

Big Sub[®] International Marathon

RACE WEEKEND INSTRUCTIONS April 29 ~ May 1, 2011



RACE WEEKEND SCHEDULE OF EVENTS

HEALTH & FITNESS EXPO

Monterey Conference Center
1 Portola Plaza, Monterey, CA

Friday, April 29 from noon ~ 6 PM

Saturday, April 30 from 9 AM ~ 6 PM

Bib, D-tag and participant shirt pick-up for all events. More than 70 vendors offer a variety of health & fitness related clothing & equipment. Free race clinics feature Bart Yasso & Jeff Galloway on Saturday. Open to the public.

JUST RUN! Just Kids 3K

**Saturday, April 30 at 8 AM at Lover's Point Park
in Pacific Grove**

RACE DAY SCHEDULE FOR ALL EVENTS

Marathon Start	6:45 AM
Relay Start	6:45 AM
21-Miler Start	6:45 AM
10.6-Miler Start	6:30 AM
9-Miler Start	6:45 AM
5K Start	7:45 AM
5K Awards	8:45 AM
Relay Awards	11:30 AM
Marathon Awards	Noon

bsim.org



RUNNER'S
WORLD



General Information ~ All Events

PACKET PICK-UP You must pick up your bib with attached D-tag, bus ticket, parking permit (if required), sweats bag and event shirt at the Health & Fitness Expo at the Monterey Conference Center, One Portola Plaza, Monterey (adjacent to the Portola Hotel & Spa). While we've done our best to secure the shirt you requested, event shirt sizes are not guaranteed for everyone. There are no event shirt size exchanges, Contact us after the race for any exchanges (based on availability of leftover shirts).

NO RACE DAY PACKET PICK-UP (except for the 5K)! You must present photo ID to pick up your bib. **Remember that bib numbers and D-tags are NON-TRANSFERABLE; no one else may wear a number assigned to you.** Be sure to fill out the emergency information on the back of your bib. Your bib must be worn on the front of your shirt and be visible to timers and course officials. Runners and walkers found on the course without a bib will be removed.

BUSING Except for 5K participants, **All participants MUST TAKE A BUS TO THE START OF THEIR EVENT, no exceptions!** Please stop by the Transportation Booth at the Expo and talk to the staff there about any special situations and concerns, and your "what if" questions.

RESTRICTIONS Please note...there are no wheels permitted on the course. No bikes, blades, skates, scooters, Segways, strollers or baby joggers. No dogs on leashes, no babies in backpacks. And...**NO BANDITS!**

CORRALS & WAVE STARTS Because we are starting several events at the same time, we will have five corrals set up. They will be designated A through E. Look for the sign with your corral letter and line up accordingly. Corrals will be broken down as follows:

- Corral A: Marathons with a sub 4:00 predicted finish
- Corral B: Marathoners with a predicted finish of 4:00 to 4:30
- Corral C: Marathoners with a predicted finish of 4:31 to 6:30
- Corral D: 21-Milers and 9-Miler Runners
- Corral E: 9-Miler Walkers

These are not hard-fenced corrals and we ask that you respect the system so that the events proceed smoothly for everyone.

DIRECTIONS TO THE CONFERENCE CENTER

The Monterey Conference Center is located near Fisherman's Wharf and next to the Portola Hotel & Spa. If driving southbound on Highway One, take the Monterey exit 401A. Turn right on Camino Aguajito and then left onto Del Monte Avenue. Stay in the left lane on Del Monte; the Conference Center will be on the right at Calle Principal and Del Monte. If northbound on Highway One, exit at Munras Ave (exit 399B). Munras becomes Abrego, which then becomes Washington. Turn left on Del Monte; the Conference Center is on the right. Park in the nearby city garages or on the street.

NOTICE TO WALKERS & RUNNERS

All Marathon runners, and relay teams must finish in a tag time of 6 1/2 hours or less to be eligible for a finisher's medallion and to be recognized as an official finisher. Because Highway One is open to two way traffic immediately following the official close of the race, all aid stations must be dismantled and removed from the course prior to the reopening of the highway. This means that there will be NO SUPPORT (i.e. no water, no medical personnel and no communications personnel) for race participants on the course once the aid stations have been dismantled. Because of safety concerns, if a participant has not reached Pt. Lobos in 5 1/2 hours, they will be directed to continue directly to the finish line without taking the detour into Pt. Lobos.

