



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

STEPPING STRONG MARATHON TEAM



Congrats on raising over \$1.2MM!



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 or text to 857 523 8052
- Deadline: Wednesday, April 10



Meeting Agenda

- Team captain hello!
- Updates
- Everything you need to know about the 128th Boston Marathon
- Q&A



A Few Words



Steven Reny
Co-founder and team captain



Updates

Team Meetings & Events

- **Sunday, March 31:** Fundraising deadline of \$5,000 per runner
- **Friday, April 5:** Final fundraising/event check-in calls: [sign up by clicking here](#)
- **Saturday, April 13 (AM):** B.A.A. 5K with pre-and-post race gathering at Revere Hotel (optional)
- **Saturday, April 13 (PM):** Team Pep Rally at Revere Hotel
- **Monday, April 15:** Marathon Monday + Post-race gathering at Revere Hotel
- **Wednesday, April 17:** We Did It Wednesday! (virtual)
- **Saturday, June 1:** Final Fundraising deadline



Marathon Madness!

Date	Fundraising Challenge	Prize	Winners
January 1 – 31	Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Neila C. & Michael B.
February 1 – 28	Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Steve H. & Thor N.
March 1 – 31	Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Two (2) winners
April 1	Marathon Madness Championship: Top fundraiser and runner who receives the most donations during the three-month challenge	Official Boston Marathon jacket or any previous incentive	Two (2) winners



Fundraising Milestones



Raise \$9,000+ by March 31

Pick 1: B.A.A. Celebration Finishers Jacket or any previous incentive



Raise \$1,500 OVER your commitment by April 19

Pick 1: Quilted Jacket or Finishers Shadow Box



Raise \$3,000 OVER your commitment by April 19

Pick 1: Marmot Jacket or any previous incentive**

One incentive prize per participant based on fundraising threshold

*Teammates must pick between Singlet or Wicking T-Shirt for race day uniform

**Excluding Finishers Jacket



Official Boston Marathon Jacket

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



Race Day Gear

LAST chance to let BWH know if you need to change your sizing!

Email marathonteam@bwh.harvard.edu



Everything you need to know about the 128th Boston Marathon

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

STEP ONE

Click here

to fill out the
BWH **Mandatory**
Marathon
Weekend Form

STEP TWO

Click here

to save the
B.A.A. Participant
Guide to your
phone

STEP THREE

Click here

to download the
B.A.A. Racing App
to your phone

Social Media

Post photos on social media and tag the following accounts:

- Stepping Strong
- Brigham and Women's Hospital
- Boston Marathon
- Team B.A.A.

Use the following hashtags:

- #SteppingStrong
- #Boston128
- #oneBOSTON
- #BostonMarathon



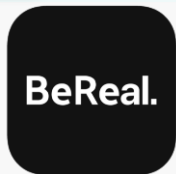
Boston Marathon Expo

Mandatory for ALL runners

- What: Pick up your bib, race packet, and B.A.A. shirt
 - Don't forget to bring your Government Issued Photo ID!
- Where: Hynes Convention Center (900 Boylston St.)
- When:
 - Friday, April 12: 11am – 6pm
 - Saturday, April 13: 9am – 6pm
 - Sunday, April 14: 9am – 6pm



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



BWH gear check @ the Revere Hotel: April 13

- Time: 1:30PM – 3:30PM
- Location: 200 Stuart Street, Grand Ballroom
- What: Drop off your B.A.A. gear check bag with BWH to pick up at the Revere following completion of the Marathon
- How:
 - Use the clear plastic gear bag provided by the B.A.A. at packet pick-up at the expo
 - Affix the name sticker to your approved gear bag before handing it to BWH personnel
 - The gear bag is separate than the Start Area Bag (a small one-gallon plastic bag that is the only allowed bag on B.A.A. buses and in Hopkinton)



Pre-Race Pep Rally @ the Revere Hotel: April 13

- Time: 1:30PM – 3:30PM
 - 2:30PM: 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, and team photo!



Bus Loading and Start Times

BIB NUMBERS	WAVE	BUS LOADING
201 - 7,999	1	6:45 a.m.
8,000 - 15,999	2	7:30 a.m.
16,000 - 23,999	3	8:15 a.m.
24,000 - 32,999	4	9:00 a.m.

