

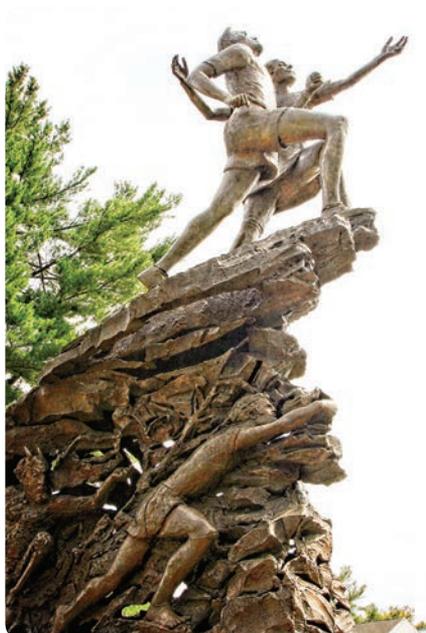


123RD BOSTON MARATHON[®]

John Hancock



PARTICIPANT GUIDE



TOKYO
BOSTON
LONDON
BERLIN
CHICAGO
NEW YORK

PATRIOTS' DAY

MONDAY, APRIL 15, 2019

RACE DAY

START SCHEDULE



Wheelchair Division - Men	9:02 a.m.
Wheelchair Division - Women	9:04 a.m.
Handcycle & Duo Participants	9:25 a.m.
Elite Women	9:32 a.m.
Elite Men	10:00 a.m.
Wave One	10:02 a.m.
Wave Two	10:25 a.m.
Wave Three	10:50 a.m.
Wave Four	11:15 a.m.

Keep up the pace with the
OFFICIAL APP
of the 123rd Boston Marathon®

- ▶ Live Updates & Leaderboard
- ▶ Athlete Tracking
- ▶ News and Results
- ▶ Elite Athlete Bios
- ▶ Schedule of Events
- ▶ Interactive Photobooth and more!

www.bostonmarathon.org

bostonmarathon

@bostonmarathon



**BIB-NUMBER,
RACE PACKET,
& T-SHIRT PICK-UP**

John B. Hynes Veterans Memorial Convention Center
900 Boylston Street, Boston, MA 02115

FRIDAY, APRIL 12

11:00 A.M. – 6:00 P.M.

SATURDAY, APRIL 13

9:00 A.M. – 6:00 P.M.

SUNDAY, APRIL 14

9:00 A.M. – 6:00 P.M.

FREE ADMISSION

OPEN TO THE GENERAL PUBLIC

OFFICIAL

Boston Marathon merchandise

VOTED "BEST RUNNER'S EXPO IN THE COUNTRY"

- ▶ The latest in footwear, apparel, gear, and sports nutrition.
- ▶ Seminars & clinics
- ▶ Samples, giveaways, and more!

WHAT'S ON TAP FOR BOSTON MARATHON RACE WEEKEND



BOSTON MARATHON FAN FEST

Friday, April 12–Sunday, April 14
Boylston Street, Boston

On race weekend, be sure to stop by **Boston Marathon Fan Fest** in Copley Square! **New for 2019**, Boston Marathon Fan Fest will be the place to soak in the race-week atmosphere and have some fun as you

gear up for race day. Fan Fest will play host to many activities from Friday, April 12 through Sunday, April 14, including meet and greets with Boston Marathon champions, live music, activities, a final race clinic, and more! Located less than a half mile from the Boston Marathon Expo and only a block beyond the finish line, Boston Marathon Fan Fest is the perfect place for participants and their families to have fun. More information can be found at www.baa.org.



B.A.A. 5K

Saturday, April 13, 8:00 a.m.
Charles Street at Boston Common

One of the fastest races in all of America, the B.A.A. 5K annually features 10,000 participants running through downtown Boston and across the Boston Marathon finish line. The B.A.A. 5K is a flat, fast, and scenic tour through Boston's Back Bay neighborhood, starting and finishing at Boston Common. Both the men's and women's American record for 5K were set at the B.A.A. 5K, showing just how fast the course can be.



