



# BIG SUR

## INTERNATIONAL MARATHON

### RACE WEEKEND PARTICIPANT GUIDE

**April 27–29, 2018**

Welcome to the Big Sur International Marathon weekend of events.

Race weekend is coming up fast! Here are complete details for your race.

**Please read through this document carefully, even if you are a seasoned participant!**

Bill Burleigh

### RACE WEEKEND SCHEDULE AT A GLANCE

#### HEALTH & FITNESS EXPO/PACKET PICK-UP

- The Monterey Conference Center, 1 Portola Plaza, Monterey
- Friday, April 27 from 12 Noon to 6 PM
- Saturday, April 28 from 9 AM to 6 PM
- Bib, shirt and packet pick-up
- Free race clinics on Friday and Saturday
- Official race merchandise
- Expo is FREE and open to the public

#### BY-THE-BAY 3K

- Saturday, April 28, at 8 AM at Lovers Point Park in Pacific Grove

#### PASTA PARTY

- Saturday, April 28, 4:30 or 5:30 PM sittings
- Grand Ballroom, Monterey Marriott
- Tickets available for purchase at the Expo or at the door for \$25

#### POST-RACE PARTY

- Sunday, April 29, 4:30 to 7:30 PM
- Grand Ballroom, Monterey Marriott
- Tickets available for purchase at the Expo or at the door for \$25

#### RACE DAY SCHEDULE FOR SUNDAY, APRIL 29

21-Miler start	6:30 AM
Marathon start	6:45 AM
Relay start	6:45 AM
11-Miler start	7:00 AM
12K start	7:35 AM
5K start	7:35 AM
5K awards ceremony	9:15 AM
Marathon, B2B & Relay awards ceremony	11:30 AM
Official course closure	1:00 PM
Finish Village closes/event over	1:30 PM



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## CONTACT INFO:

Contact: 831.625.6226

Website: [bigsurmarathon.org](http://bigsurmarathon.org)

Email: [info@bsim.org](mailto:info@bsim.org)

## SOCIAL MEDIA

 [facebook.com/bigsurinternationalmarathon](https://facebook.com/bigsurinternationalmarathon)

 [@BSIMEvents](https://twitter.com/BSIMEvents)

 [@BSIMEvents](https://www.instagram.com/BSIMEvents) #bigsurmarathon, #bsim, #bsim2018

## Top 11 Things You Need to Know for Race Weekend

- 1. **Construction on Highway 1 at the Marathon finish line is scheduled to begin right after this year's race. In preparation for this upcoming work, traffic signals, available traffic lanes, and traffic patterns in the area have already been changed and detours installed. These changes are causing long traffic delays in this area. 12K and 5K runners driving to the Marathon finish line to start their races, as well as spectators wanting to watch the finish on race day, should allow plenty of extra time for travel.**
- 2. **Race bibs and shirts are picked up at the Expo.** Bibs are not mailed and there is no pick-up race morning (except for the 3K, 5K and 12K).
- 3. **You must take a free bus to the start of the Marathon, Relay legs, 21-Miler and 11-Miler.** No runner drop-off or parking at these starts.
- 4. **We'll bus you back from the finish to your morning pick-up location after the race.**
- 5. **All events using Highway 1 have firm time limits. Highway 1 reopens to regular traffic at 1 PM. Runners still on Highway 1 at 1 p.m. may be shuttled to the finish area for their safety.**
- 6. **There is no spectator access to the course. Spectator viewing is at the finish line only. NO EXCEPTIONS!**
- 7. **There are aid stations about every 1.6 to 3 miles on each course.** Stations feature Gatorade Endurance first, then water. BYOB (Bring Your Own Bottle) Refill Stations are at the end of every other aid station.
- 8. **Do not put trash or GU/energy gel packets into used water cups; they are recycled separately.**
- 9. **You will receive a gear check bag at the Expo.** We will transport your gear in this bag from your event start to the Marathon Finish Village. Gear cannot be checked in personal bags or backpacks.
- 10. **Entries are non-refundable and non-transferable; you may not give or sell your bib to another person. There are no deferments to 2019. To view our cancellation policy, click [HERE](#). Downgrades to shorter distance are not available.**
- 11. **Buses leave so early because it takes up to two hours for a bus to travel to each start area and back along a narrow, dark, winding road. All buses must be back in Carmel by 6:45 AM so that the Marathon finish**



# GENERAL INFORMATION - ALL EVENTS

## GET OUR FREE MOBILE APP!

Available for iPhone, Android, and Windows phones, the Big Sur Events app provides information and offers free runner tracking for up to three runners. Search for **BSIM Events**.

## PACKET PICK-UP AND RACE BIBS

You can pick up your bib and race packet at the Expo either on Friday, April 27 between 12 Noon and 6 PM or Saturday, April 28 between 9 AM and 6 PM. **You must pick up your bib and packet in person; no one else can pick up for you unless a Packet Pick-Up Authorization form has been filled out.**

The Expo is held at the Monterey Conference Center at 1 Portola Plaza in Monterey. All bibs, bus tickets, pasta and post-race party tickets, event shirts, gear check bags and race programs will be at the Expo. There is no race morning pick up except for the 3K, 5K and 12K.

- Expect emails with your bib number from Active.com and SVE Timing. Bib numbers can also be looked up at the Expo. Be sure to bring your mobile device with your confirmation QR code for quick check-in. **You will need a photo ID to pick up your bib.**
- While we will do our best to provide you the shirt size you requested, sizes are not guaranteed.
- Fill out the emergency information on the back of your bib before race morning.
- Your bib must be worn on the front of your shirt or shorts and be visible to timers and course officials.
- The age of runners **under 21** is printed in **red**.
- First-time marathoner **names** are printed in **red**.
- Bib numbers are **NON-TRANSFERABLE**; for safety reasons, no one else may wear a number assigned to you.

## TIMING AND RESULTS

- Event timing is provided by **SVE Timing**. Timing chips are attached to bibs. Do not remove this tag and do not fold or trim your bib. Please wear your bib on your front.
- Unofficial results will be available in the Results Tents in the Marathon Village, posted at [bigsurmarathon.org](http://bigsurmarathon.org) on race day, and published in the **Monterey Herald's** Monday edition. The **Monterey Herald** will be mailed at no charge to marathoners living outside the Monterey Peninsula.
- Results are texted to entrants who provided a mobile number during registration (data fees may apply).

