



# 125<sup>TH</sup> BOSTON MARATHON®

*John Hancock®*

MONDAY  
OCTOBER 11, 2021



# PARTICIPANT GUIDE



ABBOTT  
WORLD  
MARATHON  
MAJORS

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BOSTON  
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NEW YORK





# CONTINUING A LEGACY



BOSTON MARATHON® 10.11.21



B.A.A HIGH PERFORMANCE TEAM ATHLETES: ERIKA KEMP & JONAS HAMPTON

FOR OVER THREE DECADES, ADIDAS AND THE BOSTON MARATHON®  
HAVE MADE DREAMS COME TRUE.

WE'VE HELPED EMPOWER ATHLETES AND  
WITNESSED INCREDIBLE MOMENTS THAT INSPIRED GENERATIONS.

AND WE'LL CONTINUE TO CHANGE LIVES TOGETHER FOR YEARS TO COME.

TRUST YOUR RUN AND GET READY FOR YOUR SHINING MOMENT.

WELCOME TO THE 125<sup>TH</sup> BOSTON MARATHON®.

[ADIDAS.COM/BOSTONMARATHON](https://adidas.com/bostonmarathon)

# RACE DAY

## START SCHEDULE



|                              |            |
|------------------------------|------------|
| Military March               | 6:00 a.m.  |
| Men's Wheelchair             | 8:02 a.m.  |
| Women's Wheelchair           | 8:05 a.m.  |
| Handcycle & Duo Participants | 8:30 a.m.  |
| Professional Men             | 8:37 a.m.  |
| Professional Women           | 8:45 a.m.  |
| Para Athletics Divisions     | 8:50 a.m.  |
| Rolling start begins         | 9:00 a.m.  |
| Rolling start ends           | 11:30 a.m. |

Keep up the pace with the  
**OFFICIAL APP**  
of the 125<sup>th</sup> Boston Marathon®

### B.A.A. Racing App Features:

- ▶ Live Updates & Leaderboard
- ▶ Athlete Tracking
- ▶ Course Map
- ▶ Race Information
- ▶ Spectator Guide
- ▶ Race Week Schedule
- ▶ Alerts and more!

[www.bostonmarathon.org](http://www.bostonmarathon.org)



# BOSTON MARATHON® RESTAURANT WEEK

Presented by

**SAMUEL  
ADAMS**

## Boston Marathon Restaurant Week

Presented by Samuel Adams  
Monday, October 4th  
to Sunday, October 11th, 2021

Celebrate the 125th Boston Marathon while supporting restaurants across Boston! Boston Marathon Restaurant Week kicks off on Monday, October 4th and runs through Sunday, October 10th. Select restaurants will feature marathon inspired items to dine with friends and families, grab something to go, or carbo load for race day.

@BOSTONMARATHON



# WHAT'S ON TAP FOR BOSTON MARATHON® RACE WEEKEND



## BOSTON MARATHON FAN FEST

Presented by Amazon

Friday, October 8–Sunday, October 10  
Copley Square Park, Boston

**Boston Marathon Fan Fest presented by Amazon** is the place to soak in the race-week atmosphere and have fun as you gear up for race day. Fan Fest features meet and greets with Boston Marathon champions, live music, activities, a final race clinic, and more! Find the full schedule of events at [www.baa.org](http://www.baa.org).

