



# 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!**

## VIP PACKET PICK UP

Big Sur Marathon VIP entrants can pick up their pre-assembled race packet (bib, shirt, VIP backpack, quarter zip top, and bus ticket) in Stevenson 1 on the second floor of the Conference Center. You will not receive a check-in pass with a QR code, please just go directly to the Stevenson 1 room.

If purchased, Pasta Party tickets and Premium Tent guest wristbands will also be available. Please note that there is no race morning bib pick-up.

## BUS TICKETS

### EXCLUSIVE VIP SHUTTLES TO THE MARATHON START

Exclusive VIP shuttle buses are available for VIP entrants. They will depart at 4:45AM race morning from the corner of Del Monte Ave and Alvarado Street in Monterey (in front of the Portola Hotel and the Monterey Conference Center). Tickets for the VIP bus will be provided when you get your VIP bib at the Expo.

VIP runners may also travel to the start from any other marathon shuttle location. If you are not planning to use the VIP buses from the Portola, please visit the Transportation Desk in the bib pick-up room at the Expo to secure a bus ticket to the start. Buses leave from one of seven locations: [View the bus pick-up locations map](#).

## SPECIAL EVENTS

### VIP Meet Up and Group Photo, Saturday, April 27, 4:30 PM

Plan to meet at Stevenson 1 on the second floor of the Conference Center Saturday afternoon at 4:30 PM for a special group photo opportunity and meet up. Come and meet your fellow VIP runners!

### 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](#) or, if available, at the door. 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 8am 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

## EXCLUSIVE VIP SHUTTLES TO THE MARATHON START

Exclusive VIP shuttle buses are available for VIP entrants. They will depart at 4:45AM race morning from the corner of Del Monte Ave and Alvarado Street in Monterey (in front of the Portola Hotel and the Monterey Conference Center). Tickets for the VIP bus will be provided when you get your VIP bib at the Expo.

Parking is available a block away from the Portola Hotel at the Downtown East and West Garages, 340 Tyler Street, Monterey.

VIP runners may also travel to the start from any other marathon shuttle location. If you are not planning to use the VIP buses from the Portola, please visit the Transportation Desk in the bib pick-up room at the Expo to secure a bus ticket to the start. Buses leave from one of seven locations: [View the bus pick-up locations map](#).

Please note: VIP runners have secured access to the Marathon Village and the Premium Tent before the race begins. Marathon Village will open at 5:00AM on race day for VIP bibs ONLY. Participants riding the VIP coach buses will be escorted from the bus into the Marathon Village and the Premium Tent. For VIP participants utilizing a different marathon bus pick-up location, you will need to show your bib to security at the Marathon Village to gain access into the Premium Tent.

# RACE START

From the bus drop-off point, you will be escorted into the Premium Tent. Relax and make your final fuel and pit stops before the race. We will provide water, coffee, oatmeal, bagels, and bananas. You will also have access to private portos. Your gear bag (the backpack you received at the Expo) can be left in the tent and we will have it for you after you cross the finish line.

See the map [HERE](#) for the Premium Tent location (labeled Hospitality Tent on the diagram).

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. VIP participants will be escorted into the race start area when it is time to load into the corrals 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

[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 printed on your bib).
- 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 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!
- 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.

# 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 then be redirected to exit the post-race runner flow to head to the VIP premium tent in the Marathon Village. VIP bibs will once again allow runners access into this tent and VIP guests need to wear their pre-purchased wristbands for admittance. A variety of food and beverages will be available in the tent. Note: Gear bags checked before your race will be located where you left them, in the VIP premium tent.

## TRACKING RESULTS AWARDS

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

Results will be located in the premium tent as well as under 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. There are no special VIP shuttles post-race.

## 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*