



# BIG SUR INTERNATIONAL MARATHON

Running on the Ragged Edge of the Western World



## RACE WEEKEND PARTICIPANT GUIDE

### Marathon

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://www.facebook.com/bigsurinternationalmarathon)

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@BSIMEvents

#BigSurMarathon

# PRE-RACE PREP: EXPO



## Marathoners

### 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. Have a great race!

Your Big Sur Marathon Team

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

The free 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](#).

After picking up your bib, all runners should visit the Transportation Desk in the same room as race bibs to receive a bus ticket to catch a free shuttle to the race start. Your bus pick-up location depends on where you are staying the night before the race.

**Note:** Because we try to minimize our event's environmental impact, we do not hand out goodie bags filled with promotional materials or samples. You should have received a link to an electronic virtual goodie bag.

If you have questions about your entry before race weekend, email the registrar Sally Smith at [sally@bsim.org](mailto:sally@bsim.org). Race weekend, you can visit the "Solutions Desk" in the packet pick-up room.

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

# PRE-RACE PREP: EXPO

## 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

## 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.



## 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 START

All marathon runners must use our free transportation to the start at the Big Sur Station in Big Sur. Highway 1 is closed early race morning to private vehicles. There is NO parking in the start area and there is no runner drop-off by private vehicle.

Buses to the Marathon start depart early race morning from one of six locations: View the bus pick-up locations and parking map.

- **Monterey Marriott** (for Marriott hotel guests) from 4:00 - 4:15 AM
- **Downtown East & West Garages** (340 Tyler Street, Monterey) from 3:30 - 4:15 AM
- **Monterey Peninsula College** (980 Fremont Street, Monterey) from 4:00 - 4:15 AM (new location in 2019)
- **Embassy Suites** (for guests at Embassy Suites and nearby hotels) from 4:00 - 4:15 AM
- **Carmel Plaza** (for those staying in downtown Carmel hotels) from 3:45 - 4:15 AM
- **Carmel Middle School** (4380 Carmel Valley Road) from 3:30 - 4:00 AM

For participants staying in Big Sur, smaller shuttle buses will make a continuous loop on Highway 1 between 4:45 and 6 AM with stops at all facilities between Andrew Molera State Park 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.

Free post-race buses depart the Marathon Finish Village between 9:30 AM and 2 PM to take runners back to their original pick-up location.

## EVENT START

The Marathon start is at the Big Sur Station on Highway 1 in Big Sur. In 2019, we have revised the start village area to reduce crowding. There will be plenty of porta potties as well as water, bagels and fruit, Gatorade Endurance, and coffee and tea. As with any start village, space and supplies are limited. We suggest you bring your own fluids and nutrition as well to make sure you get what you need for a great race.

Wear warm clothing as the average temperatures are in the 40's and you will be in the area for one to two hours before the start. **NOTE:** Do NOT enter the woods at the start village or alongside Highway 1. There is A LOT of poison oak in the area as well as sensitive vegetation.

To check your gear for delivery to the Finish Village, use the clear GU gear check bag provided at bib pick-up. No other bags, backpacks, suitcases, etc., can be checked. Do not enclose valuables and do not check any fluids or other heavy or sharp items. Look for the signs for your bib number range to turn in your gear bag. We are not responsible for lost or stolen property.

# RACE DAY INFO

## NEW START WAVES FOR 2019

The race will begin in three waves based on predicted finish times provided during registration and the honor system. Look for the wave assignment printed on your race bib. The waves are as follows:

- **Wave A** - 6:45 AM: predicted finish times of 3:59 and faster
- **Wave B** - 6:50 AM: predicted finish times between 4:00 to 5:00 hours
- **Wave C** - 6:55 AM: predicted finish times of 5:00 hours and higher

We will load the faster wave 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 marathon is different, there are some things that are truly unique about the Big Sur Marathon. Here's what you should know:

- After the first couple of miles, you are restricted to only the left lane of the two-lane highway. There is live traffic in the other lane so please do not cross the center yellow line after mile two.
- There are 11 aid stations spread out about every two-to-three miles. This is fewer than many other marathons. 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 more than 15 music stations on the course with local groups and entertainers including the popular Taiko drummers half way up the climb to Hurricane Point and Michael Martinez playing the Yamaha Baby Grand piano just after mile 13.1 on Bixby Bridge.
- 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 hundreds of walkers and slower runners from the shorter races that also use the same single lane on Highway 1. Plan on doing some careful maneuvering around your fellow runners and walkers while staying only in the left lane.
- Enjoy the fun **HOKA ONE ONE "Time to Fly" zone** with music and cheerleaders to go placed at mile 25 (1.2-miles before the finish) and just before the final 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 trash or clothing off the



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

# RACE DAY INFO

road into the bushes: just drop items in your lane or the left dirt shoulder 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 is A LOT of poison oak alongside some sections of the course!

