



ATHLETE GUIDE

August 16-17, 2025 · South Boston, MA



Olympic Distance - 0.9 mi SWIM // 22.94 mi BIKE // 6.2 mi RUN
Sprint Distance - 0.5 mi Swim // 11.47 mi BIKE // 3.1 mi RUN

Welcome to the 2025 Boston Triathlon!

August 16-17, 2025

DCR Carson Beach / South Boston, MA

We are thrilled to have you join us on Sunday, August 17th for a fun morning of racing. We have a fantastic field of athletes from all over the country and the globe who are participating. We strongly encourage you to take a moment to review this guide, which provides important details regarding race weekend. If you have any questions after carefully reading the guide, please contact Robert Panzera at robert@active-ethos.com.

Please continue to check the race website and Facebook page for the most up-to-date information about the event.

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SATURDAY, AUGUST 16 // SCHEDULE OF EVENTS

- 12:30PM Kids Day Registration begins in the Race Village
- 12:30PM Boston Triathlon Sprint & Olympic Packet Pick-Up opens in the Race Village
- 3:00PM Kids Splash & Dash Fun Run (staging on William J. Day Boulevard)
- 3:15PM Kids Splash & Dash Mandatory Meeting (located at DCR McCormack Bath House)
- 3:30PM Kids Splash and Dash Events begin - [See Page 14 for full details](#)
(13-15 year olds · 11-12 year olds · 9-10 year olds · 7-8 year olds)
- 4:30PM Kids Awards at the Finish Line
- 5:00PM Athlete Briefing and Q&A with Race Directors on stage in the Beer Garden
- 5:30PM Boston Triathlon Sprint & Olympic Packet Pick-Up closes
- 6:00PM In-Water Swim Clinic with Swim Safety Director Heidi Pare (located at swim exit on DCR Carson Beach)

****OVERNIGHT BIKE RACKING **** To ease congestion on race morning, we strongly encourage athletes to take advantage of overnight racking on Saturday. We will have security watching the Transition Area throughout the night.

SUNDAY, AUGUST 17 // SCHEDULE OF EVENTS

- 4:45AM Registration opens in the Race Village
- 4:45AM Transition Area opens (DCR Mother's Rest)
- 6:10AM Packet Pick-Up Closes for Olympic distance athletes
- 6:15AM Transition Area closes for Olympic athletes
- 6:20AM Mandatory meeting for all Olympic athletes on the beach at swim start - DCR McCormack Bathhouse (including relays)
- 6:30AM Olympic Triathlon begins (waves every 8 minutes) · *Swim 1.5K, Bike 35K, Run 10K*
- 7:25AM Packet Pick-Up Closes for Sprint distance athletes
- 7:30AM Transition Area closes for Sprint athletes
- 7:45AM Mandatory meeting for all Sprint athletes on the beach at swim start - DCR McCormack Bathhouse (including relays)
- 8:05AM Sprint Triathlon begins (waves every 7 minutes) · *Swim 750m, Bike 17.5K, Run 5.5K*
- 10:30AM Post-Race Party begins in the Beer Garden
- 11:30AM Olympic & Sprint Race Awards Ceremony on stage in the Beer Garden

SWIM WAVES

**** Below denotes the estimated wave schedule. Your wave assignment will be issued to you at packet pick-up. Athletes should listen carefully to the announcer for the exact timing and be ready to go at least 10 minutes prior to the scheduled start time as waves may shift. It is the athlete's responsibility to start with the correct wave. ****

OLYMPIC DISTANCE

WAVE 1	6:30AM
WAVE 2	6:32AM
WAVE 3	6:40AM
WAVE 4	6:48AM
WAVE 5	6:56AM
WAVE 6	7:04AM
WAVE 7	7:12AM
WAVE 8	7:20AM

SPRINT DISTANCE

WAVE 1	8:05AM
WAVE 2	8:08AM
WAVE 3	8:15AM
WAVE 4	8:22AM
WAVE 5	8:29AM
WAVE 6	8:36AM
WAVE 7	8:43AM
WAVE 8	8:50AM
WAVE 9	8:57AM

