# **MEDICAL STATIONS**

MEDIC	ALSIAIN	
<b>MILE</b> 3.05	SIDE Left	TOWN Ashland
5.4 6.9	Left Left	Framingham
8.5 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
24.8 25.5	Right Left	Boston

## PORTABLE TOILET LOCATIONS

MILE	SIDE	TOWN	
.9	Left	Hopkinton	
2.9	Left	Ashland	
3.7	Right		
4.5	Right		
6.85	Left & Right	Framingham	
7.15	Right		
9.3	Left	Natick	
10.15	Right		
11.75	Left		
12.0	Right	Wellesley	
14.0	Right		
16.6	Left	Newton	
18.2	Left		
19.7	Left		
23.5	Left	Brookline	

# DDO HYDDATION STODS

PRO	HIDRAIIO	N 310P3	
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	

# | HYDRATION STATIONS

MILE 2.1	<b>TOWN</b> Ashland
3.1	
4.4	
5.2	Framingham
6.01	
7.1	
8.01	Natick
8.9	
10.1	
11.2	
12.1	Wellesley (Maurten Hydrogel location)
13.3	
14.1	
15.01	
16.01	Newton
17.1	Newton (Maurten Hydrogel location)
18.1	
19.1	
20.1	
21.1	
22.01	Boston (Maurten Hydrogel location)
23.1	Brookline
24.1	
25.1	Boston







# VOLUNTEER **POCKET GUIDE**

**RACE COURSE** 

## **START TIMES**

6:00 a.m. Military March

9:02 a.m.

Men's Wheelchair

9:05 a.m.

Women's Wheelchair

9:30 a.m.

Handcycle and Duo Participants

9:37 a.m.

Professional Men

9:47 a.m.

Professional Women

9:50 a.m.

Para Athletes Divisions

10:00 a.m.

Wave 1

10:10 a.m

Adaptive Athlete Division

10:25 a.m.

Wave 2

10:50 a.m.

Wave 3

11:15 a.m.

Wave 4

Official timing ceases six hours after the last runner crosses the starting line in Hopkinton.

## **SPECTATORS**

- 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.
- Where should I meet with a runner after the race?
- The Family Meeting Area located on Stuart St. and St. James St., two blocks south east of the Boston Marathon Finish Line.
- Where may I purchase Boston Marathon
- At the adidas merchandise tent located at Fan Fest at City Hall Plaza, at the Expo, or online at adidas.com/us/boston\_marathon.
- 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.
- Are shuttles available for spectators?
- The are no shuttles along the course. The course is accessible via public transportation (MBTA).

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 (Race Day only).

### Q: How may I track a runner on my phone? A: With the B.A.A. Racing App

downloadable via the Apple App and Google Play stores. Track your runner, search for your favorite participants by name, bib, or hometown and view their live location on the course as well as get frequent updates as they start, pass timing marks, and finish!







- **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?
- Fluid stations occur every mile and serve both Poland Springs Water and Gatorade. Maurten Gels are available at mile 12, 17, and 22,



MBIA	•		3	**	5	•	<b>,</b>	•	9	10
STATION	Woodland (D Line)	Boston College (B Line)	Cleveland Circle - St. Mary's (C Line)	Kenmore (B, C, D Lines)	Hynes Convention Ctr. (B, C, D Lines)	Copley (all Green Lines)	Back Bay - Orange Line (and Commuter Rail)	Prudential (E Line)	Arlington (all Green Lines)	Park Street (all Red & Green Lines)
COURSE LOCATION	16.8 Miles	21.4 Miles	22.4-25 Miles	25.2 Miles	25.5 Miles	CLOSED	Finish Area*	Finish Area*	Finish Area*	Finish Area*
COMMUTER RAIL	1	2	3	4	5	6	7	8	9	
STATION	Ashland	Framingham	West Natick	Natick	Wellesley Square	Wellesley Hills	Wellesley Farms	Yawkey	Back Bay	For more information and MBTA schedules,