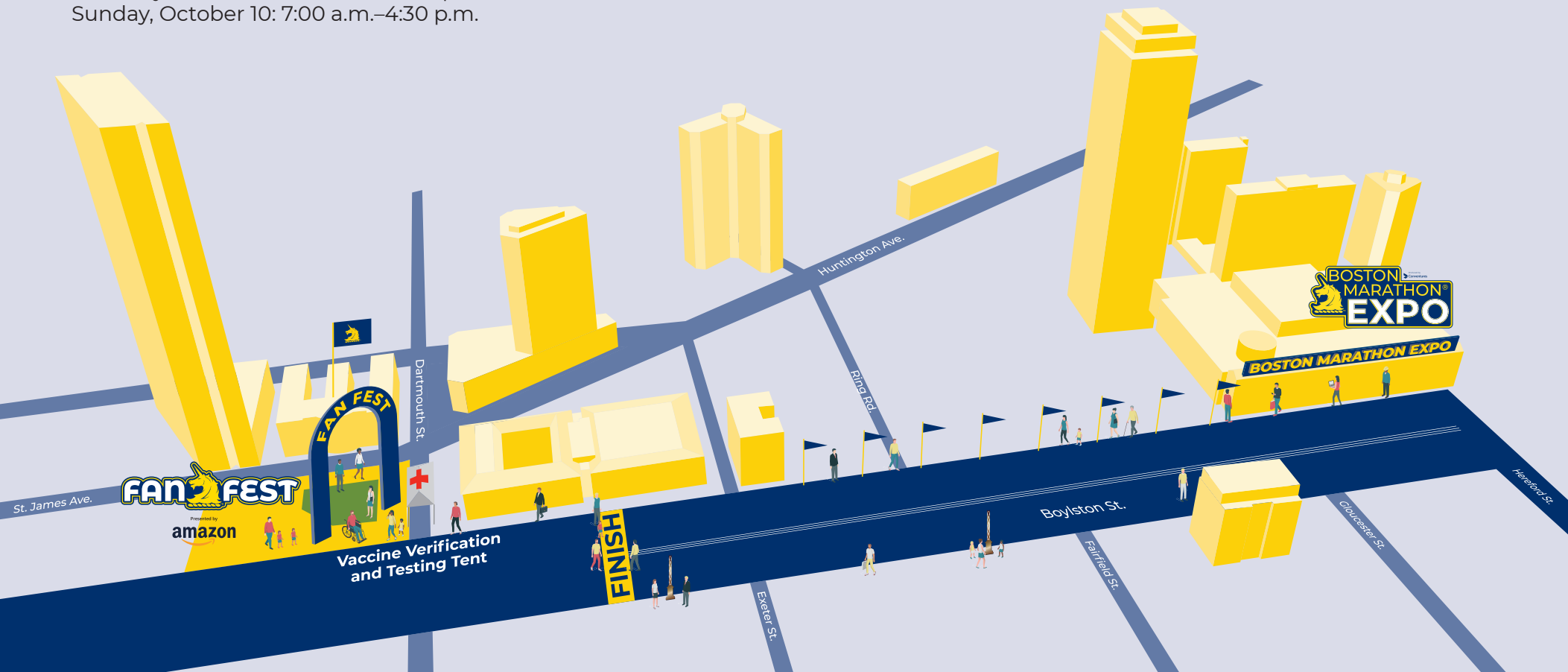
## VACCINE VERIFICATION AND TESTING TENT

### LOCATION

The Vaccine Verification and Testing Location is the Main Medical Tent near Copley Square (at the corner of Boylston Street and Dartmouth Street)

### HOURS

Friday, October 8: 9:00 a.m.–6:00 p.m.  
Saturday, October 9: 8:00 a.m.–6:00 p.m.  
Sunday, October 10: 7:00 a.m.–4:30 p.m.



## BIB NUMBER & PACKET PICK-UP

By early October you will receive a special e-mail containing your Boston Marathon bib number and Digital Number Pick-Up Pass presented by Amazon.

### WHAT TO KNOW:

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

**1** Visit the Boston Marathon Vaccine Verification / COVID-19 Test Administration location and present your Digital Number Pick-Up Pass along with a Government Issued Photo ID. Upon presenting your proof of vaccination OR testing negative for COVID-19, **you will receive a B.A.A. bracelet which must be worn for the entirety of race weekend.**

The Vaccine Verification and Testing Location is the Main Medical Tent near Copley Square (at the corner of Boylston Street and Dartmouth Street)

**2** Upon receiving your B.A.A. Bracelet, visit the Boston Marathon Expo and present your bracelet, ID, and Digital Number Pick-Up Pass to receive your bib number. Bib pick-up is only allowed during Boston Marathon Expo hours, and each participant must pick up their own bib number (friends or family may not pick up for you).

**3** Enjoy the Boston Marathon Expo  
Once you claim your bib number and participant shirt, enjoy the Boston Marathon Expo featuring sponsor exhibitors and the largest adidas Boston Marathon store in Boston.

**Please make sure to schedule your verification or testing time before you visit the tent.**

### DO

- ▶ Review your bib 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.



## BIB NUMBER RACE PACKET & T-SHIRT PICK-UP

**REMINDER:** In order to pick up your bib number, all participants must first receive their B.A.A. bracelet from vaccine verification/COVID-19 testing locations.