VENUE MAP



VENUE

M A P



BEER GARDEN

Post-Race Party
Athlete Food
Stage + Awards
Partner Hospitality
Team Tents



RACE VILLAGE

Registration
Vendors
Nutrition & Recovery



RACE VENUES

- **Swim:** A clockwise course that starts in front of the DCR McCormack Bathhouse and finishes approximately 200 yard down the beach on DCR Carson Beach.
- **Transition Area:** Grassy area called DCR Mother's Rest Field, next to our Race Village.
- **Bike:** DCR William Day Blvd from Kosciuszko Circle to Shore Road, including DCR Head Island Causeway.
- **Run:** A cross-country style course around Moakley Park on paved pathways. One loop for the Sprint, two loops for Olympic.
- **Race Village:** Located on Mother's Rest Field and includes vendors, registration, nutrition, and recovery.
- **Finish/Post-Race:** Finish along the beach at DCR Mother's Rest, next to the transition area.
- **Beer Garden:** Located on Mother's Rest Field between Transition and the Swim Start, and will be home to the post-race party, stage, awards, team tents, partner hospitality and more.



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you're here.**

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weekend experience!

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PARKING

Parking for Saturday: For the Saturday packet pick-up, there will be parking available at the Corcoran Jennison Lot (Parking Lot #1), 150 Mt. Vernon St, Dorchester, MA. See the venue map above for reference. **Please note, there is NO parking in the UMass Bayside lot (Parking Lot #2) on Saturday.**

Parking for Sunday: Primary parking on Sunday will be at the Corcoran Jennison lots (Parking Lot #1), 150 Mt. Vernon St, Dorchester, MA, with spillover parking at the UMass Bayside lot (Parking Lot #2), 200 Mt. Vernon St, Dorchester, MA. Both of these lots are accessible via Mt. Vernon Street and adjacent to the venue. We will also have parking signs and flags to assist you in finding spots. See the venue map above for reference.

DIRECTIONS

From the South: Take 93 North to Exit 15. Once off the highway, go right onto Columbia Rd and follow it to the traffic circle. Go a quarter of the way around the circle then exit toward William Day Blvd, and take an immediate right on Mt. Vernon St. Look for the Corcoran Jennison entrance sign (before the DoubleTree Hotel). The Corcoran Jennison (Parking Lot #1) lot is the first left off Mt. Vernon Street. The entrance to Parking Lot #2 is a couple hundred yards after the entrance to Lot #1.

From the North: Take 93 South to Exit 15. Once off the Highway, go left onto Columbia Rd, and continue to the traffic circle. Go a quarter of the way around the circle then exit toward William Day Blvd, and take an immediate right on Mt. Vernon St. Look for the Corcoran Jennison entrance sign (before the DoubleTree Hotel). The Corcoran Jennison (Parking Lot #1) lot is the first left off Mt. Vernon Street. The entrance to Parking Lot #2 is a couple hundred yards after the entrance to Lot #1.



Need to rent a bike for the race?
[CLICK HERE TO RENT A BIKE](#)



Want to rent a wetsuit for the swim?
[CLICK HERE TO RENT A WETSUIT](#)

PRE-RACE INFORMATION

Packet pick-up will be available in the Race Village on both Saturday afternoon, August 16 (12:30PM-5:30PM) and on Sunday morning, August 17 (4:45AM-7:10AM). We highly encourage all athletes to utilize pre-race packet pick-up on Saturday afternoon to ensure a smooth morning on the day of the race.

You must have the following to pick-up your packet:

- **Photo ID:** Every athlete must show a Photo ID to receive his or her race packet. You may not pick up another competitor's packet or have someone pick up yours. This is a liability concern and will be enforced. No ID = No packet.
- **Proof of USA Triathlon Membership Card:** (if you are an annual member of USA Triathlon) The Boston Triathlon is sanctioned by USA Triathlon - the sport's governing body - which requires all participants to be either annual members or purchase a one-day license. If you are an annual member, you **MUST** show proof with either a card or printed confirmation, or through the USAT app. Bring your USAT card **AND** a photo ID. Without proof of membership, you will be charged for a one-day membership (\$15). If you recently renewed your membership, but do not have a card, please bring proof of purchase.