## THE PASTA PARTY, POST-RACE PARTY AND B2B FAMILY PACKAGES

Pasta Party tickets, Post-Race Celebration Party and Boston 2 Big Sur Family Package wristbands can be picked up at the Expo. Additional tickets/wristbands can be purchased at the same location and at the door of each event.

## DRIVING DIRECTIONS TO THE EXPO (see map on page 11)

To drive to the Expo at 1 Portola Plaza in downtown Monterey:

- From southbound Highway 1, take the Monterey exit 401A, turn right on Camino Aguajito, then left on Del Monte Avenue.
- From northbound Highway 1, exit at Munras Avenue (exit 399B). Munras becomes Abrego then Washington Street. Head straight on Washington, then left on Del Monte.

There are several pay lots and garages in the area. See map on page 11.

The same directions apply to the Pasta Party and Post-Race Celebration Party, which are held in the Grand Ballroom of the Monterey Marriott at 350 Calle Principal, across the street from the Portola Hotel & Spa.

## EVENTS YOU WON'T WANT TO MISS!

### FREE RACE CLINICS\*

**WHERE:** Monterey Conference Center, in the Steinbeck Ballroom on the 3rd floor

**WHEN:** **Friday, April 27** (new this year!)

2 PM: Fitz Koehler, M.S.E.S.S. on Epic Race Fails, Fun & Motivation

3 PM: Movement & Mobility for Runners with Blake Russell, PT

4 PM: Jeff Galloway, America's Coach

**Saturday, April 28**

10 AM & 4:30 PM: Marathon Relay Information

11 AM: Nutrition Plans for Better Training & Racing

12 Noon: Best Strength Training Exercises & Stretches with Fitz Koehler, M.S.E.S.S.

1 PM: What Are Your Course Questions?

2 PM: Movement & Mobility for Runners with Blake Russell, PT

3 PM: Jeff Galloway, America's Coach

**\* Seating is limited and first-come, first-served**

### BOSTON 2 BIG SUR MEET UP

**WHERE:** Custom House Plaza next to the Portola Hotel & Spa, Saturday,

**WHEN:** 4 PM

Meet B2B record holder Michael Wardian and hundreds of other B2B runners, swap stories about your Boston experience, and join in a free group photo from MarathonFoto. B2B runners only, please.

### PASTA PARTY

**WHERE:** Grand Ballroom, Monterey Marriott

**WHEN:** Saturday, April 28, at either 4:30 or 5:30 PM

Tickets available at the Expo or at the door for \$25.

Fun features include live entertainment, random prizes and a Q & A with the Race Director. The menu includes salads, chicken, pasta, marinara or meat sauce, a gluten-free option, artichokes, asparagus, bread, fruit, juice, water or beer, and dessert.

### POST-RACE PARTY

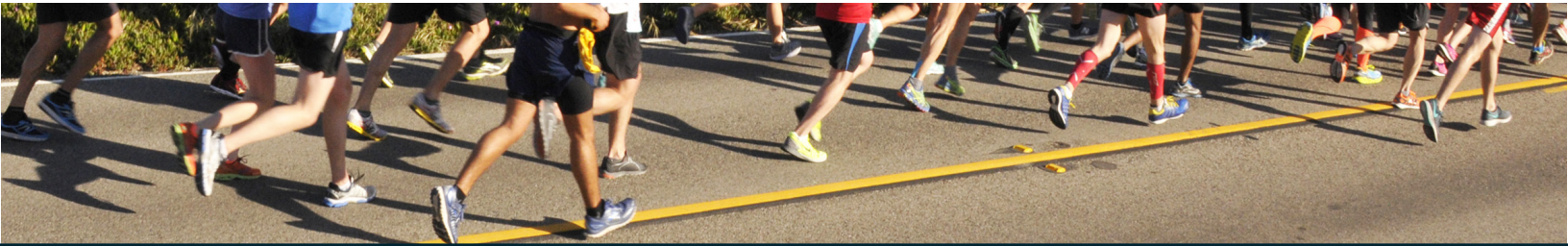
**WHERE:** Grand Ballroom, Monterey Marriott

**WHEN:** Sunday, April 29, 4:30 - 7:30 PM

Celebrate your race with fellow runners and the race staff and race committee members. Wristbands available at the Expo or at the door for \$25. Beverage, hors d'oeuvres and entertainment included.

# COURSE SAFETY RULES - ALL EVENTS

- All point-to-point courses on Highway 1 are run entirely in the ocean-side lane. (Marathoners and first-leg Relay runners have both lanes for the first two miles only.)
- Please complete the emergency contact information on the back of your bib.
- No bandits (non-registered runners).
- Please move to the far left of the road before taking pictures so you don't impede other runners.
- Walkers must stay on the far left side of the race lane and walk no more than three abreast to allow easier passing by faster entrants.
- No strollers, baby joggers, unofficial bikes, blades, skates, scooters or dogs.
- There is no spectator access anywhere on the course. Spectator viewing is limited to the finish area.



## MARATHON RACE INSTRUCTIONS

### TREADMILL PACE TEAMS

Reach your Marathon goal by teaming up with the Treadmill's experienced pace team. Joining a pace team is FREE! Goal finish time pace groups are 3:10, 3:20, 3:30, 3:40, 3:50, 4:05, 4:20, 4:35, 5:00 and 6:00. If you are interested in joining a team, stop by the Treadmill booth at the Expo.

**BUSING:** Marathon runners must take a bus to Pfeiffer Big Sur State Park in Big Sur, a half mile north of the start line, for pre-race drop-off. The highway to the start is closed to private vehicles. **There is no parking at the start area and no runner drop-off by private vehicle.**

Pick up free bus tickets at the transportation desk near Bib Pick-up at the Expo. Bus assignments are made based on where you are staying race weekend.