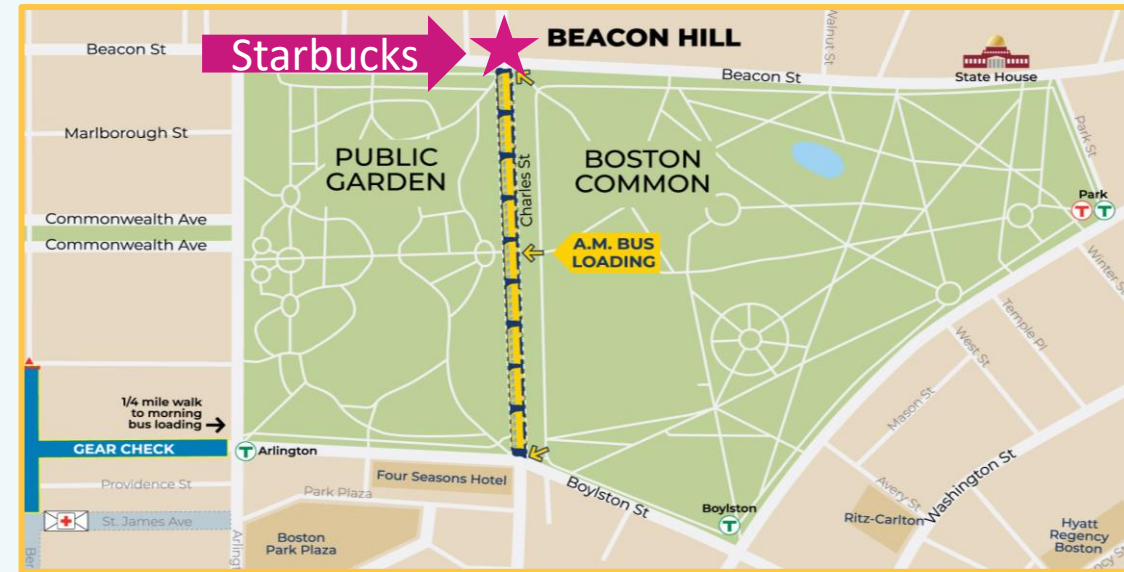
Transportation to the start is for official participants only.
Each participant must show their bib upon boarding.

THE LAST BUS WILL LEAVE BOSTON COMMON AT 9:30 A.M.



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, but not TOO early!
- Starbucks is a 1-minute walk to the bus loading area
- Our team will be there to take your photo and cheer you on!



