



**Brigham
and Women's
Hospital**
Founding Member,
Mass General Brigham

2022 B.A.A. 10K

PRESENTED BY BRIGHAM AND WOMEN'S HOSPITAL

Sunday, June 26 | 8:00 a.m. | Boston Common

KEEP UP TO SPEED WITH RACE INFORMATION!

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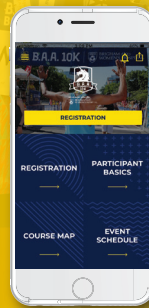
VISIT WWW.BAA.ORG
for all things B.A.A. 10K

REVIEW

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

DOWNLOAD

the B.A.A. Racing App for info on the go and live tracking on race day.



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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 miles 1, 2, 4, and 5, 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.



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.



Michelle Wu, Mayor

RUN WITH A PURPOSE!

Add meaning to your 10K by joining the Brigham and Women's Hospital team! Enjoy a private post-race party, great runner perks, and more! You can raise funds for the area of the hospital that matters most to you.

runbwh.org/10K



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B.A.A. 10K FEST & FIELD DAY



Join us as we kick off B.A.A. 10K weekend with 10K Fest & Field Day on June 25 at Boston Common. 10K Fest will feature youth fitness activities, games, appearances by professional athletes, running clinics and more! You'll also be able to pick-up your B.A.A. 10K adidas participant shirt and bib number! Visit baa.org for more details.

Date: Saturday, June 25

Time: 2pm – 6pm
Boston Common