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

**FRIDAY, OCTOBER 8**

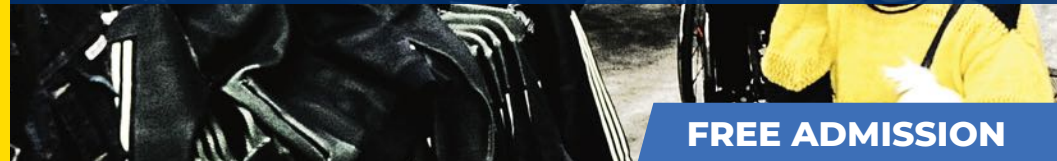
**11:00 A.M.–6:00 P.M.**

**SATURDAY, OCTOBER 9**

**9:00 A.M.–6:00 P.M.**

**SUNDAY, OCTOBER 10**

**9:00 A.M.–6:00 P.M.**



**FREE ADMISSION**

**OPEN TO THE GENERAL PUBLIC**



**OFFICIAL**   
**Boston Marathon merchandise**

- ▶ adidas Boston Marathon shops
- ▶ Sponsor Exhibitors
- ▶ Photo Ops and more!

## 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.

### Drop-Off Hours:

6:15 a.m.–9:30 a.m.

### Pick-Up Hours:

11:30 a.m.–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 Hopkinton. This is the only bag allowed on buses or in Hopkinton, and is the bag your bib number will come in.

Absolutely no bags will be transported from the start in Hopkinton to the finish in Boston. Clothes left in Hopkinton are donated by the B.A.A. to local organizations.

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 7:15 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.

**REMINDER:** All participants must show their bib number, B.A.A. bracelet, and be wearing a mask to board buses. Masks are required on all transportation to the start.



### BIB NUMBERS

### GROUP

### BUS LOADING

251–3,649

1

7:15 a.m.

3,750–7,249

2

7:45 a.m.

7,250–10,749

3

8:15 a.m.

10,750–14,249

4

8:45 a.m.

14,250–17,749

5

9:15 a.m.

17,750+

6

9:45 a.m.

**NOTE:** Transportation to the start is for official participants only. Each participant must show their bib upon boarding. Limited transportation from Boston to Hopkinton will be available after the race at no charge. Buses will run between 12:00 p.m. and 7:00 p.m. from Columbus Ave. between Berkeley and Clarendon Streets.

### PARTICIPANT SHUTTLE IN HOPKINTON

Limited parking is available at the 52 South Street lot. Participant shuttle buses will run throughout race morning. Please visit [www.baa.org](http://www.baa.org) for a list of prohibited items that are not allowed near the start or on Hopkinton shuttle buses.

# ROLLING START

## WHAT TO KNOW:

- ▶ Upon arriving in Hopkinton, participants may use facilities, grab water, and stretch prior to walking to the start line.
- ▶ Race officials will provide directions and assistance to all entrants, and will keep athletes moving toward the start line.
- ▶ Athletes are requested to wear their masks up until the starting line, where trash receptacles will be available.
- ▶ All runners have been numbered according to qualifying times, facilitating a rolling start comparable to previous wave starts. Runners are seeded among other runners with similar qualifying times.
- ▶ Only official runners with a B.A.A.-assigned bib number AND B.A.A. bracelet will be allowed to enter the start area.
- ▶ Participants who do not follow race guidelines are subject to disqualification.
- ▶ Masks are required until you cross the start line.

