

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 |

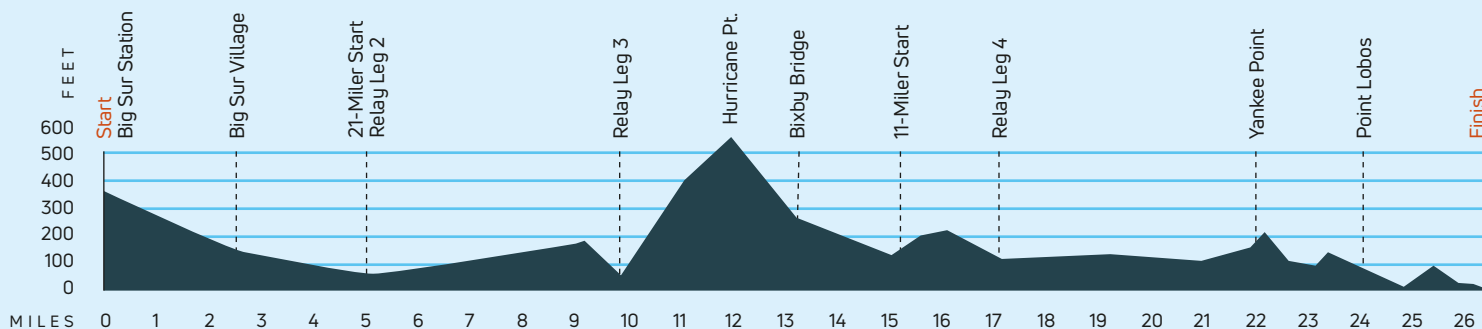
All events finish at Rio Rd. + Highway 1



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. 04-2019)



Marathon Profile

This a beautiful and challenging course. The total elevation gain is +2,182 feet and total loss is -2,528-feet. The longest hill is the 500-plus foot climb between miles 10 and 12. There are numerous rolling hills between miles 22 and 25. Good luck and enjoy the experience!