



# BIG SUR

## INTERNATIONAL MARATHON

*Welcome to Race Week!*

**APRIL 22-24, 2022**

Welcome to the 35th Annual Big Sur Marathon weekend of events! This composite race weekend instructions for the Marathon Relay covers the race expo, packet pick-up, special events before race morning, race morning transportation, the start, the course, the finish line, and post-race activities. In short - it's everything you need to know about race weekend! On behalf of the Big Sur Marathon events committee, board, staff, and team, we look forward to seeing you soon and hope you have an amazing experience.



***Important Note About Your Entry If You Are Unable to Run:***

*All race distances are full. Downgrades to shorter distances, transfers, deferrals, or refunds are not available. You may no longer sell your entry or give it to anyone else. If you purchased a registration refund policy through the Protect Group when you registered for the race and are unable to participate due to a covered reason, you may wish to apply for a refund through the Protect Group. This is a third-party company that handles refund applications for those who purchased their product. If you are unsure if you purchased this product when you registered, please review your Haku participant account or your original registration confirmation email. account.*

*The Big Sur Marathon office does not provide any refunds or process any refund applications. If you do not attend the race, you can consider your entry fee a tax-deductible contribution to our non-profit organization. Our federal non-profit tax ID number is 77-0048388. We use funds earned through or donated to our events to help fund programs and services to improve the health of our community, particularly for youth.*

# HEALTH & FITNESS EXPO / BIB PICK UP

The Health & Fitness Expo is Friday, April 22, from noon to 6 PM and Saturday, April 23, from 9:30 AM to 6 PM at the Monterey Conference Center, 1 Portola Plaza, downtown Monterey. The Expo is FREE and open to the public. Masks are required to be worn in the expo.

Free COVID testing will be available in front of the Monterey Conference Center during the Expo hours. We invite you to [register in advance](#) to speed up testing. Testing is not required.

Bibs and shirts must be picked up in person at the Expo. Please bring your photo ID. You should have received your check-in pass (with bib number) by email already. Another will be sent the Thursday before the race. If you are unable to attend the expo, please complete a [Packet Pick-Up Authorization](#) for someone else to get your bib and shirt. Marathon Relay captains or team members do not need pick-up authorization forms to get bibs and shirts for their teammates.

Because we try to minimize our event's environmental impact, we do not hand out bags filled with paper promotional materials or product samples. You will receive a link to our electronic virtual goodie bag and race program in the next few days.

## **BUS TICKETS**

Marathon runners must visit the Transportation Desk (in the same room as race bibs at the Expo) for a bus ticket to the start. [Your bus pick-up location](#) may depend on where you are staying the night before the race.

Entrants in the Marathon Relay, 21-Miler, and 11-Miler will get their bus ticket when they get their bib. Entrants in the 12K or 5K do not use a bus to get to the start of their event.

## **CUPLESS OPT-IN PICK-UP**

Join the Big Sur Marathon Foundation and HydraPak in our efforts to reduce single-use waste by pledging to run a cupless race. This year, all participants in the 2022 12K will receive a HydraPak reusable cup to use in their race. In addition, the first 4,000 participants in our other race distances are encouraged to take the cupless pledge and receive a custom Big Sur Marathon branded HydraPak reusable SpeedCup for use at aid stations. Cups will be available at the HydraPak booth in the Expo. You may also take the pledge in person at the Expo, but please note that only the first 4,000 participants to opt-in will receive a complimentary Speedcup. Hydration systems including Speedcups will also be available for purchase at the Expo.

## **CLINIC SCHEDULE**

During Saturday's Health & Fitness Expo, we will host a full day of free race clinics beginning at 10 AM. All clinics are hosted in the Steinbeck Ballroom, located on the third floor of the Monterey Conference Center (up the escalators to the right inside the front doors). From tips about how to run your best race and inspiring runner stories to a panel of the state of women's running, our programming has something for everyone. [View the full clinic schedule.](#)

## **SPECIAL EVENTS**

### **Pasta Party, Saturday, April 23, 4:30 PM or 6:00 PM**

Enjoy a tasty carbohydrate-rich meal and meet fellow runners at the official Big Sur Pasta Party in the Grand Ballroom of the Marriott, across the street from the Expo in downtown Monterey. 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 \$40 at the door, if available. Online sales are now closed. There are two seating options, 4:30 PM or 6:00 PM.

### **United Happy Hour Lounge, Friday and Saturday from 3-5:30 PM**

Visit the United Lounge at the front of the Expo if you need to sit for a spell, charge your device, and socialize with fellow runners! There will be a Happy Hour from 3 to 5:30 PM on Friday and Saturday featuring beverages from Athletic Brewing, Tito's Handmade Vodka, Marquis, Dole, and Sunny With a Chance of Flowers wine. Watch a course video, meet our Ambassadors and enjoy a series of giveaways.

