

2012 Boston Marathon Training

January 8th Charlestown

10

M St. / 1st / Summer St/ Northern Ave/ Atlantic Ave./ Commercial St/
Charlestown Bridge / left at Warren St./ right on Monument Drive./ right
around Monument ./right on High St./left on Green St./left on Warren St. /
Back over bridge/ Commercial Street/ Atlantic Ave/ Northern Ave/
Summer St / 1st Street/ M Street

January 15th

11.5

Hallet St. to Neponset River Greenway bike path/ left on Central Ave
crossing trolley tracks/ quick right onto Eliot St./Left on Blue Hills Pkwy/
Cross Canton Ave (set of lights)/ Blue Hills Pkwy turns into Uniquity Rd.
Bear left onto Harland St. (crossing bridge)/ Left on Hillside St./ Left on
Randolph Ave/ Left on Brook Rd./Right on Central Ave (cross over trolly
tracks) right on Neponset River Greenway bike path/ Hallet St.

January 22nd BAC to BU Bridge

13.4

Form up outside BAC / Take RIGHT at end of building/Take first LEFT onto
Pappas Way/ Pappas Way to Summer St./ LEFT on Summer St./ RIGHT on
Dorchester Ave./LEFT on Congress St./ RIGHT on Atlantic Ave. to
Commercial St./ *Water stop #1 at Skating Rink 2.9 miles*

Causeway St./ RIGHT after Boston Garden to Red Auerbach way/ Cross
over Leverett Circle / go by Science Museum to Cambridge side of
Charles River/ follow Charles River to B.U. Bridge/ LEFT on B.U. Bridge/ LEFT
on B.U. Bridge to Comm. Ave/*Water stop #2 on Comm. Ave & University
Rd. mile 6.5*

Continue on Comm. Ave. / LEFT thru B.U. archway to back campus /
RIGHT in Bay State Rd./ Bear LEFT onto Beacon St. *Water stop #3 at
Beacon St. at Fiedler Bridge mile 8.6*

RIGHT on Arlington St./ LEFT on Herald St./ RIGHT on Harrison Ave./ LEFT on
Traveler St./ Continue onto W. Broadway/ *Water stop #4 South Boston
Running Emporium mile 10.4*

W. Broadway to E. Broadway/ LEFT on Farragut Rd./LEFT on First St./ RIGHT
on Summer St./LEFT on access road to BAC/*Water stop #5 BAC mile 13.4*

**The Boston Athletic Club can be found by going up L St. to Summer St.,
Take the first LEFT at the traffic lights after you cross the Summer St. Bridge.
It is approx. 1/2 mile in from the turn at Summer St.**

January 29th East Milton Sq.**14.7**

M St./Day Blvd / Columbia Rd./ Morrissey Blvd/ Tenean Beach / Conley St. to Water St./ Left on Water St. Water St. to Taylor St./ RIGHT on Taylor St. / Taylor St. until you see entrance on Left to Pope John Paul Park / Take short route thru Pope John Paul Park (Neponset Trail) exit Park at Hallet St. (go thru underpass at Hallet St.) / Hallet St. until you come to Hilltop St. LEFT on Hilltop St. / Left on Granite Ave/ East Milton Sq. - Fire House / over Expressway to Adams St./ Adams through Lower Mills/ Right on Gallivan / left at Old Dorchester Post onto Adams St./ right on Ashmont St. / left on Train St./ right on Victory Rd. / left at Morrissey Blvd. / Day Blvd/ back to M St.

February 5th Emerald Necklace**16.5**

M St./ Day Blvd /Columbia Rd. / Preble Circle / Boston St./Columbia Road to Franklin Park / follow road by Franklin Park Golf Course to traffic circle/ get on left sidewalk of bridge / Arnold Arboretum /Follow road to top of hill!! in Arboretum/exit at Arborway gate / Arborway / Jamaica Pond / Perkins St. /Muddy River / Park Drive/ Mountfort St. /right on st mary's street Cross over Comm Ave. / B.U. Pedestrian footbridge/ Charles River To Fiedler Foot bridge/ Arlington St. / Herald/ Right on Harrison Ave / left on Traveler St./ Broadway Bridge/ Broadway / M St.