B.A.A. INVITATIONAL MILE & SCHOLASTIC RACES

Saturday, April 13, 10:30 a.m.
Boylston Street, Copley Square, Boston

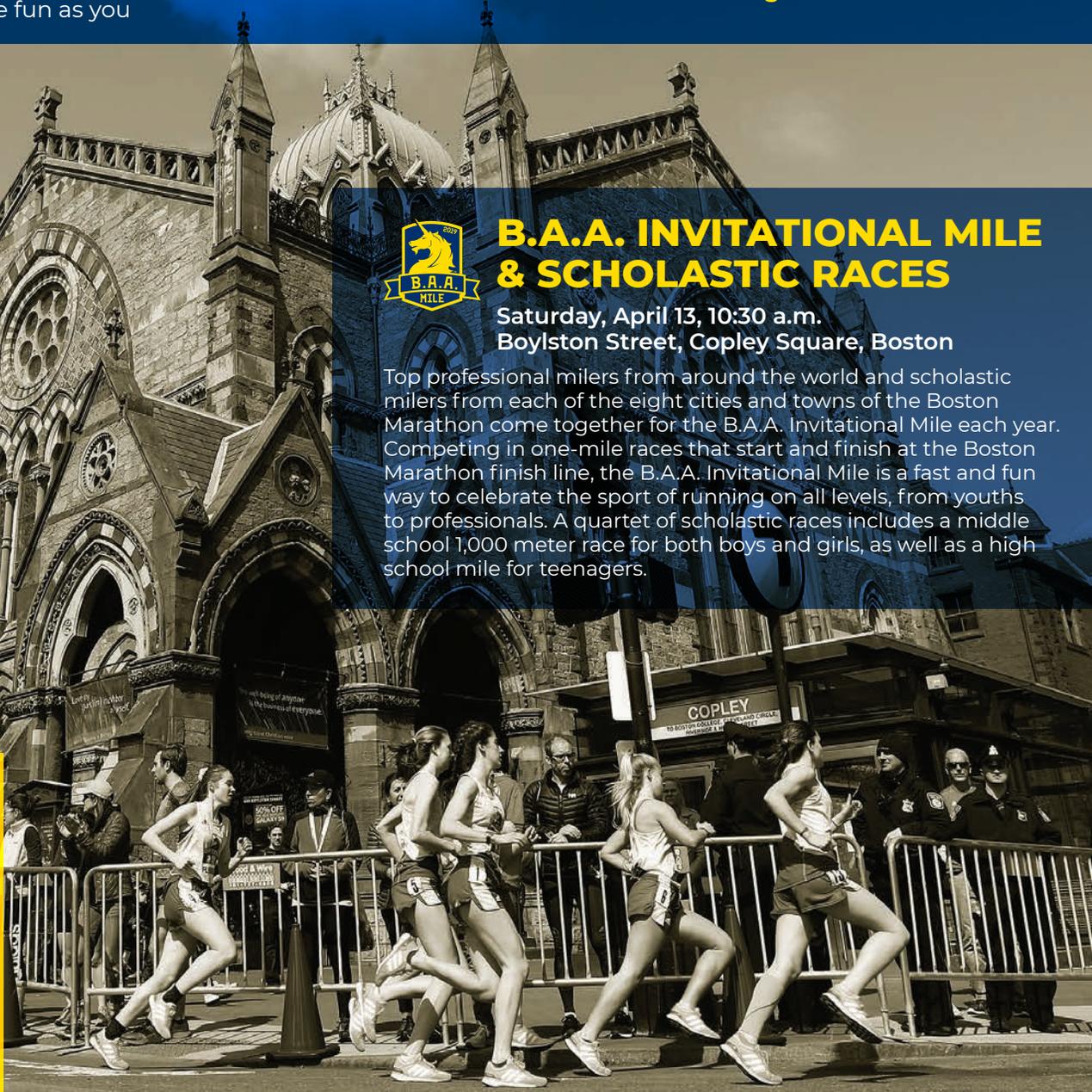
Top professional milers from around the world and scholastic milers from each of the eight cities and towns of the Boston Marathon come together for the B.A.A. Invitational Mile each year. Competing in one-mile races that start and finish at the Boston Marathon finish line, the B.A.A. Invitational Mile is a fast and fun way to celebrate the sport of running on all levels, from youths to professionals. A quartet of scholastic races includes a middle school 1,000 meter race for both boys and girls, as well as a high school mile for teenagers.



B.A.A. RELAY CHALLENGE

Saturday, April 13, 1:00 p.m.
Boylston Street, Copley Square, Boston

The B.A.A. Relay Challenge features hundreds of student runners from the Greater Boston area. The B.A.A. Relay Challenge helps introduce youths to the sport of running, and provides instruction on concepts such as teamwork, motivation, and goal-setting. At the B.A.A. Relay Challenge, students are able to experience the thrill of racing on Boylston Street in downtown Boston.



