



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

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**STEPPING  
STRONG  
MARATHON TEAM**

# Meet the Brigham Running Team!

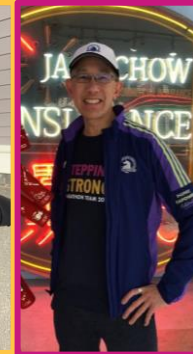


**Ali Luthman**  
**Alexa Ramer**  
**Caroline Rees**





# Congrats on raising over \$965,000!





# Meeting Agenda

- Welcome
- Team captain hello!
- Updates
- Fundraising milestones and challenges
- Everything you need to know about the 126th Boston Marathon
- Q&A



A few words from our fearless team captain



**Audrey Epstein Reny**  
Co-founder and team captain



# Stop the Bleed – Ukraine Impact



[Abbreviated Video](#)

[Full Video](#)



# Updates

## Meetings & Events

- **Saturday, March 26:** Support a Stepping Strong Runner Day!
- **Thursday, March 31:** Second team fundraising deadline of \$5,000
- **Saturday, April 16 (AM):** B.A.A. 5K (optional)
- **Saturday, April 16 (PM):** Team Pep Rally
- **Monday, April 18:** Marathon Monday!
- **Wednesday, April 20:** We Did It Wednesday! (virtual)
- **Thursday, June 30:** Fundraising deadline





# Gear

Gear is being sent on Thursday via UPS\* - Be on the lookout for a pink bag/box!

Singlet

OR

T-Shirt

&

Jacket



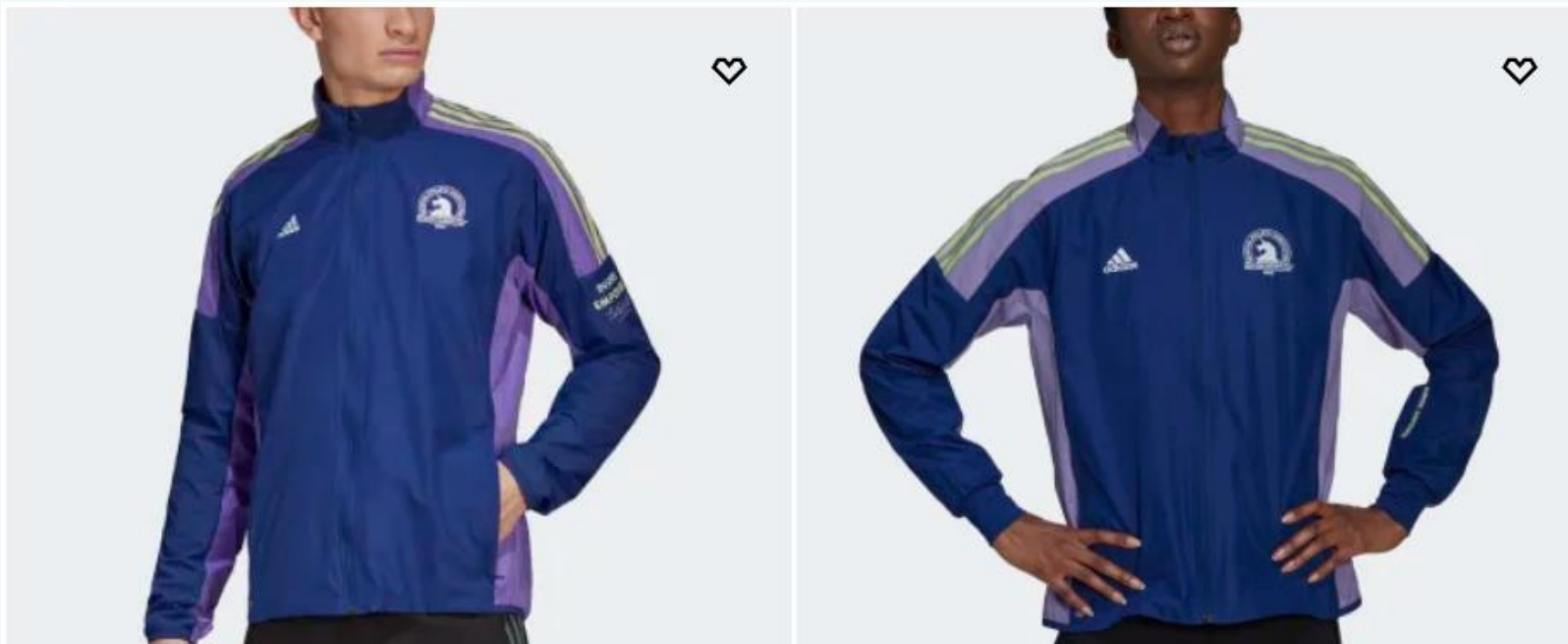
\*If your gear does not arrive by Wednesday, 3/30 or you have issues with sizing, please email us right away.

