



126TH BOSTON MARATHON®

John Hancock

PATRIOTS' DAY

Monday, April 18, 2022



PARTICIPANT GUIDE



ABBOTT
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MARATHON
MAJORS

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126TH BOSTON MARATHON® CELEBRATION JACKET



EXPLORE THE
COLLECTION



B.A.A. HIGH PERFORMANCE TEAM ATHLETES: ABBEY WHEELER & JONAS HAMPTON



RACE DAY

START SCHEDULE



Men's Wheelchair	9:02 a.m.
Women's Wheelchair	9:05 a.m.
Handcycle & Duo Participants	9:30 a.m.
Professional Men	9:37 a.m.
Professional Women	9:45 a.m.
Para Athletics Divisions	9:50 a.m.
Wave 1	10:00 a.m.
Wave 2	10:25 a.m.
Wave 3	10:50 a.m.
Wave 4	11:15 a.m.

Keep up the pace with the
OFFICIAL APP
of the 126th Boston Marathon®

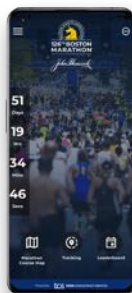
DOWNLOAD THE B.A.A. RACING APP

Powered by **Tata Consultancy Services**

Stay connected to the Boston Marathon and the three races that comprise the B.A.A. Distance Medley: the B.A.A. 5K, the B.A.A. 10K, and the B.A.A. Half Marathon.

B.A.A. Racing App Features:

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



BIB NUMBER & PACKET PICK-UP

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

Your Digital Number Pick-Up Pass will only be sent once you have uploaded proof of vaccination through CrowdPass. If you have not uploaded your vaccination yet, please check your emails or spam folders for instructions.

WHAT TO KNOW:

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

- 1 Present your Photo 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.
- 2 After claiming your bib number and participant shirt, enjoy the Boston Marathon Expo featuring sponsor booths and the largest adidas Boston Marathon store in Boston.



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

FRIDAY, APRIL 15
SATURDAY, APRIL 16
SUNDAY, APRIL 17

11:00 A.M. – 6:00 P.M.
9:00 A.M. – 6:00 P.M.
9:00 A.M. – 6:00 P.M.

- ▶ Free & open to the public
- ▶ Official Boston Marathon Merchandise
- ▶ adidas Boston Marathon shops
- ▶ Sponsor Exhibitors
- ▶ Photo Ops and more!



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.

@BOSTONMARATHON



WHAT'S ON TAP FOR BOSTON MARATHON® RACE WEEKEND



NEW FOR 2022! Relax & unwind at the Samuel Adams Run Pub. Located at the corner of Dartmouth & Boylston Street.

BOSTON MARATHON FAN FEST

Presented by Amazon

Boston Marathon Fan Fest 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.

