



Saturday, April 18, 2026 ★ 8:00 a.m. ★ Boston Common

GET READY FOR RACE DAY

- ▶ **Arrive early:** The Boston 5K begins at **8:00 a.m. at Boston Common**. Give yourself plenty of time to arrive and stretch beforehand. Please listen for directions on when and where to line up along Boylston St. based on your bib number.
- ▶ All runners will be assigned to Wave 1, Wave 2, or Wave 3 based on expected pace and bib number. Waves 1 and 2 will begin to load the start area on Charles Street at **7:50 a.m.**, while Wave 3 will load onto Charles Street at **8:12 a.m.**
- ▶ Your adidas participant shirt will be provided to you after you finish.
- ▶ **The Boston 5K Course starts at Boston Common and finishes at the Boston Marathon Finish line.** Poland Spring 100% Natural Spring Water will be available on course, and Gatorade will be at the finish. Portable toilets and medical personnel will also be along the course.
- ▶ **Do not transfer or alter your bib number.** Violators are subject to disqualification.

REVIEW

Review our **Boston 5K Participant Newsletters** for the most up to date information about April's race.



DOWNLOAD

Download the **B.A.A. Racing App** for real-time updates, course information, tracking, and more.

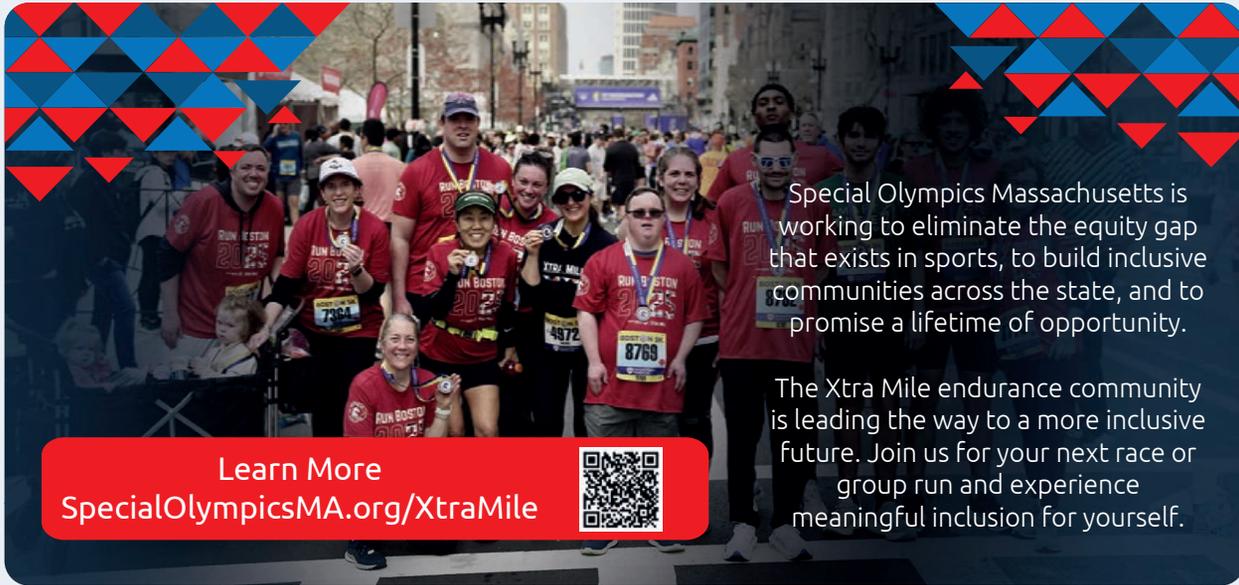


2026 BOSTON 5K COURSE MAP Finishing at the Boston Marathon Finish Line

CAMBRIDGE



The 3.1-mile flat route begins adjacent to the historic Public Garden on Boylston Street, turns right onto Arlington Street, then winds down picturesque Commonwealth Avenue and Bay State Road as far as Silber Way. Turning back on Commonwealth Avenue, the course passes through Kenmore Square and underneath the Boston Strong bridge before taking a right on Hereford and left on Boylston Street. The finish is at the Boston Marathon finish line.



Special Olympics Massachusetts is working to eliminate the equity gap that exists in sports, to build inclusive communities across the state, and to promise a lifetime of opportunity.

The Xtra Mile endurance community is leading the way to a more inclusive future. Join us for your next race or group run and experience meaningful inclusion for yourself.

Learn More
SpecialOlympicsMA.org/XtraMile



SATURDAY EVENT SPOTLIGHT

After the Boston 5K, stick around for a full day of fun!

- B.A.A. Invitational Mile & Scholastic Races**
 Boston Marathon Finish Line | 11:00 a.m.-12:00 p.m.
- B.A.A. Youth Mile**
 Boylston Street | 1:00 p.m.-3:00 p.m.
- Bank of America Boston Marathon Expo**
 Hynes Convention Center | 9:00 a.m.-7:00 p.m.
- Fan Fest presented by DICK'S Sporting Goods**
 City Hall Plaza | 11:00 a.m.-8:00 p.m.

Learn more about each of these events at www.baa.org.