\*\*International runners, your gear could take up to two weeks to arrive.



# Official Boston Marathon Jacket

Purchase the official race jacket from Adidas by [clicking here](#)



# Send us your photos!

- Photo ideas
  - Stretching/preparing to run
  - Training/running outside and inside
  - In your Stepping Strong gear
  - Selfies and “point-of-view” shots are encouraged!
- Email to [marathonteam@bwh.harvard.edu](mailto:marathonteam@bwh.harvard.edu) or text to 774-262-0314
- Deadline: Sunday, April 3







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# Fundraising Milestones and Challenges

# Fundraising Milestones\*



**Raise \$8,000+ by March 31**

Pick 1: Unisex Sweatpants or Women's Leggings



**Raise \$1,000 OVER your commitment by April 30**

Pick 1: Sherpa blanket or any previous incentive



**Raise \$3,000 OVER your commitment by April 30**

Pick 1: Custom Sweatshirt or Finishers Shadow Box



\*Due to the global supply chain issues, items will be on a first come, first serve basis & some are subject to change due to availability.



# Marathon Madness!

Date	Fundraising Challenge	Prize	Winners
January 1 – 31	<b>Marathon Madness:</b> Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Vanessa W. & Michael S.
February 1 – 28	<b>Marathon Madness:</b> Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	David B. & Erin L./Michael D.
March 1 – 31	<b>Marathon Madness:</b> Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Two (2) winners
April 1	<b>Marathon Madness Championship:</b> Top fundraiser and runner who receives the most donations during the three-month challenge	Official Boston Marathon jacket	Two (2) winners





# Support a Stepping Strong Runner Day!

- When: Saturday, March 26
- Who: YOUR NETWORK!
- What: Individuals who support you with a **NEW\*** gift of \$50+ on your TeamRaiser fundraising page will receive a Stepping Strong baseball hat to wear on Marathon Monday!



[Click here](#) to access a sample email / social media post to send to your network!

*\*New gifts only made on 3/26. Past gifts of \$50+ are not eligible to receive this promotion. One (1) hat per donor.*

*\*\* Only gifts made on your personal TeamRaiser page will count. Offline gifts cannot be counted.*



# Support a Stepping Strong Runner Day!

Raise \$500+ on March 26 to be entered into a chance drawing for one of three pairs of courtside tickets for the Celtics vs. Washington Wizards on April 3 at 1PM!

*This could be you & a friend!*



# Fundraising Check-In Calls

**Fundraising check-in calls are available throughout the season to help runners reach their commitment.**

- When: Bi-weekly now through April 8
- Sign up here:  
<https://www.signupgenius.com/go/4090b4aa8ae2aa3f58-fundraising7>





# Everything you need to know about the 126th Boston Marathon

[Click here](#) to fill out the mandatory team weekend RSVP

# Social Media

Post photos on social media and tag the following accounts:

- Stepping Strong
- Boston Athletic Association
- Brigham and Women's Hospital

Use the following hashtags:

- #SteppingStrong
- #Boston126
- #BostonMarathon



# Boston Marathon Expo

## Mandatory for ALL runners

- What: Pick up your bib, race packet, and t-shirt
  - Don't forget to bring your photo ID!
- Where: Hynes Convention Center (900 Boylston St.)
- When:
  - Friday, April 15: 11am – 6pm
  - Saturday, April 16: 9am – 6pm
  - Sunday, April 17: 9am – 6pm





# DO NOT POST PHOTOS ON SOCIAL MEDIA WITH YOUR BIB NUMBER BEFORE THE RACE




# Pre-Race Pep Rally @ the Revere Hotel: April 16

- Time: 1:30PM – 3:30PM
  - 2:45PM: Speaking program / team photo
- Location: 200 Stuart Street, Grand Ballroom
- Who: Stepping Strong teammates & up to three (3) family members/friends!
- What: Food, mingling, sign & gear decorating, photo booth, short speaking segment, team photo and the chance to drop off your B.A.A. gear check bag with us!



