



# BIG SUR

INTERNATIONAL MARATHON



## RACE WEEKEND PARTICIPANT GUIDE

### THE 11-MILER

April 26-28, 2019

## RACE WEEKEND SCHEDULE AT A GLANCE

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

- The Monterey Conference Center, 1 Portola Plaza, Monterey
- Friday, April 26 from 12 Noon to 6 PM
- Saturday, April 27, from 9:30 AM to 6 PM
- Bib, shirt and packet pick-up
- Expo is FREE and open to the public

### BY-THE-BAY 3K

- Saturday, April 27, at 8 AM at Lovers Point Park in Pacific Grove

### PASTA PARTY

- Saturday, April 27, 5 or 6 PM sittings
- Grand Ballroom, Monterey Marriott
- Tickets available for purchase at the Expo or at the door for \$25

### RACE DAY SCHEDULE FOR SUNDAY, APRIL 28

- |  |          |
|--|----------|
| • 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  |
| • Marathon, Boston 2 Big Sur and Relay awards ceremony | 11:30 AM |
| • Highway 1 re-opens                                   | 1:00 PM  |
| • Finish Village closes/event over                     | 1:30 PM  |

### CONTACT INFO:

Phone: 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  
 @BSIMEvents  
#BigSurMarathon

# PRE-RACE PREP: EXPO



## 11-Miler 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. It is much of the same information emailed to you in four separate emails with some updates. Have a great race!

Your Big Sur Marathon Team

## RACE BIB PICK-UP and the HEALTH & FITNESS EXPO

The Health & Fitness Expo is Friday, April 26, from noon to 6 PM and Saturday, April 27, from 9:30 AM to 6 PM at the Monterey Conference Center at 1 Portola Plaza in downtown Monterey.

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 and shirts must be picked up in person unless a [Packet Pick-Up Authorization form](#) has been filled out. Please bring your photo ID along with your check-in QR code from Active. The QR code is in your confirmation email and will also be emailed to you along with your bib number the week of the race. You can also look up your bib number at [MY EVENTS](#) at Active or at [SVE timing](#).

You will receive a shuttle bus ticket for free transportation to the 11-Miler start line at the same location you pick up your 11-Miler bib. You will be assigned a shuttle pick-up location based on where you are staying the night before the race. All 11-Miler participants are required to use our shuttles to get to the start; Highway 1 is closed to private vehicles and there is no parking or runner drop off area at the start.

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.

**Please note: all race distances are full and there are no downgrades, transfers, deferrals, or refunds for any reason. Thanks for your support.**

## OFFICIAL RACE MERCHANDISE

Visit the Marathon merchandise store at the Expo for a wide assortment of commemorative items including technical wear, leisure wear, souvenirs, and HOKA ONE ONE shoes for try on and purchase! Supplies are limited and many items sell out early.





# PRE-RACE PREP: EXPO

## FREE 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

## SPECIAL EVENTS

### 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.



# RACE DAY INFO



## TRANSPORTATION TO THE 11-MILER START

11-Miler entrants must take a bus to the start at Grimes Ranch on Highway 1 from one of two locations (see below). Highway 1 to the start is closed to private vehicles. There is NO parking at the start area and no runner drop-off by private vehicle.

11-Miler bus departure locations:

- Wharf Marketplace Parking Lot (290 Figueroa Street, Monterey), buses depart 5:30 - 5:45 AM. Park at the Downtown East/West Parking Garage in downtown Monterey.
- Carmel Rancho Center (Clock Tower Lane & Via Nona Marie, Carmel), buses depart 5:30 - 5:45 AM. Free parking in nearby lots.

For participants staying in Big Sur, buses will make a continuous loop on Highway 1 between 4:45 and 5:15 AM with stops at all facilities between 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. A second bus will transport you from the Marathon start to the 11-Miler start between 5:30 and 6 AM.

**NOTE:** Free post-race buses depart the Marathon Finish Village between 9:30 AM and 2 PM. Runners are taken back to their original pick-up location.

