



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 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: 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. This will affect texting and calling, runner tracking, and results. Please have plans in place with friends and family before race day.

There will be an informational relay meeting on Saturday, April 29 at 4pm in the conference center. We will address any last-minute questions or concerns you may have.

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 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 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.

GETTING TO THE START

TRANSPORTATION TO THE START OF YOUR LEG

All Relay runners must use our free transportation to the start of their leg. **Your relay bib is your bus ticket.** Highway 1 is closed early race morning to private vehicles. 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. Plan to arrive at MPC at least 15 minutes prior to the departure time (3:30 AM) and be ready to board your bus on time. Buses will leave on schedule. A limited amount of water and coffee will be available. 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. *Don't be late! There is no way to get to your exchange point once the buses have left.*

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

*Note that MPC is letter "E" on the map.

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

LEG 1 START

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, 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.

START CORRALS

Marathon participants are assigned to one of five corrals based on estimated finish time. 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 6:25 AM.

Note: Relay participants can choose any corral to start the race.

COURSE DETAILS

THE COURSE: THE REASON YOU ARE HERE!

[View a map of the course](#)

Here's what you should know:

- The Marathon and Relay Leg 1 begin at 6:45 AM.
- 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 marathon mile markers on the course. Note there are not special relay mile markers.
- There are 11 aid stations spread out about every two-to-three miles.
- We strongly discourage the use of earbuds/earphones. The better you can hear what is going on 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.

RELAY LEG LENGTHS/SPLITS

Teammates will pass a slap bracelet at the exchange points. Each leg split will be recorded by the timing mats at these exchange points. They will be uploaded and posted by our timing company following each leg, along with total team time and place.

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.

BUSES AT THE EXCHANGE POINTS

There will be buses parked at the exchange points to allow you to stay warm while waiting for your incoming runner and after you finish your leg. PLEASE STAY OUT OF THE LIVE TRAFFIC LANE (the land-side lane of Hwy. 1). Expect lengthy delays. Relay runners who have completed their leg have the option to continue running to the next exchange or to the finish. Course amenities are maintained for a six-hour finish pace.

AID STATIONS

There will be lemon-lime nuun and water at all 11 aid stations. There will 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. There will also be limited light snacks, coffee, and water at each exchange point for runners waiting to run and those who have completed their leg.

GEAR CHECK

RELAY GEAR CHECK

Relay Gear Check bags are not taken from one exchange zone to the next. Bags turned in at each exchange zone are taken to the finish but may not arrive until after 1 PM. Remember: we only take clothes to the finish that are left at gear check at the start or at the exchange zones. Bags or clothes left anywhere else are donated to charity.

SUGGESTED RELAY TEAM GEAR CHECK PLAN

To facilitate this plan, each relay runner will collect 2 gear check bags at packet pick-up. One for your warm up clothes and the other for your post-run clothes.

- Bag 1 (post-run clothes) Incoming runner will give their post run bag with clean sweats to their outgoing runner the night before (e.g., leg 1 runner gives a bag to the leg 2 runner). Be sure to do this the night before or before you get on the bus race morning.
- Leg 4 runner will give their post-run bag to leg 1 runner. The leg 1 runner can turn in the leg 4's bag at the start where it will be available for pick up at the Marathon Village.
- The outgoing runner will hand off the incoming runner's post-race bag when they are handed the bracelet.
- Bag 2 (warm up clothes) Runners waiting to run at the exchange area can use their second bag to store their warm up clothes to check in at the gear check bus at the exchange. They will be available at the Marathon Village after 1pm. By following this plan, all your teammates will have warm clothes after each leg.
- 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.

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, your final relay runner will collect medallions for your entire team and be directed into the runner food tent.

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. Entrants are entitled to one free alcoholic beverage. Drinks will also be available for sale for those over age 21 for \$5 cash or card.

Most Relay teams use an alternative gear check program as described above. 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.

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 Relay awards ceremony will begin following the individual marathon ceremony at 11:30 AM. Relay 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, and masters 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.

POST-RACE SHUTTLES

Shuttles back to MPC from the finish run from 9:30 AM until 2:00 PM. Shuttles from the finish back to Big Sur leave 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 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