



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

**STEPPING
STRONG
MARATHON TEAM**



A Few Words

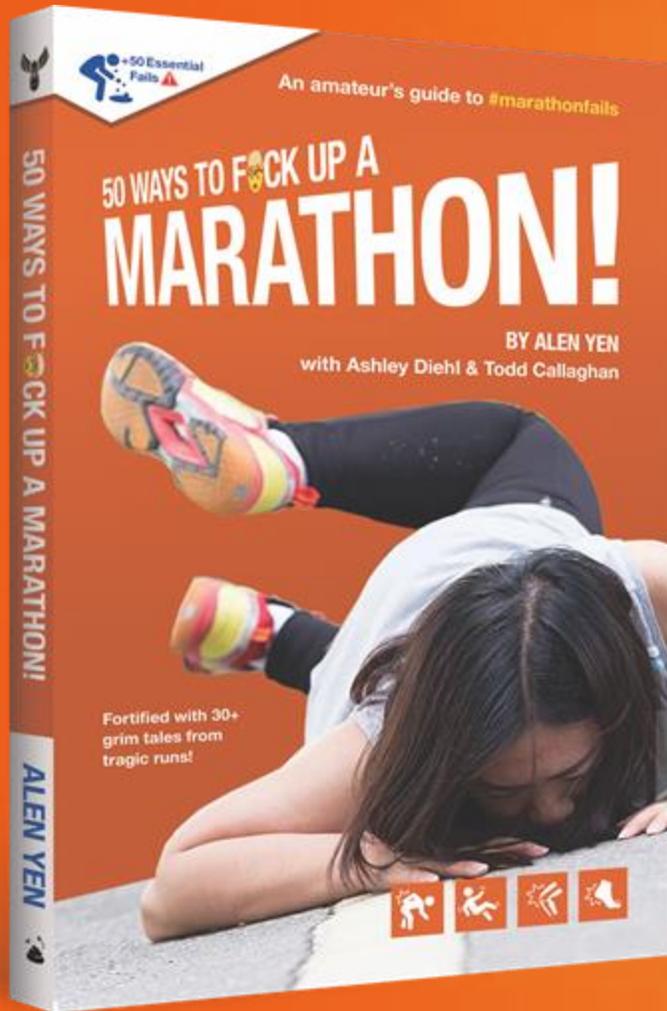


Audrey Epstein Reny
Co-founder and team captain



HI. I'M ALEN





RUN COACH
SHOE TESTER
WICKED RUN CLUB AMBASSADOR
22 MARATHONS + ULTRAS
RECENT AUTHOR, ON A MISSION, and

**EXCITED FOR
YOUR RACE!**

SEE YOU AT MILE 17!

