

RACE DAY INFORMATION

START: The race will start on Beacon Street between Park Street and Charles Street at Noon.

LOCATION: The race day activities will be located at The Boston Common Parade Grounds. Please see the map/site plan for the exact location of our race day activities.

HOW TO GET THERE: We encourage you to arrive at the Boston Common early, as several roads surrounding the Common will be closed by 10:00 am. Use of public transportation is strongly recommended. The race site is within easy walking distance from the Boylston or Arlington Street MBTA Stops (Green Line) or Park Street MBTA Stop (Red or Green Line). Parking on race day is limited. The Boston Common Garage will be open for entry until 11:00 am. It will be closed for entry from 11:00 am – 2:00 pm. You can also expect exit delays from 11:00 am – 2:00 pm.

BRING WITH YOU: Race number with ChronoTrack Timing Tag, safety pins, site plan of race activities, and warm-up clothing.

IMPORTANT: To ensure the safety of all participants, iPods, CD players and Rollerblades are not permitted on the course.

BAGGAGE CLAIM: There will be a baggage claim on the Boston Common Parade Grounds for your bags. Your baggage claim ticket, which is located on your number, will be used to correctly identify your baggage. You must show your race number to claim your baggage. Race management will not be held responsible for lost or stolen articles. All baggage must be claimed following the race and before 2:00 pm.

RACE TIMING: The race will be timed by the ChronoTrack Timing System.

How the ChronoTrack System Works: When you receive your number, you will notice that a ChronoTrack Timing Tag has been pre-assigned and affixed to your bib number. This tag contains a microchip which identifies you with your bib number through radio frequency identification technology. On race day, please follow these simple directions to place your ChronoTrack tag onto your sneaker:

1. Remove shoe tag and directions from your bib number
2. Separate the shoe tag from the directions by folding at the perforation and tearing apart
3. Crease the tag on fold lines
4. Insert shoe tag under laces face down (so the number is facing down)
5. Remove adhesive tab (under the black area)
6. Attach the adhesive tab to non adhesive tab
7. Press together firmly forming a “D” shape
8. Position the tag number side up – the rounded part of the “D” should be above the laces.

The tag only works when placed properly **ON THE SHOE**. Runners who leave the tag on their race number will not receive a finishing time.

The ChronoTrack tag is disposable so you don't have to worry about returning it to race management after the race. Simply detach it from your sneaker after you have exited the water and food area.

THE RACE WILL START AT EXACTLY 12:00 NOON

SEEDING: Each person is seeded according to their pace per mile. (Please refer to Seed Order Section below.) Please listen to the announcements for your seed to be called and follow the pathways (see site plan) toward the top of Beacon Street. All walkers must seed themselves after the 10-minute mile pace. The seedings will be carefully marked with balloons and signs on Beacon Street behind the starting line. It is important to stay in your seed at the start to ensure smooth running throughout the race. A slower runner or walker at the front of the pack could lead to injuries, should she not be able to keep up with the flow of the seed. With the ChronoTrack timing system, your start time does not begin until you cross the mats at the start line, so don't worry about the time it takes to cross the line after the gun sounds. Do not try to run on either side of the mats, as your tag will not begin timing if you miss the mats.

SEED ORDER:

Seed Pace (minutes per mile) Estimated Race Time in Minutes

Seed 1 5:00-6:00 31:00-37:00

Seed 2 6:00-7:00 37:00-43:30

Seed 3 7:00-8:00 43:30-49:30

Seed 4 8:00-9:00 49:30-56:00

Seed 5 9:00-10:00 56:00-62:00

Seed 6 10:00 and over / Over 62 minutes

Walkers

MEDICAL INFORMATION: IF YOU FEEL ILL—STOP RUNNING!

If you need help during the race, move over to the side of the road and contact the nearest Course Marshal or Police Officer. They will alert the Boston EMS medical bike team or ambulance that medical assistance is needed. If you see another runner in distress, please notify the nearest Course Marshal or Police Officer with the injured runner's location.

Fill out the backside of your number with any medicinal allergies you might have, as well as a local emergency contact.

RUNNER COURTESY: Please be courteous to your fellow runners. Due to the size of the field, consideration of your fellow runners will ensure a safe race. If you want to stop running, please pull off to the side before you stop.

Please note that because the race is a USA Track & Field-sanctioned event, the rule states that baby strollers are not permitted. Runners pushing baby strollers are considered not "official." If you still choose to run with a stroller, please seed yourself in the last seed and position yourself at the back of the race. Please run with your stroller on the left-hand side of the pack throughout the race – do not criss-cross through the pack. Please do not bump runners' feet with the stroller wheels, and remember to call out to surrounding runners when you are passing. Following these guidelines will prevent accidents, as well as avoid harm to your child or to other runners.

WATER STATIONS AND MILE MARKERS: There will be six water stations along the route and two on the Boston Common. Stay hydrated! Each mile will be clearly marked by a digital display clock.

THE ROUTE: A map of the race course is shown on the Web site. Please proceed with caution when approaching the following areas along the course:

- Charles Circle – Tight left turn
- DCR's Longfellow Bridge Turn-off onto Memorial Drive – Tight downhill turn
- Boston University Bridge / Reid Overpass – Tight turn
- DCR's Memorial Drive Turn-around – Hairpin turn goes down to one lane
- DCR's Memorial Drive after Turn-around – Curbing juts in and out along the riverside. Watch your step!

FINISH LINE TIMING & SCORING:

To ensure accuracy, the following procedures must be followed:

- Keep running as you cross the finish line on Charles Street.
- Your finish time will be automatically recorded once you cross over the ChronoTrack mats.
- Exit the finish area quickly. Turn right into the Boston Common and walk up the Beacon Mall adjacent to Beacon Street. Finish water and food refreshments will be set up along the Beacon Mall.
- Please note, the ChronoTrack tags are **NOT** collected. Please wait until you are out of the food area and back onto the Boston Common Parade Grounds, until you remove and dispose of the tag on your sneaker.
- Please advise people in your party to meet you on the Boston Common Parade Grounds.

RESULTS:

The results will be posted immediately after the race near the awards stage. All entrants who finish the race within 1 hour and 30 minutes (1:30) will find a complete results listing at www.coolrunning.com. The awards ceremony will begin at 2:00 PM. Individual, Age Division, and Team awards will be announced.

DRUG TESTING: This race is subject to drug testing.