



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

**STEPPING
STRONG
MARATHON TEAM**



Congrats on raising over \$1.2MM!



Team Updates

Submit 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!
- Submit on the Runner Portal: [HERE](#)
- Deadline: Friday, April 4



Team Meetings & Events

- **Wednesday, March 26:** Support a Stepping Strong Runner Day
- **Monday, March 31:** Fundraising deadline of \$5,000 per runner
- **Friday, April 4:** Final fundraising/event check-in calls
- **Saturday, April 19:** Team Pep Rally at Revere Hotel
- **Monday, April 21:** Marathon Monday
- **Wednesday, April 23:** We Did It Wednesday! (Virtual)
- **Sunday, June 1:** Final Fundraising deadline



Support a Stepping Strong Runner Day!

- When: Wednesday, 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.*

*** Only 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 PRIZES!

All runners who get one \$50+ donation or more on **Support a Stepping Strong Runner Day** will be entered into a chance drawing to win one of the following:

- (2) After 1 pm Boston Marathon Bleacher Passes
- (4) Red Sox tickets and (4) \$50 food & beverage vouchers for the Sunday, April 20th Red Sox vs. White Sox game at 1:35pm
- (4) Complimentary passes to the Isabella Stewart Gardner Museum
- (4) Complimentary passes to the Museum of Fine Arts

**One winner per prize*

***Winners for each prize will be chosen at random*

****Winners will be emailed on Thursday, March 27th*



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	Madeline M. & Bill H.
February 1 – 28	Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Mary Catherine O. & Kristen F.
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



Final Two Fundraising Milestones!



Raise \$1,500 **OVER** your
commitment by April 21

Pick 1: Quilted Vest or Finishers Shadow Box



Raise \$3,000 **OVER** your
commitment by April 21

Pick 1: Under Armor Fleece or any previous incentive**



Official Boston Marathon Jacket

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



Revere Hotel Boston – Rooms Available!

- Where: [Revere Hotel Boston Common](#)
- Cost: \$499+taxes and fees per night
- For booking and questions please email Gabriela Pineda (GPineda@reverehotel.com) and Maria Martinez Aguilar (maguilar@heihotels.com)





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Everything you need to know about the 129th Boston Marathon

Check 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



[Click here](#)

to fill out our

MANDATORY Marathon Weekend Form

by APRIL 4

Social Media

Post photos on social media and tag the following accounts:

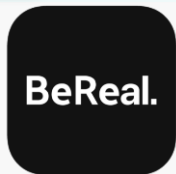
- Stepping Strong
- Brigham and Women's Hospital
- Boston Marathon
- Team B.A.A.

Use the following hashtags:

- #SteppingStrong
- #Boston129
- #MeetTheMoment
- #BostonMarathon



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



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 18: 10am – 7pm
 - Saturday, April 19: 9am – 7pm
 - Sunday, April 20: 9am – 6pm



Pre-Race Pep Rally @ the Revere Hotel: April 19

- Time: 1:00PM – 3:00PM
 - Schedule of program forthcoming!
- Location: 200 Stuart Street, Grand Ballroom
- Who: Stepping Strong teammates & up to three (3) family members/friends!
- What: Lunch, mingling, sign & gear decorating, photo booth, short speaking segment, and team photo!



BWH gear check @ the Revere Hotel: April 19

- Time: 1:00PM – 3:00PM
- 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)



Race Day Attire



All teammates received a t-shirt or singlet (whatever you selected) to wear on race day!

We highly suggest wearing it so our team photographers can spot you, however, the choice is completely yours on what to wear for your run.



Bus Loading and Start Times

BIB NUMBERS	WAVE	BUS LOADING	RACE START TIME
201 – 8,499	1	6:45 a.m.	10:00 a.m.
8,500 – 16,999	2	7:30 a.m.	10:25 a.m.
17,000 – 25,499	3	8:15 a.m.	10:50 a.m.
25,500 – 33,999	4	9:00 a.m.	11:15 a.m.

