

Marathon Course Map

Sunday, April 28, 2019



START TIMES

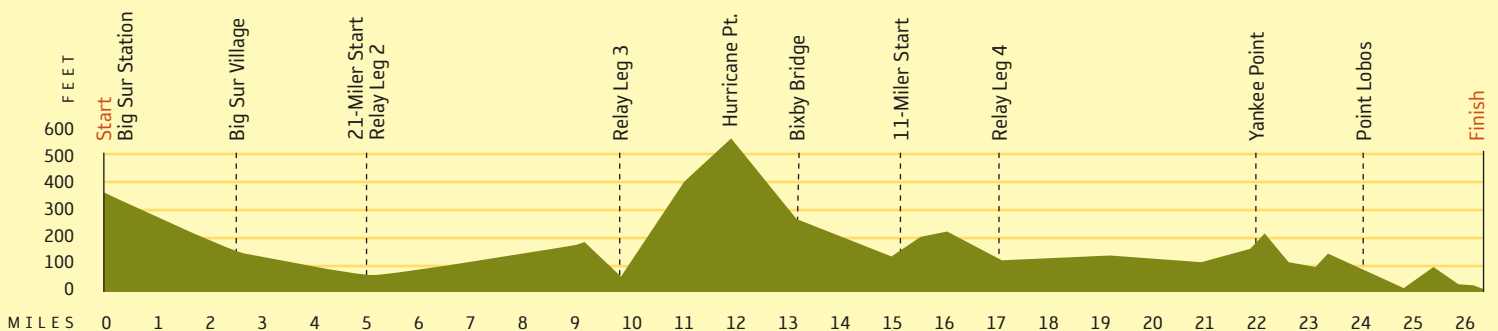
Event	Start Time	Start Location
Marathon	6:45 a.m.	Big Sur Station
Relay	6:45 a.m.	Big Sur Station
21-Miler	6:30 a.m.	Andrew Molera State Park
11-Miler	7:00 a.m.	Grimes Ranch
12K	7:35 a.m.	Rio Road + Highway 1
5K	7:35 a.m.	Rio Road + Highway 1

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. 10-12-2017)



Marathon Profile