

## AWARDS

Top overall finishers will be presented their awards at the Award Ceremony following the race. The top three finishers in each age group will have their awards mailed to them following the race after results have been verified. Awards will be presented based on net time. Age groups are in five-year intervals. The minimum age for entry is 10 years old.

## PRIZE MONEY

A total of \$39,900 USD in prize money will be awarded equally to men and women based on the time from the starting gun (not by net time).

Place	Overall	Masters (40-and-older)	Wheelchair
1st	\$7,500	\$300	\$300
2nd	\$4,000	\$200	\$200
3rd	\$2,500	\$100	\$100
4th	\$1,500		
5th	\$1,000		
6th	\$750		
7th	\$600		
8th	\$400		
9th	\$300		
10th	\$200		

## CHAMPIONS

### MEN

Year	Champion	Age	Citizenship	Time
2009	Jarrold Shoemaker	26	USA/MA	14:28
2010	Josh Cox	34	USA/CA	14:31
2011	Ben True	25	USA/NH	14:07
2012	Ben True	26	USA/NH	13:41
2013	Dejen Gebremeskel	23	ETH	13:37
2014	Dejen Gebremeskel	24	ETH	13:26
2015	Ben True	29	USA/NH	13:22
2016	Dejen Gebremeskel	26	ETH	13:39
2017	Ben True	31	USA/NH	13:20*
2018	Hagos Gebrhiwet	23	ETH	13:42

\*American and event record

### WOMEN

Year	Champion	Age	Citizenship	Time
2009	Maria Varela	27	USA/MA	17:36
2010	Jennifer Campbell	26	USA/MA	16:51
2011	Lineth Chepkurui	24	KEN	15:52
2012	Werknesh Kidane	31	ETH	15:12
2013	Kim Smith	31	NZL/RI	15:16
2014	Molly Huddle	29	USA/RI	15:12
2015	Molly Huddle	30	USA/RI	14:50*
2016	Molly Huddle	31	USA/RI	15:14
2017	Buze Diriba	23	ETH	14:54
2018	Buze Diriba	24	ETH	15:22

\*American and event record

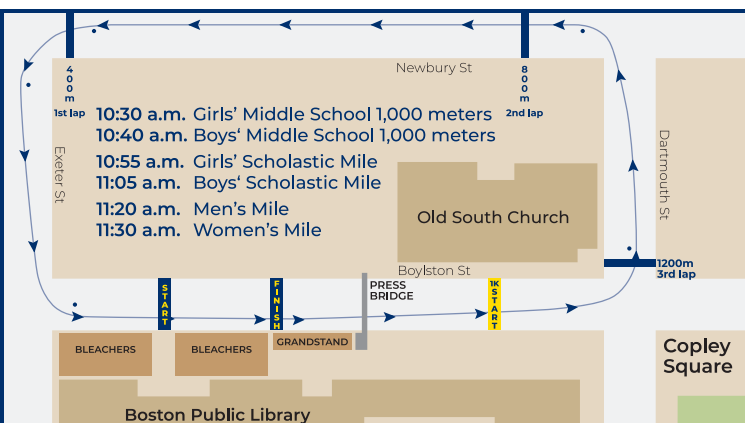
## SPECIAL THANKS TO OUR B.A.A. 5K SPONSORS & CONTRIBUTORS



## B.A.A. INVITATIONAL MILE

After the B.A.A. 5K, the excitement continues with the B.A.A. Invitational Mile at Copley Square!

- ▶ Three lap course
- ▶ Two professional and four youth races
- ▶ Finishes at the Boston Marathon finish line
- ▶ Also features middle school 1,000 meter races
- ▶ Includes scholastic participants from eight cities and towns along the Boston Marathon course



## BOSTON ATHLETIC ASSOCIATION (www.baa.org)

### Athlete Services Office

One Ash Street, Hopkinton, MA 01748  
telephone: (508) 435-6905; email: 5Kregistration@baa.org