BIB NUMBER & PACKET PICK-UP

By early April, you will receive a special e-mail containing your Boston Marathon bib number and wave assignment.

To pick up your bib number at the Boston Marathon Expo, you will need to:

- ▶ Show your Digital Number Pick-up Pass (received by e-mail).
- ▶ Present a Government Issued Photo I.D.

All participants are required to claim their own bib number during expo hours.

Friends or family may not pick up for you. No number pick-up will be available on race morning.

After you pick up your bib, you will be directed to t-shirt and packet pick-up.

Participants may download or print their Digital Number Pick-Up Pass from www.baa.org beginning in April.

Bib numbers are color-coded. Please start in the corral to which you have been assigned. Your starting corral is printed beneath the number on your bib.

BIB/WAVE
COLOR

CORRAL
ASSIGNMENT



DO

- ▶ Review your wave and corral assignment before race day.
- ▶ Wear your bib on the outermost layer of clothing and make sure it's clearly visible at all times.
- ▶ Fill in the necessary medical and emergency contact information on the reverse side of your bib number.

DON'T

- ▶ Alter, fold, cover, trade, or reproduce the bib number in any way.
- ▶ Remove the timing tag from the back of your bib.

REMEMBER:

Bib numbers are not transferable or exchangeable. No one else may wear your bib number. If an athlete is found to be wearing someone else's bib number; have duplicated a bib number; or if his/her bib number has been duplicated by another party, the athlete will be subject to disqualification.

BOSTON MARATHON® PRE-RACE DINNER

Presented by



Almond Breeze®

almondmilk

THE BOSTON MARATHON PRE-RACE DINNER

Presented by Blue Diamond Almond Breeze®
Sunday, April 14
City Hall, Boston
4:00 p.m.–8:00 p.m.

Join runners from across the country and around the world at Boston's City Hall to fuel up on delicious foods and experience the camaraderie and energy of this pre-race celebration. Boston Marathon champions and city officials will be on hand to wish you well on your 26.2-mile journey.

ADDITIONAL TICKETS

- ▶ Additional Pre-Race Dinner Tickets may be purchased online at www.baa.org for \$30 per person. Tickets will not be available for purchase at the door. Children 12 years old or younger are admitted at no charge.

In February, all participants were sent an e-mail to claim their complimentary ticket.

GEAR CHECK

On race morning, participants may check their clear plastic finish area gear bag at designated gear check areas on Boylston Street and Berkeley Street beyond the finish line. This area is two blocks east of the finish line and one block west of the Boston Public Garden.

Hours of Operation: Gear check bags may be checked on Boylston Street between 5:30 a.m. and 8:45 a.m. on Monday, April 15, and may be claimed until 6:00 p.m.



NO BAGS OTHER THAN THE CLEAR, PLASTIC GEAR BAG PROVIDED BY THE B.A.A. WILL BE ACCEPTED. YOU WILL RECEIVE THIS BAG AT PACKET PICK-UP AT THE EXPO.

You must affix the provided sticker label to your approved gear bag before handing it to race personnel. The drawstrings on the bag should be cinched and tied to ensure that your belongings do not fall out. Do not check any valuables. Although we will do our best to ensure that your gear is waiting for you at the end of the race, we are not responsible for lost items and/or gear check bags.