Marathon bus departure locations and times (map on page 11):

Custom House Garage: 3:30 - 4:15 AM  
Carmel Middle School: 3:30 - 4:00 AM  
Embassy Suites\*: 4:15 - 4:30 AM  
Monterey Marriott\*: 4:00 - 4:15 AM  
Carmel Plaza\*: 3:45 - 4:15 AM

\*Buses from the Marriott, Embassy Suites and Carmel Plaza are only available for guests of those or neighboring hotels. **Bus ticket and bib number are required to board a bus.** Spectators are not allowed on pre-race buses.

**BIG SUR SHUTTLE:** For participants staying in Big Sur, six buses will make a continuous loop between 4:45 AM and 6:00 AM with stops at all facilities between the River Inn to the north and Deetjen's to the south. To board these buses, stand near Highway 1 in order to be visible to bus drivers.

**GEAR CHECK** Wear warm clothing to the start (average temperatures are in the 40's °F). Use the clear **GU gear check bag** 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 any valuables and do not check any fluids or other heavy items. Place your bag at a gear collection area before the start. **We are not responsible for lost or stolen property.** Any clothing discarded at the start or on the course is donated to charity. Items in any unclaimed gear bags will be donated as well.

**MARATHON START: Big Sur Station, just south of Big Sur Pfeiffer State Park, Highway 1, Big Sur**

**Wave 1 - 6:45 AM:** Predicted finish times of 3:45 and faster

**Wave 2 - 6:50 AM:** Predicted finish times between 3:46 and 4:45

**Wave 3 - 6:55 AM:** Predicted finish times of 4:46 and higher

Do not enter the woods at the start or alongside Highway 1. There is a LOT of **poison oak** in the area.



**AID STATIONS:** There are 11 aid stations at approximate miles 2.6, 4.8, 7.8, 10.4, 12.2, 14.7, 16.7, 18.9, 21.3, 23, and 24.6.

- All aid stations have **Gatorade Endurance** first and then water.
- **BYOB (bring your own bottle) Refill stations** are at the **end of every other aid station** (beginning at mile 4.8) for refilling personal bottles/hydration systems. Please do not use cups to refill your bottles.
- Fruit is available at all aid stations beginning at mile 10.4

# MARATHON INSTRUCTIONS

continued

- **GU** energy gel is available at mile 12.2 and mile 18.9 aid stations. GU flavors are caffeine-free Birthday Cake (in honor of GU'S 25th anniversary), Strawberry Banana (no caffeine), Vanilla Bean (20 mg. caffeine), and Salted Caramel (20 mg. caffeine).
- Porta-potties and medical personnel are at all aid stations (no medications available).
- We do not distribute or set out personal fluid bottles.

Dispose of GU packs and other trash in the receptacles provided at aid stations. Do not put used gel packs inside a used cup; all cups are composted separately.

## MILE MARKERS

BSIM's famous large caricature mile signs are at every mile, as well as the 10K and half-marathon locations (there are no clocks or split-timers). Note: some mile signs are not at the exact mile location due to road width. At these locations, a large cone and flag are placed at the mile point with the sign nearby. Look for yellow numbers painted on the road as well.

## TIME LIMIT

The Marathon course time limit is 6-hours (13:45 per mile). This begins when the final runner crosses the start.

- Runners who fall behind a 6-hour finish pace at any point on the course may be asked to discontinue the race and take a sag wagon to the finish area. Runners still on the course at or after 1 PM may be shuttled to the finish **for their safety**.
- All marathoners must reach mile 21.2 by 11:50 AM (approximately 5 hours). Anyone reaching mile 21.2 after 11:50 AM 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 an aid station so a sag wagon can be dispatched to take you to the finish.
- No finish medallions or official finish times are provided for those who cross the line after six hours (chip time).
- Course time limits are part of our race permit and are enforced by the California Highway Patrol for your safety. Your cooperation will help ensure future races.

## FINISH AREA:

After crossing the finish, you will receive a finish medallion, a mylar blanket (if weather conditions warrant) and light food and beverages. B2B, RW VIP, and Marathon Tours finishers will be directed to their hospitality tents. Hot minestrone soup and a cold **Sierra Nevada** beer\* (if over age 21) are also provided. Massages will be offered on a first come, first served basis. Find family and friends at the Runner Reunion area near the runner food tent exit.

\*Entrants are entitled to one free beer. Beer will also be available for sale to those over age 21 for \$5 cash.

## AWARDS:

The Marathon awards ceremony will begin with overall finishers at 11:30 AM followed by special divisions and age group awards. Awards distribution is equal for males and females.

- Top five overall and top three masters (age 40 and over) based on **GUN** time
- Top five finishers in five-year age divisions after 16-19 to 80+ (based on **CHIP** time)

- Top five B2B participants, based on combined Boston and Big Sur Marathon chip times
- "Double dipping" is permitted (runners are eligible for both overall and division awards)
- **HOKA ONE ONE** shoe certificates are presented to all overall and individual division winners

## Boston 2 Big Sur Challenge

Your B2B medallion and finisher's jacket will be available in the B2B tent at Marathon Village after you finish. Your B2B bib is admission to the tent. There is additional B2B merchandise available for purchase at the race expo and may also be available in the B2B and merchandise tents at the finish.



If you purchased finish tent wristbands for friends and family, you can pick them up when you pick up your bib at the Health & Fitness Expo. Additional wristbands can be purchased at packet pick-up.

## Runner's World VIP

- Pick-up RW VIP bibs, shirts, gear bags, Pasta Party tickets, guest wristbands (if purchased) and Post-Race Party wristbands (if purchased) at the Runner's World hospitality room at the Health & Fitness Expo.
- Pre-race strategy session for RW VIP registrants is **Saturday, April 28, at 3:00 PM in Ferrante's** at the top of the Monterey Marriott.
- RW VIP buses depart near the Portola Hotel & Spa between 4:15 and 4:30 AM for runners staying in Monterey and nearby hotels. Bus tickets are available at the RW VIP hospitality at the Expo. Entrants do have the option to take a bus from other marathon bus locations.
- RW VIP bibs allow access to the hospitality tent at the finish.
- Guests need to wear their wristband for admittance to the finish tent.
- Gear bags are collected at the RW VIP start tent and transported to the RW VIP finish tent.
- Complimentary post-race massages are available on a first-come, first-served priority basis.



For more information on Runner's World VIP, click [HERE](#).



