

Big Sur HALF MARATHON on Monterey Bay

Run Forrest Run 5K
Sponsored by



NOVEMBER 16, 2003

OFFICIAL RACE PROGRAM AND WEEKEND GUIDE



OUR RACE DETAILS AND LAST MINUTE INSTRUCTIONS...

RUN FORREST RUN 5K

PARKING: Free parking will be available for participants and their family and friends at the Cannery Row garages located at Prescott and Foam Streets. The entrance is on Foam.

GETTING THERE: Many access roads will be closed for the Half Marathon after 6:00 a.m. If you are staying in Monterey there will be no access to the Start through the tunnel after 6:00 a.m. and you must go to Highway One for access over Highway 68 in Pacific Grove. To get to the Start of the 5K from Highway One, take the Pacific Grove/Pebble Beach/Highway 68 West exit. Follow the signs leading to Pacific Grove. After approximately 3 miles take a right turn onto Prescott Avenue, across the street from the Safeway. When you reach the intersection of Prescott and Wave Streets, turn right and go around the block to the entrance of the parking garages.

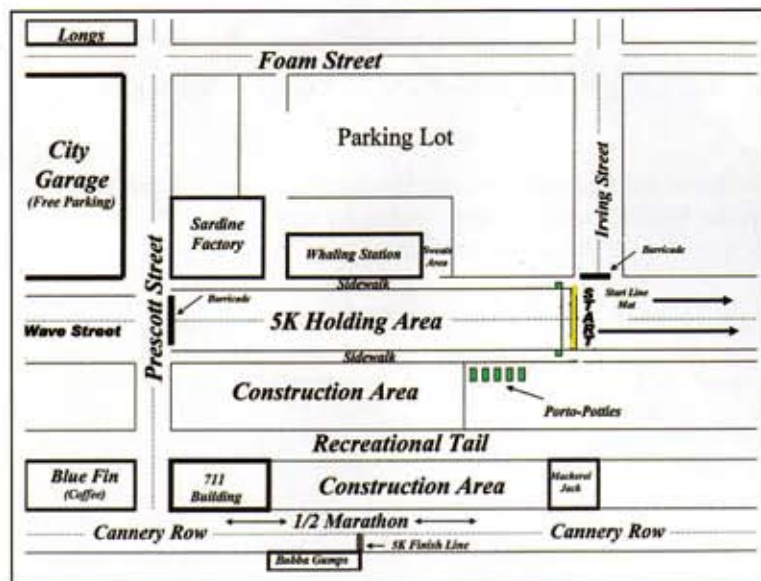
BIBS & CHIPS: Bibs and chips must be picked up at the Health & Fitness Expo located in the Monterey Conference Center. A photo ID is required for packet pickup. There is no race day registration. The Expo will be open Friday, November 14 from noon to 7:00 p.m. and Saturday, November 15 from 9:00 a.m. to 6:00 p.m. **ChampionChips must be returned before leaving the Finish area to avoid a \$30 charge for unreturned chips.**

AID STATIONS: There will be water at the Start and Finish of the race. Water and Gatorade, as well as porta-potties will be available at the Lover's Point aid station in Pacific Grove, approximately halfway through the course.

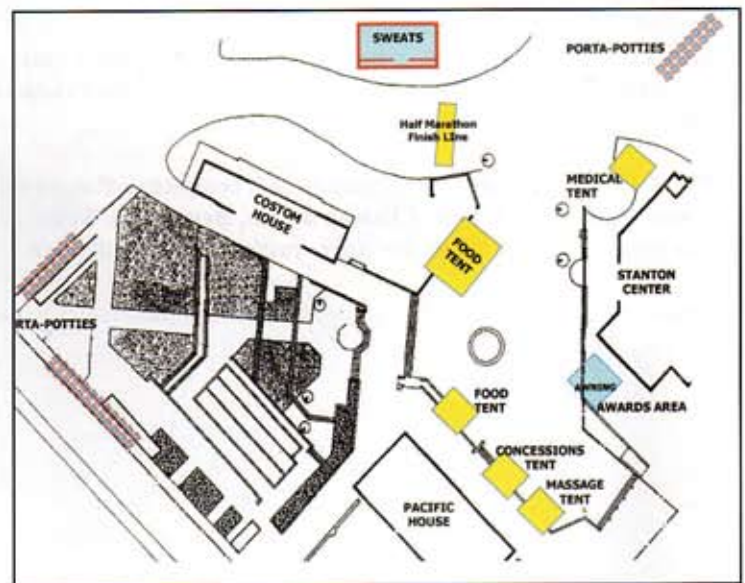
HALF MARATHON CONSIDERATIONS: The Half Marathon begins at 7:00 a.m. and shares much of its course with the 5K runners and walkers. The lead runners of the Half should be returning on Cannery Row shortly before 8:00 a.m. It is important that the road remain clear for the runners. It is also important that 5K walkers do not walk more than two abreast or impede runners who may be approaching from behind, particularly while on the narrow bike path.

AWARDS: Awards for the 5K after age groups 5-6, 7-9, 10-14, and 15-19 will be in ten year age groups and go three deep. The overall male and female winner of the event will win a trip to New Orleans for the 2004 Run Forrest Run race there. Other prizes include Bubba Gump meals and merchandise, tickets to local attractions as well as tickets to the Monterey Bay Aquarium. The awards ceremony will begin at 9:30 a.m. at "Forrest's Bench" in front of Bubba Gumps.

PRE- and POST-RACE ACTIVITIES: Prior to the race in front of Bubba Gumps, MY Museum will host kid's crafts and activities, including face painting, a bounce house and live music by Sweet Thursday Jazz Band. The same activities continue after the race along with a live remote from 101.7, The Beach. Food and beverages will be provided by Bubba Gumps and finishing runners will be greeted by "Forrest Gump" and "Shrimp Louis", Bubba Gump's mascot.



Run Forrest Run 5K Finish Area



Half Marathon Finish Area