



**CALENDAR RELEASE**

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## **Monterey Bay Half Marathon - Sunday, November 11, 2018**

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## **Pacific Grove Lighthouse 5K and By the Bay 3K - Saturday, November 10, 2018**

The weekend of November 9-11 brings fitness and running activities to the Monterey Peninsula. Over 7,500 runners and walkers, including some of the country's top half marathoners, will take part in the Monterey Bay Half Marathon, a 13.1 mile footrace through the streets of downtown Monterey and along the scenic Pacific Grove waterfront from 7 to 11 a.m. on Sunday, November 11.

On Saturday, November 10, runners and walkers will participate in two shorter races along the Pacific Grove coastline – the By-the-Bay 3K fun run beginning at 8 a.m. and the Pacific Grove Lighthouse 5K 8:30 a.m. Both events start and finish at Lovers Point Park in Pacific Grove.

The weekend events kick off with a two-day Health & Fitness Expo held at the Portola Hotel & Spa in downtown Monterey. The Expo is free to the public and open from 12-6 p.m. Friday, November 9 and 9:30 a.m. to 6 p.m. Saturday, November 10. A new series of race clinics will be offered at the Expo on Saturday, featuring three female speakers discussing fitness topics between noon and 3 p.m., and a panel of Olympians and Olympian hopefuls between 3 p.m. and 4 p.m.

Online registration is open for all races through Friday, November 2nd or in-person at the weekend Expo and race morning for the 5K & 3K only. Half Marathon entry fees are \$125; 5K fees are \$35 for adults and \$20 for youth under 18; 3K fees are \$5 for children under 18 and \$25 for adults. Viewing for all races is free. Finish line festivities take place at Monterey's Custom House Plaza from 8 a.m. until noon.

For more information and to register: [www.montereybayhalfmarathon](http://www.montereybayhalfmarathon). Contact info: 831-625-6226 or [info@bsim.org](mailto:info@bsim.org).