# 21-MILER INSTRUCTIONS

**BUSES TO THE START:** All 21-Miler participants must take a bus to their start at Andrew Molera State Park in Big Sur. Highway 1 is closed to private vehicles from Rio Road to the marathon start (**there is no parking in the start area and no runner drop off**). 21-Miler buses will depart from the Barnyard Shopping Village in Carmel between 4:15 and 4:30 AM and from the Monterey Marriott between 4:30 and 4:45 AM. Free bus tickets with times and departure locations are at the transportation desk at the Expo. See bus map on page 11.

**BIG SUR SHUTTLE:** For 21-Milers staying in Big Sur, buses will make a continuous loop between 4:45 AM and 6:00 AM with stops at all facilities between the River Inn to the north and Pfeiffer Big Sur State Park to the south. To board these buses, stand near Highway 1 in order to be visible to bus drivers. A second bus will transport you from the Marathon bus turn-around area to the 21-Miler start between 5:30 and 6:00 AM.

**GEAR CHECK:** Wear warm clothing to the start (average temps are in the 40's °F). Use the clear **GU** gear check bag and attach the adhesive bag tag from the top of your race bib. Do not check any personal bags, backpacks, suitcases, etc. Do not enclose any valuables and do not check any fluids or other heavy items. Place your bag at the gear collection area before the start. **We are not responsible for lost or stolen property.** Any clothing discarded at the start or anywhere on the course is donated to charity.

**START:** There is one start for all 21-Milers at 6:30 AM. For your safety, you will start in the parking lot at Andrew Molera and run up the entrance road to enter Highway 1. Your official race time will begin when you cross a timing mat at the Marathon 5-mile mark, about 2/10ths of a mile away from where you start.

**AID STATIONS:** Aid stations are every 1.6 to 3 miles and are shared with the Marathon.

- All aid stations have **Gatorade Endurance** first and then water.
- **BYOB** refill stations are available at the end of every other aid station for those carrying their own bottles or hydration system. Please do not use filled cups to refill your bottles.
- Fruit is available at all aid stations after marathon mile 10.4.

- **GU** energy gel is available at two aid stations: Marathon miles 12.2 and 18.9. GU flavors are Birthday Cake (no caffeine), Strawberry Banana (no caffeine), Vanilla Bean (20 mg. caffeine), and Salted Caramel (20 mg. caffeine).
- Porta-potties and medical personnel are at each aid station (no medications available).
- Dispose of **GU** packs and other trash in the receptacles provided.
- Do not put your used **GU** packs inside a cup as all cups are composted separately.

**TIME LIMIT:** The 21-Miler time limit is 6:30 hours (18:30 per mile). Highway 1 will reopen to vehicular traffic at 1 PM.

- 21-Milers who fall behind a 6:30 finish pace at any point on the course may be asked to discontinue the race and take a sag wagon to the finish area. Runners and walkers still on the course at or after 1 PM may be shuttled to the finish **for their safety**.
- All 21-Milers must reach Marathon mile 21.2 by 11:50 AM (approximately 5-1/2 hours). Those who arrive after 11:50 AM will be transported to the finish area by bus. **NO EXCEPTIONS!**
- Finish medallions or official finish times are not provided for those who finish after 6 1/2 hours (chip time).
- Course time limits are part of our race permit and are enforced by the California Highway Patrol. Your cooperation will help ensure future races.

**21-MILER WALKERS:** Please be considerate of marathon runners approaching from behind and stay to the left by "keeping one foot near the white line" when you walk or run. Be sure to walk no more than three abreast.

**TIMING & AWARDS:** The 21-Miler is timed but there are no overall or age group awards.

**FINISH AREA:** After crossing the finish, you will receive a medallion, food, beverages, hot minestrone soup and a cold **Sierra Nevada** beer\* (if over age 21). Find family and friends at the Runner Reunion area near the runner food tent exit.



# 11-MILER INSTRUCTIONS

**11-MILER START VILLAGE:** The 11-Miler starts at Grimes Ranch, a location providing a fun and unique experience. The 100-acre working ranch and farm house were built in the late 1800's—before there even was a Highway 1—and has been owned by the same family since the early 1900's. While waiting for the start, you might even visit over the fence with a few friendly farm animals.

The 11-Miler start village offers amenities including restrooms, water, coffee and hot chocolate, bagels and fruit, gear check, entertainment, and fun photo ops.

We appreciate the generous support of the land owner and we ask all participants to be respectful of this beautiful and historic property. Please stay in the designated area from bus drop-off until the race starts and take only memories—and lots of pictures—and leave only footprints.

**BUSES TO THE START:** All 11-Miler participants must take a bus to their start at Grimes Ranch. Highway 1 to the start is closed to private vehicles. There is no parking in the start area and no runner drop off. Buses depart between 5:45 and 6:00 AM from Fisherman's Wharf in Monterey and Carmel Rancho Center in Carmel. You must have a bus ticket to board the bus. Free bus tickets with times and departure locations must be picked up at the Expo.

**START:** The 11-Miler starts at 7 AM in several waves by expected pace to help participants spread out for a safer and more enjoyable experience.

## **BIG SUR SHUTTLE:**

For 11-Milers staying in Big Sur, buses will make a continuous loop between 4:45 AM and 6:00 AM with stops at all facilities between the River Inn to the north and Deetjen's Inn to the south. To board these buses, stand near Highway 1 in order to be visible to bus drivers. A second bus will transport you from the Marathon start area to the 11-Miler start between 5:30 and 6:00 AM.

## **GEAR CHECK:**

Wear warm clothing to the start (average temps are in the 40's °F). Use the clear GU gear check bag and attach the adhesive bag tag from the top of your race bib. Do not check any personal bags, backpacks, suitcases, etc. Do not enclose any valuables and do not check any fluids or other heavy items. Place your bag at a gear collection area before the start. **We are not responsible for lost or stolen property** and any clothing discarded at the start or anywhere on the course is donated to charity.

**NOTE:** Gear bags often arrive at the finish after faster 11-Milers complete their race.

**COURSE AND AID STATIONS:** The point-to-point course, runs north on Highway 1 from marathon mile 15.2 to the marathon finish line.

All participants will stay in the ocean-side lane after the start. Please stay far left and no more than three abreast when runners from the 21-Miler and Marathon begin passing.