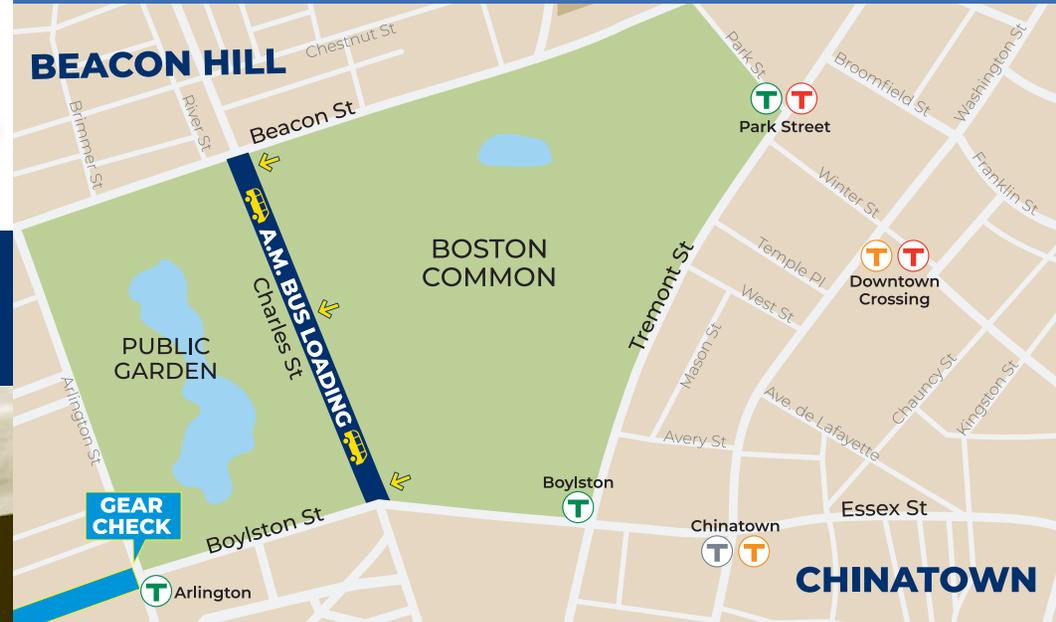
Start Area Bag: At number pick-up, all participants will receive a small one gallon plastic Start Area Bag that will be allowed on B.A.A. buses and in the Athletes' Village. **This is the only bag allowed on buses or in the Athletes' Village.**

Absolutely no bags will be transported from the start in Hopkinton to the finish in Boston.

A map of gear check can be found on the Finish Area map shown later in this guide.

TRANSPORTATION TO THE START

The recommended way to get to the start in Hopkinton on race morning is by using the official B.A.A. buses beginning at 6:00 a.m. Bus loading will take place on Charles Street between the Public Garden and Boston Common. In order to load all the buses efficiently, avoid delays, and get to the start on time, we strongly recommend the following bus loading schedule:



BIB NUMBERS

101-7,799

8,000-15,999

16,000-23,999

24,000-32,699

WAVE

1

2

3

4

BUS LOADING

6:00-6:45 a.m.

7:00-7:45 a.m.

8:00-8:45 a.m.

8:55-9:30 a.m.

NOTE: Transportation to the start is for official participants only. Each participant must show his/her bib number upon boarding. Limited transportation from Boston to both parking areas in Hopkinton will be available after the race at no charge. Buses will run between 1:00 p.m. and 7:00 p.m. from Stanhope and Clarendon Streets.

PARKING IN HOPKINTON

Parking in Hopkinton is extremely limited and security measures may slow access from the parking areas for spectators and runners. We **STRONGLY** recommend that all entrants take the official B.A.A. buses from Boston to Hopkinton on race morning. Roads within the town of Hopkinton close at 7:00 a.m. and no street parking will be available. Limited runner parking is available at the South Street lot and volunteer/spectator parking available at the Hopkinton State Park on Route 85. Visit www.baa.org for more information.

ATHLETES' VILLAGE

Buses from Boston will drop you off at the Athletes' Village at Hopkinton Middle/High School, where you will have time to relax and stretch.

Light refreshments – including Poland Spring Water, Gatorade Endurance Formula, Clif Bars, bananas, and bagels – as well as portable toilets and tenting will be available. You must show your bib number upon entering the Athletes' Village.

CORRALS & CORRAL LOADING

In order to exit the Village and enter the corrals in an efficient and orderly fashion, runners will leave the Athletes' Village according to their assigned wave, bib number, and corral assignment. **NOTE:** Your starting corral is in a square box printed on your bib. Follow signs to your particular corral.

WHAT TO KNOW:

After exiting the Athletes' Village, all athletes will be lined up by corral. The Start is a .7-mile walk from the Athletes' Village.

- ▶ All runners are numbered according to qualifying times, facilitating a start and pace comparable to others with similar qualifying times. Runners should line up in the wave and corral they have been assigned.
- ▶ You may move from your assigned Wave and Corral to a later Wave or Corral. For example, if you are assigned to Wave 1, you may move back to Wave 2, Wave 3, or Wave 4 in any corral EXCEPT the first corral in any Wave. However, you may NOT move to an earlier Wave or Corral. Violators are subject to penalties and/or disqualification.
- ▶ Only official runners with a B.A.A.-assigned bib number may enter a corral.
- ▶ Participants who do not follow race guidelines are subject to disqualification.