WHY DO THE BUSES LEAVE SO EARLY?

- We are combining four events that will start at the same time.
- Because of limited parking at the start/finish we have to transport 7,000 participants to the start on a two lane road from several different locations.
- All buses must be cleared from the start area by 6:00 AM to start the race at 6:45.
- In order to make this work without creating a major traffic jam, and ensure that the event starts on time, we have to begin the process at 3:45.

5K PARTICIPANTS AND SPECTATORS

Highway One to Rio Road will be open for all 5K participants and spectators beginning at 6:15 AM. There will be parking for them at the Crossroads Carmel and the Barnyard Shopping Village.



Marathon Information

OPEN MARATHON, BOSTON 2 BIG SUR & RWC

BUSING: You must take the bus to the Marathon start located on Highway One near Rio Road. **You may not drive a private vehicle or have someone drop you off.** The CHP will be directing southbound traffic on Highway One. If you do not have a vehicle pass or parking permit, you will not be permitted to continue driving south.

Buses will depart from the following locations as follows:

- ☞ Custom House Garage (early): 4:00 - 4:15 AM
- ☞ Custom House Garage (late): 4:15 - 4:30 AM
- ☞ Carmel Middle School: 4:00 - 5:15 AM - **A parking permit** will also be required for shuttles from this location.
- ☞ Embassy Suites: 4:30 - 4:45 AM
- ☞ Monterey Marriott (early): 3:45 - 4:00 AM
- ☞ Monterey Marriott (late): 4:45 - 5:00 AM
- ☞ Carmel Plaza: 4:00 - 5:15 AM

Buses from the Marriott, Embassy Suites and Carmel Plaza are only available for those staying there or at neighboring hotels. Free bus tickets with time and departure location must be picked up at the Expo at the Marathon Bus Ticket Booth. Bus tickets are distributed on a first come, first served basis; those picking up on Friday or early Saturday will get the later buses. **You must present your bus pass and bib number to board a bus.**

SWEATS: Wear warm clothing to the start, temperatures may be in the high 40's range. Be sure to attach the adhesive sweats tag found at the top of your bib number to the sweat bag. Sweats may be dropped in front of the sweats area just outside Marathon Village or placed in the truck parked at the entrance of the convoy ramp (see maps on pages 7 & 8). No valuables please! **We are not responsible for lost or stolen property!** Any clothing discarded on the course is considered a donation to charity, as are unclaimed sweats bags.

START: All marathoners will be in corrals A through C. **Corral A** is for elite and seeded runners, followed by those with a predicted finish of 4:00 or faster. **Corral B** is for those with a predicted time of 4:00 to 4:30. **Corral C** is for those with a predicted time of 4:31 to 6:30.

AID STATIONS: There will be 15 aid stations on the course. They are at miles 1.8, 4, 5.9, 7.8, 10, 11.2, 12.3, 13.3, 14.6, 16.7, 18.6, 20.4, 21.5, 23.5 and 25.1. All are arranged in the same order...first water, then **Gatorade**, then special fluids, then BYOB fill-ups. There will be fruit at the last 8 stations. **GU** will be available at aid stations 4 (mile 6.8) and 10 (mile 16.7) and at the turnaround. Be considerate of

runners behind you and the environment and drop your GU packs and cups in the receptacles provided. There are porta-potties and medical personnel at each aid station, but no aspirin or similar medicine will be available. Special fluids should be dropped off at the Expo Information Booth prior to 6:00 PM on Saturday, April 30 (Gatorade and water are NOT special fluids).