- No bandits, unofficial pacers, or unregistered runners. Only official race entrants wearing an official bib assigned to them who start at the official start are allowed on the course.

**Ready to go? Read on for more details**

## COURSE PROFILE

The marathon course is point to point, moderately difficult, with rolling hills and frequent strong headwinds. The course is entirely on Highway 1, the nation's first nationally-designated Scenic Highway. The course is USATF and IAAF/AIMS certified and an official Boston qualifier.



**Start elevation: 356 feet**

**Finish elevation: 10 feet**

**Estimated total elevation gain: +2,182 feet**

**Estimated total elevation loss: -2,528 feet**

Look for large, colorful mile markers with fun caricatures on the left side of the highway. There are also signs at 10K and the 13.1-mile halfway mark.

## AID STATIONS

There will be Gatorade Endurance and water at all 11 aid stations. You can fill up your own personal hydration system at the end of each fluid station in the "BYOB" area (strongly encouraged!). There will be fruit at later stations. GU energy gel will be available at mile 12.2 and mile 18.9. GU flavors include Strawberry Banana (caffeine free), Vanilla, Tri-Berry, and Salted Caramel (all caffeinated).

We are pleased to confirm we will be able to once again provide a strawberry station at mile 23.2.

There are porta-potties at each aid station, at relay exchange areas, and at most entertainment stations.

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!

## Aid station locations are as follows:

- |               |                |
|---------------|----------------|
| #1: Mile 2.6  | #7: Mile 16.7  |
| #2: Mile 4.8  | #8: Mile 18.9  |
| #3: Mile 7.8  | #9: Mile 21.3  |
| #4: Mile 10.4 | #10: Mile 23   |
| #5: Mile 12.2 | #11: Mile 24.6 |
| #6: Mile 14.7 |                |

# RACE DAY INFO

## PACE GROUPS

Marathon pace groups are provided for the following finish times, many adjusted this year for the new Boston Marathon qualifying times:

3:10	4:00
3:20	4:05
3:25	4:20
3:30	4:30
3:35	4:45
3:40	5:00
3:50	5:50*
3:55	

\*The 5:50 pace group is based on the 6:00 course time limit with a little cushion built in to help make sure those in this group stay safely under the time limit pace.

To sign up for one of these groups, visit the website of [The Treadmill](#), a local specialty retailer and the pace team coordinator. Or, stop by their booth at our Expo to meet members of the team and for more details.



## FINISH AREA

The finish line and Finish Village is located at Highway 1 and Rio Road. 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 on hand to take your picture for purchase.

Hot minestrone soup and a cold Sufferfest beer (if over age 21) 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, we do not hand out bottles of water or [Gatorade Endurance](#). Finishers are given fluids in a compostable cup that can be refilled (along with your personal hydration system) in several locations in the Finish Village.

## Medical and Massage

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.

Massages will be offered on a first-come, first-served basis for marathoners in a large tent across from the medical tent. Note that there is a very limited number of massage therapists.

## Gear Check

Gear bags checked before your race are located just outside the fenced Village area in the parking lot of the Crossroads Shopping Center.



# RACE DAY INFO

## Marathon Awards Ceremony

The Marathon awards ceremony will begin at 11:30 a.m. on the main stage. We will recognize top overall finishers followed by top finishers in the special divisions and age groups. Awards distribution is equal for men and women. "Double-dipping" is permitted; runners are eligible for both overall and division awards. Marathon awards presented are:

- Top five overall and top three masters (age 40+) based on GUN TIME.
- Top five finishers in five-year age divisions after 16 – 19 to 80+ based on CHIP TIME.
- Top three B2B overall and top three B2B masters (age 40+) based on combined Boston and Big Sur chip times.
- [HOKA ONE ONE](#) shoe certificates are presented to all division winners.
- To be eligible for awards, you must record a time at all course split mats.
- There is no prize money.

## Post-Race Merchandise Store

Unique Big Sur Marathon commemorative merchandise will be available for sale in the Finish Village. Finisher shirts will be for sale but quantities of these and other items are limited and first-come, first-served.