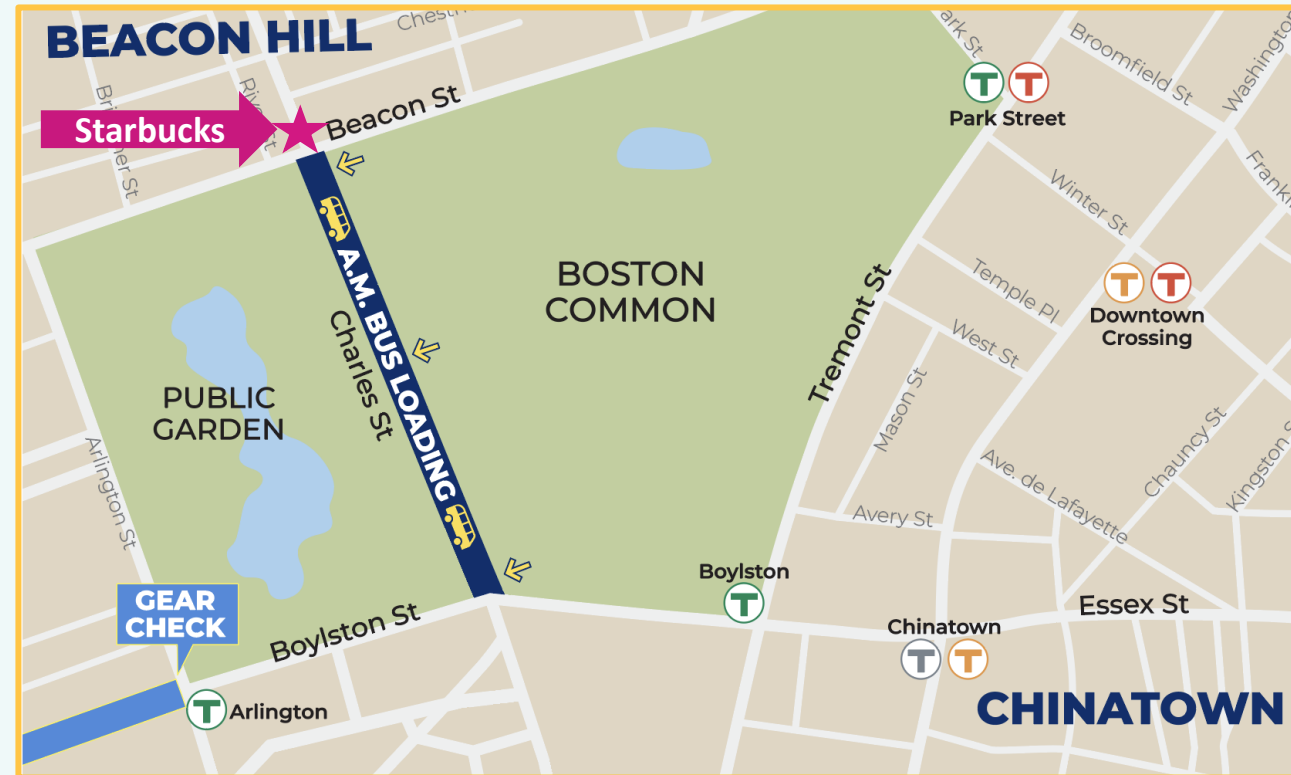
Transportation to the start is for official participants only.
Each participant must show their bib upon boarding.

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)
- Athletes 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

You do not have to start or run with other Stepping Strong teammates.



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 (bottles must be on liter or smaller), 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!



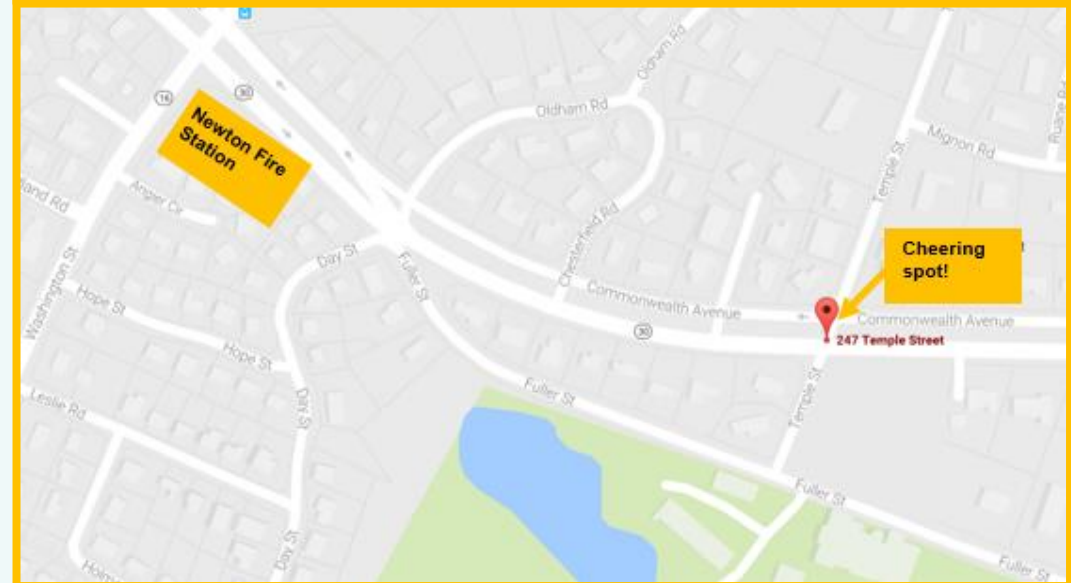
Portable toilets are located at every aid station. Please utilize these facilities as needed and respect private property.