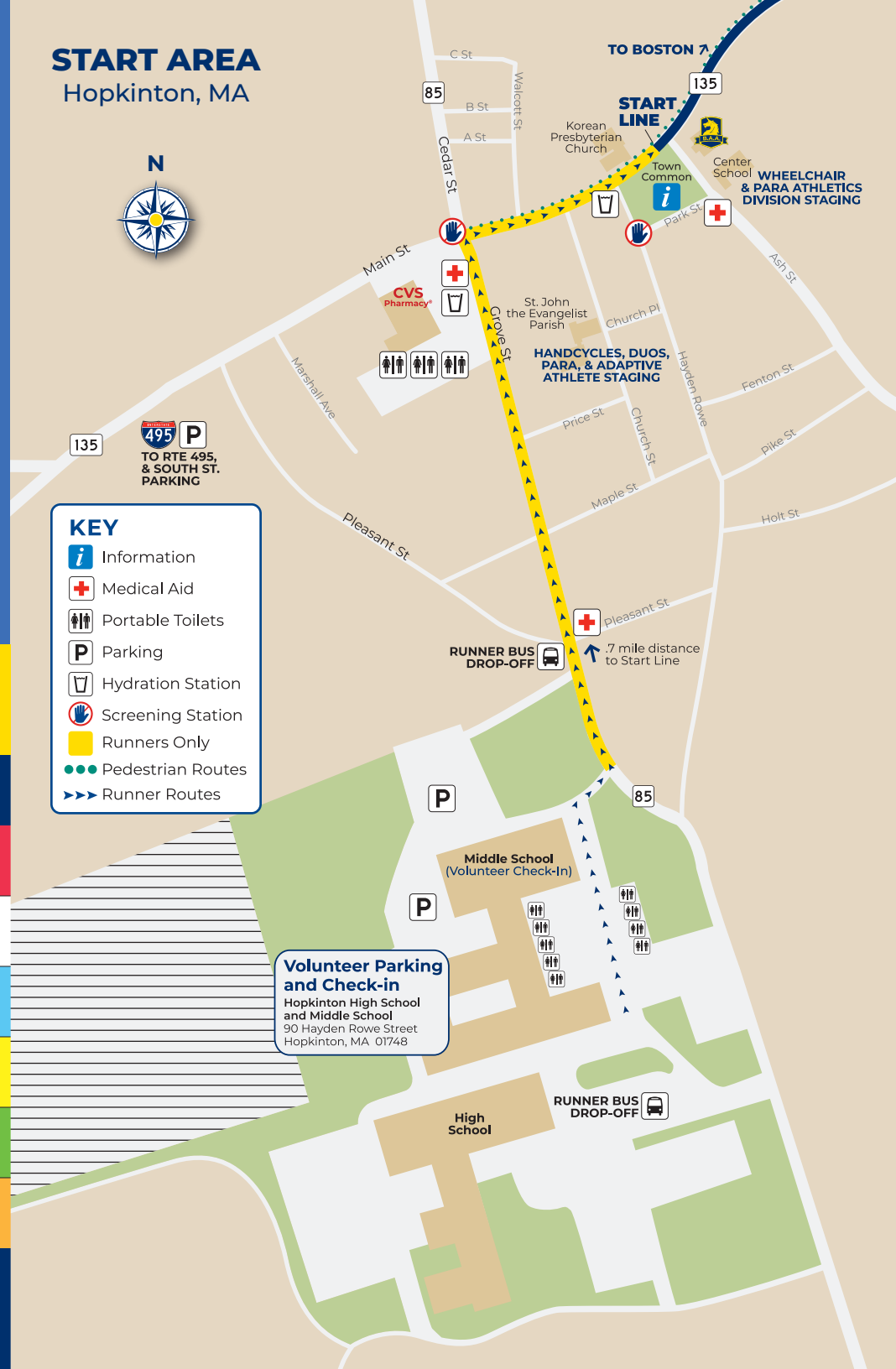
## ROLLING START SCHEDULE

See previous page for bus loading window

| BUS ARRIVAL      | EXPECTED START TIME |
|------------------|---------------------|
| 8:20–8:50 a.m.   | 9:00–9:24 a.m.      |
| 8:50–9:20 a.m.   | 9:24–9:48 a.m.      |
| 9:20–9:50 a.m.   | 9:48–10:12 a.m.     |
| 9:50–10:20 a.m.  | 10:12–10:36 a.m.    |
| 10:20–10:50 a.m. | 10:36–11:00 a.m.    |
| 10:50–11:05 a.m. | 11:00–11:24 a.m.    |

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

## START AREA Hopkinton, MA



### KEY

- Information
- Medical Aid
- Portable Toilets
- Parking
- Hydration Station
- Screening Station
- Runners Only
- Pedestrian Routes
- Runner Routes

### Volunteer Parking and Check-in

Hopkinton High School and Middle School  
90 Hayden Rowe Street  
Hopkinton, MA 01748