Aid stations are every 1.6 to 3.0 miles and shared with the Marathon, 21-Miler, and Relay participants.

The 11-Miler course is open for six hours, a pace of over 30 minutes per mile. Highway 1 will reopen to vehicle traffic at 1 PM.

**FINISH AREA:** After crossing the finish, you will receive a medalion, a mylar blanket if weather conditions warrant, and food and beverages. Hot minestrone soup and a cold **Sierra Nevada** beer\* (if over age 21) are also provided. Find family and friends at the Runner Reunion area near the runner food tent exit.

\*Entrants are entitled to one free beer. Beer will also be available for sale to those over age 21 for \$5 cash.

**TIMING:& AWARDS:** The 11-Miler is timed but there are no overall or age group awards.





# 12K & 5K INSTRUCTIONS

## **VERY LIMITED REGISTRATION IS STILL AVAILABLE FOR THE 5K:**

Limited in-person registration will be available for the 5K at the Expo and on race morning beginning at 6:30 AM at the Marathon Finish Village. Check the race website [bsim.org](http://bsim.org) or the mobile app for availability. **The 12K is sold-out.**

**PACKET PICK-UP:** 12K and 5K bibs and participant shirts can be picked up at the Expo. There will also be race morning pick-up beginning at 6:30 AM at the Marathon Finish Village. Shirt sizes are not guaranteed for race morning pick-up.

**PARKING IN THE START/FINISH AREA:** You are responsible for your own transportation to the event start (unless staying in Big Sur). Parking is available at The Crossroads Carmel and the Barnyard Shopping Village, Carmel, next to the Marathon Finish Village at Highway 1 and Rio Road.

**NOTE:** Due to construction and detours in the Marathon finish line area, allow plenty of extra time to drive to the start of the 12K and 5K.

**BIG SUR SHUTTLE:** If you are staying in Big Sur, buses will make a continuous loop between 4:45 AM and 6:00 AM with stops at all facilities between the River Inn to the north and Big Sur Lodge to the south. To board these buses, stand near Highway 1 in order to be visible to bus drivers. A second bus will transport you from the Marathon start area to the 5K and 12K start between 5:30 and 6:00 AM.

**GEAR CHECK:** Gear check is not available for the 12K or 5K.

**START:** The 12K and 5K begin together on Highway 1 near the Marathon finish line at 7:35 AM.

**THE 12K COURSE:** The 12K is a 7.4-mile out-and-back route south on Highway 1 and throughout Point Lobos State Natural Reserve.

**THE 5K COURSE:** The 5K is an out-and-back course on Highway 1. The turnaround is at Monastery Beach.

**AID STATIONS:** There is one aid station on the 5K course at mile 1.5. The 12K has three aid stations at miles 1.8, 3.7, and 5.8.

**FINISH AREA:** After crossing the finish, you will receive a medallion, a mylar blanket if weather conditions warrant, and light food and beverages. Hot minestrone soup and a cold **Sierra Nevada** beer\* (if over age 21) are also available. Find family and friends at the Runner Reunion area outside the runner food tent. \*Entrants are entitled to one free beer. Beer will also be available for sale to those over age 21 for \$5 cash.

**RESULTS, TIMING and AWARDS:** The 5K is timed and offers complete age group awards. The 5K awards ceremony will begin at 9:15 AM at the Marathon Village awards stage. Awards are equal for males and females and presented to the top overall, the top five in ages 11-under, 12-14, and 15-18; and the top three in five year age groups after 19-24 and through 85 and over. Double dipping is permitted.

The 12K is timed but there are no overall or age group awards.





# RELAY INSTRUCTIONS

**PACKET PICK-UP:** Relay team bibs, gear check bags, and participant shirts must be picked up at the Expo by the team captain or a designated representative; individual packet pick-up is not available. Upon pick-up, please verify that your team is in the correct category. Due to many late team additions or changes, shirt sizes are not guaranteed.

## RACE WEEKEND ADDITION OF TEAM MEMBERS:

Any person joining an existing team or replacing a team member will have to come to the relay number pick-up station at the bib check-in tent to fill out and sign an entry form with liability waiver. There will be no exceptions! Team captains - please try to add all your team members online by **April 20**. Any relay member who hasn't signed a waiver will need to do so at bib pick up.

**RELAY INFORMATION MEETINGS:** Relay team captains or a team representative should attend one of two Relay information meetings in the Steinbeck Ballroom in the Monterey Conference Center on Saturday, April 28 at either 10:00 AM or 4:30 PM. Important details on gear check, busing, finish line instructions and other issues will be discussed. Due to limited meeting space, there may be seating for only one representative per team.

**BUSING:** Relay runners must take a bus to the start and each exchange area. Buses to the Relay start and the three exchange areas leave from Monterey Peninsula College. Leg 1 buses depart 3:45 - 4:00 AM; Leg 2 buses depart 4:30 - 4:45 AM; Leg 3 buses from 4:45 - 5:00 AM; Leg 4 buses depart from 5:45 - 6:00 AM. Highway 1 to the start and exchange areas is closed to private vehicles. There is no parking in the start or exchange areas and there is no runner drop-off or pick-up. See map on page 11.

**BIG SUR SHUTTLE:** Buses depart from the Marathon drop off area to Relay Leg exchanges between 5:30 and 6:00 AM. If you are staying in Big Sur and running legs 2, 3 or 4, make sure you are at the Marathon drop-off prior to 6:00 AM to get on a bus that will take you to the start of your relay leg (get on a Big Sur shuttle between 4:45 and 5:45 AM to ensure arrival at the Marathon start before 6:00 AM). The shuttle makes a continuous loop with stops at all facilities between the River Inn to the north and Pfeiffer Big Sur State Park to the south. You will be driven to the Marathon start drop-off area and then get on a northbound bus which will take you to the start of your leg.

**RELAY GEAR CHECK:** Please attend one of the Relay Information Meetings on Saturday as gear check is handled differently than other races. Wear warm clothing to the start (average temps are in the 40's °F). Use the GU gear check bag and attach the adhesive bag tag from the top of your race bib. Do not check any personal bags, backpacks, suitcases, etc. Do not enclose any valuables and do not check any fluids or other heavy items. **We are not responsible for lost or stolen property.** Any clothing discarded at the start or anywhere on the course is donated to charity.