### Administrative Office

185 Dartmouth Street, 6th floor, Boston, MA 02116  
telephone: (617) 236-1652; email: info@baa.org

**DRUG TESTING:** The event will engage the United States Anti-Doping Agency (USADA), in accordance with the International Standards of Doping Control, to test selected athletes who earn prize money. Athletes who participate in the 2019 B.A.A. 5K may be subject to drug testing in accordance with the United States Anti-Doping Agency (USADA) Protocol for Olympic Movement Testing (USADA Protocol). USADA will be responsible for conducting comprehensive drug testing, as well as the adjudication of positive findings. Athletes with positive drug test results will have their cases adjudicated according to the USADA Protocol and will be penalized, if appropriate, according to applicable IAAF or World Anti-Doping Agency rules. Such penalties may include, but not be limited to, a period of ineligibility from competition, as well as disqualification from past competitions and cancellation of awards and prizes previously awarded. Any substance taken by an athlete is at his/her own risk and may result in a positive sample.

**BEWARE:** Some nutritional supplements, prescription, cold medicines and over-the-counter medications contain prohibited substances. For additional information regarding specific drugs and substances call the USADA Drug Reference Line at 1(800) 233-0393, or visit www.usantidoping.org.

# B.A.A. 5K

## SATURDAY, APRIL 13, 2019

Starts and finishes at  
Boston Common - 8:00 a.m.



# PARTICIPANT GUIDE



## SCHEDULE

Saturday, April 13 (Race Day)

6:00 a.m. – 7:30 a.m.	Pre-Race Prep at Boston Common
7:30 a.m. – 7:45 a.m.	Self-Seeding Before Start
8:00 a.m.	START
9:15 a.m.	Course Closes
10:30 a.m.	Start of B.A.A. Scholastic 1K Races and B.A.A. Invitational Mile (Copley Square)

## PRE-RACE INSTRUCTIONS

### BIB NUMBER AND T-SHIRT DISTRIBUTION

Your bib number is included with this mailing. International runners may pick up their bib numbers from 6:00–7:15 a.m. on race morning. There will not be bib distribution at the Boston Marathon Expo. Please check that your registration information is correctly printed upon your bib.

**Please do not fold or forcefully bend your bib.** The timing and scoring device is affixed to the back of your bib and should not be damaged or removed from the bib. Please wear your bib on the front of your torso on your outer-most layer. Bib numbers are not transferrable. You may not run with someone else's bib number.

If inaccuracies appear on the bib number or your bib number appears damaged, please call the B.A.A. Registration Office at (508) 435-6905 or send an email to [5kregistration@baa.org](mailto:5kregistration@baa.org).

You may claim your official t-shirt near the refreshments area either before or after your race.

### GEAR CHECK

Entrants can check belongings at a designated location near the start on Boston Common. Belongings must be claimed following the race.

Please use the gear check tag affixed to your bib number to identify your bag once the race has concluded. You must use a plastic bag provided by the B.A.A. to check your belongings. The clear, plastic bag will be provided on-site at the gear check area near the start/finish area. Please do not check valuables. The B.A.A. is not responsible for lost items.

## GETTING TO BOSTON COMMON

On race day, there are three ways to get to the starting line:

- ▶ **MBTA stations**
- ▶ **Nearby parking**
- ▶ **Drop-off and Pick-up area**

### 1.) MBTA

The closest MBTA stop to the start and finish location is the Park Street stop on the MBTA Green and Red Lines. Boylston and Arlington are also nearby stops on the Green Line. For a complete map and schedule, please visit [www.MBTA.com](http://www.MBTA.com).

### 2.) PARKING INFORMATION

The B.A.A. recommends that 5K runners park at the Garage at 100 Clarendon in Boston's Back Bay. With race-day road closures in effect, this is the best location to park your vehicle on Saturday morning. Additional parking garages include:

- ▶ **Garage at 100 Clarendon, Boston, MA 02116**
- ▶ **Millenium Place Garage at Ritz Carlton, 6 Avery Street, Boston, MA 02111**
- ▶ **Standard Parking, 290 Tremont Street, Boston, MA 02116**
- ▶ **Central Parking System, 10 St. James Avenue, Boston, MA 02116**

### 3.) DROP-OFF AND PICK-UP INFORMATION

Please note that Charles Street will close at 5:00 a.m. and drop-off access near the start line will be blocked. If you will be dropped off on race morning, please plan to do so on Beacon, Boylston, Tremont, or other nearby streets.