AWARDS: Awards go to the **top five overall male and female finishers and the top three masters (age 40 and over) based on GUN time. Divisional awards will be based on TAG time.** Hand crafted trophies and ASICS shoe certificates go to all overall and divisional winners. Awards go five deep in five year age groups after 16 - 19. Awards go to the **top three male and female in the special divisions** (Mozarctic, Clydesdale & Bonnydale, Active Military & Monterey County Runners). There will be awards to the **top five male and female B2B participants based on combined Boston and Big Sur times. It is the responsibility of B2B participants to email their Boston finish time to sally@bsim.org to be considered for an award.**

RESULTS & TIMING: D-tag timing will be provided by Race Central. Your D-tags can be found attached to your bib and must then be attached to your shoe using the instructions provided. Unofficial results will be available at bsim.org by Sunday evening and will be published in the Monterey County Herald's Monday edition. **Remember...no tag...no time!**

COURSE RULES: Both lanes of Highway One will be open to Marathoners, Relay runners and 21-Milers for approximately 2 miles. After that, runners will be funneled into the left lane (mountain side) until the turnaround at Rocky Creek Bridge. There will be 10.6-Miler walkers in the ocean side lane moving in the opposite direction. After the turnaround, you must stay in the ocean side line (left lane). If you do not remain in the appropriate lane, you will be disqualified for any awards. More importantly, once runners have made the turnaround, the mountain side lane will be used for emergency vehicles and CHP escorted 25 mph convoys. Running is an individual sport; you succeed or fail on your own. **NO PACING permitted**, other than the Clif Pace team. The course is USATF certified and sanctioned and is an official Boston qualifier. This is a difficult course and you should plan on adding about 20 minutes to your usual marathon time. Walk if necessary, especially on the more difficult hills. Enjoy the spectacular music and scenery along the course. Run Big Sur for the worst time in your life...and the best!

IPODS & AUDIO DEVICES: Our organization will allow the use of Ipods and other headphone devices by those not

Marathon Information

continued

competing for overall or divisional awards. We continue to stress that by using an audio device you will compromise your safety and that of others. **If wearing an ipod or other audio device results in you being unable to hear verbal instructions or commands, or approaching vehicles or course marshals on bicycles, you may be asked to relinquish the device.** We ask that you take responsibility and use good judgement if you opt to wear an audio device. We truly hope you'll choose to leave your headsets at home and instead let the incredible scenery and music we provide on the course serve as your motivation and inspiration.

FINISH AREA: After crossing the finish mat under the finish line, you will be given your finisher's medallion and a mylar blanket for warmth (if needed). You will be given a variety of food and beverages in the food tent. B2B and Runner's World Challenge finishers have a tent of their own, complete with refreshments and fluids (including beer). The B2B medallion and finisher's jackets will also be located in the B2B tent. Near the awards stage there will be hot minestrone soup and cold **Michelob Ultra** beer (if over age 21). Post-event massages will be offered on a first come, first served basis. Look for your family and friends at the Runners Unite area near the Awards Stage (see attached map on page 7).



RWC participants will pick up their bibs, shirts, bus tickets, sweats bag, race program, Pasta and Post-race Party tickets (if purchased) at the RWC booth at the Health & Fitness Expo.

There will be buses to the Marathon start from the Hyatt Regency (RWC host hotel) between 4:30 and 4:45 AM and the Portola Plaza Hotel & Spa between 4:30 and 4:45 AM. Upon arrival at the start, your bib is your entry into the designated RWC tent. There will be water, coffee, bagels and bananas in the tent. Your sweats may be left in the RWC tent. See the map on page 7 for tent location.

The RWC finish tent will have an assortment of post-race refreshments and beverages. There will also be complimentary massages provided for all RWC on a priority basis in the nearby Massage Tent.

21, 10.6 & 9-Milers

START TIMES: Due to the change to the out and back course, start times are as follows:

10.6-Miler:	6:30 AM (Rocky Pt. Restaurant)
21-Miler (Corral D):	6:45 AM (Highway 1 at Rio Rd.)
9-Miler Runners (Corral D):	6:45 AM (Highway 1 at Rio Rd.)
9-Miler Walkers (Corral E)	6:45 AM (Highway 1 at Rio Rd.)

BUSING:

21-Miler: All 21-Miler participants must be bused to the start of their event from several locations in Monterey, Seaside, and Carmel. Please do not attempt to drive to the start and park, a permit is required for all start area parking.