**RELAY START:** Leg 1 runners will begin with marathoners in Big Sur and should seed themselves in the appropriate start wave:

Wave 1 - 6:45 AM: Predicted finish times of 3:45 and faster

Wave 2 - 6:50 AM: Predicted finish times between 3:46 and 4:45

Wave 3 - 6:55 AM: Predicted finish times of 4:45 and higher

Be sure to NOT wander into the wooded area next to Highway 1 at the start. There is a LOT of poison oak in the area.

**RELAY LEGS AND EXCHANGE AREAS:** Leg 1-4.9 miles; Leg 2-4.9 miles; Leg 3-7.2 miles; Leg 4-9.2 miles. Relay runners exchange a timing chip baton with their next runner in the exchange areas. Food and water will be provided at the end of each leg. Buses will transport runners back to the finish (expect lengthy delays).

**AID STATIONS:** There are 11 aid stations on the course, approximately every 1.6 to 3 miles. See details on the course map (page 14).

**TIME LIMIT:** The Marathon Relay course time limit is 6-hours (13:45 per mile). Runners who fall behind a 6-hour finish pace at any point on the course may be asked to discontinue the race and take a sag wagon to the finish area. All Relay teams must reach mile 21.2 by 11:50 AM (or approximately five hours) or will otherwise be transported to the finish area by bus. Course time limits are part of our race permit and are enforced by the California Highway Patrol for your safety. Your cooperation will help ensure future races.

**FINISH AREA:** After crossing the finish, Leg 4 runners will receive four medallions, one for each team member. Food, beverages, hot minestrone soup and a cold Sierra Nevada beer (if over age 21) are free to all leg 4 finishers. Find your teammates in the Runner Reunion area near the runner food tent.

## AWARDS:

Awards are presented race day for the top three teams in each Relay category: open male, open female, masters male, masters female, open mixed, masters mixed and corporate mixed. Only teams with four members 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.



# OTHER EVENT WEEKEND INFORMATION

## NO COURSE ACCESS FOR SPECTATORS

There is no course access for spectators by vehicle or bicycle. The best and only place to watch runners is at the Marathon Finish Village at Highway 1 and Rio Road in Carmel.

## FAMILIES OF RUNNERS STAYING IN BIG SUR

To see the finish, you must leave Big Sur before 5:45 AM. or you can join one of the northbound caravans to get to the Marathon finish. For more caravan information and a schedule, click [HERE](#).

**POST-RACE BUSES** depart the Marathon Finish Village beginning at 10 AM to return runners to their morning boarding locations. The last bus will depart at 2 PM. Buses back to Big Sur are scheduled to depart at 11 AM, 1 PM and 2 PM.

**MERCHANDISE** Official race merchandise will be available at the Health & Fitness Expo and at the Marathon Finish Village including unique and colorful finisher shirts.

## KEEPING US GREEN

Our events impact the community but our efforts to reduce, re-use, and recycle go a long way towards keeping our destination cities both green and pristine. For this reason we do not distribute goodie bags filled with flyers or individual plastic water bottles at the finish. Learn more about our [green program](#).

## TAKING PHOTOS?

Be sure to post your race photos and videos on Facebook ([www.facebook.com/bigsurinternationalmarathon](http://www.facebook.com/bigsurinternationalmarathon)), Twitter and Instagram (@BSIMEvents) #BSIM2018 #BigSurMarathon @BSIMEvents



On behalf of our 2,500 volunteers, board, race committee and staff, thank you for choosing our event. We hope you have a beautiful experience.

The Big Sur International Marathon Team  
[info@bsim.org](mailto:info@bsim.org)  
[bigsurmarathon.org](http://bigsurmarathon.org)  
831.625.6226

## OTHER EVENTS WE ORGANIZE

The Big Sur Marathon Foundation is a non-profit organization. In addition to our namesake Marathon weekend of events, we organize three other races and a youth fitness program

### RUN IN THE NAME OF LOVE

The 2018 Run in the Name of Love is Father's Day, Sunday, June 17, in Carmel-by-the-Sea. Both the 5K and the pet-friendly 2K courses feature beautiful ocean views. Learn more and register at [runinthenameoflove.org](http://runinthenameoflove.org) or at the Expo.

### SALINAS VALLEY HALF MARATHON

The 2018 Salinas Valley Half Marathon is held on Saturday, August 4 and is run from the Soledad Mission to the Pessagno Winery in Salinas. The rolling and scenic 13.1-mile point-to-point course showcases the wine route through the agriculture-rich Salinas Valley. We have also added a 5K fun run. Registration is now open at [salinasvalleyhalfmarathon.org](http://salinasvalleyhalfmarathon.org) or at the Expo.

### MONTEREY BAY HALF MARATHON

The 16th Annual Monterey Bay Half Marathon is on Sunday, November 11, 2018, and features a scenic, gently rolling course perfect for first timers or those seeking a PR. The weekend of events also includes a 5K, 3K and the Ocean View Challenge. For more information and to register, go to [montereybayhalfmarathon.org](http://montereybayhalfmarathon.org) or at the Expo.

### RACE WEEKEND DISCOUNTS AVAILABLE

We will be offering \$10 off the Salinas Valley Half Marathon and Monterey Bay Half Marathon and \$5 off the Run in the Name of Love 5K if you register at the Health & Fitness Expo race weekend.

### JUST RUN!

Just Run is our free online school-based youth fitness program that offers fitness, citizenship, and nutrition programs to more than 19,000 participants annually. Just Run is funded by donations, grants, and a portion of our Marathon and Half Marathon entry fees.