### **Special entry rate for the November 13, 2022 Monterey Bay Half Marathon**

Visit the Monterey Bay Half Marathon booth inside the expo to register for this November's race at a special discount! Plus, when you sign up in person, you'll receive a free pair of branded Fitsoks! For more information about this race, also organized by the Big Sur Marathon Foundation, please visit [www.montereybayhalfmarathon.org](http://www.montereybayhalfmarathon.org)



## **OFFICIAL RACE MERCHANDISE**

Be sure and visit the Marathon merchandise store on the main expo floor for a wide assortment of commemorative items including technical wear, leisure wear, souvenirs, and HOKA® shoes for try-on and purchase! Supplies are limited and many items sell out early. You can also shop our online store prior to race weekend.

# RACE MORNING



## TRANSPORTATION TO THE START OF YOUR LEG

All Relay runners must use our free transportation to the start of their leg. Highway 1 is closed early race morning to private vehicles. **Masks are required on all buses before and after the race.** There is NO parking in the start area or any exchange areas and there is no runner drop-off by private vehicle.

Free race morning parking will be available for Relay runners at Monterey Peninsula College (MPC), 980 Fremont Street, Monterey. The Relay buses leave at the following times for each leg:

- 3:45 - 4:00 AM for Leg 1
- 4:15 - 4:30 AM for Leg 2
- 4:30 - 4:45 AM for Leg 3
- 5:00 - 5:15 AM for Leg 4

Note that full marathoners will also be parking at MPC. Marathoners will board and leave MPC from 3:45 - 4:00 AM.

[View the bus pick-up locations and parking map.](#)

For participants staying in Big Sur, we use smaller shuttle buses to transport from two locations north of the Marathon start and two locations south of the start. If you are staying in a hotel or campground north of the start, you would walk to either Ripplewood Cabins and Campground or River Inn to catch a bus at 5:15 AM. If you are staying south of the starting line, please walk to Post Ranch Inn or Deetjen's to catch a ride to the start at 5:15 AM. To board these buses, stand near Highway 1 in order to be visible to bus drivers.

If you are staying in Big Sur and running relay legs 2, 3, or 4, you would still catch the Big Sur shuttle to the Marathon start line. From the Marathon start, a separate bus will take relay runners to the start of their leg (leaving by 6 a.m.)

*Note: Free post-race buses depart the Marathon Finish Village between 9:30 AM and 2 PM to take Relay runners back to MPC. Buses back to Big Sur leave at approx. 11:00 AM, 1 PM, and 2 PM.*

## RACE START FOR LEG 1 RUNNERS

Your first leg runners begin at the [Marathon start](#) at Big Sur Station on Highway 1 in Big Sur. There will be porta potties as well as water, 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. (And some members can be in their exchange area for four hours or more depending on the pace of their teammates).

Most relay teams use a different gear check plan from full Marathoners. We will send additional information about this plan in a later email. We also strongly recommend Relay team captains and as many team members as possible attend the Relay meetings in the race clinic room on Saturday, April 23 at the Expo at either 10 AM or 4:30 PM. A point-to-point relay with no private transportation or parking options does require some extra planning!

*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.*

## 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.



## ON COURSE

For some of you, this will be your first time to run on the Big Sur Marathon course. You've heard about the beautiful scenery and the challenging hills of the [Big Sur Marathon course](#). While every marathon course is different, there are some things that are truly unique about the Big Sur Marathon.

Here's what you should know:

- The Marathon and Relay Leg 1 begin at 6:35 AM in five waves.
- After the first couple of miles, you are restricted to only the left lane (ocean side) of the highway. There is live traffic in the other lane so please do not cross the 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. 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 far end of any on-course aid station. We strongly encourage wearing a hydration vest or carrying your own bottle so we can avoid cup waste along the course and in the start and finish areas.
- There are 12 entertainment stations with local groups and performers including the popular Taiko drummers halfway up the climb to Hurricane Point and Michael Martinez playing the Yamaha N3 Avant Garde piano just after the Bixby Bridge at mile 13.2.
- 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 to avoid impeding other runners.
- MarathonFoto will have professional photographers at a half-dozen locations on the course plus at the start and finish lines to document your race. You will receive an email after the race with proofs of the photos they have taken of you for potential purchase. Be sure your race number is visible on the FRONT of your shirt or shorts for race officials and photographers.
- 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 team, expect your Leg 2, Leg 3, or Leg 4 runners to pass hundreds of walkers and slower runners from the 21-Miler and 11-Miler races that also use the same single lane 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.
- Leg 3 runners can enjoy the HOKA "Time to Fly" zone at mile 16.2.
- We strongly discourage the use of earbuds/earphones. The course can be crowded in spots and it's safer if you can hear comments from your fellow runners. Also, the land-side lane is used for escorted caravans, emergency vehicles, and race officials in vehicles and on bicycles. The better you can hear what is around you, the safer you can run.
- Please help us keep this beautiful area clean. Please don't throw items off the road: just drop items in your running lane where our clean-up crews can more easily spot them. And please don't go to the bathroom behind bushes, trees, or fences on the course. 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 closed to private vehicles, bicycles, walkers, or non-registered runners. The only place for friends and family to watch you run is at the finish line. No spectators are allowed on the course.
- No dogs or other animals, unofficial pacers, skates, skateboards, bikes, scooters, wheelchairs, hand cranks, baby joggers, or carrying of children or infants. If you need special accommodations, call (831) 625-6226 or email [info@bsim.org](mailto:info@bsim.org).
- No bandits, no unofficial pacers, no exceptions. Only official race entrants wearing an official 2022 bib assigned to them are allowed on the course.