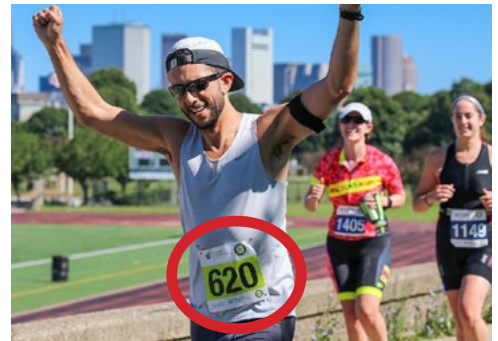
****If you are not an annual member of USA Triathlon, you have already paid for your one-day membership as part of your entry fee and do not need to present a USA Triathlon Membership Card. ****

Here is some additional pre-race information to help ensure a smooth process on race weekend.

- **Timing Chips:** Active timing chips with an ankle strap will be distributed to all athletes and should be worn on the left-ankle at ALL TIMES during the race. These are active, reusable chips and will need to be returned in the finish chute following the event. Relays will exchange their chip at their Transition spot and return their chip in the finish chute at the end of the event.

- **Race Numbers:** Although the race is chip-timed, you need to have your temporary race number tattoos on your body. You will receive these at packet pick up and should apply them on your left arm and your right hand before entering Transition. There will be detailed instructions in your race packet. You will also receive a bike number that should be attached securely to the bike frame. The run bib number should be attached to your shirt with the provided safety pins or with a race number belt. It must be visible from the front as you cross the finish line. You are not required to wear your run number on the bike, but if you forget it in transition before the run, you may be told to go back and get it.

- **Relays:** All relay members must come to packet pick-up. One member can pick up the packet of numbers and tattoos, but each member must check in and show ID to receive his or her t-shirt and race bag. **IT IS CRITICAL THAT EVERY RELAY MEMBER CHECKS IN.** Any relay that has not fully checked in will be removed from the event. See the Relay section on Page 12 for more information about how timing chip hand-offs happen.



RACE DAY INFORMATION

· **Mandatory Athlete Meetings:** There will be two pre-race meetings on Sunday morning at the DCR McCormack Bathhouse. All athletes are asked to attend, including relay members. The Race Director will review specific instructions and any last-minute changes to the race.

- **6:20AM** Mandatory meeting for all Olympic athletes on the beach at swim start - DCR McCormack Bathhouse (including relays)
- **7:45AM** Mandatory meeting for all Sprint athletes on the beach at swim start - DCR McCormack Bathhouse (including relays)

· **Arrival on race morning:** Plan ahead and give plenty of time for travel. Be sure to have directions prepped ahead of time. Once you are parked, walk towards the Race Village on DCR Mother's Rest. If you have not yet checked in, you will need to do so under the 20'x30' Registration Tent within the Race Village.

· **Entering the Transition Area:** You will be allowed to enter the Transition Area on Sunday morning, starting at 4:45AM, however, you must be wearing your race tattoos to do so. There will be staff at the entrance of the Transition Area to check the condition of your bike and helmet. In order to race, your bike must be deemed suitable in the following ways:

1. Tight, functioning brakes
2. Tight headset (handlebars)
3. Handlebar end-plugs in place (no exposed, hollow handlebar ends - endobars and aero bar shifters are fine)

Your helmet must be a bicycling-specific helmet, as defined by USA Triathlon Competitive Rules. Skateboarding, skiing, hockey, or any other type of helmet is not acceptable. Without an approved helmet, you will not be allowed to participate in the race.

If you need to take your bike out for a warm-up, please use caution and walk your bike away from the Transition Area before mounting. All warm ups should be done on William Day Blvd, which will be closed starting at 6:00 AM. Remember that you have to wear a helmet whenever you are on your bike, even during warm-up.

The Transition Area closes to Olympic athletes at 6:15 AM, and to Sprint athletes at 7:30 AM. After this time, you will not be allowed back in, and you should be heading to the swim start.