CORRAL LOADING SCHEDULE

WAVE	EXIT VILLAGE	CORRALS	START TIME
1	9:15 a.m.	1 & 2	10:02 a.m.
	9:20 a.m.	3 & 4	
	9:25 a.m.	5 & 6	
	9:30 a.m.	7, 8, & 9	
2	9:40 a.m.	1 & 2	10:25 a.m.
	9:45 a.m.	3 & 4	
	9:50 a.m.	5 & 6	
	9:55 a.m.	7, 8, & 9	
3	10:05 a.m.	1 & 2	10:50 a.m.
	10:10 a.m.	3 & 4	
	10:15 a.m.	5 & 6	
	10:20 a.m.	7, 8, & 9	
4	10:30 a.m.	1 & 2	11:15 a.m.
	10:35 a.m.	3 & 4	
	10:40 a.m.	5 & 6	
	10:45 a.m.	7, 8, & 9	

NOTE: The above times are approximate and may vary slightly. Please listen for the announcements.



WHAT'S ON COURSE

BOSTON MARATHON®
Official JetBlue Course Map



Poland Spring Water and Lemon Lime Gatorade Endurance Formula stations will be set up at every mile along the course beginning at mile two. Stations will be staggered on both sides of the road.



26 Red Cross medical stations will be located along the course staffed with a variety of medical professionals. Please note that participants are solely responsible for any medical expenses incurred from participating in the Boston Marathon, including ambulance transfers and hospital stays.



Course clocks and mile/kilometers signs at every mile and 5K mark.



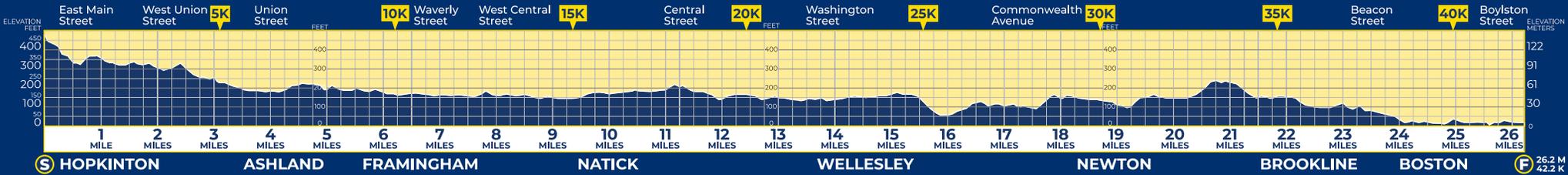
Three Clif Shot Energy Gel stations will be located at mile 11.8 on the Wellesley town line; mile 17 in Newton; and at mile 21.5 just after Boston College. Two caffeinated flavors (Mocha & Citrus) and two non-caffeinated flavors (Vanilla & Razz) are available.



MarathonFoto representatives will be out on the course taking photos of all participants. Be sure to smile for the camera!



Portable toilets are located at every aid station. Please utilize these facilities as needed and respect private property.



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THE RACE

WHAT TO KNOW:

- ▶ Runners will not be allowed to warm up in front of the starting line at any time.
- ▶ Clothing left at the Athletes' Village, Start, and Finish will be donated to charity.
- ▶ For safety reasons, animals, strollers, in-line skates, skateboards, and like vehicles of any kind are not permitted.
- ▶ There are additional toilets in Hopkinton at the Athletes' Village and in the CVS Pharmacy parking lot. Please use these units and NOT private property. Trespassing is illegal and the law will be strictly enforced. Violators are subject to immediate disqualification and possible action by local law enforcement officials.

TIMING & SCORING

If you do not complete the entire race course within the period of time in which official race times are recorded (6 hours from the time the last official starter in the fourth wave crosses the start line), you will not be recorded in the official race results. It is important that your bib not be forcefully bent, creased, or heavily wrinkled, as damaged timing tags may not work on race day. The timing tag identifies your bib number and should not be worn by any other entrant.



Runners unable to finish the race may stop for assistance and direction at one of the 26 American Red Cross first aid stations along the course. Sweep buses pick up runners at every Red Cross station with drop-off at the Finish Area medical tent.

