

Big Sur International Marathon  
Carmel, CA  
Sunday, April 28, 2013  
6:45 AM

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The 28<sup>th</sup> Annual Big Sur International Marathon had been sold out in 26 hours, which shows the popularity of this challenging, yet scenic, marathon. I flew into San Francisco on Friday, took the Monterey Airbus, & checked into Portola Hotel & Spa in Monterey. A very nice hotel, located adjacent to the Marina & Fisherman's Wharf.



The packet pick-up/health & fitness expo was in Monterey Conference Center. Each runner received a nice long-sleeved technical shirt. There were a large number of vendors

On Sunday, at 4:15 AM, buses began transporting the runners to the start line in Carmel. The temperature ranged from upper 50s to low 70s. It was overcast at times. We had to deal with some head winds. There were ample water/sports drink stations, sports gels & fruits in a few locations, strawberries at mile 23, & several bands & individual musicians throughout the course. The point-to-point course was on Highway 1, which was closed to traffic, from Pfeiffer State Park in Big Sur (elevation 300 feet) to Rio Road in Carmel (elevation 25 feet). The recovery food items & drinks at the finish area were sufficient. We were shuttled back to our hotels in Monterey.

As expected, the marathon route was hilly. The hardest section was from mile 10 (40 feet) to the Hurricane Point at mile 12 (560 feet). Drummers at mile 10 were busy encouraging us for the climb!



Julie McAllister, my friend & running buddy, & I ran the marathon together. After reaching the Hurricane Point & on our way to Bixby Bridge, we felt we had to stop & take a photo!





At Mile 13, we crossed the Bixby Bridge & were entertained by the piano man.



There were plenty of rolling hills in the second half of the marathon.



There was one last hilly section between miles 24.9 & 25.2.



There were 3121 (1576 males, 1545 females) finishers. The winning times were 2:27:46 (overall male), 2:50:02 (overall female), 2:34:52 (masters males), & 3:09:01 (masters female).

My right knee had been bothering me for a fairly long time. On 4.11.2013, I was diagnosed with 1) patellofemoral subluxation & chondromalacia, 2) torn lateral meniscus, & iliotibial band tendonosis. My orthopedic surgeon gave me the permission to take it easy & run the marathon. I ran the first half in 2:20:05 (10:41 pace) & crossed the finish line in 4:45:04 (10:52 pace). I walked the aids stations & made several stop to take photos. Running uphill didn't bother me; running downhill was a different story, though! I was pleased with my efforts & crossing the finish line made me very happy. This was marathon #98.





There were six of us from Corpus Christi who ran the marathon. Jacque Trenz (3:49:46) had a PR & qualified for Boston. Jeff Spoor (4:22:33) also ran a PR. John McAllister (4:06:47) didn't have a good running day. Julie McAllister (4:54:34) hit the wall at mile 23 & had to run/walk the last 3.2 miles. Nicole Spoor (5:29:28) finished the run in spite of serious ankle injury.



The finisher's medal was nice. I highly recommend the Big Sur International Marathon.