February 12th Greenway Run**12.8**

Hallet St./ Neponset River Greenway/ left on Central Ave (crossing trolley tracks)/ quick right on Eliot St./left on Blue Hill Pkwy/ right on Brook Rd./ left on Truman Pkwy (run on right side path)/ left on Neponset Valley Pkwy/ left on Brush Hill Rd./ right on Truman Pkwy/ bear right on Brook Rd./ left on Randolph Ave/ left on School St./Right on Central Ave (cross trolley tracks)/ right on Greenway bike path/ Hallet St.

February 19th Ed Dever Run**17.6**

M St./ Day Blvd./ Tenean Beach / Neponset Circle / under Neponset Bridge at Sozios /over bridge staying right / right at Cathay Pacific onto Newport Ave. / continue about 2 miles / right on Adams St. (historic landmark sign) / left on Whitwell St. - hospital hill / right at bottom of hill / Quarry St. to East Milton Sq. Fire House / left over Expressway to Adams St. / stay on Adams St. through Lower Mills / right on Gallivan Blvd. / left at old Dorchester Post onto Adams St. / right on Ashmont St. / left on Train St. / right on Victory Rd./ left on Morrissey Blvd / back to M St.

February 26th Boston University**14**

M St. Entrance / RIGHT on Day Blvd. / LEFT on M St. / LEFT on 1st. St. / RIGHT on Summer St. / RIGHT on Drydock Ave. / LEFT on Harbor St. / LEFT Seaport Blvd. / RIGHT on Northern Ave. / RIGHT on Atlantic Ave. becomes Commercial St. Continue on Causeway St past TD Garden / RIGHT after O'Neil Federal Building / Cross Leverett Circle, pass the Science Museum / LEFT onto Memorial Drive side of Charles River. (Go by the Longfellow, Harvard, BU bridges) Take left over bridge after water stop at BU field/head back toward Fiedler (Boston side) Fiedler Footbridge RIGHT on Arlington St./ LEFT on Herald St. / RIGHT on Harrison Ave. Left on Traveler St. / W. Broadway/ Continue along Broadway to Farragut Statue / RIGHT on Day Blvd to M Street

March 4th Hopkinton to BC**22**

Meet at Boston College Parking Lot By 6:45 a.m. Buses leave at 7 a.m. sharp! un from either Hopkinton Center (22 miles) or Ashland town line (20 miles) back to B.C.

March 11th BAC**13**

Start will be at BAC que sheet will be coming

March 18th Quincy Half**13.1****March 25th Natick to Boston****20**

Meet at M St.. By 6:45 AM as Buses leave at 7:00 AM Sharp! Buses drive to mile 11 (for 20 miles) then 13 (for 18 miles) of the marathon course. Run Back to So. Boston.

April 1st Squantum**12.1**

M St. Day Blvd./ Morrissey Blvd./Tenean Beach/ Neponset Circle over Neponset Bridge- stay left /Quincy Shore drive to Dunkin Donuts / Left Onto East Squantum St./Left onto Victory Road./ go CCW 1/2 way around traffic circle./ Follow Victory Rd. to Restaurant / go left at end of traffic Island / come down other side of Victory Rd. to traffic circle / Right onto Seaport Drive/ Left onto Commander Shea Blvd./ Left at driveway between apartment Bldgs./ Quincy Shore Drive to Neponset Bridge/ Back to M St. the same way you came out.

April 8th Charlestown**10**

M St. /1st / Summer St/ Northern Ave/ Atlantic Ave./ Commercial St/ Charlestown Bridge / Charlestown Navy Yard/ left at Water St./through Gate 1 to 1st Ave./ 1st Ave to 16th St./left on 16th St./left on 3rd Ave./left on 13th St. /right on 1st Ave./ Back over bridge/ Commercial Street/ Atlantic Ave/ Northern Ave/ Summer St / 1st Street/ M Street