



# 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 Marathon 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 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.

All marathon runners need to visit the Transportation Desk in the bib pick-up room at the Expo to secure a bus ticket to the start. Buses leave from one of seven locations: [View the bus pick-up locations and parking map](#). Where you are assigned a bus will be based on where you are staying the night before the race, if you need to park a vehicle on race morning, and availability.

For participants staying in Big Sur, please check-in with the transportation desk at the Expo for your best options.

# RACE START

The [Marathon start](#) at Big Sur Station on Highway 1 in Big Sur. There will be porta potties as well as water, nuun, and 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.**

**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.

# START CORRALS

Marathon participants are assigned to one of five corrals based on your estimated finish time. Look for your corral assignment on your race bib.

Race start is at 6:45AM for corral A and subsequent corrals will be released approximately every three minutes. Your official time does not begin until you cross the start line.

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.

# COURSE DETAILS

## THE COURSE: THE REASON YOU ARE HERE!

[View a map of the course](#)

Here's what you should know:

- The Marathon begins at 6:45 AM with five corrals.
- 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 large wooden marathon mile markers on the course.
- There are 11 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 11 aid stations. 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. 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 2.5, 4.8, 7.8, 10.4, 12.2 (GU station), 14.7, 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.

# TIME LIMITS

## 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. This strict enforcement is part of our permit to use Highway 1 and 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 van 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 van to take you to the finish.

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.

# 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