· **Getting to Swim Start:** The swim start is near the DCR McCormack Bathhouse, which is approximately 1/4 mile down the beach from the Transition Area. You will need to walk from the Transition Area to the Swim Start along DCR Carson Beach. Swim waves will be staged immediately following the Athlete Briefing.

Wear or bring only what you need for the swim. The entire walk is on cleared pavement or sand. There may be sharp objects on the beach that you should be aware of, such as shells. If you choose to wear shoes/flip-flops, plan to hand them to a friend or family member at the swim start.

· **Spectators at the Swim Start:** Spectators are encouraged to utilize the Harborwalk Path and paved trails along William Day Blvd to access various parts of the course. During the swim, spectators can stand on DCR Carson Beach between the Swim Start and Swim Exit, which will give great visibility of the entire course. Spectators are not allowed to enter any fenced off areas at any time, including the Swim Start, Swim Finish, or Transition Area.

**** The 2025 Boston Triathlon will feature a multi-loop World Triathlon-Style course, however, please note that this race is not draft legal. ****

The swim is a clockwise course, starting under a large inflatable arch in front of the DCR McCormack Bathhouse and finishing on the beach nearby. The course will be marked with bright buoys and you will need to keep the buoys on your right the entire time. The finish will be marked with large “Swim Exit” feather flags.

The Sprint course is half the distance of the Olympic. There is a 45-minute gap between the last wave of the Olympic race and the first wave of the Sprint race.

- **Water Conditions:** There will be very little current and plenty of water on race morning. We will be testing the water quality regularly leading up to the event, however Dorchester Bay has become one of the cleanest urban bodies of water in America.
- **Wetsuits and Caps:** The water temperature is currently in the low 70s. However, because of their buoyancy, wetsuits are recommended for all athletes as a safety precaution. Official race swim caps will be provided at registration and correspond to your wave assignment. You must wear the cap that you are given. Failure to do so is not only a major safety concern, but it may result in your disqualification. **YOU CANNOT CHANGE WAVES WITHOUT FIRST TELLING THE TIMERS!**
- **Swim Starting Waves:** Waves are assigned based on gender and age groups. The last waves will be novice men and women. The wave breakdown will be posted on the race website a few days before event weekend. The first wave of Olympic age group swimmers is scheduled to begin at 6:32AM (elites start two minutes prior). Waves will go off every 7-8 minutes; however, there is a chance that a wave may shift earlier or later slightly if we need to allow more time between athletes on the overall course. **YOU CANNOT CHANGE WAVES WITHOUT FIRST TELLING THE TIMERS!**
- **Safety:** There will be safety boats and lifeguards in the water to monitor the swim. If you are in need of assistance during the swim, raise your arm in the air, or swim to the nearest kayak/boat. You are allowed to stop and rest on the boat without a penalty as long as you do not make any forward progress. If you do want to rest, please ask permission of the kayaker and grab onto the bow of the boat (not the side).

**** If you have any health-related concerns or issues that race management should be aware of, please e-mail us (this information will be kept confidential). ****



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TRANSITION AREA

The Transition Area (TA) will be located in the DCR Mother's Rest Field, next to the Bayside Expo. There are designated mount and dismount lines outside of the Transition Area. You are not allowed to ride your bike inside of the Transition Area at any time. If you mount your bike without wearing a buckled helmet, you will be penalized. Please note that there will be an Athlete Entrance / Exit that is separate from the Swim / Bike / Run chutes. This will be used to prevent unwanted chip reads before the race, and will help with flow once the TA opens after the race.

· **Bike Racks:** Rack space will be assigned by bib number. Please respect those athletes around you and do not use more than your fair share. There will be a path down the middle of the racks that must be kept open. Follow the signs and volunteers directing you where to go. If your bike is in the wrong location, a USA Triathlon official will move it to your assigned spot.

BIKE COURSE DETAILS

[CLICK HERE FOR 2025 BIKE MAP](#)

All athletes will use the same route. Olympic athletes will complete **4 loops** (totaling 35K), while Sprint athletes will complete **2 loops** (totaling 17.5K). THERE WILL NOT BE ANY NON-RACE TRAFFIC ON THE COURSE. There will not be a bottle exchange on the bike course.