### WAVES TO WINE CHALLENGE

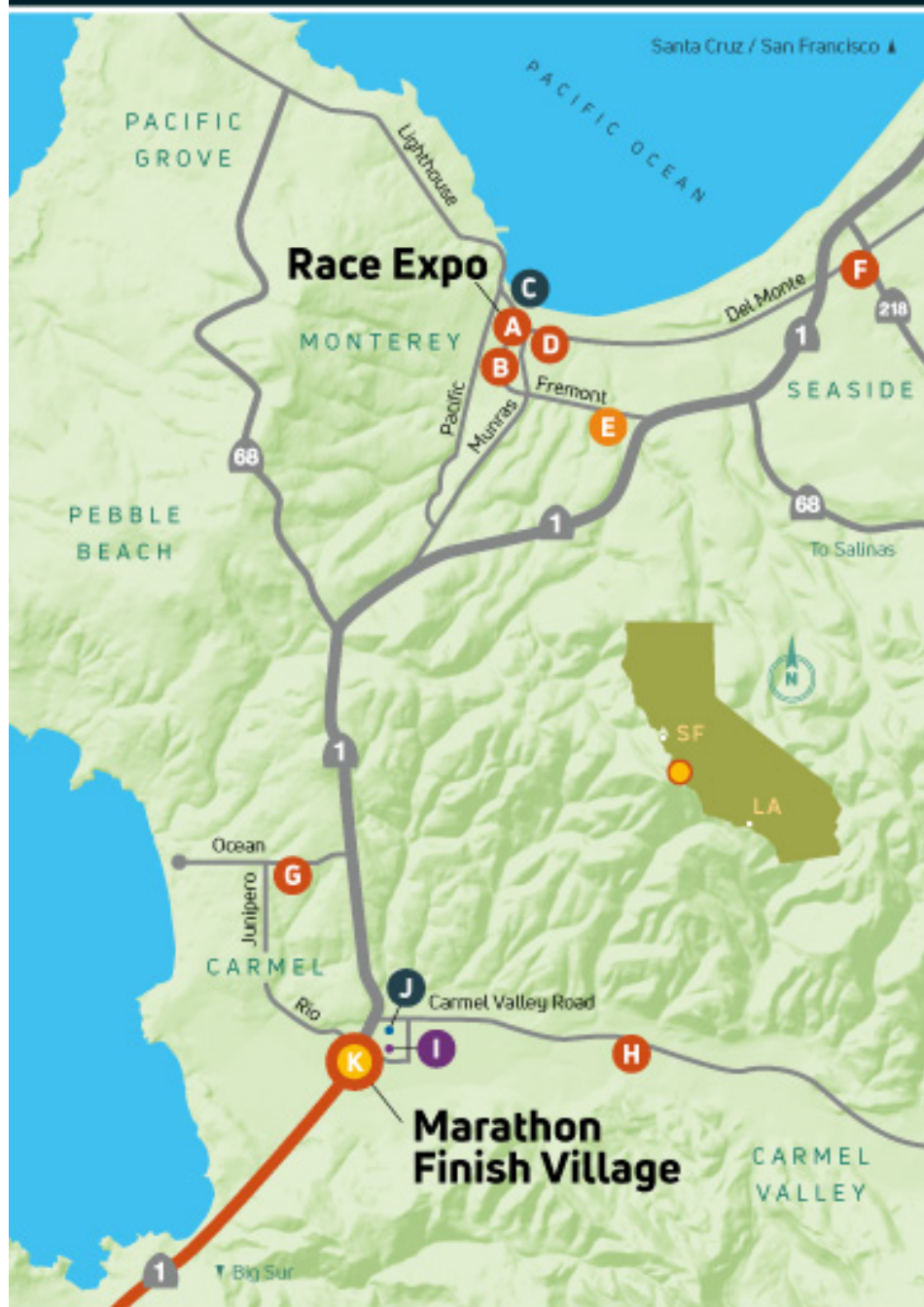
Featuring crashing waves and verdant vineyards, the Waves to Wine is a three-race challenge from the Big Sur Marathon's family of events. Participants must complete the Salinas Valley Half Marathon in August and the Monterey Bay Half Marathon in November. The third race choice can be one of the following:

- Big Sur Marathon (event of 12K or longer)-April, **OR**,
- Run in the Name of Love 5K-June

Runners who complete Waves to Wine will receive a custom Challenge medallion and be eligible for drawings for some exciting prizes.



# Bus Pick-up Locations



All entrants in the Marathon, Marathon Relay, 21-Miler, and 11-Miler are required to take a bus to their start or relay exchange area. Highway 1 is closed to private vehicles and there is no parking at any start and no runner drop off. Free bus tickets must be picked up at the Expo. Bus assignments are made based on where you are staying before the race. Buses will return entrants from the Marathon Finish Village to their morning pick-up location after the race.

## PICK-UP TIMES

### Marathon

**B** 4:00 – 4:15 a.m.

**D** 3:30 – 4:15 a.m.

**F** 4:15 – 4:30 a.m.

**G** 3:45 – 4:15 a.m.

**H** 3:30 – 4:00 a.m.

### 21-Miler

**I** 4:15 – 4:30 a.m.

**B** 4:30 – 4:45 a.m.

### 11-Miler

**C** 5:45 – 6:00 a.m.

**J** 5:45 – 6:00 a.m.

## Relay

**E** LEG 1 / 3:45 – 4:00 a.m.

**E** LEG 2 / 4:30 – 4:45 a.m.

**E** LEG 3 / 4:45 – 5:00 a.m.

**E** LEG 4 / 5:45 – 6:00 a.m.

## 5K | 12K

**K** Drive to the start of the event – Highway 1 at Rio Road, Carmel. Parking at The Crossroads Carmel and other area shopping centers.

Participants staying in Big Sur must ride a shuttle to the Marathon start. These shuttles run a loop along Highway 1 in Big Sur between 4:45 and 6:00 a.m. Those running other events will take a second bus (running between 5:30 and 6:00 a.m.) from the Marathon drop-off area to the start of their event or Relay exchange area. **Notice: Please do not leave valuables in plain view and be sure to lock your vehicle when parking.**

(Rev. 04-11-2016)

**A Race Expo**  
Monterey Conference Center  
Monterey  
NO PICK-UP HERE

**B Monterey Marriott**  
350 Calle Principal  
Monterey  
MARATHON + 21-MILER

**C Fisherman's Wharf Parking Lot**  
Del Monte Ave. & Washington St.  
Monterey  
11-MILER

**D Custom House Garages**  
Tyler & Franklin Streets  
Monterey  
MARATHON

**E Monterey Peninsula College**  
980 Fremont Street  
Monterey  
RELAY

**F Embassy Suites**  
1441 Canyon del Rey  
Seaside  
MARATHON

**G Carmel Plaza**  
Ocean Avenue & Junipero  
Carmel  
MARATHON

**H Carmel Middle School**  
4380 Carmel Valley Road  
Carmel  
MARATHON

**I Barnyard Shopping Center**  
Clock Tower Place  
Carmel  
21-MILER

**J Carmel Rancho Center**  
Carmel Rancho Blvd.  
Carmel  
11-MILER

**K Marathon Finish Village**  
Highway 1 & Rio Roads  
Carmel

### Post-Race Shuttles

Free shuttles are provided between 10 a.m. and 2 p.m. to take runners from the Marathon Finish Village to their original pick-up location.