## 11-MILER START

The 11-Miler start is at Grimes Ranch on Highway 1 in Big Sur just south of Palo Colorado Road. Wear warm clothing to the start as average temperatures are in the 40's and you will be outdoors for a bit before you begin your run or walk. 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 valuables and do not check any fluids or other heavy or sharp items. Place your bag at a gear collection area before the race start. We are not responsible for lost or stolen property.

**NOTE:** Gear bags often arrive at the finish after many 11-Milers complete their race due to course and finish-area congestion.

The 11-Miler starts at 7 AM in several waves. Listen carefully for race announcements to begin loading into the start area. We will load the faster runners first. The event is chip-timed so there is no advantage to being near the front. Relax and enjoy the start-there is plenty of course ahead!

## THE COURSE: The Reason You Are Here!

While every course is different, there are some things that are truly unique about this race. Here's what you should know about the 11-Miler:

- The 11-Miler begins on Highway 1 just after the 15-mile mark of the 26.2-mile Marathon course. You will be starting at 7:00 A.M.



# RACE DAY INFO

- The course features a moderate uphill in the first half mile and many rolling hills the remainder of the race, particularly in the last four miles.
- Always stay in the left (ocean-side) lane on Highway 1. There is live traffic in the other lane so please do not cross the center yellow line.
- There are 5 aid stations spread out about every two-to-three miles. Plan accordingly and perhaps consider bringing your own water bottle/hydration system that you can refill at the end of any of the aid stations.
- We have several entertainment groups on the 11-Miler course. Enjoy local jazz bands, DJ's, Brazilian music and dancing, and classic rock!
- The only mile markers you will see are for the full 26.2-mile Marathon. To know how far you are in your race, subtract 15 miles from the signs you see (e.g., Marathon mile 20 is approximately your mile 5, etc.).
- Just about everyone wants to take pictures at some point during the race. Please look around and pull off to the side carefully before stopping to take a picture.
- Because Highway 1 is closed to vehicular traffic until 1:00 P.M., spectators, families, and friends of the runners/walkers can only view the end of the race from the finish area. There are no spectating points along the course.
- Cell coverage is poor to non-existent over most of the course so don't plan on posting on social media or making or receiving calls or texts during the race.
- If you are a faster runner, expect to pass walkers and slower runners from the 12K and 5K races that also use the same single lane further north on Highway 1. They know you are coming and are advised to stay to the far-left; however, plan on doing some careful maneuvering around these fellow runners and walkers (while staying only in the left lane).
- Enjoy the fun **HOKA ONE ONE "Time to Fly" zone** 1.2-miles before the finish--and before the last hill.
- We strongly discourage the use of earbuds/earphones. The course can be crowded in spots and it's safer if you can hear your fellow runners and race officials. Also, you are often running alongside official vehicles, bicycles, and private vehicles in escorted caravans. The better you can hear, the safer you can run.
- Please help us keep this beautiful area clean. Please don't throw items into the bushes: just drop items in your lane or in the dirt shoulder on your left where our clean-up crews can spot them. And please don't go into the bushes or behind trees to take care of business. There are plenty of portos on the route and there is **A LOT** of poison oak alongside some sections of the course!
- The road is not open to private vehicles, bicycles, walkers, or joggers. The only place for friends and family to watch you run is at the finish line.
- Due to the nature of the course, we do not allow animals, pacers, skates, skateboards, bikes, scooters, wheelchairs, hand cranks, baby joggers, or children/infants in backpacks. If you need special accommodations, call (831) 625-6226 or email [info@bsim.org](mailto:info@bsim.org).



When you see this arch, you have 1.2 miles and one final hill to the finish line!

# RACE DAY INFO

- No bandits, no unofficial pacers, no exceptions. Only official race entrants wearing an official bib assigned to them are allowed on the course.

## COURSE TIME LIMIT

The 11-Miler course is open for 6 hours, a pace of over 30 minutes per mile. Highway 1 will reopen to regular vehicular traffic at 1 P.M.