- ☞ Carmel Middle School: 4:00 - 5:15 AM - **A parking permit** will also be required for shuttles from this location.
- ☞ Embassy Suites: 4:30 - 4:45 AM
- ☞ Carmel Plaza: 4:00 - 5:15 AM
- ☞ Custom House Garage (early): 4:00 - 4:15 AM
- ☞ Custom House Garage (late): 4:15 - 4:30 AM
- ☞ Monterey Marriott (early): 3:45 - 4:00 AM
- ☞ Monterey Marriott (late): 4:45 - 5:00 AM

10.6-Miler: All 10.6-Milers must be bused to the start of their event. In addition to a bus pass, all 10.6-Milers will need a **parking permit** to be allowed to drive to the parking area. **The buses will depart from in front of Brinton's Hardware at the Carmel Rancho Shopping Center between 4:30 and 5:00 AM.** Parking will be available at Carmel Rancho, and across the street at the Barnyard Shopping Village. See map on page 10 for details.

9-Miler: All 9-Milers must be bused to the start of their event. Do not attempt to drive to the start and park, a permit is required for all start area parking.

- ☞ Carmel Middle School: 4:00 - 5:15 AM - **A parking permit** will also be required for shuttles from this location.
- ☞ Embassy Suites: 4:30 - 4:45 AM
- ☞ Carmel Plaza: 4:00 - 5:15 AM
- ☞ Fisherman's Wharf (early): 3:45 - 4:00 AM
- ☞ Fisherman's Wharf (late): 4:55 - 5:10 AM

SWEATS: Because the out and back course will not allow for the sweats truck to make a timely return to the finish from Rocky Point Restaurant, there will be **NO SWEATS SERVICE available for the 10.6-Miler.** Bibs were already printed with sweats tags, please disregard. We are advis-

21, 10.6 & 9-Milers

The Relay

ing that you dress in layers with either disposable clothing or tie jackets around your waist. Since 10.6-Milers are parked close to the start, they can keep post-race clothing in their vehicles. **21 and 9-Milers** may drop sweats in front of the Sweats Pickup area just outside Marathon Village or in the sweats truck at the start of the convoy ramp (see maps pages 7 & 8). You need to affix the adhesive sweats label found at the top of your bib number to your sweats bag. Dress warmly, it will be cold at the start. No valuables please...we are not responsible for lost or stolen property! Any clothing discarded on the course is considered a donation to charity, as are unclaimed sweats bags.

AID STATIONS: Aid stations are the same as for the Marathon, including two in Pt. Lobos for the 9-Milers. Please see the Marathon Information page for details.

RESULTS & TIMING: The 21, 10.6 and 9-Milers are non-competitive, tag timed fitness events. There are no overall "winners" and no divisional awards. Remember, 21-Milers must finish in a time of 6 1/2 hours or faster to be an official finisher.

COURSE RULES FOR 21-MILERS: Both lanes of Highway One will be open to Marathoners, Relay runners and 21-Milers for approximately 2 miles. After that, runners will be funneled into the left lane (mountain side) until the turnaround at Rocky Point Restaurant. There will be 10.6-Miler walkers in the other lane moving in the opposite direction. After the turnaround, you must stay in the ocean side line (left lane), because once 21-Milers have made the turnaround, the mountain side lane will be used for emergency vehicles and CHP escorted 25 mph convoys.

COURSE RULES FOR 10.6 & 9-MILERS: There are two lanes on Highway One. All participants are limited to running or walking in the left lane. There will be runners in the opposing lane until they reach the turnaround point for their race at Rocky Creek Bridge. Once the lane is clear of runners, it will be used for emergency vehicles and CHP escorted 25 mph convoys. Use "stay left" as your mantra and obey instructions from the pace car escorting the elite runners as well as the course marshals on bicycles. **IT IS MANDATORY THAT WALKERS WALK NO MORE THAN TWO ABREAST!** Course marshals will be monitoring all walkers. If you are given one warning, your bib will be marked; a second infraction means disqualification as an official finisher. **If wearing an Ipod or similar device, be sure that you are able to hear any spoken instructions as well as approaching traffic.**

BUSING: Buses to the five Relay check points will leave from Monterey Peninsula College. Leg 1 will depart between 4:45 and 5:00 AM; leg 2 will depart between 5:00 and 5:15 AM; Leg 3 between 5:15 and 5:30 AM; leg 4 between 5:30 and 5:45; leg 5 between 5:45 and 6:00 AM. Carpooling is recommended.