# Starting Area Maps

## Marathon | Relay

### START TIMES

Event	Start Time	Start Location
Marathon	6:45 a.m.	Big Sur Station
Relay	6:45 a.m.	Big Sur Station

### START TIMES

All marathoners and leg 1 relay runners will take a bus to the start. There is no private vehicle access, parking or drop-off. The race will begin at 6:45 a.m. with Wave 1 (estimated finish 3:45 and under). Wave 2 (3:46-4:45) will start at 6:50 a.m. Wave 3 (4:46 and over) will start at 6:55 a.m. An early start is not available.



## 21-Miler

### START TIMES

Event	Start Time	Start Location
21-Miler	6:30 a.m.	Andrew Molera State Park

### START INFO

All 21-Milers will take a bus to Andrew Molera State Park for their start. There is no private vehicle access, parking or drop-off. The group yoga and warm-up stretch will begin about 6 a.m. The 21-Miler starts in one wave at 6:30 a.m. Official timing will begin as runners cross marathon mile 5 on Highway 1, about 2/10ths of a mile away.

## 11-Miler

### START TIMES

Event	Start Time	Start Location
11-Miler	7:00 a.m.	Grimes Ranch

### START INFO

Runners will be dropped off on Highway 1 by bus for the start of the 11-Miler. There is no private vehicle access, parking or drop-off. The 11-Miler will start in waves at 7 a.m. at Grimes Ranch on Highway 1.





# Marathon Course Map



## START TIMES

Event	Start Time	Start Location
Marathon	6:45 a.m.	Big Sur Station
Relay	6:45 a.m.	Big Sur Station
21-Miler	6:30 a.m.	Andrew Molera State Park
11-Miler	7:00 a.m.	Grimes Ranch
12K	7:35 a.m.	Rio Road + Highway 1
5K	7:35 a.m.	Rio Road + Highway 1

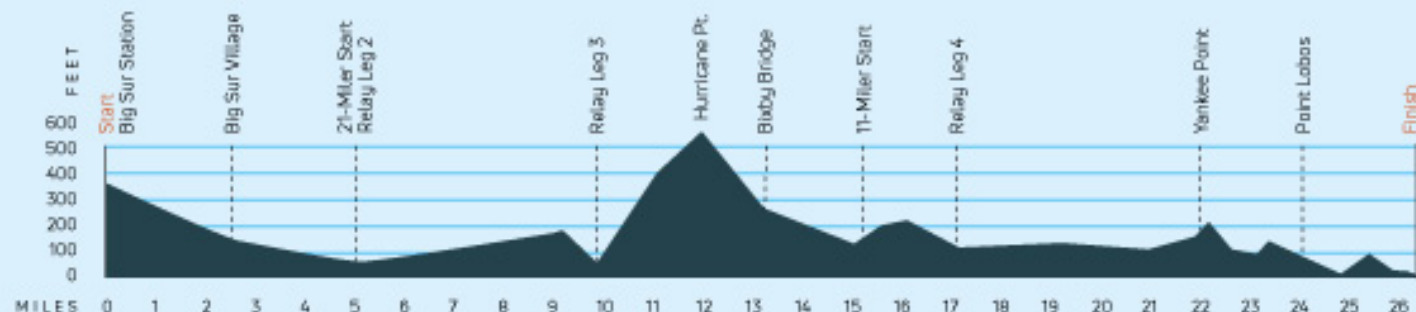
All events finish at Rio Rd. + Highway 1



## AID STATIONS

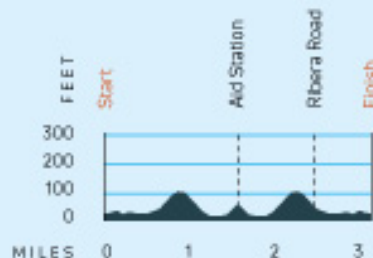
There are 11 aid stations on the course. All stations feature Gatorade Endurance first, then water. Refill stations for those with their own bottles are located at the end of every other station. Look for the signs for refill stations. Fruit is located at all stations starting at mile 10.4. GU is located 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.

(Rev. 04.11.2018)

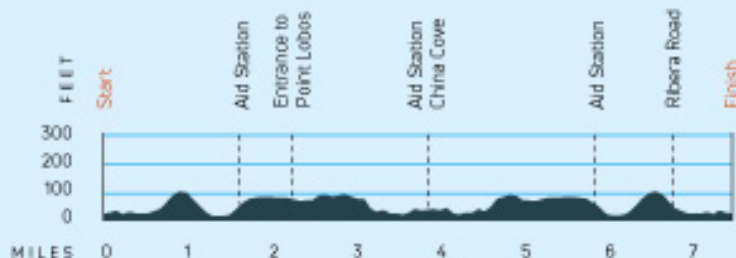


## Marathon Profile

# 5K | 12K Course Map



5K Profile



12K Profile



# Marathon Village



## Marathon Village

### INFORMATION

The Marathon Finish Village is at Highway 1 and Rio Road in Carmel next to The Crossroads Carmel shopping center. This is the finish for all events as well as the start area for the 5K and 12K. There is parking in The Crossroads, Carmel Rancho and The Barnyard Shopping Village one block north and in nearby neighborhoods west of Hwy 1. Shuttles will depart from the Marathon Village to take runners back to their morning pick-up locations including Big Sur. The Marathon Village is a small area with large crowds; expect heavy traffic and delays. Please, no dogs or bicycles in the Marathon Village.



# BIG SUR

INTERNATIONAL MARATHON

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