### START

The start and finish line for the B.A.A. 5K is on Charles Street between the Boston Public Garden and Boston Common. Runners will be self-seeded according to their expected pace. Pace signs will be positioned in the start area on Beacon Mall in Boston Common to indicate your start position. The timing and scoring system will begin recording your time once you cross the starting line. Your net time will be your official time.

## COURSE

The 3.1-mile flat, loop course starts and finishes at historic Boston Common. The 2019 B.A.A. 5K course will be a scenic tour through Boston's Back Bay and will take participants down Boylston Street and across the Boston Marathon finish line. As the race begins on Charles Street, it proceeds right onto Boylston Street before taking another right onto Arlington Street. Runners then take a left onto Commonwealth Avenue, eventually passing the one mile mark. Reaching Charlesgate West, runners will turn around onto the inbound side of Commonwealth Avenue and follow the Boston Marathon race course, taking a right on Hereford Street and left on Boylston Street, ultimately passing over the Boston Marathon finish line. Participants will continue down Boylston Street before taking a left on Charles Street for the finish.

## ALONG THE COURSE ON RACE DAY

### COURSE AMENITIES AND FLUID REPLACEMENT

Poland Spring® Brand 100% Natural Spring Water will be available at the start, finish, and at two water stations along the course, located near miles 1 and 2. Gatorade Thirst Quencher® will be available at the finish.



### PORTABLE TOILETS

For your convenience, portable toilets will be located near the start/finish area and at each water station on course. Participants are requested to respect surrounding private and public property by using the portable toilets provided.

### COURSE CLOSURE

Any runners remaining on the course after 9:15 a.m. will be asked to move to the sidewalks for the remainder of the course.

For safety reasons, animals, strollers, in-line skaters, skateboards, bicycles, and like vehicles are not permitted. The use of headphones is permitted but discouraged.

### COURSE CLOCKS AND MILE SIGNAGE

Digital clocks, positioned at every mile and at the finish line, will indicate unofficial time from the starters' gun.



## FINISH

At the finish, volunteers will direct you to the refreshment areas for Poland Spring Water, Gatorade, and other refreshments, as well as t-shirt pick-up and finishers' medals.

## POST-RACE INFORMATION

### MEDICAL ASSISTANCE

Medical personnel will be available for emergency care as well as to attend to critical and non-critical injuries at the finish line.

### TIMING AND RESULTS

**An electronic timing system will enable you to receive your net time, which will be your official time. Runners who are unable to complete the entire course within one hour (net time) will not be officially scored.**

Reproducing, exchanging, or transferring your bib is prohibited, and violators will be subject to disqualification.

Results will be posted Saturday afternoon on the B.A.A. website, [www.baa.org](http://www.baa.org).



### OFFICIAL PHOTOGRAPHER

Marathon Foto ([www.marathonfoto.com](http://www.marathonfoto.com)) is the official photographer of the B.A.A. 5K. Each entrant will receive an email in the weeks following the race with details regarding the purchase of photographs.

### 2019 B.A.A. DISTANCE MEDLEY

The B.A.A. 5K is the first race of the 2019 B.A.A. Distance Medley, a three-race series which also includes the B.A.A. 10K, presented by Brigham and Women's Hospital, on June 23 and the B.A.A. Half Marathon, presented by Dana-Farber Cancer Institute and the Jimmy Fund, on October 13. Registration for the B.A.A. 10K opens on March 13. Registration for the B.A.A. Half Marathon opens in July. For more information on the B.A.A. Distance Medley, please go to [www.baa.org](http://www.baa.org).



### B.A.A. 5K & BOSTON MARATHON MOBILE APP

Download the B.A.A. race app for free! The B.A.A. Boston Marathon app features information on both the B.A.A. 5K and Boston Marathon. Track your favorite marathoners as they make their way to the finish line, view course maps, and check out race info. Go to [www.baa.org](http://www.baa.org) and download today!