## Race Results

Look for the black "SVE Race Results" tents from the timing company in the Finish Village to look up your results on a laptop computer. (Printed results are not posted.) Results also will be available online at [bigsurmarathon.org](http://bigsurmarathon.org) later race afternoon. Marathon finishers are also published in the Monday, April 29 [Monterey Herald](#). A free copy of this special issue of the Herald will be mailed to all Marathon finishers who are U.S. residents and who live outside of Monterey County (expect 6-8 weeks for delivery).

We will also email an electronic results magazine to all finishers 2-to-3 months after the race.

## Post-Race Shuttles

Post-race buses depart from near the Marathon Finish Village 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.

## 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

## Information Booth and Lost and Found

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

## 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 minutes from the time a runner crosses the finish line to be available to reunite with family and friends outside the runner food tent.



# RACE DAY INFO

- 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, miles 5, 9.8, 13.1, 15.6, 17, 22, 24, and the finish.
- There is little to no cell phone service along the course. Spectators should not anticipate receiving calls, texts, or social media updates from those running the race. 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 several restaurants in the Crossroads Shopping Center next to the Finish Village as well as more coffee shops and stores in The Barnyard and the Rancho Carmel Centers, both located about a half mile north of the Finish Village.
- If spectators are taking a ride share service or cab to the Finish Village, expect to find many area roads closed and to be dropped off at least a half mile away.

## Any Questions?

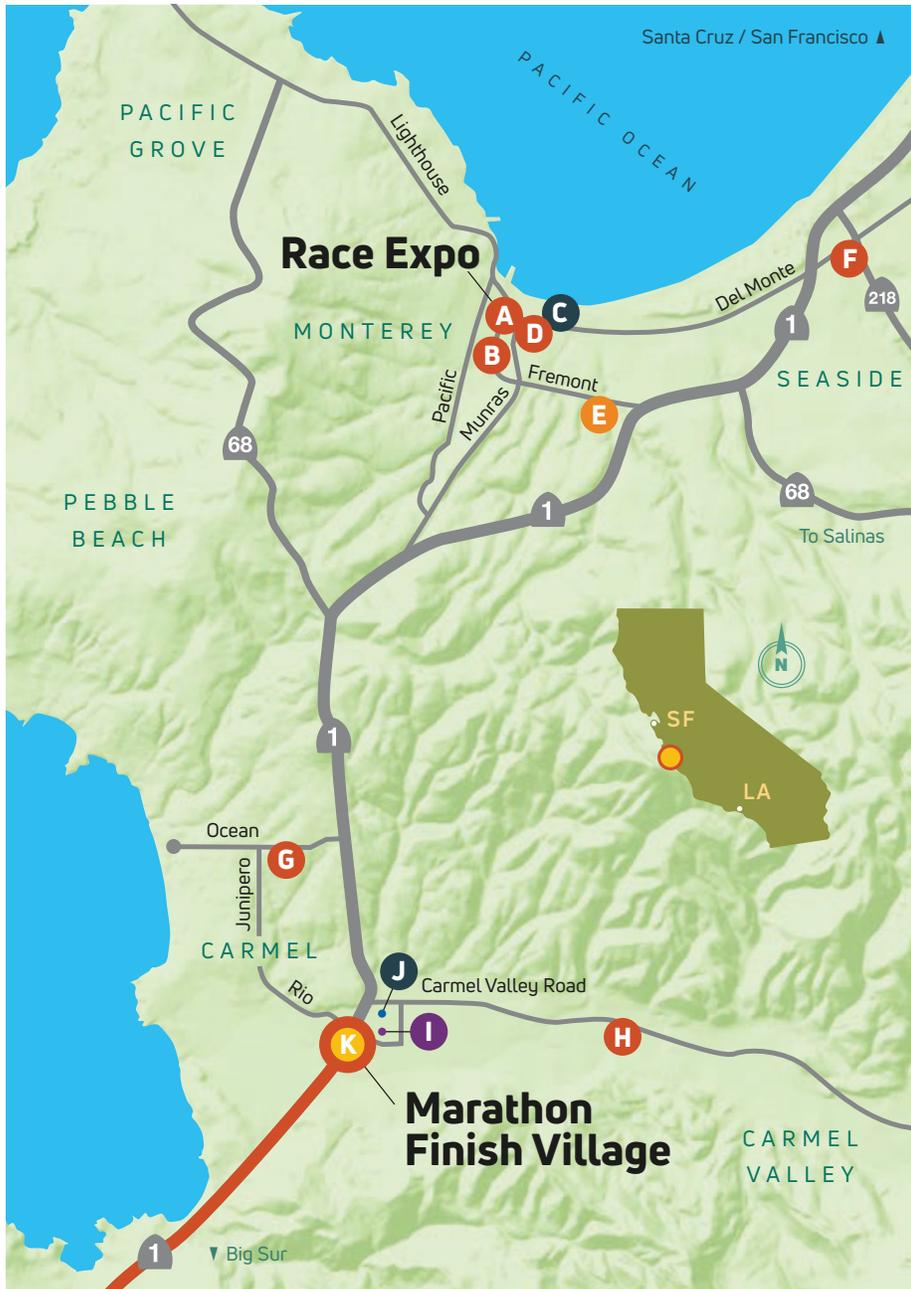
If you have any questions about the race not covered in instructions, please visit [bigsurmarathon.org](http://bigsurmarathon.org) and click on the "Race Weekend" or "Frequently Asked Questions" pages. Or, email us at [info@bsim.org](mailto:info@bsim.org) or give us a call at (831) 625-6226.