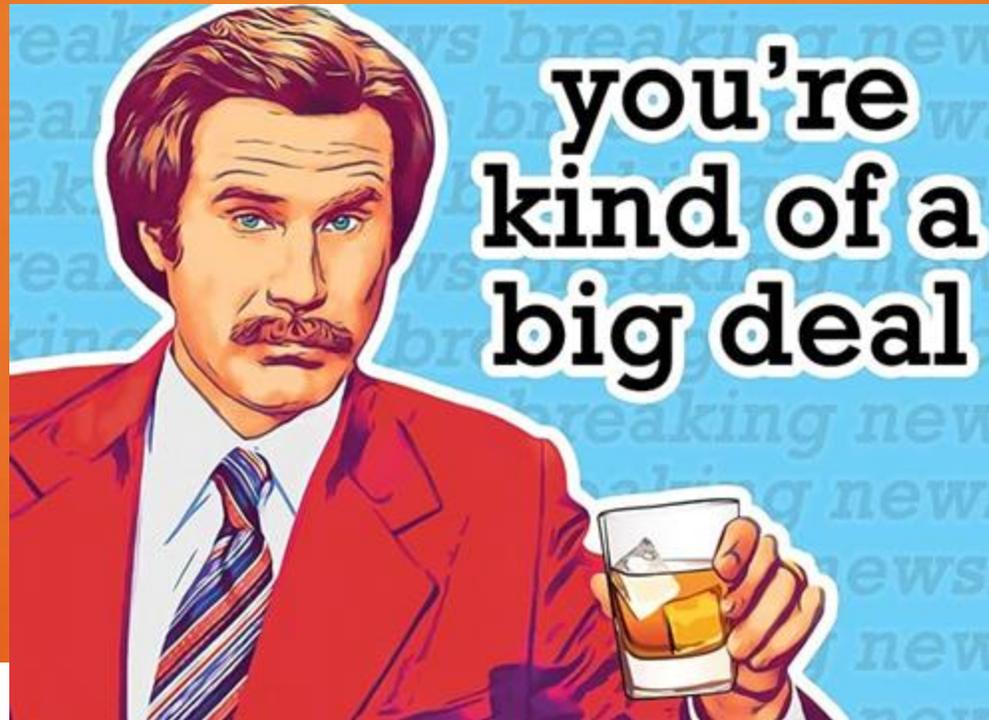
STEPPING STRONG

FIVE REASONS YOU'RE CRUSHING BOSTON!



1

YOU'RE KIND OF
A BIG DEAL



ELITES...(YAWN)





"...IN A BLIZZARD!"

2

YOU'RE ABOUT TO CHILL

TAPER IS COMING



REDUCED MILEAGE

CHILLING OUT

STAYING AWAY FROM NEWS

NOT TRYING WEIRD STUFF

**2-10%+
BOOST**



3

ON RACE DAY, YOU'LL

START LIKE JACK





BEST MOVE?

DIDN'T...GO OUT...
TOO FAST...

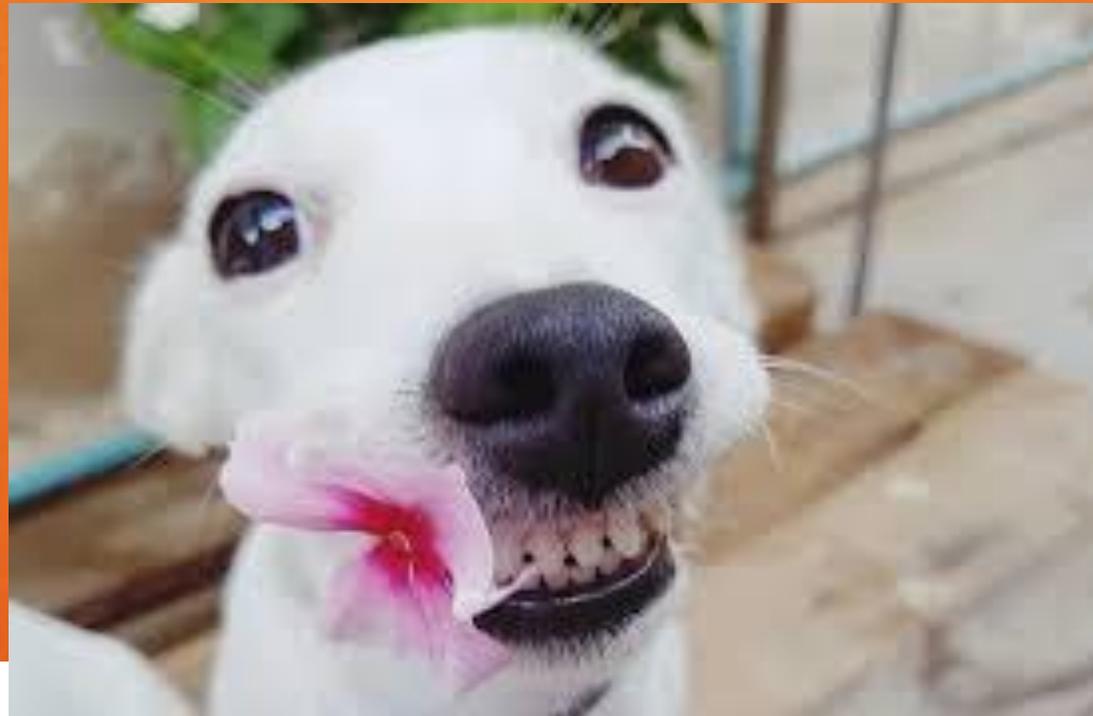
#@\$%ING
LEGEND

WORST MOVE?

WENT...OUT...
TOO FAST...

4

ON THE COURSE, YOU'LL
SLAP+SMILE :)





500k+ CHEERLEADERS

SCREAMING YOUR NAME

5

MOST OF ALL, YOU'LL

STEP STRONG!



