+ MEDICAL STATIONS

MEDICAL STATIONS				
MILE 3.05	SIDE Left	TOWN Ashland		
5.4 6.9	Left Right	Framingham Framingham		
8.7 10.8	Left Left	Natick		
12.0 13.4 14.7 15.3	Right Right Left Right	Wellesley		
16.6 17.5 18.3 19.3 19.9 20.4 20.8 21.1	Left Left Left Right Left Left Left	Newton		
21.7 22.0 22.4	Right Right Right	Boston/Brighton		
22.8 23.2 23.9 24.3	Right Left Right Right	Brookline Brookline Brookline Brookline		
24.8 25.5	Right Left	Boston Boston		

PORTABLE TOILET LOCATIONS

MILE	SIDE	TOWN	
.9	Left	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 3.1	KM 5	TOWN 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

| | HYDRATION STATIONS

MILE	TOWN	
2.1	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	
11.2	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	



If you need to contact the B.A.A. Operations Center, please first contact your Team Captain. B.A.A. Operations Center: (617) 424-7800

START TIMES

6:00 a.m. Military March

8:02 a.m. Men's Wheelchair

8:05 a.m. Women's Wheelchair

Handcycles and Duo Participants

8:37 a.m.

Professional Men

Professional Women

8:50 a.m.

Para Athletes

9:00 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.

SPECTATORS

- Q: 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 able to see their live location on the course as well as get frequent updates as they start, pass timing marks, and finish!
- Q: 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?
- At the adidas merchandise tent located on Stuart Street at the corner of Clarendon Street.

- 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.







RACE COURSE

