



# BIG SUR

## INTERNATIONAL MARATHON

# *Welcome to Race Week!*

## **APRIL 28-30, 2023**

Welcome to the 36<sup>th</sup> Annual Big Sur Marathon weekend of events!

This composite race weekend instructions for the 11-miler 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:** The Big Sur International Marathon collection of races are in an area with little to no cell coverage. There is no cell service at the marathon start line or along the course and there is limited cell coverage at the finish line (and 12K/5K start and finish lines). This will affect texting and calling, runner tracking, and results. Please have plans in place with friends and family before race day.

*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 nonprofit organization. Our federal nonprofit 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 28, from noon to 6 PM and Saturday, April 29, 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.

Bibs and shirts must be picked up in person at the Expo. Please bring your photo ID. We will be sending you an email with your check-in pass (QR code and bib number) several times leading up to the event. If you are unable to attend the expo, please complete a Packet Pick-Up Authorization for someone else to get your bib and shirt, and upload it into your haku account. Click [HERE](#) for instructions on how to upload the [Packet Pick Up Authorization](#) to your [haku account](#).

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 be sent a link to an electronic virtual goodie bag with coupons and other information.

## 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.

## 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 second 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. [Check out the clinic schedule!](#)

## SPECIAL EVENTS

### **Pasta Party, Saturday, April 29, 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 [on your haku account](#). There are two seating options, 4:30 PM or 6:00 PM.

### **MRY Happy Hour Lounge, Friday and Saturday from 2-5:30 PM**

Visit the MRY 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 2 to 5:30 PM on Friday and Saturday featuring beverages from Athletic Brewing, Peter B's, and Sunny With a Chance of Flowers wine. Purchase a \$5 commemorative glass for unlimited drinks during happy hour.

## Shake Out Run - Saturday, April 29 at 8 AM

Join us for a 3-mile (approx) shake-out run at 8 am on Saturday. We will start at Fleet Feet Sports on Alvarado Street.

## Special entry rate for the November 12, 2023 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! For more information about this race, also organized by the Big Sur Marathon Foundation, please visit [www.montereybayhalfmarathon.org](http://www.montereybayhalfmarathon.org).

# RACE MERCH

## 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.

# GETTING TO THE START

## 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:

- Waterfront Lot One at 245 Washington Street (at Del Monte Avenue). Buses depart 5:30 - 5:45 AM. Do not park in the Waterfront Lot. Free parking is available at the Downtown East/West Parking Garage at 340 Tyler Street in downtown Monterey.
- Carmel Rancho Center (Carmel Rancho Blvd at Prim's Market), buses depart 5:30 - 5:45 AM. Free parking in nearby lots.

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

You will collect a ticket for one of the 11-Miler shuttle bus locations when you pick up your 11-Miler race bib at the Expo. For participants staying in Big Sur, please check-in with the transportation desk at the Expo for your best options.

# RACE START

The [11-Miler start](#) is at Grimes Ranch on Highway 1 in Big Sur just south of Palo Colorado Road. There will be porta potties as well as water, coffee and tea. If you prefer something specific on race day, please bring your own supplies. 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. Discarded clothes will be donated.

If you want to check clothes for transport to the finish, use ONLY the clear gear check bag provided at bib pick-up and attach the adhesive bag tag located at the top of your race bib. Do not enclose valuables, keys, credit cards, etc. and do not check any fluids or other heavy or sharp items. Please tie your bag tightly. **Place your bag at either gear collection area on the way to your corral.**

**We are not responsible for lost or stolen property.**

**IMPORTANT NOTE:** Gear bags often arrive at the finish after many 11-Milers complete their race due to course and finish-area congestion. If you have friends or family meeting you at the finish, we strongly suggest having them bring your post-race clothes and that you wear extra clothes you wish to donate to the start.

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!

## COURSE DETAILS

### THE COURSE: THE REASON YOU ARE HERE!

Here's what you should know:

- The 11-Miler begins just after the 15-mile mark of the Marathon course. You will be starting at 7:00 AM
- Always stay in the left (ocean-side) lane on Highway 1. The other lane (land side) is used for emergency vehicles, race officials, and live traffic in escorted caravans both northbound and southbound. Please do not cross the center yellow line at any time.
- 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 about mile 5 for 11-Milers, etc.).
- There are 5 aid stations spread out about every two-to-three miles.
- Be sure your race number is visible on the FRONT of your shirt or shorts for race officials and photographers.
- We strongly discourage the use of earbuds/earphones. 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. No bandits, no unofficial pacers, no exceptions. Only official race entrants wearing an official 2023 bib assigned to them are allowed on the course.

## AID STATIONS

There will be lemon-lime nuun and water at all 5 aid stations. There may be fruit at later stations. GU energy gel in a variety of flavors will be available at marathon mile 19.0. We encourage the use of personal hydration vests, bringing your own bottle, etc., to reduce cup waste. If you carry your own water, there are fill up stations at the end of each aid station.

Aid station locations are at the following marathon mile marks:  
Mile 16.9, 19.0 (GU station), 21.2, 23.0, 24.5

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.

## FINISH AREA

### THE FINISH

[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, you will receive a finish medallion and be directed into the runner food tent for light recovery food and beverages. The family reunion area is outside the runner food tent in the central area of the finish village.

Hot minestrone soup and a Cheers Garden (for those age 21 or over) are also available. Entrants are entitled to one free alcoholic beverage. Drinks will also be available for sale for those over age 21 for \$5 cash.

Gear bags checked before your race are located just outside the fenced grass village area in the parking lot of The Crossroads Carmel shopping center.

## TRACKING RESULTS AWARDS

### RUNNER TRACKING, RESULTS, AND AWARDS

For runner tracking, click [HERE](#).

Results will be located in the premium tent as well as under black SVE tents in the finish village. Type in your name or bib number and your results will appear on the computer screen.

Results will also be located [HERE](#).

The Marathon awards ceremony will begin at 11:30 a.m. on the main stage. We will recognize the top five overall male and female marathon finishers followed by the top five male and female finishers in all age groups. There are also Boston to Big Sur awards and relay awards. There are no awards in the 21-Miler, 11-Miler, 12K, or 5K.

## 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.

## 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.
- The finish village is a relatively small area so anticipate heavy vehicle and pedestrian traffic and lengthy delays accessing the area. Free parking is available in the surrounding shopping centers, but 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.

## Good Luck, Runners



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 [registration@bsim.org](mailto:registration@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*