GILLIAN RENY
STEPPING STRONG CENTER
FOR TRAUMA INNOVATION



33+



12 YEARS
MILLION RAISED



150+ procedures completed using Ewing's groundbreaking approach



2,130+ surgical cases performed by our fellows



7,800+ participants empowered with lifesaving skills to respond in an emergency



230+ organizations trained in public emergency response training programs



200+ patient visits made to our collaborative care model clinic



85 patients assisted through our trauma survivor fund



Q+A?



IT'S A PRIVILEGE

STAY GRATEFUL



THANK YOU !



<https://www.amazon.com/dp/B0FTYCGF3X>



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

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 3



Team Meetings & Events

- **Thursday, March 26:** Support A Stepping Strong Runner Day!
- **Tuesday, March 31:** \$7,500 fundraising deadline
- ***NEW* Wednesday, April 1:** Athletes who raise \$25,000+ will receive 2 After 1PM Finish Line passes
- **Friday, April 3:** \$15,000+ fundraising milestone
- **Saturday, April 18 (7-10am):** Boston 5K (optional)
- **Saturday, April 18 (1-3pm):** Team Pep Rally at Revere Hotel
- **Monday, April 20:** Marathon Monday
- **Monday, April 20:** \$5,000+ over-commitment fundraising prize milestone
- **Wednesday, April 22:** We Did It Wednesday!
- **Monday, May 11:** Final fundraising deadline



Support a Stepping Strong Runner Day!

- **When:** Thursday, March 26
- **Who:** YOUR NETWORK!
- **What:** Individuals who support you with a NEW* gift of \$100+ on your TeamRaiser fundraising page will receive a Stepping Strong baseball hat to wear on Marathon Monday!
- **How:** [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 \$100+ 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.*



Marathon Madness!

| Date | Fundraising Challenge | Prize |
|-----------------|--|---|
| January 1 – 31 | Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser | Custom Stepping Strong Swag |
| February 1 – 28 | Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser | Custom Stepping Strong Swag |
| March 1 – 31 | Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser | Custom Stepping Strong Swag |
| 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 |



Final Two Fundraising Milestones!



Raise \$15,000+ by April 3

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



Raise \$5,000 OVER your commitment by April 20

Pick 1: Shadow Box or Box Pullover Hoodie or any previous incentive*



Official Boston Marathon Jacket



[Click here for Women's](#)



[Click here for Men's](#)





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

Everything you need to know about the 130th 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 3

Social Media

Post photos on social media and tag the following accounts:

- **Facebook:** Bank of America, Boston Marathon, Boston Athletic Association, Mass General Brigham, Stepping Strong, Brigham and Women's Hospital
- **Instagram:** @bankofamerica, @bostonmarathon, @teambaa, @massgeneralbrigham, @steppingstrongcenter, @brighamandwomens
- **LinkedIn:** Bank of America, Boston Athletic Association, Mass General Brigham, The Gillian Reny Stepping Strong Center for Trauma Innovation, Brigham and Women's
- **Threads:** @BankofAmerica
- **TikTok:** @boston_marathon
- **X/Twitter:** @BankofAmerica, @BostonMarathon, @BAA, @MassGenBrigham, @steppingstrong1, @BrighamWomens

Use the following hashtags:

- #SteppingStrong
- #Boston130
- #ReasonToRun
- #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 17: 10:00 a.m. – 7:00 p.m.
 - Saturday, April 18: 9:00 a.m. – 7:00 p.m.
 - Sunday, April 19: 9:00 a.m. – 6:00 p.m.



Pre-Race Pep Rally @ the Revere Hotel: April 18

- **Time:** 1:00PM – 3:00PM
- **Location:** 200 Stuart Street, Silver Ballroom/Liberty Hall. Parking is available in the Revere Hotel garage, and the cost is the responsibility of the runner/guests.
- **Who:** Stepping Strong teammates & up to three (3) family members/friends!
- **What:** Light lunch, mingling, sign & gear decorating (**don't forget to bring your singlet if you want to add your name/decorate!**), photos with Meb Keflezighi, photo booth, short speaking segment, and team photo!
- **Schedule of events:**
 - 1pm – 2:15pm: Doors open, lunch is available, and activities
 - 2:15pm: Speaking segment
 - 2:30pm: Team photo immediately following the speaking segment and photo opportunity with 2014 Men's Boston Marathon winner, Meb Keflezighi
 - 3pm: Event concludes