[View race maps on the following pages](#)

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



# 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

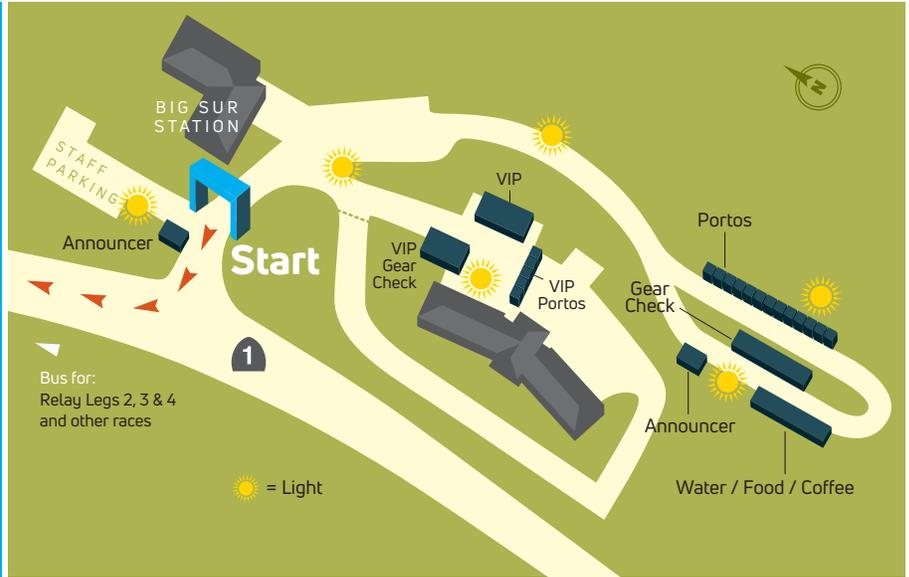
## Marathon | Relay

### 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

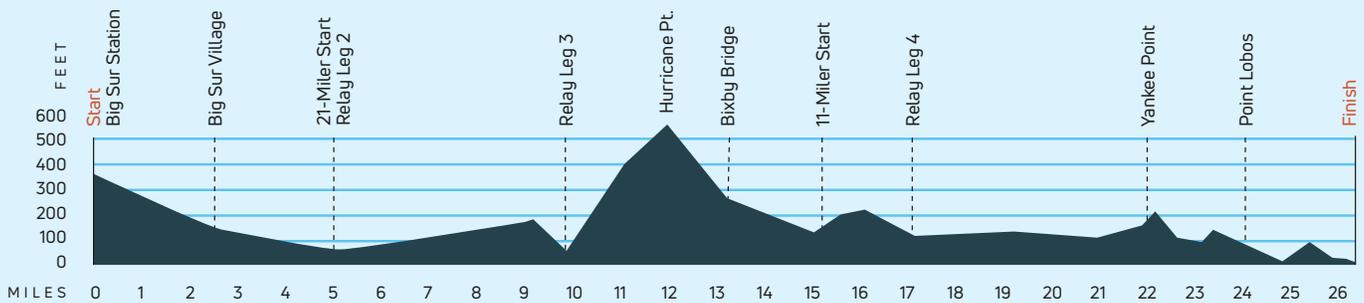
All events finish at Rio Rd. + Highway 1



## 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