Runners still out on the course when officials determine that it is time to reopen the roads (approximately a 14:23 minute-per-mile pace) will be instructed to move to the right side of the road. Once roads begin to reopen to vehicular traffic, course infrastructure (such as timing systems, course clocks, medical stations, and water stations) will all begin to close. Runners on the course after this time accept that they will be on their own and should plan accordingly. The B.A.A. will have a team of cyclists in the rear of the pack to assist runners who are at or slower than 14:23-minute-per-mile pace.

AT&T ATHLETE ALERTS

Join AT&T and cheer on your favorite Boston Marathon athlete!

Simply text **RUNNER to **234567** to receive your AT&T Athlete Alerts. You will receive six race day text alerts as your athlete reaches the 10K, 13.1-mile, 30K, 35K, 40K, and Finish Line!**

You will receive up to 8 texts per bib number. Message & data rates may apply. Text STOP to cancel. Text HELP for help. Available on participating carriers only. Privacy Policy at: www.att.com/privacy.



TCS RACE INFORMATION CENTERS

TCS Race Information Centers can be found in important locations during race weekend:

- ▶ Boston Marathon Expo

Friday, April 12	11:00 a.m.–6:00 p.m.
Saturday, April 13	9:00 a.m.–6:00 p.m.
Sunday, April 14	9:00 a.m.–6:00 p.m.
- ▶ Copley Square

Saturday, April 13	8:00 a.m.–5:00 p.m.
Sunday, April 14	9:00 a.m.–5:00 p.m.
- ▶ Hopkinton Athletes' Village

Monday, April 15	6:00 a.m.–11:45 a.m.
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- ▶ Family Meeting Area, Stuart Street in Boston's Back Bay

Monday, April 15	10:00 a.m.–5:30 p.m.
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- ▶ B.A.A. 5K Information Booth, Boston Common

Saturday, April 13	6:30 a.m.–10:30 a.m.
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TCS Race Information Centers are your best source for information on the Boston Marathon, the City of Boston, and more!



MILE 27 BOSTON MARATHON POST-RACE PARTY

Presented by
MARATHON BREWING COMPANY™

26.2 BREW™

MILE 27

Boston Marathon Post-Race Party, Presented by 26.2 Brew
Monday, April 15
Fenway Park, Boston
6:30 p.m.–10:00 p.m.

Celebrate your accomplishment with your family, friends, and fellow runners at Fenway Park and experience America's most beloved ballpark.

Mile 27 will feature live entertainment, a presentation of the day's winners, 26.2 Brew products, full ballpark concessions, and weather permitting, access to the warning track.

In February, all participants were sent an e-mail to claim their complimentary ticket.

ADDITIONAL TICKETS

- ▶ Additional Post-Race Party Tickets may be purchased online at www.baa.org for \$30 per person. Tickets will not be available for purchase at the door. Children 12 years old or younger are admitted at no charge.

🏥 MEDICAL

The B.A.A. and the Boston Marathon Medical Team urge all runners to consult their personal physicians prior to training and running the marathon. Traditionally, distance running is a safe and healthy form of exercise, but there are inherent risks associated with running extreme distances, especially if you have certain pre-existing medical conditions. Only a physician familiar with your personal medical history, current health status, medications, and your pre-existing risk factors can advise you as to whether you are fit to run the Boston Marathon. Taking these simple steps and heeding the advice of your personal physician will give you the ability to make the right decisions and enjoy a healthy race.

SERVICES

Medical Services - The Start in Hopkinton

The Athletes' Village will have two medical tents that can offer assistance with most last minute medical needs. Band-Aids, Vaseline, a pre-race stretch, or just a word of encouragement can be offered by our medical team. Please complete two very important tasks before leaving the Athletes' Village: 1.) Write your current or pre-event weight on the back of your bib. This figure may help us determine if you've been over-drinking during the event. 2.) It is also very important that you complete the emergency contact information on the back of your bib. Information such as allergies, medical conditions, and two emergency telephone numbers should be included. If possible, one of the emergency contact numbers should be that of someone waiting for you near the finish.

Medical Services - On-course

The American Red Cross provides 26 medical aid stations strategically located along the course. Each tent is staffed with a variety of medical professionals, offering basic first aid to those in need. Course medical coverage is supported with ambulances and EMS bike teams provided by Fallon Ambulance, American Medical Response, and Cataldo Ambulance Company.