Stepping Strong Gear Check @ the Revere Hotel: April 18

- **Time:** 1:00PM – 3:00PM
- **Location:** 200 Stuart Street, Silver Ballroom/Liberty Hall
- **What:** Drop off your B.A.A. gear check bag to pick up at the Revere following completion of the Marathon
- **How:**
 - Use the clear finish area gear bag provided by the B.A.A. at packet pick-up at the expo (we recommend going to the expo **BEFORE** the pep rally so you have the right bag!)
 - Affix the name sticker to your approved gear bag before handing it to staff member
 - 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)



Gear Check FAQ

- **What if I cannot make the pep rally but want to drop off my finish area gear bag with BWH?**
 - No problem! Email marathonteam@bwh.harvard.edu and we will coordinate logistics.
- **What if I do not want to drop off my gear bag with BWH?**
 - The choice is yours! If you prefer to use the B.A.A. gear check on race morning, you may check your clear, plastic finish area gear bag at designated gear check areas on Boylston Street and Berkeley Street beyond the finish line. This area is two blocks east of the finish line and one block west of the Boston Public Garden.
- **What is the difference between the start area bag and the finish area gear bag**
 - The **start area bag** is meant for items you want to have pre-race in Hopkinton. This one-gallon clear, plastic bag is to carry food items or sports drink. This bag is subject to search and is allowed on the official buses.
 - The **finish area bag** is meant for items you will need after the race like a change of clothes, finishers jacket, personal hygiene items, etc.



^Example of B.A.A. clear, plastic one gallon start area bag



^Example of B.A.A. clear, plastic finish area gear bag



Race Day Attire



All teammates received a singlet 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 Times

| BIB NUMBERS | WAVE | BUS LOADING |
|------------------------|-------------|--------------------|
| 201 – 8,199 | 1 | 6:45 a.m. |
| 8,200 – 11,999 | 2 | 7:30 a.m. |
| 12,000 – 15,999 | 3 | 7:30 a.m. |
| 16,000 – 21,299 | 4 | 8:00 a.m. |
| 22,300 – 26,699 | 5 | 8:00 a.m. |
| 26,700 – 33,699 | 6 | 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.