Both sides of William Day Blvd will be caution-taped to prevent pedestrians from crossing the road at non-monitored spots, and it will be closed to crossing while there is two-way bike traffic. However, we cannot entirely control pedestrian crossing. Please be aware that people may try to run across the road without permission during the bike portion of the race, so keep your head up and pay attention to what's ahead.

· The Bike Course:

- o Leave the Transition Area and follow the marked course to William Day Blvd
- o Turn right onto William Day Blvd, merging into existing bike traffic
- o Follow Day Blvd all the way to the DCR Head Island Causeway Parking Lot
- o Turn right on the DCR Pleasure Bay Path, keeping to the right of the cones
- o Follow path to the Gazebo, and go around the circle counter-clockwise

**** IMPORTANT - There are S-turns getting on and off of the Causeway, so these are no passing areas. The entire Causeway is a controlled speed zone, and only safe passing is allowed. ****

- o Turn right onto Day Blvd
- o Turn around at Shore Road (follow the barricade)
- o Return on Day Blvd
- o Turn around in front of the State Police Barracks
- o Either continue on Day Blvd for next lap or take right into Bayside Driveway and go to the dismount line

IMPORTANT BIKE COURSE NOTES

- **Initial Merge out of Transition:** As you exit the Transition Area, you should be aware that you will most likely be merging with athletes who have already completed loops of the course. They will be going straight on Day Blvd at a higher speed than you. Be sure to keep to the right and look back for oncoming bike traffic (just like you are merging on a highway in a car).
- **Passing Other Cyclists:** Per USAT rules, you must ride as far to the right as possible on the bike course, unless you are passing another athlete. In order to make a pass, you must do so on the left and within 15 seconds of initiating the pass (see the USAT website for more information about passing). **There is no crossing the double-yellow line at any time during the bike.** If you are seen crossing the yellow line, you could be immediately disqualified and taken off the course. Be respectful of your fellow athletes by staying as far to the right as safety permits.
- **Safety and Bike Support:** If you need assistance, or if you see a cyclist who is hurt or stopped, please inform the next volunteer or police officer you see. Race staff and volunteers can assist you with any issues you might have. You risk getting a penalty by accepting help from anyone not involved with the race.

RUN COURSE DETAILS

[CLICK HERE FOR 2025 RUN MAP](#)

Olympic athletes will do **2 laps** (totaling 10K), Sprint athletes will complete **1 lap** (totaling 5K). The run is a cross-country style course that begins by exiting the Transition Area and follows the coned route onto Day Blvd. Turn left onto Day Blvd, and cross over to Moakley Park. The entire course will be in, or around, Moakley Park, and will be on paved sidewalks / trails. After completing one full lap, Sprint athletes will head back toward the Transition Area / Finish Line, while Olympic athletes will continue straight for a second lap. There will be two water stations on the course, and you will pass both of them twice per lap.

**** IMPORTANT -** There are a few sections of the route with two-way runner traffic. Whenever you are approaching oncoming runners, you need to stay to the right within the run lane. ******

CUTOFF TIMES

Once again, we have extended our road closures and there will be no cutoff times.

RELAY TEAMS

All relays will be given one timing chip that must be transferred between team members. Chip hand-offs will take place at the assigned relay rack. The cyclist and the runner will be allowed access to the Transition Area after the race begins. Once a relay member has completed his or her part of the race and handed off the chip, he or she must leave the transition area immediately. The relay member who cycled should leave his or her bike and retrieve it when the Transition Area reopens after the last participant finishes the bike course.

POST-RACE AND OTHER CONSIDERATIONS

· **The Post-Race Celebration:** Once you cross that finish line, its time to enjoy your accomplishment! Grab some post-race food/drink and check out our partners and vendors in the Race Village. After that, come celebrate at the Post-Race party, located a short walk from the finish line in our Beer Garden where you can enjoy FREE beer for athletes and volunteers!