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 #1 – Newton, MA

- 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.



Team Cheering Location #2 – Kenmore Sq.

- What: One Mile To Go Block Party! Will include an exclusive Stepping Strong Team cheering area and more!
- When: 11am – 5pm EST
- Where: Kenmore Square, 1-mile to go!
- Who: All family and friends are welcome (pass required)
- How:
 - Commuter Rail:
 - Take the Framingham/Worcester line to Lansdowne Station stop (~10-minute walk)
 - Subway:
 - Kenmore Square Tee Stop: There will be signs in the station to direct you to the Block Party Event.
 - Fenway Tee Stop (~10-minute walk): The underground pathway between one side of Comm Ave to the other side of Comm Ave in Kenmore Square WILL be open to cross to the marathon route and get to the event.
 - Blandford St. Tee Stop (~9-minute walk)
 - Driving:
 - There is limited/ no parking in Kenmore Sq. on race day and we suggest all supporters access Kenmore Sq. via public transportation. However, if a car is required, you should park as close to Agganis Arena/BU side of Commonwealth Avenue and walk to Kenmore Sq. Please obey all traffic stops, no parking signs, etc., as some places indicate you cannot park there.



Kenmore Sq. Entry Pass

- Share this pass with your friends and family who will want to cheer you on in Kenmore Square!
- This pass will be required (electronically or printed) to enter the Kenmore Sq. Stepping Strong Cheer Zone Area



**STEPPING STRONG
MARATHON TEAM**

Cheer Zone

Entry Pass



April 21, 2025

Finish Line Map



Post-Race Place @ the Revere Hotel: April 21

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! (★)

Runners will receive a goodie bag, but there will be no refreshments for guests.

This area is intended for quick transitions, not for gathering.

We encourage runners and their families to use this space as a meeting point before heading out to celebrate.



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 (coming soon!) 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)



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 23
- **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](#).
- 2. Expo:** April 18-20; 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 19 at the Revere Hotel from 1:00pm-3:00pm. 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 23 via zoom from 5:30pm -6pm



Other FAQ's

•Will you provide any to go breakfast items or nutrition on race morning?

- Race morning nutrition is the responsibility of the runner. You will be able to take a one-gallon clear plastic bag to carry food items or sports drinks only on the buses (bag will be provided in your participant packet). Are you curious about how to eat race morning? Reach out to Coach John.

•How does the start of the race work?

- Runners will be assigned a wave (color of your bib) and corral (upper corner on your bib).
- You can read more here from the B.A.A.: <https://www.baa.org/races/boston-marathon/enter/start-area>

•Where can my spectators see me on race day?

- The Brigham Stepping Strong team will have TWO cheering spots on race day for your family and friends to join us at!
 - Location #1: Newton, MA
 - Location #2: Kenmore Square
- Click here to read additional spectator information provided by the B.A.A.: <https://www.baa.org/races/boston-marathon/watch/spectators>

•What is the course like?

- Click here to review course details provided by the B.A.A.: <https://www.baa.org/races/boston-marathon/enter/course-information>
- If you have additional questions about the course, email team coach John Furey or ask alumni in Strava!

•Can my family stand at the finish line?

- No. The closest family can get to the finish line without finish line passes is Ring Road.

•Where will family members be able to meet me after I have finished the race?

- You have two options to meet with your family after the race:
 - Option #1 - Brigham's Post Race Place at the Revere Hotel: Head to the Revere Hotel after your 26.2 miles to reunite with family, grab your gear, change, and take a photo! Runners get a goodie bag, but no guest refreshments. This space is for quick transitions, not gatherings—meet up, then head out to celebrate!
 - Option #2 - B.A.A. Family Meeting Area: Arrange to meet friends or family in the Family Meeting Area on Stuart, Berkeley, and Clarendon Streets following the race, which will feature alphabetical signs for easy reuniting.

•Post-Race Participant Communications

- Please read these important post-race communications provided by the B.A.A. by [CLICKING HERE](#).



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Questions?

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