If you decide to drop out at any point on the course, notify a course marshal or stop at any aid station and a sag wagon will be dispatched to take you to the finish.

## AID STATIONS

There are five aid stations located about every 1.6-2.6 miles with [Gatorade Endurance](#), water, refill stations for you to refill your personal bottles, and portable restrooms.

[GU](#) energy gel will be available at mile 7.9 (mile 18.9 of the Marathon course) and fruit is available at most stations. GU flavors include Strawberry Banana (caffeine free), Vanilla, Tri-Berry and Salted Caramel (all caffeinated).

A strawberry station will be near Marathon mile 23.2.

Our medical sponsor, [Community Hospital of the Monterey Peninsula](#), provides race day medical assistance. Look for their staff volunteers at all first aid stations. They are stocked with supplies such as bandages & petroleum jelly to aid with blisters and chafing. They also have a team of cyclists with mobile defibrillator's out on our course with immediate assistance. We are grateful to our community hospital for protecting all of our participants!

## FINISH AREA

After crossing the finish line, you will receive your finisher medallion, a mylar blanket (if weather conditions warrant), and be directed into the runner food tent for light recovery food and beverages. [MarathonFoto](#) will be in the finish chute to capture your picture for purchase later.

Hot minestrone soup and a cold [Sufferfest](#) beer (if age 21 or over) are also available in the Village. Entrants are entitled to one free beer. Beer will also be available for sale for those over age 21 for \$5 cash.

Note: as part of our goal to reduce our environmental impact, race finishers are given a cup of water in a compostable cup but are not given a plastic bottle of water. You can refill your cup or personal hydration system at several locations in the Finish Village.

## MEDICAL

Medical professionals from [Community Hospital of the Monterey Peninsula](#) will be scanning finishers for any signs of distress. A large, fully-staffed medical tent is in the area. You may also visit the area on your own if you need any medical attention (blisters, cramps, etc.). There will be ice located in or near the medical tent.

Note, there is a massage tent but, because of limited space and therapists, it is reserved for marathoners only. Thank you for your understanding.

## GEAR CHECK

Gear bags checked before your race are located just outside the fenced grass Village area in the parking lot of the Crossroads Shopping Center. Note due to limited course access, it is not unusual for 11-Miler gear check bags to arrive in the finish village after many 11-Milers have finished.

## AWARDS

The 11-Miler is a timed but non-competitive event. There are no overall or age group awards for 11-Milers.

## FINISH VILLAGE MERCHANDISE STORE

Unique Big Sur Marathon commemorative merchandise will be available for sale in a large tent in the Finish Village. Quantities are limited and all items are available on a first-come, first-served basis. The tent is open for spectators, friends, and family. Cash and credit accepted.

# RACE DAY INFO

## RACE RESULTS

Look for the black "SVE Race Results" tents from the timing company in the Finish Village. There you can look up your results on a laptop computer. (Printed results are not posted.) Results also will be available online at [bigsur-marathon.org](http://bigsur-marathon.org) on Sunday afternoon (along with a down-loadable finisher certificate).

## POST-RACE SHUTTLES

Post-race buses depart the Marathon Finish Village on Rio Road (in front of Bank of America and Starbucks) beginning at 9:30 AM to return you to your morning boarding locations. The last bus will depart at 2 PM. Buses back to the Big Sur area campgrounds and hotels are scheduled to depart at 11 AM, 1 PM and 2PM.

## INFORMATION BOOTH AND LOST AND FOUND

If you have any questions after the race, please visit our information booth located near the Village exit.