RUNNER BUS DROP-OFF  
↑ .7 mile distance to Start Line

RUNNER BUS DROP-OFF

# WHAT'S ON COURSE

**BOSTON MARATHON®**  
Official JetBlue Course Map

jetBlue®



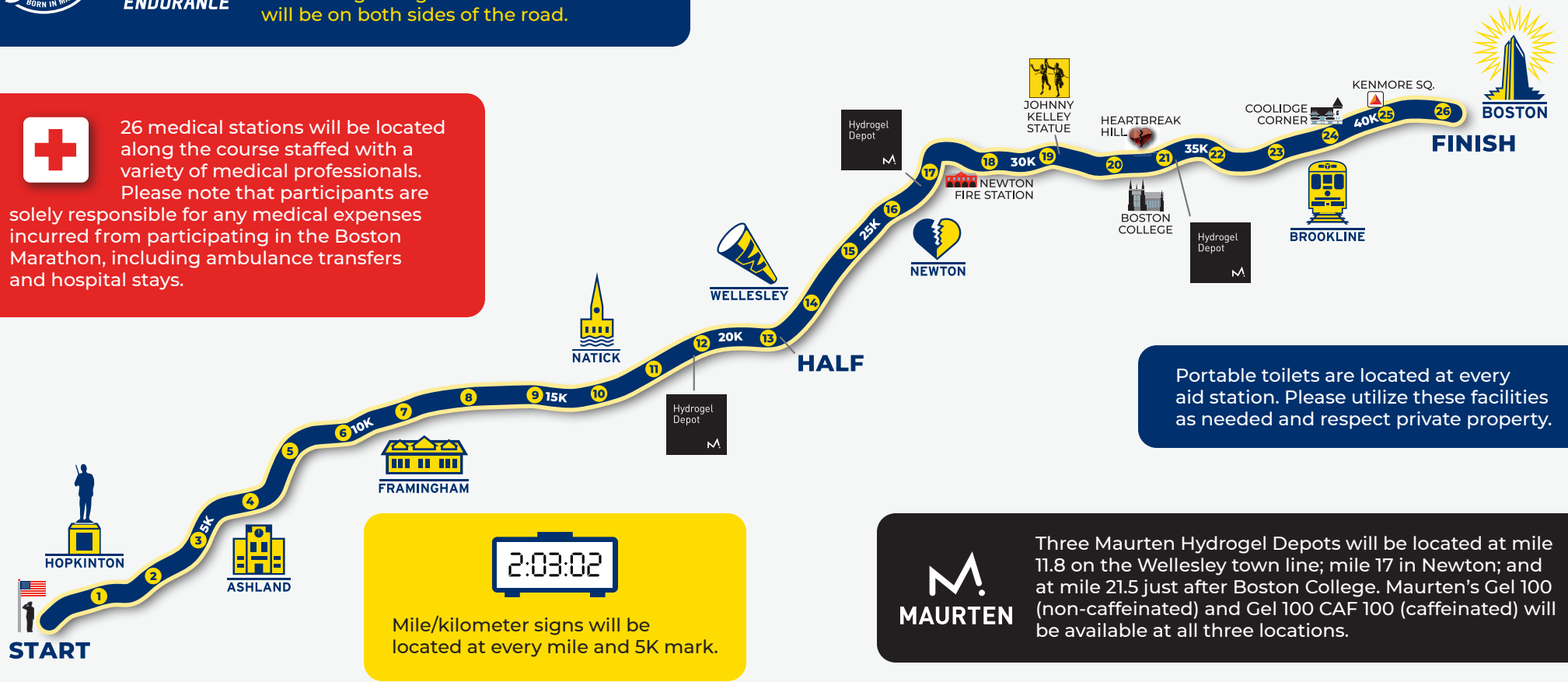
Poland Spring Water and Lemon Lime Gatorade Endurance Formula stations will be set up at every mile along the course beginning at mile two. Stations will be on both sides of the road.



26 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.



