+ MEDICAL STATIONS

| MILE | SIDE <br> Left | TOWN <br> Ashland |
| :--- | :---: | :--- |
| 3.05 | Left | Left |
| Fi.9 | Right | Framingham |
| 8.7 | Left | Natingham |
| 10.8 | Left |  |
| 12.0 | Right | Wellesley |
| 13.4 | Right |  |
| 14.7 | Left |  |
| 15.3 | Right |  |
| 16.6 | Left | Newton |
| 17.5 | Left |  |
| 18.3 | Left |  |
| 19.3 | Right |  |
| 19.9 | Left |  |
| 20.4 | Left |  |
| 20.8 | Left |  |
| 21.1 | Left |  |
| 21.7 | Right | Boston/Brighton |
| 22.0 | Right |  |
| 22.4 | Right |  |
| 22.8 | Right | Brookline |
| 23.2 | Left | Brookline |
| 23.9 | Right | Brookline |
| 24.3 | Right | Brookline |
| 24.8 | Right | Boston |
| 25.5 | Left | Boston |

## START TIMES

Military March
3:02 a.m.
Men's Wheelchair
8:05 a.m.
Women's Wheelchair
3.30 a m.

Handcycles and Duo Participants
8:37 a.m.
Professional Men
: 45 a.m.
Professional Women
8:50 a.m.
Para Athletes
:00 a.m
Rolling start begins
11:30 a.m.
Rolling start ends
Official timing concludes six hours after the last runner crosses the starting line in Hopkinton.
*iti PORTABLE TOILET LOCATIONS

| $\begin{aligned} & \text { MILE } \\ & .9 \end{aligned}$ | SIDE Left | TOWN Hopkinton |
| :---: | :---: | :---: |
| 2.9 | Left | Ashland |
| 3.7 | Right | Ashland |
| 4.5 | Right | Ashland |
| 6.85 | Left \& Right | Framingham |
| 7.15 | Right | Framingham |
| 8.6 | Left | Natick |
| 9.3 | Left | Natick |
| 10.15 | Right | Natick |
| 11.75 | Left | Natick |
| 12.0 | Right | Wellesley |
| 14.0 | Right | Wellesley |
| 16.6 | Left | Newton |
| 18.2 | Left | Newton |
| 19.7 | Left | Newton |
| 23.5 | Left | Brookline |

PRO HYDRATION STOPS (both sides)

| MILE | KM | TOWN |
| :--- | :---: | :--- |
| 3.1 | 5 | Ashland |
| 6.2 | 10 | Framingham |
| 9.3 | 15 | Natick (Fisk Pond) |
| 12.4 | 20 | Wellesley College |
| 15.5 | 25 | Wellesley/Newton |
| 18.6 | 30 | Newton |
| 21.8 | 35 | Brighton |
| 24.9 | 40 | Boston |

## SPECTATORS

O: How may I track a runner on my phone?
A: You can track runners via the new B.A.A. Racing App! After you download the app, which is available in the Apple App store and Google Play store, you can click on the Tracker tab and search for your favorite participants by name bib or hometown You will be blo bee their live lotion. the course as well as get frequent updates as the course ass iming frequen updates as
: Can I jump onto the course to run a few miles with my friend?
A: No. The B.A.A. strictly prohibits unofficial participation in the Boston Marathon.

Q: Where should I meet with a runner after the race?
A: The Family Meeting Area located on Stuart Street and St. James Street, two blocks south east of the Boston Marathon Finish Line

Q: Where may I purchase Boston Marathon apparel?
A: At the adidas merchandise tent located on Stuart Street at the corner of Clarendon Street.
(-) HYDRATION STATIONS

| MILE <br> 2.1 | TOWN <br> Ashland |
| :--- | :--- |
| 3.1 | Ashland |
| 4.1 | Ashland |
| 5.2 | Framingham |
| 6.01 | Framingham |
| 7.1 | Framingham |
| 8.01 | Natick |
| 8.9 | Natick |
| 10.1 | Natick |
| 17.2 | Natick |
| 12.1 | Wellesley* |
| 13.3 | Wellesley |
| 14.1 | Wellesley |
| 15.01 | Wellesley |
| 16.01 | Newton |
| 17.1 | Newton* |
| 18.1 | Newton |
| 19.1 | Newton |
| 20.1 | Newton |
| 21.1 | Newton |
| 22.01 | Brookline* |
| 23.1 | Brookline |
| 24.1 | Brookline |
| 25.1 | Boston |

Q: How can I travel along the course and where are the best areas to watch the race from?
A: Please visit the Spectator Information page on www.baa.org or download our app. If you plan to travel into Boston, we suggest that you take public transportation

Q: Are shuttles available for spectators?
A: The are no shuttles along the course. The course is accessible via public transportation (MBTA).

## PARTICIPANTS

Q: What if a runner needs medical assistance?
A: Notify your team captain of any medical emergencies. They are able to communicate to the closest medical tent. Hydration Stations do have two emergency responders per station and medical volunteers act as spotters along the course to identify runners in need. Medical volunteers are wearing red jackets.
Q: Where are the fluid and gel stations?
A: Fluid stations occur every mile and serve both Poland Springs Water and Gatorade. Maurten Gels are available at mile 12, 17, and 22 .

$125^{\mathrm{TH}}$ BOSTON

## Boston Marathon ${ }^{\circledR}$

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| KEY |  |
| :--- | :--- |
| Y | Medical Station |
| $\square$ | Hydration Station |
| Tiii | Portable Toilets |
| 4 | MBTA Green Line |
| 7 | MBTA Orange Line |
| 7 | Commuter Rail |
| 26 | Mile Marker |
| P | Pro Hydration Station |

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HOPKINTON