Copley Square Park, Boston

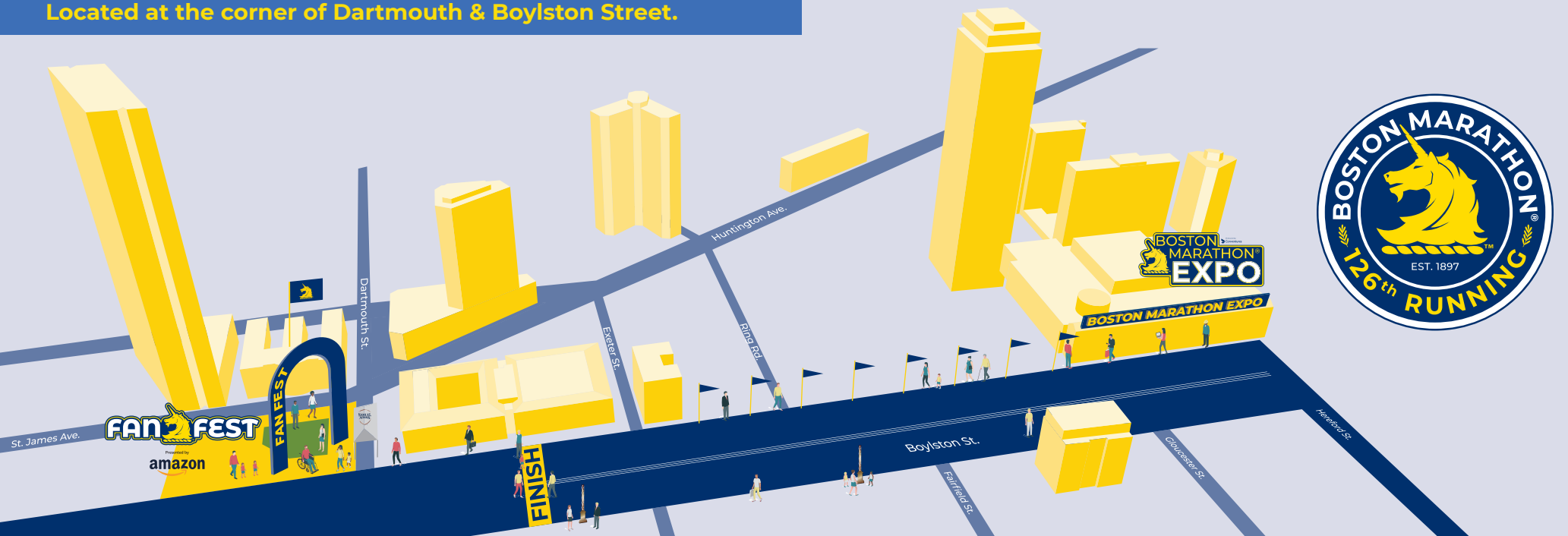
Friday, April 15	12:00 p.m. – 8:00 p.m.
Saturday, April 16	10:00 a.m. – 8:00 p.m.
Sunday, April 17	10:00 a.m. – 4:00 p.m.

Sam Adams Run Pub*

Friday, April 15	3:00 p.m. – 9:00 p.m.
Saturday, April 16	11:00 a.m. – 9:00 p.m.



Presented by
amazon



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:
5:45 a.m.–9:15 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.

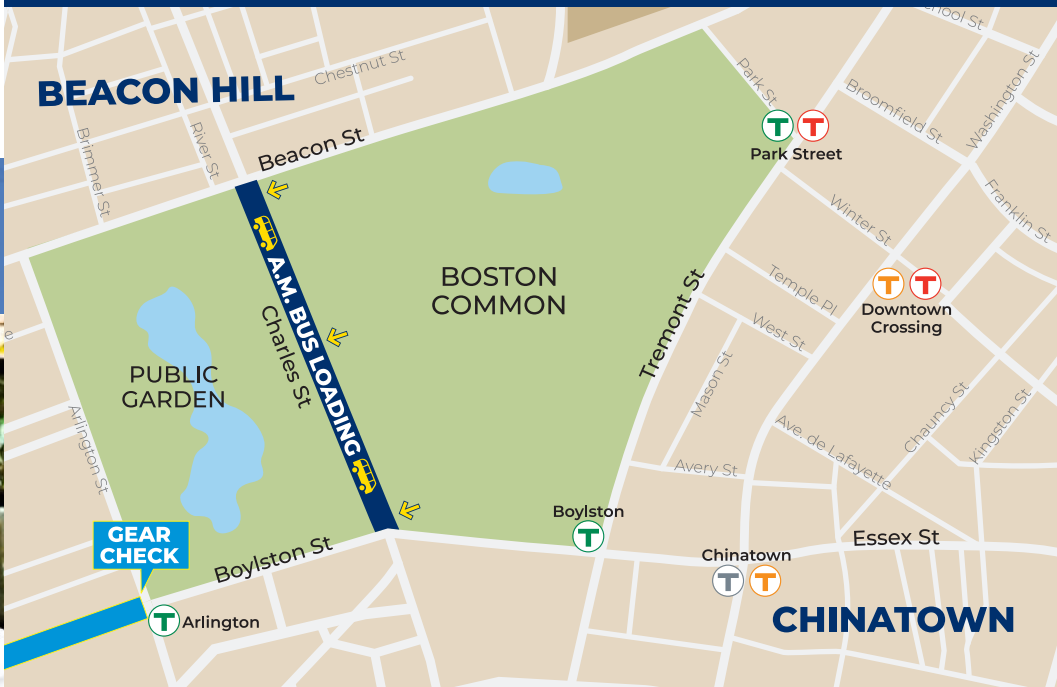
Absolutely no bags will be transported from the start in Hopkinton to the finish in Boston. Clothes left in Hopkinton are donated by the B.A.A. to local organizations.

