



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

# 2023 B.A.A. 10K

Presented by Brigham and Women's Hospital

Sunday, June 25 | 8:00 a.m. | Boston Common

## STAY UP TO SPEED WITH RACE INFORMATION!

# 1

## VISIT [WWW.BAA.ORG](http://WWW.BAA.ORG)

### REVIEW

our e-mail Participant Newsletters to get pumped for racing through Boston.

### DOWNLOAD

the B.A.A. Racing App Powered by Tata Consultancy Services.

**tcs** TATA  
CONSULTANCY  
SERVICES

# 2



# 3

## TIPS FOR A SUCCESSFUL RACE MORNING:

- ▶ Arrive early: the B.A.A. 10K begins at 8:00 a.m. at Boston Common. Give yourself plenty of time to arrive and relax beforehand.
- ▶ Gear check will be available on Boston Common beginning at 6:30 a.m. Please do not check valuables.
- ▶ You can pick up your participant shirt at the designated tent before or after your race.
- ▶ Be sure to review the course map. Poland Spring 100% Natural Spring Water will be available at miles 1, 2, 4, and 5, and Gatorade Endurance Formula will be available at mile four. Portable toilets and medical personnel will also be along the course.
- ▶ Do not transfer or alter your bib number. Violators are subject to disqualification.

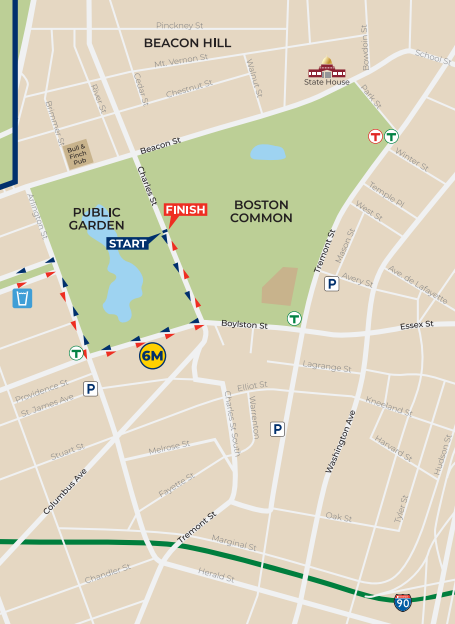


## B.A.A. 10K COURSE

The 6.2-mile flat, fast course is a scenic tour through Boston's Back Bay. Notable neighborhoods and attractions include the campus of Boston University and Kenmore Square. The race begins on Charles Street, winds down picturesque Commonwealth Avenue and Bay State Road as far west as Babcock Street near Boston University, before heading back on Commonwealth Avenue, around the Public Garden and finishing on Charles Street. Participants will enter the starting corrals on Beacon Mall (parallel to Beacon Street), then after crossing the start line will head south on Charles Street, right on Boylston Street, and right on Arlington Street before turning left onto Commonwealth Avenue.



Michelle Wu, Mayor



## RUN WITH A PURPOSE!

Add meaning to your 10K by joining the Brigham and Women's Hospital team! Enjoy a private post-race party, great runner perks, and more! You can raise funds for the area of the hospital that matters most to you.

[runbwh.org/10K](http://runbwh.org/10K)



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

## B.A.A. 10K YOUTH RACES AT BOSTON COMMON!

Youth races and games will be available for children on race day! Learn more at [baa.org](http://baa.org).