Sweep Medical Bus Program

Medical sweep buses are positioned along the course at aid stations. These buses are available to runners who cannot finish the race and/or may have a minor medical problem. Each bus is staffed by medical volunteers who are available to provide first aid. A runner may choose to rest on the bus while it is parked at a first aid station. However, once the bus begins to move, the runner is no longer an official entrant and you will not be given an official finish time. Once on the bus, the runner may not re-enter the course to complete the marathon. Medical sweep buses are required to travel from aid station to aid station and do not travel directly to the finish area in Boston. Once you arrive in Boston, you have the option of seeking care in our medical tents or entering the gear check area to pick up your clothing.

Medical Services - Finish Line/Finish Area

Medical teams are located at the finish line and the main medical tent, which is located on Dartmouth Street. A second tent/facility is located farther down on St. James Street at Berkeley Street. Additional members of the medical team are staffed along recovery zones leading to the Family Meeting Area. Medical personnel can be identified by their white volunteer jackets. If you are injured or feeling ill, please seek out a member of the medical team for aid.

Massage Therapy Services

Massage therapy is offered to athletes on a limited, first-come first-served basis. Treatments may last from five to 15 minutes. Post-event massage in Boston is offered at the Dorothy Quincy Suite inside the Back Bay Events Center at the corner of Berkeley and Stuart Streets near the Family Meeting Area. Expected wait time for a massage varies with the number of volunteer massage therapists available at the time.

After You Cross the Finish Line

During any prolonged physical activity, the body's blood supply is usually redirected to the extremities and away from internal organs. Runners should continue to walk after finishing the race. Standing still or stopping can cause nausea, dizziness, and weakness – normally resulting with a runner passing out. Walking will help redirect your blood to vital organs, so it is advisable to keep moving. In any event, if you think you need help, ask one of our medical personnel for assistance.

Medical Expenses

Participants are solely responsible for any medical expenses incurred from participating in the Boston Marathon, including ambulance transfers and hospital stays.

Cardiopulmonary Resuscitation

Together with the American Red Cross and the American Heart Association, the Boston Athletic Association presents a video of "hands only" CPR. To view the video and learn more, go to: <https://www.youtube.com/watch?v=pjY5d7zupVY&t=1s>

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TIP: Smile for our photographers in yellow vests along the race course.

FOND MEMORIES GRAPHICS, INC.

2019 BOSTON MARATHON[®] OFFICIAL MERCHANDISE

BOSTON MARATHON SHADOW BOX

Beautifully display your finisher's medal in a customized commemorative SHADOW BOX and document forever your participation in this very special event!



Includes

- ADDITIONAL FINISHER'S MEDAL
- EVENT LOGO PLATE
- ENGRAVED PLATE WITH NAME & CHIP TIME

\$89
Only 45H

The Shadow Box would normally cost \$109, but is currently available to all Boston Marathon participants through Fond Memories Graphics, Inc., for

BOSTON MARATHON DELUXE SHADOW BOX

Beautifully display your finisher's medal in a customized commemorative SHADOW BOX and document forever your participation in this very special event!



Includes

- ADDITIONAL FINISHER'S MEDAL
- EVENT LOGO PLATE, ENGRAVED PLATE WITH NAME & CHIP TIME
- 2" PEWTER DISC OF RUNNERS
- MAT OPENING FOR A 5" X 7" PHOTO (purchase photo from marathonfoto.com)

\$139
Only 45H

The Deluxe Shadow Box would normally cost \$165, but is currently available to all Boston Marathon participants through Fond Memories Graphics, Inc., for

BOSTON MARATHON BIB FRAME

Beautifully display your finisher's medal in a customized commemorative BIB FRAME and document forever your participation in this very special event!



Includes

- ADDITIONAL FINISHER'S MEDAL
- EVENT LOGO PLATE, ENGRAVED PLATE WITH NAME & CHIP TIME
- 2" PEWTER DISC OF RUNNERS
- MAT OPENING FOR A 5" X 7" PHOTO (purchase photo from marathonfoto.com)
- LAMINATED REPLICA OF YOUR BIB #

\$149
Only 45H

The Bib Frame would normally cost \$175, but is currently available to all Boston Marathon participants through Fond Memories Graphics, Inc., for

IF ORDERING ONLINE OR BY PHONE, USE THIS COUPON CODE TO RECEIVE THESE DISCOUNTED PRICES!

Fond Memories Graphics, Inc.
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Tel: (845) 354-5027 • Fax: (845) 354-4875
E-mail: FMG5027@aol.com



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