MANDATORY RELAY MEETINGS: There will be a meeting for the team captains or their representatives in the **Redwood Room** at the Health & Fitness Expo (3rd floor) on Saturday, April 30th at either 9:00 AM, noon, or 5:00 PM. All team members are encouraged to attend as details on sweats, busing, finish line instructions and other issues concerning the new course will be discussed.

PACKET PICK-UP: Bibs, sweats bags, and participant shirts must be picked up at the Health & Fitness Expo as a UNIT, no individual pick-up! This can be done by the team Captain or his/her designated representative. When picking up for your team, please verify that your team has the correct category listed (open male, mixed, etc.) and if any team members need switching out, this is the time to do it.

2011 COURSE CHANGES: The relay will begin on Highway One near Rio Road and proceed south in the left lane to the turnaround at Rocky Creek Bridge. They will head back north in the left lane (ocean side) as well. At Pt. Lobos State Park there will be an approximate 1.72 mile loop before returning to Highway One and the finish. Relay legs are as follows; leg 1, 4.7 miles; leg 2, 4.6 miles; leg 3, 5.9 miles; leg 4, 5 miles; and leg 5, 6 miles.

TIMING: First and last leg runners will wear the D-tag timing devices. A slap bracelet will take the place of the traditional baton and be passed from runner to runner at the handoff locations.

AWARDS: Awards go three deep for each Relay category, with all winning team members receiving a plaque. Awards are for the category only; there is no overall Relay winner award. Categories include open male, open female, masters male, masters female, open mixed, masters mixed and corporate. Please make sure your team is listed in the correct category prior to race weekend or have it corrected at the Expo.

POST-RACE FOOD: Relay runners who are bused back to the finish after running their leg will have their own food tent since they won't have access to the main tent at the finish. The fifth leg runner will collect medals for all team members.

OTHER EVENT WEEKEND INFO OF INTEREST

POST-RACE BUSES will depart the Marathon finish beginning at 10:00 AM and return runners to where they got on a bus to go to the start that morning. The last bus will depart at 2:00 PM. These buses will load on Rio Road adjacent to Bank of America at Marathon Village (see map next page). Service is continuous.

2011 HURRICANE POINT SURVIVOR SHIRTS

Well, we ordered these before the slide so they will be available at the Expo. But...even better...we will have **Carmel Highlands Survivor Shirts** as well! These shirts will be unique to the circumstances of this year and a true collector's item.

BIBS AND SWEAT TAGS

The age of runners under 21 will be printed in red on their bib. The names of first time marathoners will also be printed in red, so that others may acknowledge and congratulate them on their achievement. Be sure to tear off the adhesive backed sweat tag on the top of your bib and attach it to your sweats bag (except for 10.6-Milers). If your name or bib number is missing, write them on the tag.

BOSTON 2 BIG SUR

Don't forget...your B2B medallion and finisher's jacket will be available at the B2B tent at Marathon Village on race day.

CLIF BAR PACE TEAMS

Reach your Big Sur goals by teaming up with Clif Bar's experienced pace leaders who support runners from the novice to the veteran. Joining a pace team is **FREE!** Goal times include finishes of 3:30, 3:40, 3:50, 4:00, 4:15, 4:30, 5:00 and 5:30. To learn more and join a team, click **HERE** or stop by their booth at the Health & Fitness Expo.

BIG SUR HALF MARATHON ON MONTEREY BAY

Registration for the Big Sur Half Marathon on Monterey Bay is now open. This scenic, gently rolling course is perfect for first timers. For more information and to register, go to www.bigsurhalfmarathon.org.

KEEPING US GREEN

In 2010 our organization was proud to receive **GOLD certification from the Council for Responsible Sport**. Our events impact the community at large and our efforts to "reduce, re-use, and recycle" go a long way towards keeping our destination cities both "green and pristine."

One of our green initiatives is the BYOB (Bring your own water bottle) program. There will be a fill-up section at each station and we strongly encourage all walkers to participate in BYOB.

Water is a precious resource on the Monterey Peninsula and we ask that you use water conservatively during your stay on the Monterey Peninsula, both in your hotel room and on the course.