★ Starbucks Address: Starbucks, 65-66 Beacon St, Boston, MA 02108



Drop-Off In Hopkinton

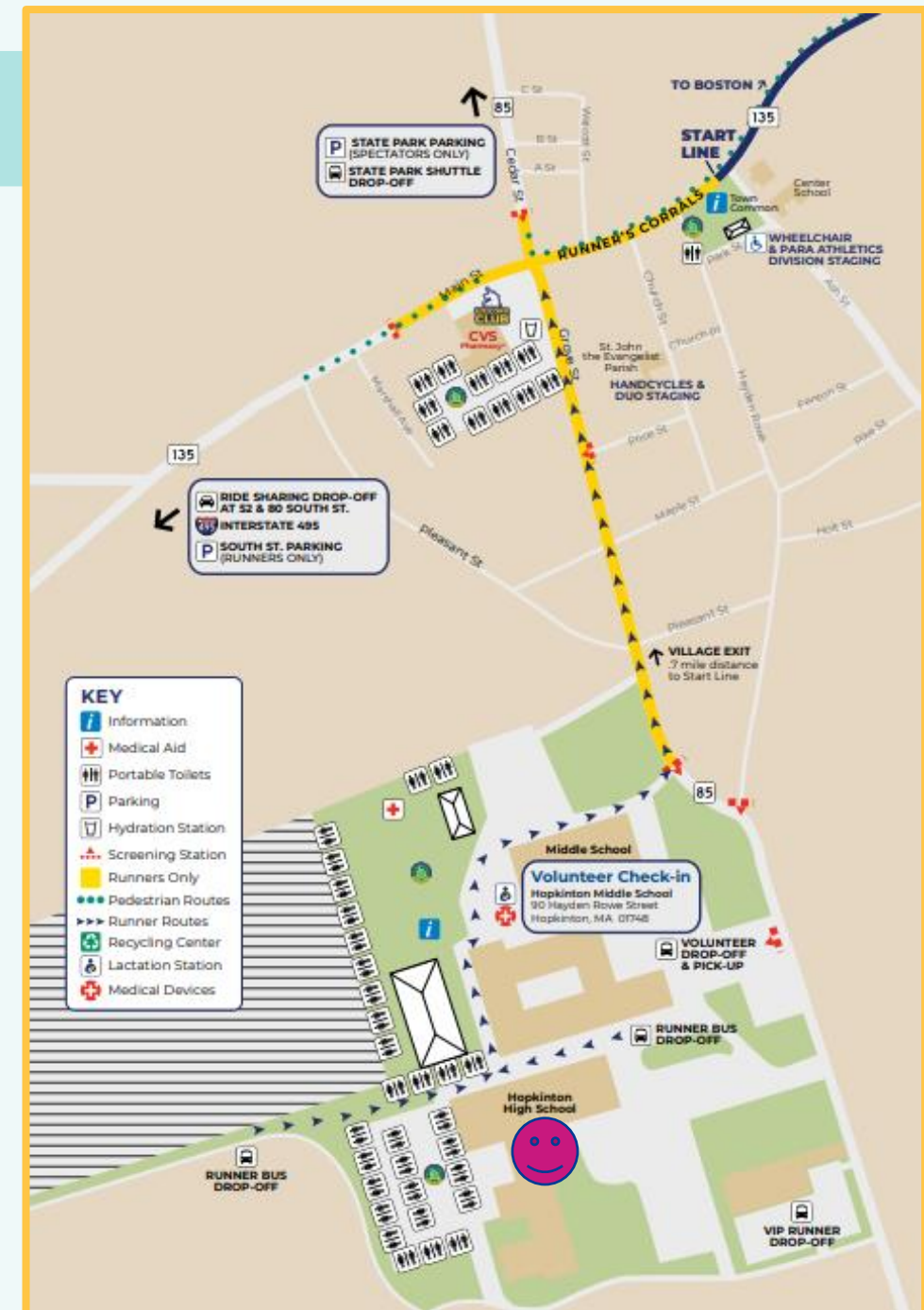
- Athletes who wish to be dropped off in Hopkinton should be dropped off at 52 South Street, Hopkinton, MA (Dell/EMC campus) and will then board a B.A.A. shuttle to get to the Athletes' Village area before the start.
- Drop and go location, you will not have the opportunity to wait in your vehicles
- Wait outside for the shuttle bus that will take you to the start line (approximately 15–20-minute ride)
- Limited transportation from Boston to Hopkinton will be available after the race at no charge - buses will run between 12:00 p.m. and 7:00 p.m. from Columbus Ave. between Berkeley and Clarendon Streets

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

- 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 (😊)
- Only runners who have a B.A.A. Gives Back decal on their race bib will be allowed into the high school
- Meet up with teammates, use facilities, grab water, & stretch prior to walking to the start line



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



What's On The Course



Poland Spring Water and **Gatorade** stations will be set up at every mile along the course beginning at mile two. Stations will be on both sides of the road.



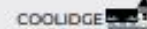
26 medical stations will be located along the course staffed with a variety of medical professionals. Please note that participants are solely responsible for any medical expenses incurred from participating in the Boston Marathon, including ambulance transfers and hospital stays.



Mile/kilometer signs will be located at every mile and 5K mark.



MarathonFoto will be out on the course taking photos of all participants. Be sure to smile for the camera!



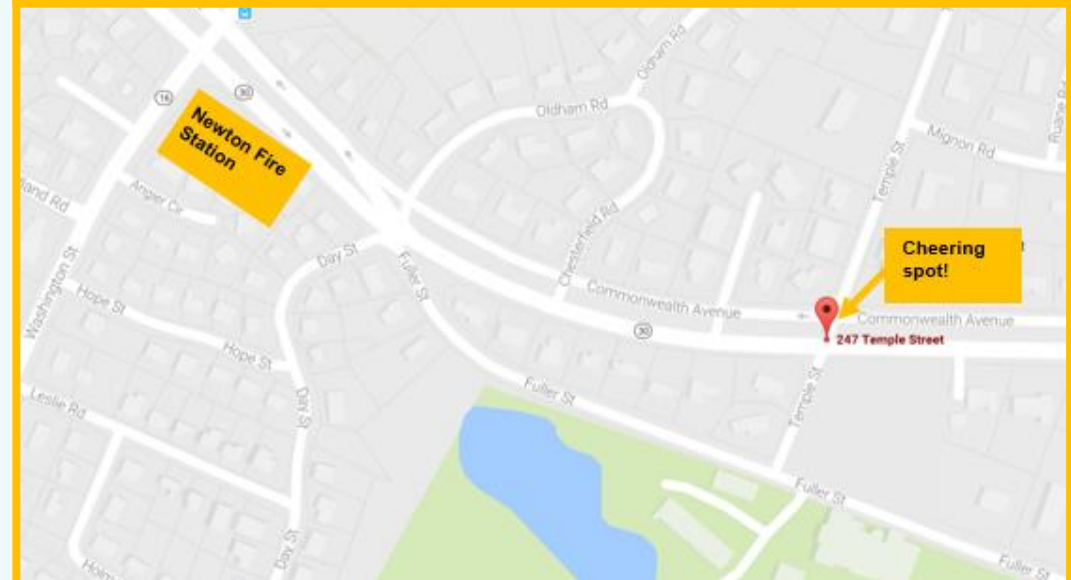
Portable toilets are located at every aid station. Please utilize these facilities as needed and respect private property.



