



BIG SUR

INTERNATIONAL MARATHON

Welcome to Race Week!

APRIL 28-30, 2023

Welcome to the 36th Annual Big Sur Marathon weekend of events!

This composite race weekend instructions for the 5K 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.

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.

RACE DAY PARKING AND PACKET PICKUP

RACE DAY PARKING AND PACKET PICKUP

The 5K is an out-and-back race from the Marathon finish line and 5K entrants are responsible for their own transportation to the start (if staying in Big Sur, see below). Limited free parking is available at [The Crossroads Carmel](#), the nearby Barnyard Shopping Village and area roads and lots next to the Marathon Finish Village at Highway 1 and Rio Road. Plan to arrive extra early and expect heavy traffic in the area. We do not provide any transportation to the start of the 5K.

Because no shuttle bus is needed, [race-day packet pick-up](#) is available for the 5K in the parking lot of The Crossroads Carmel shopping center next to the Marathon Finish Village. Shirt size is not guaranteed at race-morning pick-up and picking up your bib and shirt at the Expo the two days before the race is highly recommended.

For 5K participants staying in Big Sur- If you are staying in a hotel or campground north of the start, you would walk to either Ripplewood Cabins and Campground or Big Sur 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. A second bus will depart from the Marathon starting line to take 5K runners to the start of their race at the Marathon finish line in Carmel.

GEAR CHECK

Since most 5K participants will have a personal vehicle parked nearby, and because we are preparing the gear check area for the thousands of runners running point-to-point longer races on Highway 1, there is a very limited gear check option for the 5K. If you need to use gear check, 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.**

RACE START

The [5K/12K](#) start together on Highway 1 at the Marathon finish line at 7:35 AM. Runners should self-pace by expected pace with faster runners near the front. Be sure to wear your race number on the front of your shirt or shorts so it is visible to race officials during the event. The event is chip-timed so there is no advantage to being near the front unless you can start with and maintain a faster pace.

COURSE DETAILS

THE COURSE: THE REASON YOU ARE HERE!

The 5K features a beautiful [out-and-back course](#) beginning and ending at the Marathon finish.

- Note that the 5K course uses the left (east) side of Highway 1 on the way out and the west (ocean-side) lane of Highway 1 back north toward the finish. Please listen for instructions and follow signage for a safe run. Slower 5K runners and walkers will be passed by faster runners from longer race distances. Please stay to the FAR-LEFT side of your lane on the way to the finish to allow passing by faster runners.
- The 5K has white mile markers with green numbers, do not look for the larger wooden marathon markers.
- 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.
- 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

The 5K features one aid station at the turn-around at about mile 1.5.

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.

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 and click on the "Race Weekend" or "Frequently Asked Questions" pages. Our email is 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