



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 Relay 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](#).

GETTING TO THE START

TRANSPORTATION TO THE START OF YOUR LEG

All Relay runners must use our free transportation to the start of their leg. **Your relay bib is your bus ticket.** Highway 1 is closed early race morning to private vehicles. There is NO parking in the start area or any exchange areas and there is no runner drop-off by private vehicle.

Free race morning parking will be available for Relay runners at Monterey Peninsula College (MPC), 980 Fremont Street, Monterey. A limited amount of water and coffee will be available. The Relay buses will leave between 4:00 - 4:45AM for all legs.

Note that full marathoners and 21-Milers will also be parking at MPC. Please make sure you are boarding the correct bus for your Relay distance. There is no way to get to your exchange point once the buses have left.

[View the bus pick-up locations map](#) - *Note that MPC is letter "E" on the map.

LEG 1 START

RACE START FOR LEG 1 RUNNERS

Your first leg runners begin at the Marathon start is on Highway 1 just south of Rio Road in Carmel. 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. 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 estimated finish time. 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 to begin loading into your corral for an on-time start.

Note: Relay participants can choose any corral to start the race.

AID STATIONS

There will be lemon-lime nuun and water at all 12 aid stations. There will be fruit at all aid 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. There will also be limited light snacks, coffee, and water at each exchange point for runners waiting to run and those who have completed their leg.

COURSE DETAILS

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

- The Marathon, 21-Miler, and Relay Leg 1 begin at 6:15 AM.
- After the first couple of miles, you are restricted to only the left lane (land side) of the highway on the outbound 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 marathon mile markers on the course. Note there are not special relay mile markers.
- There are 12 aid stations spread out about every two-to-three miles.
- We strongly discourage the use of earbuds/earphones. The better you can hear what is going on 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!
- 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. No bandits, no unofficial pacers, no exceptions. Only official race entrants wearing an official bib assigned to them are allowed on the course.

RELAY LEG LENGTHS/SPLITS - Teammates will pass a slap bracelet at the exchange points. Each leg split will be recorded by the timing mats at these exchange points. They will be uploaded and posted by our timing company following each leg, along with total team time and place.

Leg 1: Marathon start to mile 6.5

Leg 2: 7.0 miles from marathon mile 6.5 to mile 13.5.

Leg 3: 5.8 miles from marathon mile 13.5 to mile 19.3.

Leg 4: 6.9 miles from marathon mile 19.3 to the marathon finish line at mile 26.2.

BUSES AT THE EXCHANGE POINTS - There will be buses parked at the exchange points to allow you to stay warm while waiting for your incoming runner and after you finish your leg. PLEASE STAY OUT OF THE LIVE TRAFFIC LANE (the land-side lane of Hwy. 1 after the course turnaround). Expect lengthy delays. Relay runners who have completed their leg have the option to continue running to the next exchange or to the finish. Course amenities are maintained for a six-hour finish pace.



*Give a Cheer,
Race Day is
Almost Here!*

RELAY GEAR CHECK

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 but may not arrive until after 12:30 PM. Remember: 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.

SUGGESTED RELAY TEAM GEAR CHECK PLAN

To facilitate this plan, each relay runner will collect 2 gear check bags at packet pick-up. One for your warm up clothes and the other for your post-run clothes.

- Bag 1 (post-run clothes) Incoming runner will give their post run bag with clean sweats to their outgoing runner the night before (e.g., leg 1 runner gives a bag to the leg 2 runner). Be sure to do this the night before or before you get on the bus race morning.
- Leg 4 runner will give their post-run bag to leg 1 runner. The leg 1 runner can turn in the leg 4's bag at the start where it will be available for pick up at the Marathon Village.
- The outgoing runner will hand off the incoming runner's post-race bag when they are handed the bracelet.
- Bag 2 (warm up clothes) Runners waiting to run at the exchange area can use their second bag to store their warm up clothes to check in at the gear check bus at the exchange. They will be available at the Marathon Village after 1pm. By following this plan, all your teammates will have warm clothes after each leg.
- 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.

FINISH AREA

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

The finish line and Marathon Village are located at Highway 1 and Rio Road. After crossing the finish line, your final relay runner will collect medallions for your entire team and be directed into the runner food tent.

The family reunion area is outside the runner food tent in the central area of the Marathon Village. This is where you can meet your teammates if they have taken a bus in from their exchange area.

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 or card.

Most Relay teams use an alternative gear check program as described above. Any gear bags that were left at relay exchanges will be brought to the main gear check area just outside the fenced grass Marathon 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 Relay awards ceremony will begin following the individual marathon ceremony at 11:30 AM. Relay awards are presented to the top three teams in each Relay category (only teams with four members are eligible for awards): Open male, open female, open mixed, and masters mixed. Only Relay teams with four members who ran legs are eligible for awards. All winning team members receive an award. Any team finishing in the top three MUST send a representative to the awards ceremony. Awards are not mailed after the race.

POST-RACE SHUTTLES

Shuttles back to MPC from the finish run from 9:30 AM until 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 and click on the "Race Weekend" or "Frequently Asked Questions" pages. Our email is 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