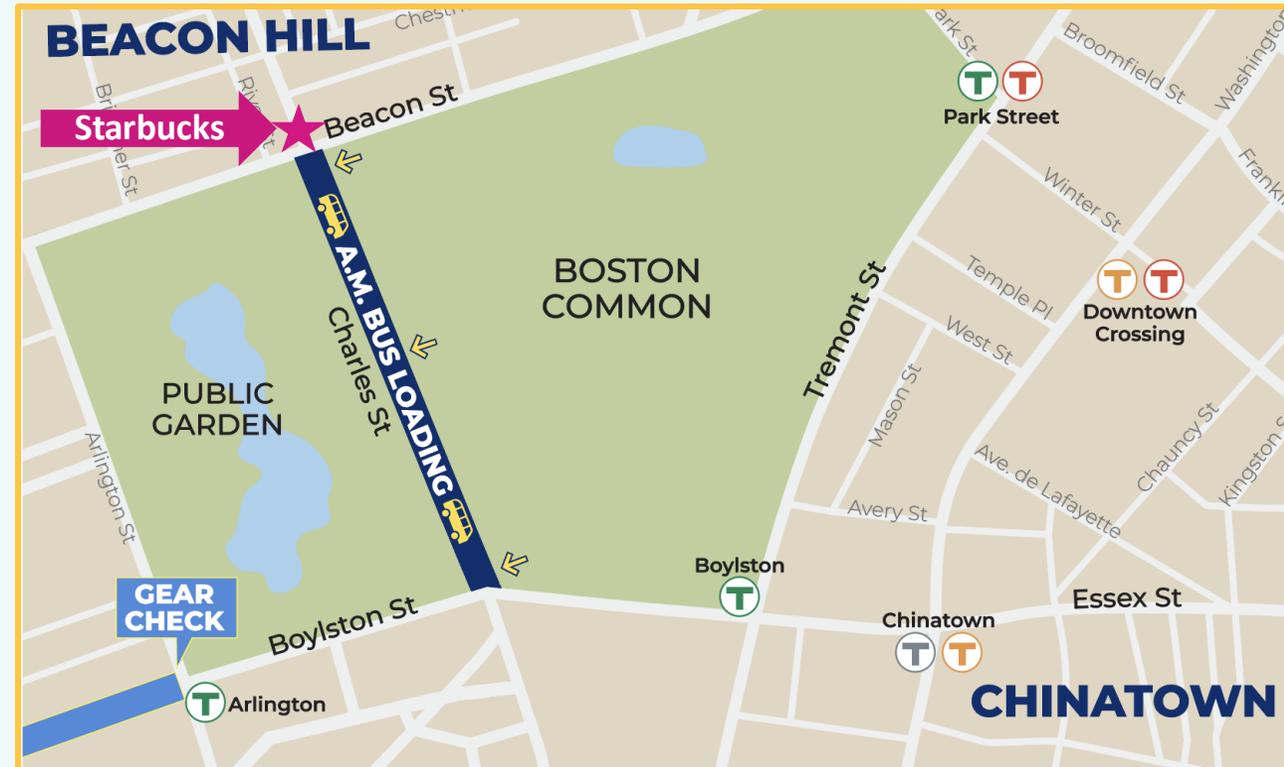
Start Times

| BIB NUMBERS | WAVE | Start |
|------------------------|-------------|-------------------|
| 201 – 8,199 | 1 | 10:00 a.m. |
| 8,200 – 11,999 | 2 | 10:15 a.m. |
| 12,000 – 15,999 | 3 | 10:28 a.m. |
| 16,000 – 21,299 | 4 | 10:41 a.m. |
| 22,300 – 26,699 | 5 | 11:01 a.m. |
| 26,700 – 33,699 | 6 | 11:21 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's 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 (~15–20-minute ride) to get to Athletes' Village area before the start.
- Drop and go location: you will not have the opportunity to wait in your vehicles
- 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

YES

Participants may carry these items on race day.
All such items will be subject to inspection.



ONE FANNY PACK

Not larger than 5x15x5 inches, to carry food, medicine, identification, phone, keys, or other similar small items



ARMBAND

That can carry a cellular phone, mp3 player, or small camera



STANDARD MANUFACTURED "FUEL BELT"

Bottles must be 1 liter or smaller



BLANKET OR TOWEL

Worn around the shoulders like a cape or held loose, but not in a bag. **Must be left at Athletes' Village staging area.**



HEAT SHEETS

Worn around the shoulders like a cape or held loose, but not in a bag. **Must be left at Athletes' Village staging area.**



HEADPHONES

Discouraged, but permitted

NO

On race day, runners will be prohibited from carrying of these items.



BAGS LARGER THAN 1 GALLON

- Backpacks or any similar items carried over the shoulder
- Handbags of any size
- Personal hydration systems
- Weight vests or any sort of vest with pockets
- Suitcases and rolling bags of any kind



CERTAIN CONTAINERS

Including glass, cans or any container capable of carrying more than 1 liter of liquid



COSTUMES

Including those covering the face or any non-form-fitting, bulky outfits extending beyond the perimeter of the body



SELFIE STICKS

Including any extendable equipment that may hold a camera or recording device



PROPS

Including sporting equipment, military, and fire gear. Signs or flags larger than 11x17 inches, and flagpoles



ANY ITEM LARGER THAN 5 x 15.5 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 – Kenmore Sq.

- **What:** One Mile To Go Block Party / Exclusive Stepping Strong Team cheering area (and more!)
- **When:** 11am – 5pm EST
- **Where:** Kenmore Square
- **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

