

BY-THE-BAY 3K



By-the-Bay 3K Participants Welcome to Race Weekend!

We're honored you have chosen our race and we have been preparing for months to make your weekend safe, enjoyable, and memorable. Thank you in advance for carefully reading through this information.

Your Big Sur Marathon Team

RACE BIB PICK-UP and the HEALTH & FITNESS EXPO

You can pick-up your By-the-Bay 3K bib at one of two times and locations:

- The Health & Fitness Expo is Friday, April 26, from noon to 6 PM at the Monterey Conference Center at 1 Portola Plaza in downtown Monterey.
- Race morning, Saturday, April 27 at Lovers Point Park in Pacific Grove beginning at 6:30 AM.

Driving directions to the Expo:

- 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 Street and then Washington Street. Head straight on Washington, then left on Del Monte.

Bibs can be picked up in the Steinbeck Ballroom located on the third floor of the Monterey Conference Center. Bibs and shirts must be picked up in person unless a [Packet Pick-Up Authorization form](#) has been filled out. Please bring your photo ID. You can look up your bib number at the Expo.

Note: Because we try to minimize our event's environmental impact as part of our "green" initiative, we do not hand out bags filled with paper promotional materials or product samples. You will be sent a link to a virtual goodie bag a week or so before the race which will include valuable electronic coupons.

RACE DAY: SATURDAY, APRIL 27

The 3K race begins at 8 a.m. at Lovers Point Park in Pacific Grove. More than 4,500 runners are expected including students, teachers, and families from more than 40 schools.

Parking

There is street and lot parking near Lovers Point and in downtown Pacific Grove. Please note meters and lot rates and enforcement times.

RACE INFO

Race Day Packet Pick-up

Packet pick-up is available in the upper parking lot of Lovers Point Park from 6:30 until 8 AM. Late registration is also available if you know of others who wish to do this event. Shirt sizes are first-come, first-served on race day. If you already have your bib, you do not need to check in race morning at Lovers Point. Please wear your race bib on the **FRONT** of your shirt or shorts. It should always be visible during the race.,

The Start and Course

The 3K (1.8-mile) race features six separate waves starting six minutes apart. Open runners, those who did not register through a school, should have blue race numbers and will begin in the final wave at 8:30 a.m. Listen carefully for announcements on when to line up for your wave.

The By-the-Bay 3K is a non-timed fun run. There is no race clock, timing, or awards. The course is an out-and-back on Ocean View Blvd. in Pacific Grove. It is flat and scenic featuring stunning views of Monterey Bay. There is one water station at the turn-around about 0.9 miles from the start.

Note that because you will begin in the final wave, if you are a faster runner or walker, you will be passing participants from earlier waves. This is a fun run for a personal challenge, but it is not a timed race and there are no performance awards so please be careful out there!

There are medical personnel on site and on bicycles during the race.

The Finish and After the Race

The 3K finishes near the start on Ocean View Boulevard. After you cross the finish line, you will receive a finish medal and light refreshments. There is entertainment at Lovers Point Park and a brief ceremony to honor the schools with participation awards. There are no results or age-group awards in the 3K and the event is generally over by 10 a.m.

INFORMATION BOOTH AND LOST AND FOUND

If you have any questions at the race, please visit our information booth located in Lovers Point Park. This is where we also monitor lost and found items and also help connect families and children.

After the race, we encourage you to visit nearby downtown Pacific Grove and its eclectic mix of coffee shops, restaurants, shopping and galleries. You may also wish to return to the Monterey Conference Center in downtown Monterey to enjoy the second day of the Big Sur Marathon Expo. Activities continuing at the Expo include:

FREE RACE CLINICS ON SATURDAY AT THE EXPO

10 AM & 4 PM: Marathon Relay Tips & Info: For relay team captains and members

11 AM: Gary Dudney: Leveraging Your Big Sur Fitness into Great Adventures

12 Noon: Fitz Koehler, Strength Training for Runners

1 PM: Olympian Memories and tips for your race with local Olympic runners Blake Russell, Steve Scott, Nelly Wright, and Maria Trujillo

2 PM: Tips for Race Day and Running the Big Sur Course with Grizzled Vets, past winners Michael Wardian and Adam Roach, "every day runner" Tom Foreman, and power walker Lee Scott

3 PM: Peter Sagal, author of *The Incomplete Runner* and host of National Public Radio's "Wait Wait...Don't Tell Me!" Moderated by CNN correspondent and author Tom Foreman



Peter Sagal

RACE INFO

TECH HAPPY HOURS

Tech Happy Hours are Friday, April 26, and Saturday, April 27, from 2 to 5 PM inside the Expo. Enjoy beer and wine tasting, free phone charging stations, and drawings for prizes. Tickets are \$5 at the entrance.

PASTA PARTY, Saturday, April 27 at 5 or 6 PM

Enjoy a tasty carbo-rich meal and meet fellow runners in the Grand Ballroom of the Marriott, across the street from the Expo. 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 \$25 at the Expo or at the door.

TAKING PHOTOS?

Be sure to post your race photos and videos on social media. Tag us as @bigsurinternationalmarathon on [Facebook](#), and at @BSIMEvents [on Twitter](#) and [Instagram](#). #BigSurMarathon

Questions?

If you have any questions about the race not covered in emails to date, please visit bigsurmarathon.org and click on the "Race Weekend" or "Frequently Asked Questions" pages. Or, email us at info@bsim.org or give us a call at (831) 625-6226.

Good luck enjoy your race experience!

[View a parking and start area map on the following page](#)

By-the-Bay 3K

April 27, 2019

Pacific Grove, CA

START, FINISH, AND PARKING AREAS

xx Closed Intersections

No parking anytime

20 min-1 hour parking
(beginning at 9am)

90 min-2 hour parking
(beginning at 9am)

Public parking lot

Private parking lot

START

FINISH

Lovers Point Park

Pre and Post race
activities at
Lovers Point Park
(portable toilets,
awards, refreshments)

Registration &
Packet Pick-Up

buses only
beyond this point



