS

For runner tracking, click [HERE](#).

Results will be located under the black SVE tents in the finish village. Type in your name or bib number and your results will appear on the computer screen. Results will also be located [HERE](#).

The Marathon awards ceremony will begin at 11:30 a.m. on the main stage. We will recognize the top five overall male and female marathon finishers followed by the top five male and female finishers in all age groups. There are also Boston to Big Sur awards and relay awards. There are no awards in the 21-Miler, 11-Miler, 12K, or 5K.

# POST-RACE SHUTTLES

Post-race buses depart the Marathon Village on Rio Road (in front of Bank of America and Starbucks) beginning at 9:30 AM to return you to your morning boarding locations. The last bus will depart at 1:30 PM.

# 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 Marathon Village.
- The Marathon Village is a relatively small area so anticipate heavy vehicle and pedestrian traffic and lengthy delays accessing the area. Free parking is available in the surrounding shopping centers, but you may have to park a half mile or more away from the Marathon 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 Marathon Village.

## Good Luck, Runners



If you have any additional questions, please visit [bigsurmarathon.org](http://bigsurmarathon.org) and click on the "Race Weekend" or "Frequently Asked Questions" pages. Our email is [registration@bsim.org](mailto:registration@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*