



## START TIMES

EventStart TimeStart LocationMarathon6:45 a.m.Big Sur StationRelay6:45 a.m.Big Sur Station21-Miler6:30 a.m.Andrew Molera State Par11-Miler7:00 a.m.Grimes Ranch12K7:35 a.m.Rio Road + Highway 15K7:35 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.