## 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

## SPECTATOR TIPS

- Due to the closure of Hwy 1 to private vehicles, bikes, runners and walkers, the only place to watch participants in any of our races is at the Finish Village.
- Find your friends and family at the Runner Reunion area near the exit of the runner food tent.
- Please, no dogs, drones, or bicycles in the Finish Village.
- The Finish Village is a relatively small area so anticipate heavy vehicle and pedestrian traffic and lengthy delays accessing the area. We suggest you scope out the area in the days before the race and have a confirmed post-race meeting time and location. It usually takes at least 15 to 20 minutes from the time a runner crosses the finish line to be available to reunite with family and friends outside the runner food tent.
- Runner tracking is available through the Big Sur Marathon app. Search for "Big Sur Marathon" on iTunes or Google Play. Important note: due to limited cell coverage on the course and in the finish area, expect lengthy delays in runner tracking. Splits are recorded at the start, and Marathon miles 17, 22, 24, and the finish.
- Reminder: there is little to no cell phone service along the course. Spectators should not anticipate receiving calls, texts, or social media updates from participants. In addition, due to heavy demand, cell coverage in the Finish Village can be very limited after the race.
- There are three coffee shops located within a few blocks of the finish line including a Starbucks adjacent to the Village. There is also a drug store, grocery store, and a half-dozen or more restaurants in the Crossroads Shopping Center next to the Finish Village. More coffee shops and stores are also located in The Barnyard and Rancho Carmel Center, about a half-mile north of the Finish Village.
- If spectators are taking a ride share service or cab to the area, expect to find many surrounding roads closed and to be dropped off at least a quarter to a half mile away from the Finish Village.

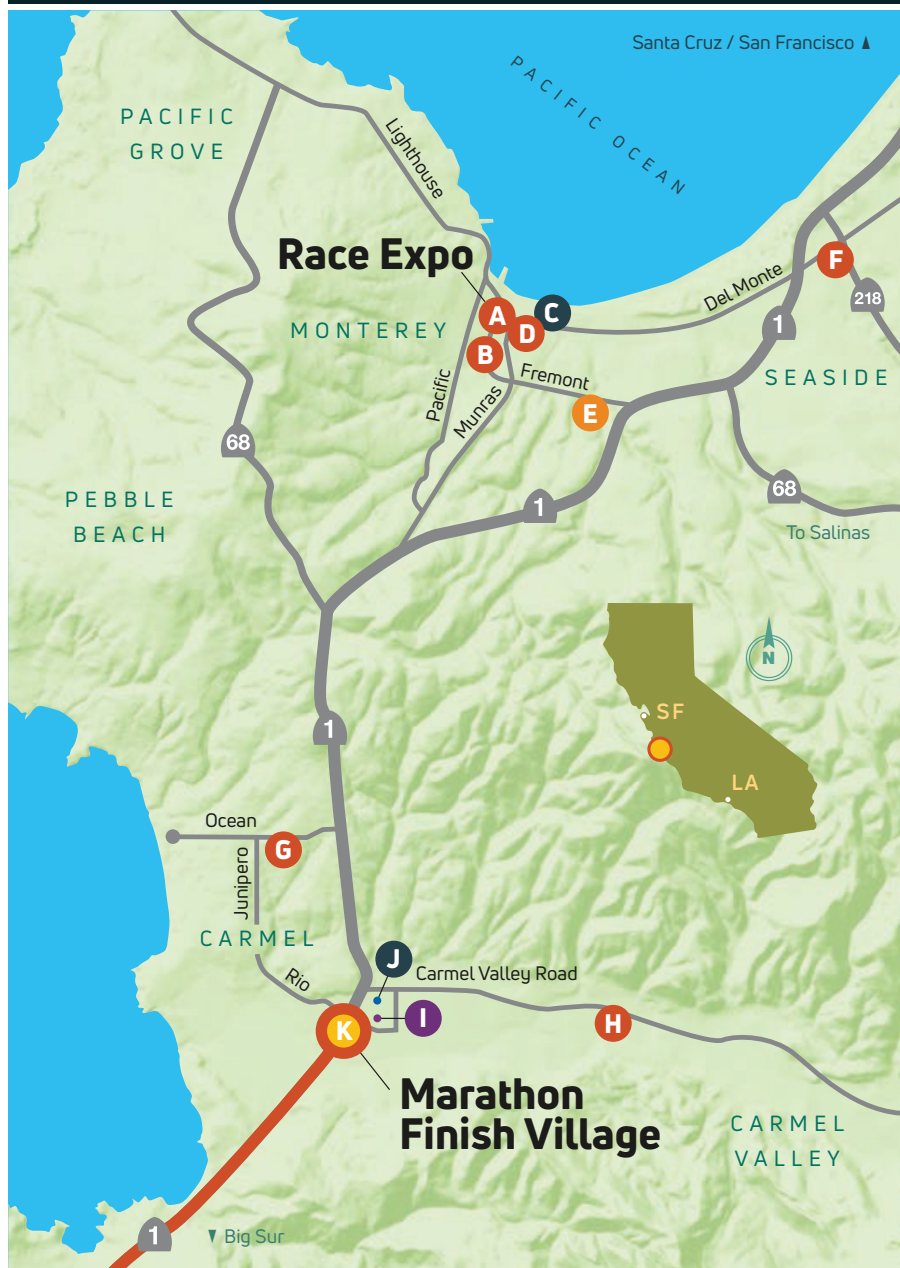
## Any Questions?

