

STEPPING STRONG

MARATHON TEAM

BRIGHAM HEALTH



BRIGHAM AND
WOMEN'S HOSPITAL

MARATHON MONDAY COLUMBUS DAY ²⁰²¹

**EAT, DRINK & SPEND
FOR A GREAT CAUSE!**

**PROFITS FOR THE DAY
SUPPORT THE
THE STEPPING STRONG CENTER**

WWW.BWHSTEPPINGSTRONG.ORG/



VISIT OUR SOUTH END RESTAURANTS

CÒSMICA
MEXICAN FOOD & BAR

THE BEEHIVE

MONDAY OCTOBER 11

DINING ROOM & BAR EARLY OPEN 3:00PM TO 11PM

RESERVATIONS

WWW.BEEHIVEBOSTON.COM WWW.COSMICABOSTON

BRIGHAM HEALTH



**BRIGHAM AND
WOMEN'S HOSPITAL**

The Gillian Reny

STEPPING STRONG

Center for Trauma Innovation

**BREAKTHROUGHS
Because of you.**

In-Person Runner Logistics

[Click here to read the in-person participant guide](#)

COVID-19 Health and Safety Protocols

- Acceptable vaccination proof: original paper copy, digital copy, photocopy, or photo
- Upon successful verification or negative COVID-19 test, participants will receive a bracelet which **must be worn at all times** throughout marathon weekend
- Masks required on participant transportation and other areas
- Masks will not be required while running the 26.2-mile course
- Questions? Email registration@baa.org

[Click here](#) to read more about health and safety protocols for Marathon weekend

Allowed and Prohibited Items

- Allowed:
 - One-gallon clear plastic bag to carry food items or sports drinks only (bag will be provided in your participant packet)
 - Waist pack, fuel belt, armband
- Prohibited:
 - Personal hydration system products (CamelBak®, Thor®, etc.) and glass containers
 - Vests, props, costumes, selfie-sticks
 - Backpacks, suitcases, rolling bags, strollers, chairs
 - Weapons
 - Any item larger than 5 inches x 15 inches x 5 inches

[Click here](#) to read more about allowed/prohibited items

Transportation and Team Meeting Spot

- Buses provided by the B.A.A
- Board bus on Charles Street
- Head over to the Stepping Strong meeting spot at Starbucks (★) BEFORE boarding your bus; Alexa and Ali will be there to take your photo and cheer you on!



Participant bracelet, bib, and mask required

Bus Loading and Start Times

	Group 1*	Group 2*	Group 3*	Group 4*	Group 5*	Group 6*
Team Meeting Spot	7:00am	7:30am	8:00am	8:30am	9:00am	9:30am
Bus loading	7:15am	7:45am	8:15am	8:45am	9:15am	9:45am
Estimated arrival in Hopkinton	8:05am	8:35am	9:05am	9:35am	10:05am	10:25am
Start time	9:00am	9:24am	9:48am	10:12am	10:36am	10:50am

*Please DO NOT attempt to board an earlier bus; you can take a later bus

[Click here](#) to read more about transportation to the start line in Hopkinton

Drop-Off In Hopkinton

- Athletes who wish to be dropped off in Hopkinton should be dropped off at 52 South Street, Hopkinton, MA (Dell/EMC campus)
- Drop and go location, you will not have the opportunity to wait in your vehicles
- Wait outside for the shuttle bus that will take you to the start line (approximately 15-20 ride)

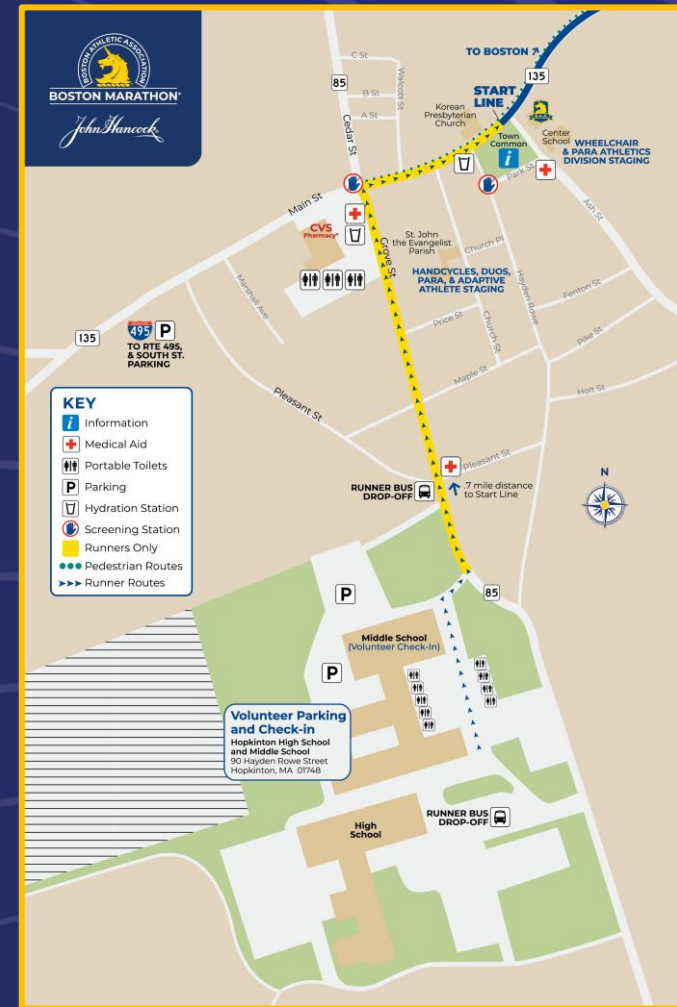
Participant bracelet, bib, and mask required

Please note that the B.A.A. recommends all athletes get to the start in Hopkinton by using the official B.A.A. buses.

Rolling Start in Hopkinton

Participant bracelet, bib, and mask required

- Use facilities, grab water, & stretch prior to walking to the start line
- Only official runners with a B.A.A. assigned bib number will be allowed to enter the start area
- Participants who do not follow race guidelines are subject to disqualification



[Click here](#) to read more about the start area

Cheering Location

- Intersection of Temple St. and Commonwealth Ave.
- 12pm – 4pm EST
- Noisemakers and signs provided!
- Limited street parking or take the commuter rail (West Newton stop)



Along the Course – Hydration & Nutrition

Three Maurten hydrogel locations:

- Mile 11.8 on the Wellesley town line
- Mile 17 in Newton
- Mile 21.5 just after Boston College

Maurten's Gel 100 (non-caFFEinated) and Gel 100 CAF 100 (caFFEinated) will be available in all three locations

Poland Spring Water & Lemon Lime Gatorade Endurance Formula stations will be set up along the course beginning at Mile Two

Finish Area Map



★ Indicates the Stepping Strong meeting spot post-race

Stepping Strong Team Bag Pickup

- 575 Boylston Street, 2nd Floor
- 12pm—7pm EST
- Runners ONLY
- Grab your gear and a goodie bag, change clothing and snap a photo before reuniting with family and friends!



In the event of an emergency, please establish a meeting spot located outside of the race perimeter where you can meet your family and friends

Please check www.baa.org for the
most up-to-date race weekend
details and updates