Queens Distance Runners at the 2019 B.A.A Boston Marathon and 5K
B.A.A. Boston Marathon & 5K

Deki Yangzom and Rinchen Pelden
B.A.A. Boston Marathon & 5K

First, a recap!

Check out the 2018 video by team captain Kevin Montalvo!
B.A.A. Boston Marathon & 5K

Marathon Bib Pickup:

- John B. Hynes Veterans Memorial Convention Center
  900 Boylston Street, Boston, MA 02115
- When:
  - Friday, April 12th 11AM - 6PM
  - Saturday, April 13th 9AM - 6PM
  - Sunday, April 14th 9AM - 6PM
- Beware that there is no bib pick up at the expo for the 5K. Bibs have already been mailed. If your bib has been damaged, you can get a replacement the day of the 5K at the registration tent (6:30AM-7:30AM). Bring your ID if this is the case.
The team right before the B.A.A. 5K and Edwin with the first New Balance QDR singlet!
B.A.A. 5K

Important Race Day Details

Saturday, April 13th, 2019

- Gear check is near the start line at the Boston Commons
- Use plastic bag provided
- Start Time: 8AM
B.A.A. 5K
B.A.A. Boston Marathon

Monday, April 15th, 2019 Patriots Day

Start Times

- Wheelchair 9:02 AM
- Handcycles: 9:25 AM
- Elite Women: 9:32 AM
- Elite Men: 10:00 AM
- Wave One: 10:02 AM
- Wave Two: 10:25 AM
- Wave Three: 10:50 AM
- Wave Four: 11:15 AM
B.A.A. Boston Marathon

Marathoners, make sure to get your Boston Marathon jacket!
You can even use the QDR discount code on Running Warehouse!

Rafael Guzman

Lori Brown & Pamela Ernst
Bag Check:

Location: Boylston Street and Berkeley Street, beyond the finish line

Opens at: 5:30 a.m.

Closes at 8:45 a.m

Can reclaim until 6:00 p.m.

There will be no bag check at the start. You have to check your bag before you get on the bus that will transport you to the start line.
B.A.A. Boston Marathon

Bus loading schedule:

- Wave One 6-6:45 a.m
- Wave Two 7-7:45 a.m
- Wave Three 8-8:45 a.m
- Wave Four 8:55-9:30 a.m

Bus loading location:

Charles Street between the Public Garden and Boston Common

Trip takes about 45-60 min
B.A.A. Boston Marathon
Corrals & Corral loading

The start is 0.7 miles from the Athletes Village.

Give yourself time to walk over.
B.A.A. Boston Marathon
Race
Course Preview

Check out this year’s course preview video Provided by John Hancock.
Elevation

The course is net downhill, with steep downhills at the beginning and plenty of rolling hills along the course, most noticeably Heartbreak Hill.
B.A.A. Boston Marathon

Victor Fajardo
B.A.A. Boston Marathon

Start - 5 Miles (Hopkinton and Ashland)

The course goes NE and has a net downhill.

Stay in the middle of the road and keep your pace.

Everyone around you should have the same pace as you, so do not try to pass anyone.

Go gently on the steep downhills and avoid breaking early on.

Cheering Scene: Pretty quiet.
B.A.A. Boston Marathon

5 - 10 Miles (Framingham and Natick)

Time to establish your goal pace.

The course rolls down towards Boston with a few small uphills.

Start to take advantage of the downhills and run by effort when going uphill.

Cheering scene: Crowds at the Framingham Station.
B.A.A. Boston Marathon

Pamela Ernst, Lori Brown, and Elizabeth Corkum
B.A.A. Boston Marathon

10 Miles - Newtown Hills

You will pass Wellesley College at the 12.5 mark.

If you want to pass people and keep your pace, stay on your left.

The right side is for those of you who prefer to be cheered on by the energetic college students.

Cheering Scene: The “Scream Tunnel” at Wellesley College can be heard from one mile away and they give free hugs and kisses to anyone who stops by!
B.A.A. Boston Marathon

The Hills

4 miles of consecutive hills

- Mile 16 - 0.6 miles long
- Mile 17.6 - 0.3 miles long
- Mile 19.2 - 0.4 miles long
- Mile 20.3 - 0.4 miles long - Heartbreak Hill

Do not be too aggressive and save energy, but do not stop!

Cheering Scene: Supportive crowds lining up Commonwealth Ave and especially Heartbreak hill. Keep an eye out for the QDR cheer station on runner’s left.
B.A.A. Boston Marathon

Rafael Guzman
B.A.A. Boston Marathon

Miles 21 - Finish (Brookline and Boston)

The hills are over.

Slight incline before mile 22.

Mile 25 you will enter Boston.

Right on Hereford, left on Boylston and then give all you have left.

Congratulations! You conquered Boston.

**Cheering Scene:** Drunk students at Boston College and huge crowds on Boylston Street, and Fenway park.
B.A.A. Boston Marathon
B.A.A. Boston Marathon
B.A.A. Boston Marathon and 5K

For any follow up questions email qdrunners@gmail.com.

QDR marathoner pictures were taken by teammates along the course, such as Kevin Montalvo, Christopher Keelty, and others.

Follow us on:
- qdrunners.org
- Instagram
- Facebook