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

**Good luck and enjoy your race experience!**

**View race maps on the following pages**

# 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.
- E** 4:00 – 4:15 a.m.
- F** 4:00 – 4:15 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** 5:30 – 5:45 a.m.
- J** 5:30 – 5:45 a.m.

### Relay

- E** LEG 1 / 4:00 – 4:15 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 may 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. 04-2019)

**A Race Expo**  
Monterey Conference Center  
1 Portola Plaza, Monterey  
NO PICK-UP HERE

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

**C Wharf Marketplace Parking Lot**  
New Location for 2019  
290 Figueroa Street  
(at Del Monte Avenue)  
Monterey  
11-MILER

**D Downtown Garage East/West**  
(formerly Custom House Plaza Garage)  
340 Tyler Street  
Monterey  
MARATHON

**E Monterey Peninsula College**  
980 Fremont Street  
Monterey  
MARATHON + 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 Lane &  
Via Nona Marie  
Carmel  
21-MILER

**J Carmel Rancho Center**  
Clock Tower Lane & Via Nona Marie  
Carmel  
11-MILER

**K Marathon Finish Village**  
Highway 1 & Rio Roads, Carmel  
No transportation provided from the Marathon finish to any start line.

#### Post-Race Shuttles

Free shuttles are provided between 9:30 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



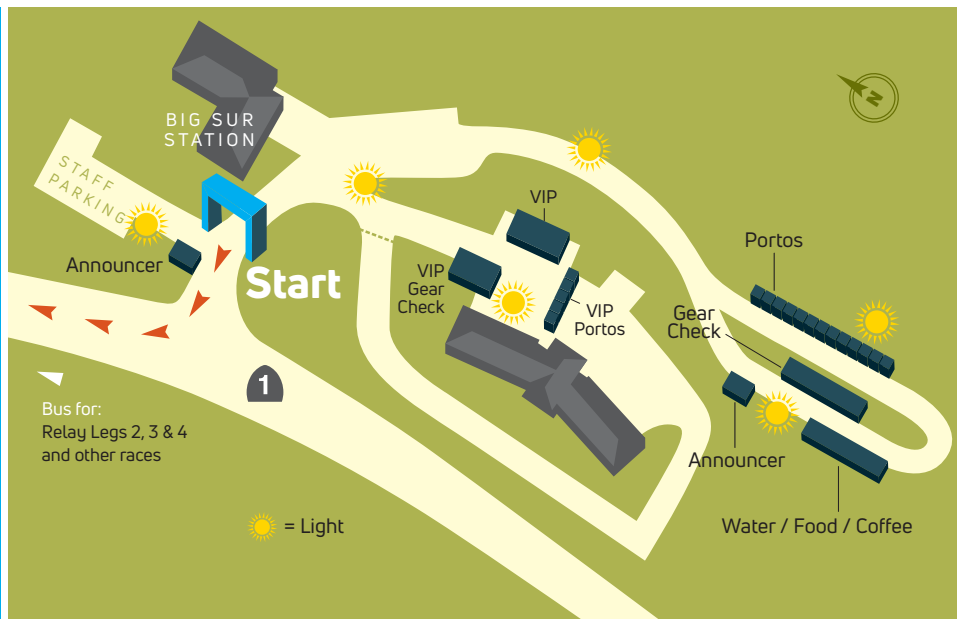
### START TIMES

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 A (estimated finish 4:00 and under). Wave B (4:01-5:00) will start at 6:50 a.m. Wave C (5:01 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