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



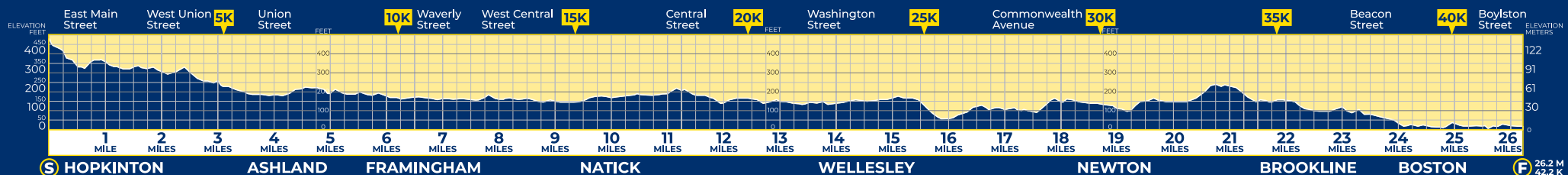
Portable toilets are located at every aid station. Please utilize these facilities as needed and respect private property.



Three Maurten Hydrogel Depots 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. Maurten's Gel 100 (non-caffeinated) and Gel 100 CAF 100 (caffeinated) will be available at all three locations.



Mile/kilometer signs will be located at every mile and 5K mark.



# THE RACE

## WHAT TO KNOW:

- ▶ Runners will not be allowed to warm up in front of the starting line at any time.
- ▶ Clothing left in Hopkinton 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. 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 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.

# TCS RACE INFORMATION CENTERS

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

- ▶ **Boston Marathon Expo**  
Friday, October 8 11:00 a.m.–6:00 p.m.  
Saturday, October 9 9:00 a.m.–6:00 p.m.  
Sunday, October 10 9:00 a.m.–6:00 p.m.
- ▶ **Boston Marathon Fan Fest**  
Friday, October 8 11:00 a.m.–5:00 p.m.  
Saturday, October 9 8:00 a.m.–5:00 p.m.  
Sunday, October 10 9:00 a.m.–5:00 p.m.
- ▶ **Family Meeting Area, Stuart Street in Boston's Back Bay**  
Monday, October 11 10:00 a.m.–5:30 p.m.

TCS Race Information Centers are your best source for information on the Boston Marathon, the City of Boston, and more!



## EARN YOUR PR: PERSONAL RESPONSIBILITY

REMEMBER TO TAKE EFFORTS TO MITIGATE THE SPREAD OF COVID-19 BY:

- ▶ Getting tested prior to traveling
- ▶ Wearing masks when unable to social distance
- ▶ Using only B.A.A. provided hydration and nutrition





# MILE 27

## BOSTON MARATHON®

# POST-RACE CELEBRATION

Presented by



### Boston Marathon Mile 27 Post-Race Celebration

Presented by Samuel Adams  
Monday, October 11, 2021

For the 125th Boston Marathon the **Mile 27 Post-Race Party presented by Samuel Adams** will be transformed into a citywide celebration! The B.A.A. and Samuel Adams invite you to toast the 125th Boston Marathon at one of our Official Mile 27 Post-Race Celebration spots, located across Boston, on Monday, October 11. Visit [baa.org](https://baa.org) for more information.



## MEDICAL

The B.A.A. and the Boston Marathon Medical Team urge all participants to consult their personal physicians prior to training and participating in 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

Hopkinton 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 Hopkinton: 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, Brewster Ambulance, and the 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.

#### 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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MADE IN USA  
BOOTH # 200

Long's

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OFFICIAL AWARD SUPPLIER OF THE BOSTON MARATHON®



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100 SUMMER STREET, BOSTON  
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# BE THE FIRST TO SHARE YOUR FINISH



Visit MarathonFoto at the Boston Marathon Expo for exclusive pre-race offers on your race photos.

Go to [marathonfoto.com](http://marathonfoto.com) post race to view your photos and be the first to share with friends and family.

Be sure to check out our custom 125th anniversary products!



FOND MEMORIES GRAPHICS, INC.

## 2021 BOSTON MARATHON<sup>®</sup> 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

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

**\$89**  
Only (+S/H)

### 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](http://marathonfoto.com))

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

**\$139**  
Only (+S/H)

### 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](http://marathonfoto.com))
- LAMINATED REPLICA OF YOUR BIB #

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

**\$149**  
Only (+S/H)

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# THE WAIT IS FINALLY OVER



B.A.A. HIGH PERFORMANCE TEAM ATHLETES: ERIKA KEMP & JONAS HAMPTON



BOSTON MARATHON® 10.11.21

FOR OVER THREE DECADES, ADIDAS AND THE BOSTON MARATHON®  
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[ADIDAS.COM/BOSTONMARATHON](https://adidas.com/bostonmarathon)

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