Three **Maurten Hydrogel** Depots will be located at mile 11.8 on the Wellesley town line; mile 17 in Newton; and at mile 21.5 just after Boston College. **Maurten's Gel 100** (non-caffeinated) and **Gel 100 CAF 100** (caffeinated) will be available at all three locations.

Team Cheering Location

- What: A dedicated Stepping Strong branded cheering area - noisemakers and signs provided!
- Who: All family and friends are welcome
- When: 12pm – 4pm EST
- Where: Intersection of Temple St. and Commonwealth Ave. (GPS address: 247 Temple Street, Newton (Between mile 17-18))
- How:
 - Commuter Rail: Take the Framingham/Worcester line to the West Newton stop (~15-minute walk)
 - Subway: The closest Green Line stop is Woodland (~20-minute walk)
 - Driving: Public transit or rideshares are recommended transit methods. Parking is extremely limited and road closures will be in place.



“One mile to go Block Party”

- When: 10am – 4pm EST
- Where: Kenmore Square
- What: One Boston Day Blood Drive, Trauma Awareness Activities **AND** A Chance to win VIP Bleacher Seats
- How to win VIP Bleacher Seats:
 - Submit your name here by [clicking here](#)
 - One submission per runner
 - Winners will be announced on Friday, 3/29



Finish Line Map



Post-Race Meeting Spot

Come to the Revere Hotel after you complete your 26.2 miles to meet up with family, grab your gear bag, change, and snap a photo! (★)



Other Information

SPECTATORS

- [Click here to review the Spectator Guide](#) and read more on the B.A.A. website by [clicking here](#)

B.A.A. EVENTS

- Outside of the mandatory Boston Marathon Expo, the B.A.A. offers several **optional** events for runners and spectators
- Check out the [B.A.A. website](#) and review the Participant Guide to plan your weekend activities, being mindful to not be on your feet too long!
- Optional B.A.A. events include (but are not limited to):
 - Fan Fest (City Hall Plaza)
 - Mile 27 Post Race Party presented by Samuel Adams (Fenway Park)



Post-Race at Beehive and Cosmica

The Beehive

541 Tremont Street, Boston



Cosmica

40 Berkeley St, Boston



3pm—12am

100% of proceeds will benefit Stepping Strong!

Reservations are strongly recommended



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 17
- Time: 5:30pm – 6pm EST
- Zoom: <https://partners.zoom.us/j/88041650900?pwd=d2I3YVlCcmd3bWYrKzVXTjhCTFFwQT09>

Meeting ID: 880 4165 0900

Passcode: 962027

Top 7 takeaways

- 1. Take the following action:**
 - Complete the Mandatory BWH Runner RSVP Form by [clicking here](#).
 - Save the B.A.A. Participant Guide to your phone by [clicking here](#).
 - Download the B.A.A. Racing App to your phone by [clicking here](#).
- 2. Expo:** April 12-14; Mandatory for all runners to pick up your race day bib. You must bring your government issued photo ID.
- 3. BWH 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!
- 4. Pep Rally:** Saturday, April 13 at the Revere Hotel from 1:30pm-3:30pm. Up to three (3) family members/friends are welcome to attend!
- 5. Transportation to Start:** Take the B.A.A. buses; board bus between the Public Gardens and Boston Commons.
- 6. Post-Race Meeting Spot:** Head over to the Revere Hotel to meet your family, grab your gear bag, change, and snap a photo!
- 7. We Did It Wednesday!:** Wednesday, April 17 via zoom from 5:30pm -6pm



Questions?

Put them in the chat box or email
marathonteam@bwh.harvard.edu!