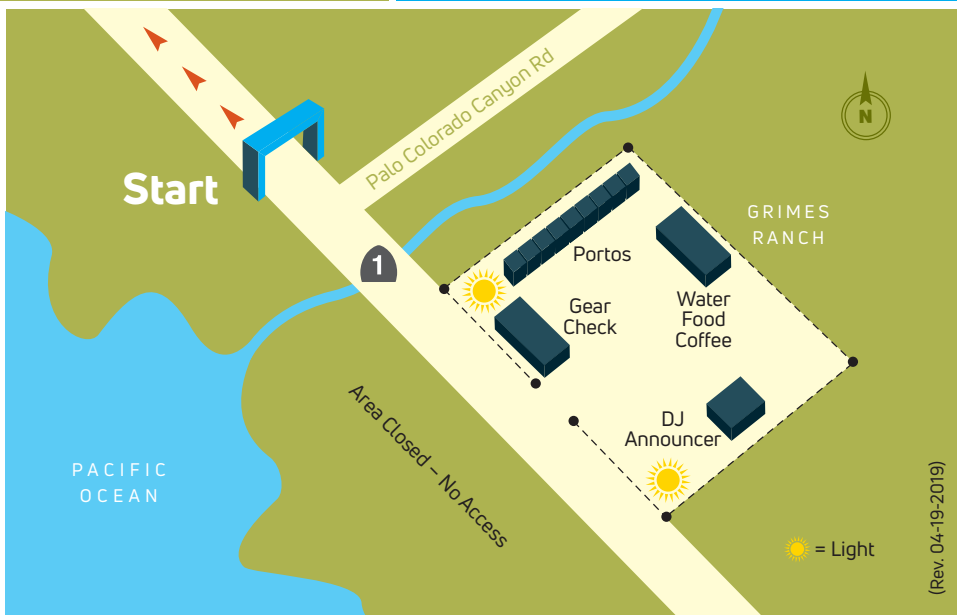
### START TIMES

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

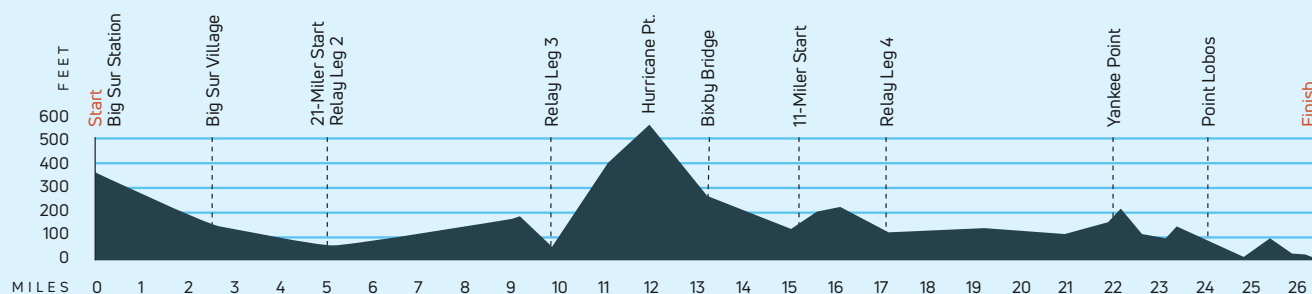
All events finish at Rio Rd. + Highway 1



## 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. 04-2019)



## Marathon Profile

This is 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!

# 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.