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

**STEPPING STRONG
MARATHON TEAM**

**Cheer Zone
Entry Pass**

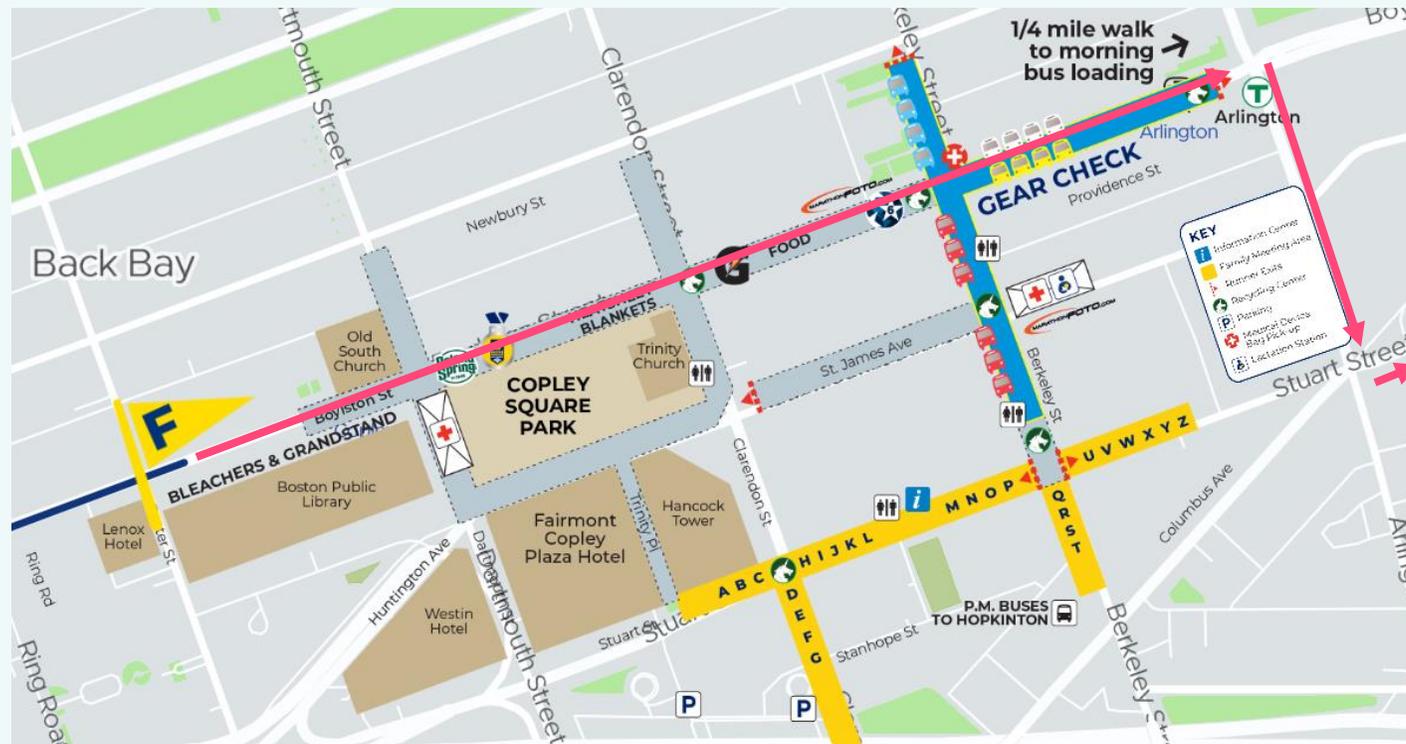


April 20, 2026



Post-Race Place @ the Revere Hotel

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](#) to plan your weekend activities, being mindful to not be on your feet too long!
- Optional B.A.A. events [found here](#)



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 22
- Time: 5:45pm – 6pm EST
- Zoom Info:
 - <https://mgb-org.zoom.us/j/3274495934?omn=86831581537>
 - Meeting ID: 327 449 5934

Other FAQ's

•Is there opportunity to buy any other Stepping Strong branded items?

- No, however, by taking part in 'Support A Stepping Strong Runner Day' you and your donors can receive a baseball hat!

•After the race, what is it like trying to get out of Boston?

- There will be congestion, but it's very doable.

•What is your advice for family members coming in to spectate the race? Can my family expect to be able to watch me run in multiple points on the course if they have a car, or would they miss the finish while trying to park in the Copley area?

- We recommend choosing viewing location(s) in advance with your spectators. Road closures and heavy traffic make it difficult to move along the course with a car, so consider public transportation. Be sure to use the B.A.A. runner tracking app and have a post-race meeting plan, as cell service can be unreliable.
- [Click here](#) to read spectator information provided by the B.A.A.
- The Stepping Strong team will have a cheering spot on race day for your family and friends to join us at in Kenmore Square

•Is there emergency contact information for my family if they need to reach out to someone?

- Have your family and friends save/contact Ali Luthman Wheeler, (m) 857 505 1225, (e) marathonteam@bwh.harvard.edu with any questions or concerns on race day

•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 - Post Race Place at the Revere Hotel
 - 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.



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

Questions?

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

