BRIGHAM HEALTH
BRIGHAM AND WOMEN'S HOSPITAL

2019 B.A.A. 10K

PRESENTED BY BRIGHAM AND WOMEN'S HOSPITAL

Sunday, June 23 | 8:00 a.m. | Boston Common

KEEP UP TO SPEED WITH RACE INFORMATION!

1

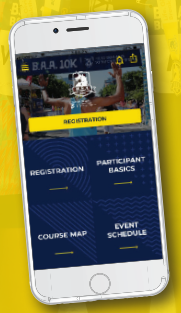
VISIT WWW.BAA.ORG
for all things B.A.A. 10K

2

REVIEW
our e-mail Participant Newsletters to get pumped for racing through Boston

3

DOWNLOAD
the B.A.A. Mobile App for info on-the-go and live tracking on race day



TIPS FOR A SUCCESSFUL RACE MORNING:

- Arrive early: the B.A.A. 10K begins at 8:00 a.m. at Boston Common. Give yourself plenty of time to arrive and relax beforehand.
- Gear check will be available on Boston Common beginning at 6:30 a.m. Please do not check valuables.
- You may pick up your participant shirt at the t-shirt tent before or after the race.
- Be sure to review the course map. Poland Spring 100% Natural Spring Water will be available at every mile, and Gatorade Endurance Formula will be available at mile four. Portable toilets and medical personnel will also be along the course.
- Do not transfer or alter your bib number. Violators are subject to disqualification.

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Poland Spring
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INFINITI
EMPOWER THE DRIVE
26.2 BREW
KODIAK CAKES

B.A.A. 10K COURSE

The 6.2-mile flat, fast course is a scenic tour through Boston's Back Bay. Notable neighborhoods and attractions include the campus of Boston University and Kenmore Square. The race begins on Charles Street, winds down picturesque Commonwealth Avenue and Bay State Road as far west as Babcock Street near Boston University, before heading back on Commonwealth Avenue, around the Public Garden, and finishing on Charles Street. Participants will enter the starting corrals on Beacon Mall (parallel to Beacon Street), then after crossing the start line will head south on Charles Street, right on Boylston Street, and right on Arlington Street before turning left onto Commonwealth Avenue.

Martin J. Walsh, Mayor

RUN WITH THE BRIGHAM

Do you want to add meaning to your miles? Join the Brigham and Women's Hospital B.A.A. 10K team and raise funds to fuel extraordinary care, treatments, and cures for patients here in Boston and around the world – and enjoy great runner perks!

Learn more at BWHevents.org/10K

BRIGHAM HEALTH

BRIGHAM AND WOMEN'S HOSPITAL

Life. Giving. Breakthroughs.

B.A.A. YOUTH RACES

Beginning at 7:00 a.m., children ages 14 & under are invited to participate in free activity stations on Boston Common, followed by races that will start at 9:00 a.m. Race distances will depend on the age of participants, ranging from a 50 yard dash on Boston Common for the youngest runners up to a 400m race on Charles Street for the 10-14 year olds. Pre-registration is recommended, though you may also sign up on race morning. All participants will receive a finisher's medal.

For additional info go to www.baa.org/races/baa-10k.

BOSTON ATHLETIC ASSOCIATION (www.baa.org)

- **Athlete Services Office**
  One Ash Street, Hopkinton, MA 01748
  telephone: (508) 435-6905
  email: 10Kregistration@baa.org
- **Administrative Office**
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  telephone: (617) 236-1652
  email: info@baa.org