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. 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, and be wearing a mask to board buses. Masks are required on all transportation to the start.



BIB NUMBERS	WAVE	BUS LOADING
261-7,700	1	6:45 a.m.
8,000-15,999	2	7:30 a.m.
16,000-23,999	3	8:15 a.m.
24,000-32,999	4	9:00 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 and Hopkinton State Park lots. Participant shuttle buses will run throughout race morning. **Please visit www.baa.org for a list of prohibited items that are not allowed near the start or on Hopkinton shuttle buses.**

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.

Poland Spring Water, Gatorade, and portable toilets 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	10:00 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

jetBlue®



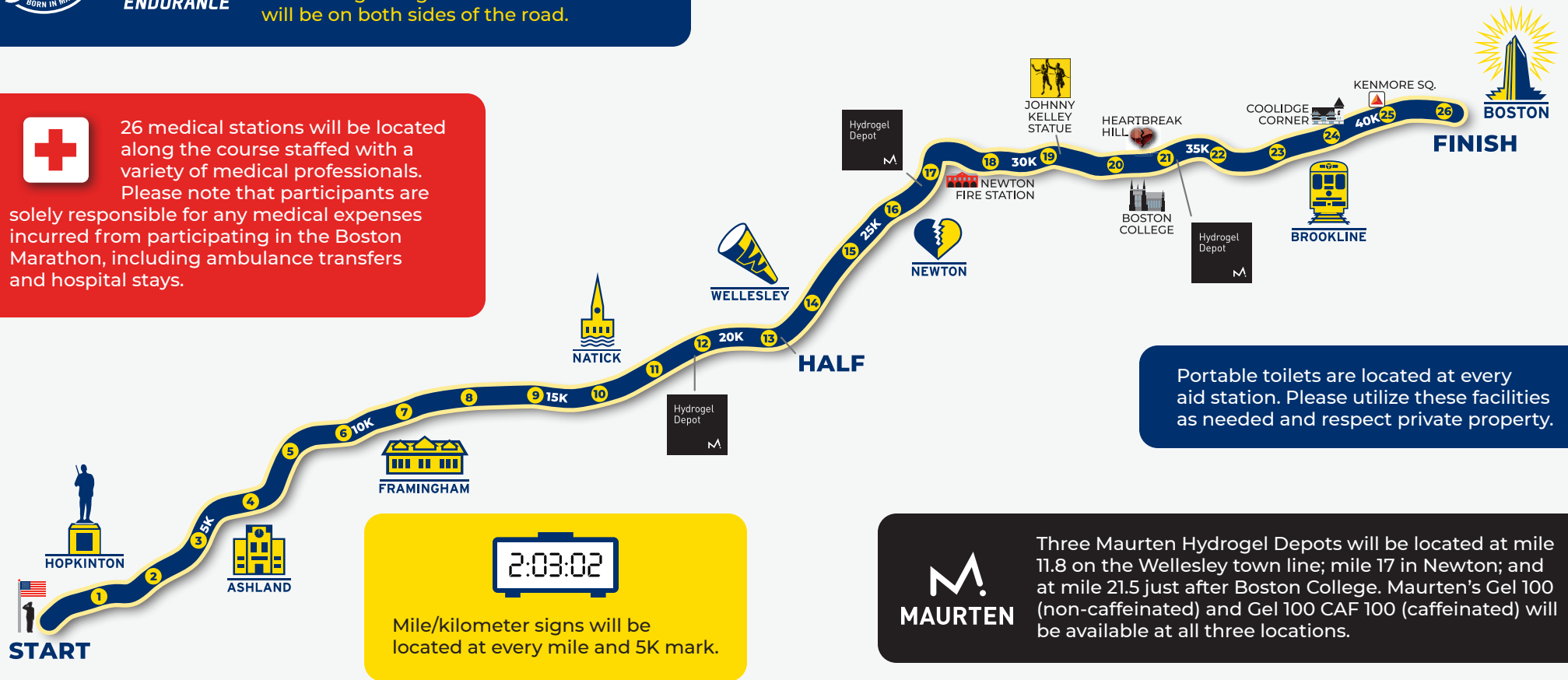
Poland Spring Water and Lemon Lime Gatorade Endurance Formula stations will be set up at every mile along the course beginning at mile two. Stations will be on both sides of the road.