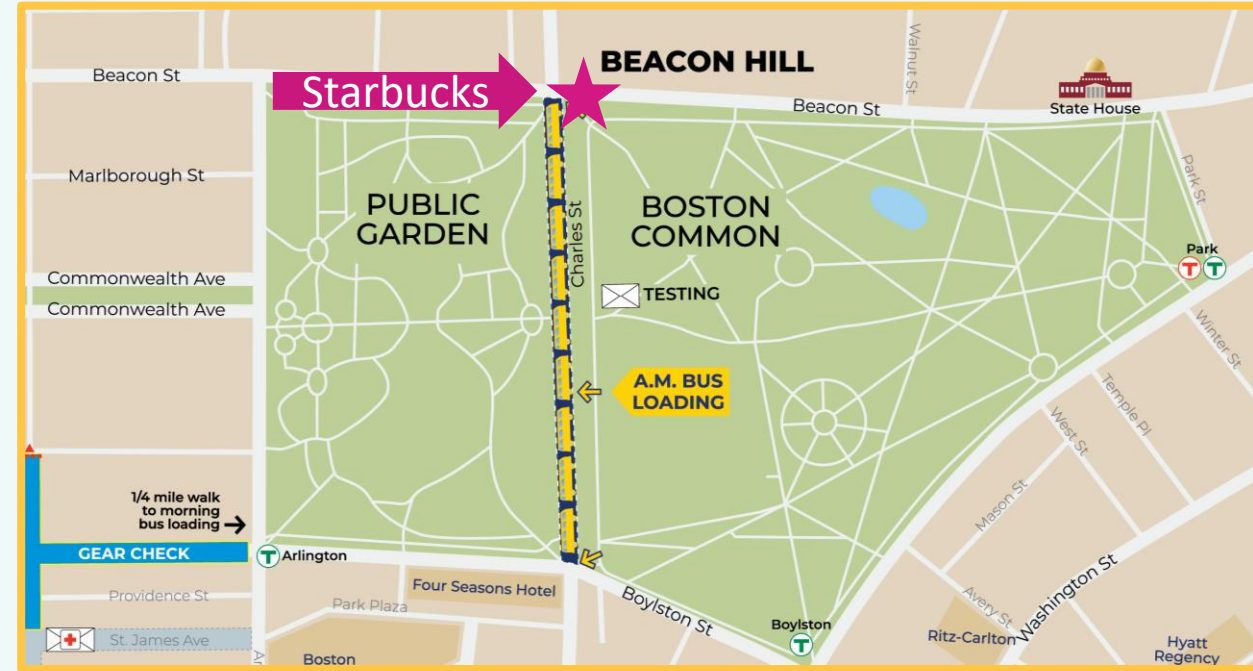
# Bus Loading and Start Times

 <b>126<sup>TH</sup> BOSTON MARATHON<sup>®</sup></b>   <i>John Hancock<sup>®</sup></i>			
<b>BOSTON MARATHON BUS LOADING SCHEDULE</b>			
	<b>BIB RANGE</b>	<b>BUS LOADING</b>	<b>START TIME</b>
<b>WAVE 1</b>	<b>250–7,700</b>	<b>6:45 a.m.</b>	<b>10:00 a.m.</b>
<b>WAVE 2</b>	<b>8,000–15,999</b>	<b>7:30 a.m.</b>	<b>10:25 a.m.</b>
<b>WAVE 3</b>	<b>16,000–23,999</b>	<b>8:15 a.m.</b>	<b>10:50 a.m.</b>
<b>WAVE 4</b>	<b>24,000–32,999</b>	<b>9:00 a.m.</b>	<b>11:15 a.m.</b>



# Transportation and Team Meeting Spot

- Buses are provided by the B.A.A
- Board bus on Charles Street between the Public Gardens and Boston Common
- Head over to the Stepping Strong meeting spot (★)  
BEFORE boarding your bus
- Our team will be there to take your photo and cheer you on!



## 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 minute ride)

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





# Start in Hopkinton

- 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
- Charity runners will have access to an **indoor** meeting space at Hopkinton High School in the Athletic Center
  - Wristband to access the space will be required - pickup at Revere Hotel on Saturday or Starbucks race morning before boarding the buses)