## RELAY LEG LENGTHS

The distance of each Relay leg has changed for 2022. These new exchange areas offer a larger shoulder and a safer environment for Relay runners before and after running their legs. See below the approximate lengths of each relay leg:

Leg 1: Marathon start to mile 8.1

Leg 2: 7.1 miles from marathon mile 8.1 to mile 15.2.

Leg 3: 6.0 miles from marathon mile 15.2 to mile 21.2.

Leg 4: 5.0 miles from marathon mile 21.2 to the marathon finish line at mile 26.2.

## 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               | #6: Mile 14.7              |
| #2: Mile 4.8               | #7: Mile 16.9              |
| #3: Mile 7.8               | #8: Mile 19.0 (GU station) |
| #4: Mile 10.4              | #9: Mile 21.2              |
| #5: Mile 12.2 (GU station) | #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.

# THE FINISH & POST-RACE ACTIVITIES

[View a map of the finish area.](#)

The finish line and Finish Village are located at Highway 1 and Rio Road. After crossing the finish line, your final relay runner will finish medallions for your entire team 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.

*Note: as part of our goal to reduce our environmental impact, we do not hand out plastic bottles of water. There will be an area to refill your personal hydration device or compostable cup.*

The family reunion area is outside the runner food tent in the central area of the Finish Village. This is where you can meet your teammates if they have taken a bus in from their exchange area.

Hot minestrone soup and a Cheers Garden (for those age 21 or over) are also available. The Cheers Garden will feature Other Brother Brewing beer and Athletic Brewing non-alcoholic beer. Entrants are entitled to one free beer. Beer will also be available for sale for those over age 21 for \$5 cash.

## **FINISH MEDICAL**

Medical professionals 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. We do not offer post-race massages.

## **GEAR CHECK**

Most Relay teams use an alternative gear check program. Any gear bags that were left at relay exchanges will be brought to the main gear check area just outside the fenced grass Village area in the parking lot of The Crossroads Carmel shopping center.

## **RELAY & MARATHON AWARDS CEREMONY**

The Relay awards ceremony will begin at approximately 12 Noon on the main stage following the individual Marathon awards. Relay Marathon awards are presented to the top three teams in each Relay category (only teams with four members are eligible for awards):

- Open male, open female, open mixed, masters mixed and corporate mixed.
- Only Relay teams with four members who ran legs are eligible for awards.
- All winning team members receive an award. Any team finishing in the top three MUST send a representative to the awards ceremony. Awards are not mailed after the race.

## **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. The Finish Village store will have a final clearance sale on Monday, April 25, the day after the race, from 10 AM to 2 PM.

## **RACE RESULTS**

Look for the black "SVE Race Results" tent 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 [bigsurmarathon.org](http://bigsurmarathon.org) on Sunday afternoon (along with a downloadable finisher certificate). Marathon finishers are also published in the Tuesday, April 26 Monterey Herald.

## **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 2 PM.

## **INFO BOOTH AND LOST & 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.
- Free parking is available in the shopping centers and nearby streets but expect heavy traffic. You may have to park a half mile or more away from 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. Parking can be a challenge in the shopping centers and nearby streets.
- 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 challenging 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 a quarter to a half mile away from the Finish Village.

If you have any additional questions, please visit [bigsurmarathon.org](http://bigsurmarathon.org) and click on the "Race Weekend" or "Frequently Asked Questions" pages. Our email is [info@bsim.org](mailto:info@bsim.org). Our office phone number is (831) 625-6226 (note that this phone is not answered race weekend). We'll see you soon!

-The Big Sur Marathon Team

**GOOD LUCK, RUNNERS!**