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!



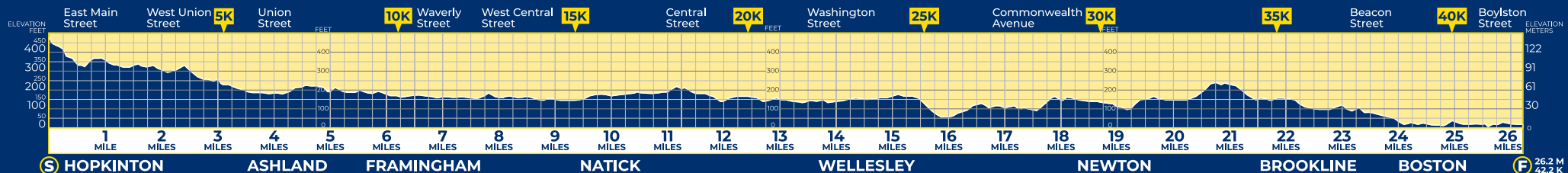
Portable toilets are located at every aid station. Please utilize these facilities as needed and respect private property.



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.

RACE INFORMATION CENTERS

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

▶ Boston Marathon Expo

Friday, April 15	11:00 a.m.–6:00 p.m.
Saturday, April 16	9:00 a.m.–6:00 p.m.
Sunday, April 17	9:00 a.m.–6:00 p.m.

▶ Boston Marathon Fan Fest Presented by Amazon

Friday, April 15	12:00 p.m.–8:00 p.m.
Saturday, April 16	10:00 a.m.–8:00 p.m.
Sunday, April 17	10:00 a.m.–4:00 p.m.

▶ Family Meeting Area

Stuart Street in Boston's Back Bay	
Monday, April 18	10:00 a.m.–5:30 p.m.

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





FINISH

AT THE FINISH, VOLUNTEERS WILL DIRECT YOU TO:

- ▶ Medical support: two complete and staffed medical tent facilities will be at the finish. The B.A.A. is not responsible for race-related injuries and athletes are responsible for individual expenses incurred. Only runners needing medical attention will be allowed to enter the medical areas.
- ▶ Poland Spring Water, finisher medals, Heatsheet® blankets, Gatorade Endurance Formula, masks, food bags, and additional products.

FAMILY MEETING AREA

The Family Meeting Area is located on Stuart Street between Berkeley Street and Clarendon Street. Family, friends, and athletes are urged to make plans prior to race day on where to reunite post-race.

- ▶ Specific meeting areas are located between Stuart Street and Columbus Avenue by letter of participants' last name.
- ▶ Collecting your medal, fluids, and refreshments may take considerable time. Please advise your friends and family accordingly. Due to road closures, vehicles are not allowed close to the finish area.

MILE 27

BOSTON MARATHON®

POST-RACE PARTY

Presented by

SAMUEL
ADAMS

Boston Marathon Mile 27 Post-Race Party

Presented by Samuel Adams
Monday, April 18, 2022

The Boston Marathon **Mile 27 Post-Race Party** presented by Samuel Adams returns to America's most beloved ballpark in April! The B.A.A. and Samuel Adams invite you to toast the 126th Boston Marathon and enjoy ballpark refreshments at Fenway Park. Claim your tickets within Athletes' Village, and visit 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

The Athletes' Village in Hopkinton will include a medical tent and roving medical teams that can help 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 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 someone waiting for you near the finish. This year, the Boston Athletic Association is partnering with Race Safe, who in turn will allow runners to electronically enter pertinent medical histories for this program.

Medical Services - On-course

The Boston Athletic Association provides 26 medical 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 Transformative Ambulance, Brewster Ambulance, and the Cataldo Ambulance Company.

Sweep Medical Bus Program

A Medical Sag Bus Program is available along the course to assist runners that cannot complete the race by providing transportation back to Boston. 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 on Dartmouth Street. A second tent is located 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 red 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

After you cross the finish line of any distance event, 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>



126TH BOSTON MARATHON® OFFICIAL LICENSEES



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Thank You
for Running
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2011
2015

Creator of
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Photo Credit:
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Ken and Nell made the first Stainless
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MARATHON FOTO

SEE YOU AT THE FINISH



FOND MEMORIES GRAPHICS, INC.

2022 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

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)

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)
- 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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