On race day we ask that all runners and walkers deposit their GU and other energy product packaging in trash receptacles at the aid stations. Please do not crush them into water cups as we are composting all water and Gatorade cups. Be sure to drop any disposable items AT the aid stations...not in between them!

EVENTS YOU WON'T WANT TO MISS!

PRE-RACE HEALTH & FITNESS EXPO

WHERE: Monterey Conference Center
WHEN: Friday, April 29 from Noon - 6 PM
Saturday, April 30 from 9 AM - 6 PM

FREE RACE CLINICS

WHERE: Monterey Conference Center,
Steinbeck Forum (on the 3rd floor)
WHEN: **Saturday, April 30**
Jeff Galloway 9:00 AM and 12:30 PM
Bart Yasso 10:00 AM and 1:30 PM
2011 Course Changes 11:00 AM and 2:30 PM
Panel of Experts 11:30 PM
Runner's World Challenge 3:00 PM
Dr. Hugo Ferlito 4:00 PM

Three Mandatory Relay Clinics will be held at 9:00 AM, noon, & 5:00 PM in the Redwood Room on the 3rd floor.

PASTA PARTY

WHERE: Monterey Marriott Grand Ballroom
WHEN: Saturday, April 30 with the first seating at 4:30 PM and the second at 5:30 PM. Tickets on sale at the Expo for \$25.

POST-RACE PARTY

WHERE: Monterey Marriott Grand Ballroom
WHEN: Sunday, May 1, from 4:30 - 7:30 PM. Tickets on sale at the Expo for \$25 (if not sold out). Includes a free beverage, light snacks, and entertainment.

NEW THIS YEAR...

Thursday, April 28... kickoff the Marathon weekend at a party in the Barnyard Shopping Village from 5 - 7 PM

Friday, April 29... "Carbs in Carmel" party at Carmel Plaza from 4:30 - 6:30 PM

There is a small admission fee for both these events.



SHUTTLES BACK TO
 MONTEREY, CARMEL PLAZA
 CARMEL MIDDLE SCHOOL,
 MPC, HYATT/EMBASSY SUITES



BANK OF AMERICA

HAMS

VOLUNTEERS

SWEATS PICK-UP

MARATHON VILLAGE
 ENTRANCE/EXIT

TOILETS

SWEATS Drop Area

FOOD TENT

TOILETS

EXIT

ENTRANCE

MESSAGE TENT

ENTRANCE

RWC ENTRANCE

CASA OF SC

ACS

FOND MEMORIES GRAPHICS

RELAY FOOD TENT

INFO BOOTH - 5K PICKUP

MICHELOB ULTRA TENT

TOILETS

MARATHON VILLAGE
 (NOT TO SCALE and SUBJECT TO CHANGE)

CONVOY RAMP - NO PEDESTRIAN ACCESS

TOILETS

RUNNERS UNITE AREA

AWARDS STAGE

JOINT OPERATIONS CENTER

EXIT for B2B & RWC

BOSTON 2 BIG SUR TENT

HOSPITALITY SEATING AREA

B2B HOSPITALITY SEATING AREA

RW CHALLENGE TENT

HOSPITALITY SEATING AREA

SPONSOR TENT

SPONSOR HOSPITALITY SEATING AREA

RESULTS COMPUTERS

TIMING TENT

SOUP TENT

MTY BAY AQUARIUM

TOILETS

MARATHON PHOTO FINISH PICTURES



FINISH

5K START ACCESS

NO SPECTATORS BEYOND THIS POINT

Marathon, Relay, 21-Miler, 9-Miler and 5K starts

CROSSROADS SHOPPING VILLAGE

Marathoners, 21-Milers, 9-Milers and first leg Relay Runners will be staged in the Crossroads prior to the start. The start of the Marathon to be accessed via the Convoy Ramp



Sweats drop-off truck

SPECTATOR PARKING IN CROSSROADS SHOPPING VILLAGE and THE BARNYARD SHOPPING VILLAGE

SPECTATOR VIEWING
 West side of Highway One

ACCESS FROM RIO ROAD ONLY, not through Village!

= FENCED AREAS

HIGHWAY ONE

HIGHWAY ONE

RIO ROAD

RIO ROAD