# 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



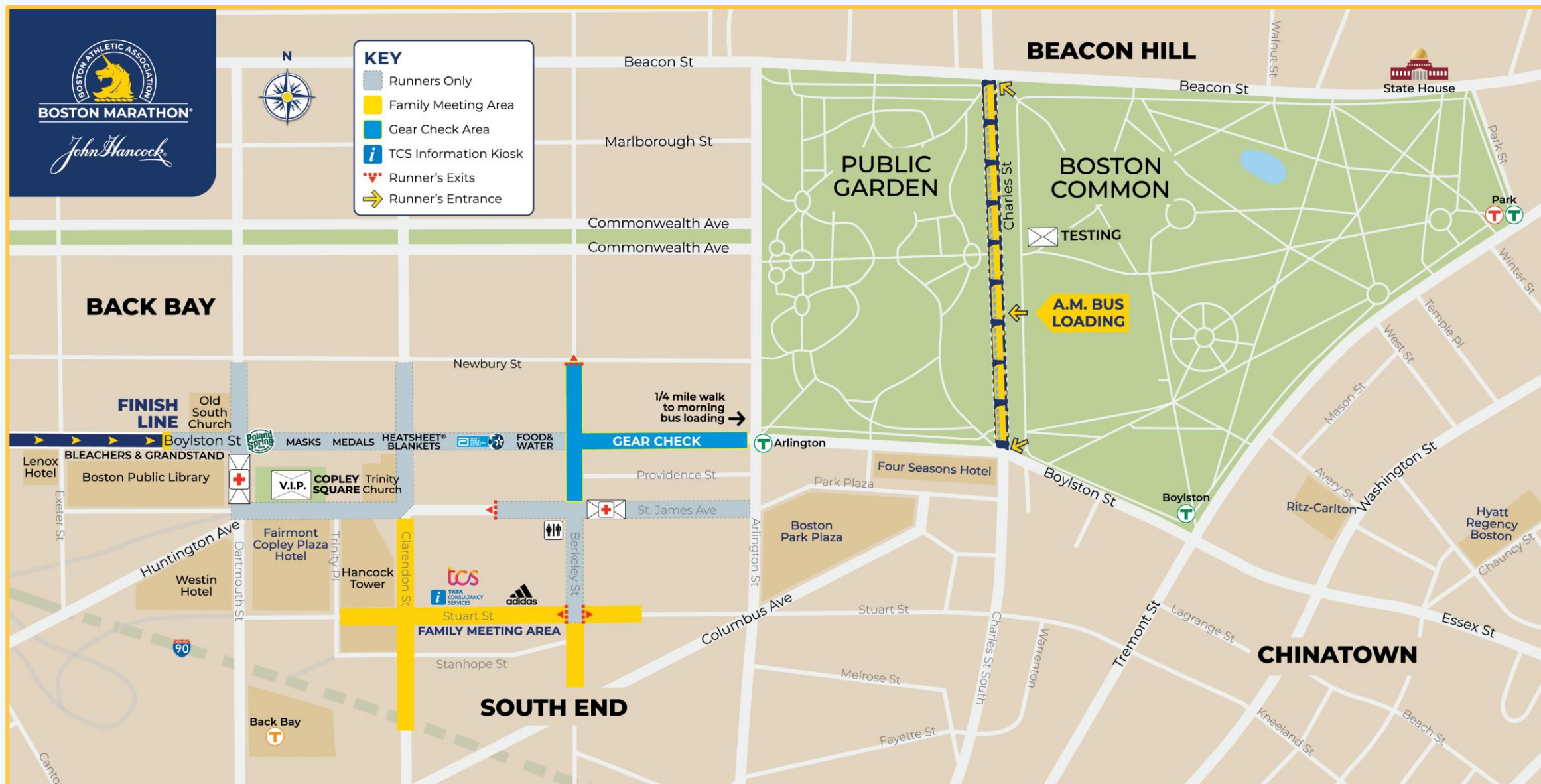
# Team Cheering Location

- 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)
- All family and friends are welcome to join!





## Finish Area Map



# Post-Race Meeting Spot

Come to the Revere Hotel after you complete your 26.2 miles to grab your gear bag, change, and get a goodie bag! (★)





## Top 5 takeaways

1. **Pep Rally:** Saturday, April 16 at the Revere Hotel from 1:30pm-3:30pm. Up to three (3) family members/friends are welcome to attend!
2. **Bag Check:** Drop off your B.A.A. gear check bag during the team pep rally at the Revere Hotel & we will have it for you when you finish your run!
3. **Expo:** April 15-17; Mandatory for all runners. You must bring your photo ID to pick up your bib.
4. **Transportation to Start:** Take the B.A.A. buses; board bus between the Public Gardens and Boston Commons.
5. **Post-Race Meeting Spot:** Head over to the Revere Hotel to meet your family, grab your gear bag, change, and get a goodie bag!



# We Did It Wednesday!

Wear your team jacket, medal and join us to celebrate your 26.2 finish! [RSVP via the runner portal.](#)

- When: Wednesday, April 20
- Time: 6 – 6:30pm EST
- Zoom:

<https://partners.zoom.us/j/82255884595?pwd=ZVRnMHN3NDk4bnptSU9HaXdnNjBlcz09>

- Meeting ID: 822 5588 4595
- Passcode: 435267

## Things to be on the lookout for:

- B.A.A. race day app
- Covid health and safety protocols
- Hydration and nutrition along the course

Continue to check [www.baa.org](http://www.baa.org) for the most up-to-date race weekend details and updates



*Participants who do not follow race guidelines are subject to disqualification*

# Questions?

Put them in the chat box or email  
[marathonteam@bwh.harvard.edu](mailto:marathonteam@bwh.harvard.edu)!