









Notes: 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.

If you have friends or family meeting you at the finish, we suggest having them bring your post-race clothes and that you wear extra clothes you wish to donate to the start. Collecting and sorting fewer gear bags after the race helps everyone.

### **START WAVES**

New this year: the Marathon will start earlier than before and in five waves based on predicted finish times. Look for your corral on your race bib. The waves are as follows:

- Wave A - 6:35 AM: predicted times of 3:45 and faster
- Wave B - 6:40 AM: predicted times between 3:46 and 4:00 hours
- Wave C - 6:45 AM: predicted times of 4:01 to 4:30 hours
- Wave D - 6:50 AM: predicted times of 4:31-5:00 hours
- Wave E - 6:55 AM: predicted times of 5:01 hours and higher

Listen carefully for race announcements to begin loading into your corral after 6:15 AM.

Notes: You can move back to a later corral race morning but you may not move into an earlier corral for safety reasons.

Please keep the mask you wore in the bus to the race if you anticipate riding a bus back to your morning pick-up location. Masks are required on all buses before and after the race.

There is very little to no cell coverage at the start village or on the buses to the start.



## **COURSE PROFILE**

The Marathon course is point to point with rolling hills and frequent strong headwinds. The course runs alongside redwoods, historic ranches, a scenic lighthouse, and alongside the Pacific Ocean with stunning views of waves crashing on the rocks.

The course is entirely on Highway 1, the nation's first designated Scenic Highway. The course is USATF and World Athletics /AIMS certified and an official Boston qualifier.

To view the Marathon course map and elevation chart, click [HERE](#). The course features numerous hills including the long climb to Hurricane Point between about miles 10 and 12 and rolling hills from mile 22 through mile 25.5. What goes up must come down, though, and the finish is lower than the start for a net elevation loss.

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 near the 13.1-mile halfway mark.

Here is a YouTube video preview of the course that was put together a few years ago. Note that the relay exchange and a few other items on the course have moved a bit but the hills and incredible views are still there to enjoy!

## **AID STATIONS**

There will be lemon-lime Gatorade Endurance and water at all 11 aid stations. If you choose to opt-in to our cupless initiative, you will be able to fill your HydraPak SpeedCup or other reusable hydration system at the end of every aid station. There may be fruit at later stations. GU energy gel in a variety of flavors will be available at mile 12.2 and mile 19.0. We encourage the use of personal hydration vests, bringing your own bottle, etc., to reduce cup waste.

Aid station locations are as follows:

#1: Mile 2.5

#2: Mile 4.8

#3: Mile 7.8

#4: Mile 10.4

#5: Mile 12.2 (GU station)

#6: Mile 14.7

#7: Mile 16.9

#8: Mile 19.0 (GU station)

#9: Mile 21.2

#10: Mile 23.0

#11: Mile 24.8

A strawberry station is at mile 23.4 featuring the tasty locally-sourced fruit for a burst of final energy.

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

## **COURSE MEDICAL**

There are medical personnel at each aid station with basic first-aid supplies. We do not provide medications (ibuprofen, aspirin, inhalers, etc.).

There are mobile medical teams and course marshals on bicycles throughout the course for your safety. If you have any medical needs, flag down one of our bike marshals. Bike marshals are there to ensure runner safety and to remind runners to stay in the ocean-side lane for the last 24 miles of the race.

If you choose to discontinue your race, please report to an aid station where a sag wagon will be dispatched to take you to the finish area. Note that it can take some time to return you to the finish.

## **COURSE TIME LIMITS**

The Marathon course time limit is 6:00 hours, a pace of 13:45 per mile/8:32 per km. This begins when the final runner crosses the start in the final wave. We realize this time limit generally affects only 1-2% of our participants, but this strict enforcement is part of our permit to use Highway 1 and makes the race possible for all runners and walkers. It is enforced without exception by the California Highway Patrol and race officials in the following ways:

- If you fall behind a 6-hour finish pace at any point on the course, you may be asked to discontinue the race and take a sag wagon to the finish area.
- All marathoners must reach mile 15.2 by 10:30 AM or mile 21.2 by 11:50 AM to continue in the race. Anyone reaching these locations after the time limit will be transported to the finish by bus. **NO EXCEPTIONS!**
- If you decide to drop out at any point on the course, notify a course marshal or stop at any aid station and inform the volunteers of your desire to drop out. They will dispatch a sag wagon to take you to the finish.
- Official finish medallions and official finish times are provided only for those marathoners who cross the line before 6:00 hours (chip time).
- Thank you for your cooperation. Maintaining the time limit helps us secure a permit each year to conduct this race.

## **PACE GROUPS**

There are planned pace groups for the full marathon for the following goal finish times: 3:10, 3:20, 3:30, 3:40, 3:50, 4:00, 4:10, 4:20, 4:30, 4:40, 4:50, 5:00, 5:30, and 5:50.\* The pace teams are coordinated by the Treadmill specialty running store in Carmel. Please visit the Treadmill booth at the Expo for more details about these groups.

\*Note that we do not provide a pacer running at exactly a 6:00 hour finish pace, the course time limit. Because of the challenging nature of the course (numerous hills and frequent strong headwinds), we find it's better for runners concerned about making the time limit maintain a finish pace a bit under 6:00 hours to safely make the cut-off times.

## **RUNNER TRACKING**

We do offer an app through our timing company, South Valley Endurance, to track runners on race day. Download the app by clicking [here](#). Note that because of little to no cell coverage or internet on the course, updates on runner positions on the course are often delayed.





