



Harvard Pilgrim  
Health Care

SATURDAY, APRIL 19, 2025 · 8AM · BOSTON COMMON



BAA.ORG



@TeamBAA

# GET READY FOR RACE DAY

- ▶ **Arrive early:** the Boston 5K begins at **8:00 a.m. at Boston Common**. Give yourself plenty of time to arrive and stretch beforehand. Please listen for directions on when and where to line up along Boylston St. based on your bib number.
- ▶ All runners will be assigned to Wave 1 or Wave 2 start based on expected pace and bib number. Wave 1 will load the start area on Beacon Mall at **7:30 a.m.**, while Wave 2 will load at **7:45 a.m.**
- ▶ Your adidas participant shirt will be provided to you after you finish.
- ▶ **NEW COURSE for 2025 starts at Boston Common and finishes at the Boston Marathon Finish line.** Poland Spring 100% Natural Spring Water will be available on course, and Gatorade will be at the finish. Portable toilets and medical personnel will also be along the course.
- ▶ **Do not transfer or alter your bib number.** Violators are subject to disqualification.

## REVIEW

Review our **Boston 5K Participant Newsletters** for the most up to date information about April's race



## DOWNLOAD

Download the B.A.A. Racing App presented by **Tata Consultancy Services** for real-time updates, course information, tracking, and more.

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# NEW COURSE IN 2025!

FINISHING AT THE BOSTON MARATHON FINISH LINE



Presented by



The Boston 5K **presented by Harvard Pilgrim Health Care** features a **NEW** course for 2025. The 3.1-mile flat route begins adjacent to the historic Public Garden on Boylston Street, turns right onto Arlington Street, then winds down picturesque Commonwealth Avenue and Bay State Road as far west as Silber Way. Turning back on Commonwealth Avenue, the course passes through Kenmore Square and underneath the Boston Strong bridge before taking a right on Hereford and left on Boylston Street. The finish is at the Boston Marathon finish line.



Special Olympics Massachusetts believes that everyone deserves to be fully included in their community.

Through the power of sports, Special Olympics is working to make our lives more inclusive. The funds raised through the Boston 5K will provide opportunities for individuals with intellectual disabilities to compete and train in an inclusive and supportive environment.

[Learn More SpecialOlympicsMA.org/XtraMile](https://SpecialOlympicsMA.org/XtraMile)

## B.A.A. INVITATIONAL MILE & SCHOLASTIC RACES

SATURDAY, APRIL 19 at 11:00 a.m.  
BOSTON MARATHON FINISH LINE

The map shows a three-loop course starting and finishing at the Boston Marathon finish line on Boylston Street. The course loops around Old South Church and the Boston Public Library. Key features include:

- 400m 1st lap
- 800m 2nd lap
- 1200m 3rd lap
- Three-loop course
- Each loop = 522 meters plus 44 meters from start line to start of 1st full loop
- USATF Certified Course
- Finishes on the Boston Marathon® Finish Line

Landmarks shown include Old South Church, Boston Public Library, Copley Square, and the Press Bridge.