**** Please note - the Post-Race area is limited to athletes, volunteers, friends and family. You will need an ID and only those people age 21+ can consume alcohol. ****

· **Awards Ceremony:** Awards will take place at approximately 11:30AM on stage in the Beer Garden. We will be presenting awards to the top overall and category finishers, as well as to the top relays, and the Team Competition Winner. *Please note that if you registered as a Novice athlete you will not be eligible for awards.*

· **Boston Team Competition: Team Qualifications:** Any Team can enter - Tri Team, Corporate team, College team, Training group, High School team, etc. Teams must have at least 7 athletes to score. Teams can have as many athletes as they want, but a max of 10 athletes will count in the scoring tabulation. At least one female team member is required.

Team Scoring: Every individual Triathlon Age Group and Elite category will be eligible to score. Athlete's can score in either the Sprint and Olympic distance triathlons of the adult races. Scoring per Age Group is as follows;

1st place = 3 points · 2nd place = 2 points · 3rd place = 1 point

The best possible total = 10 first place athletes @ 3 points = 30 points. If there is a tie, we move to athlete #11 and so on until there is one crowned Boston Team Champion! The total cash prize purse is over \$5,000!

· **Retrieving Your Gear:** You will be allowed back into Transition Area when race management deems it safe. There will be a special area designated for entering and exiting the TA while the race is still going. Race security personnel will be checking that your bib number matches up to your bike number before you can leave the TA with your gear and bike.

Feel free to enjoy the post-race area before picking up your bike and gear, or pick up your gear first, drop it off at your car, and return to enjoy the festivities.

· **Safety:** If you experience any problems during the race, or see another competitor in need of help, please inform a volunteer or race official. There will be medical staff patrolling the course and staged at potential problem areas.

· **Timing:** Live results will be available during the race, and full results will be posted on www.bostontri.com immediately following the event.

· **Volunteers:** Volunteers make this event possible! Please be sure to thank all the volunteers as you see them. If you know people who would like to be involved as a volunteer, have them sign-up online by using the link below. Volunteers receive a custom t-shirt, food, and drinks.

**** [CLICK HERE FOR THE VOLUNTEER SIGNUP PAGE](#) ****

KIDS DAY AT THE BOSTON TRIATHLON

SATURDAY, AUGUST 16 • 12:30-5:30PM

Join the fun at the 11th annual Kids Day at the Boston Triathlon, taking place at DCR Carson Beach on Saturday, August 16th. For kids between ages 7-15, there is a free Splash & Dash, and for kids under 7, there is a free Fun Run! Registration can be completed by [clicking here](#) or by signing up on-site.



- 12:30PM: Kids Registration opens in the Race Village
- 2:30PM: Kids Transition Opens in DCR McCormack Bath House Parking Lot
- 3:00PM: Kids Fun Run [staging on William J. Day Boulevard]
- 3:15PM: Kids Splash & Dash Mandatory Meeting at DCR McCormack Bath House
- 3:30PM: Kids Splash and Dash - 11-15 Year Olds at Swim Start [DCR Carson Beach]
- 4:00PM: Kids Splash and Dash - 7-10 Year Olds at Swim Start [DCR Carson Beach]
- 4:00PM: Pizza Party in Race Village for all kid athletes
- 4:30PM: Kids Awards at the Finish Line



11-15 YEAR OLDS

- 200-METER SWIM
- 2K (1.2-MI) RUN

7-10 YEAR OLDS

- 100-METER SWIM
- 1K (0.62-MI) RUN



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IN KIDS RACE VILLAGE!**



AND MORE!

RULES

· **Rules:** ALL RULES ARE POSTED on the USA Triathlon website. IT IS YOUR RESPONSIBILITY TO READ AND UNDERSTAND THESE RULES! Triathlon is an individual sport and therefore, certain rules are in place to prevent athletes from getting an unfair advantage. As a participant in a USA Triathlon Sanctioned event, you agree to abide by these rules. There will be a USA Triathlon official on the bike and run course, who are enforcing these rules.

NO CELL PHONES on the course, unless completely stored, out of sight, and not used as a music device.

Please remove any race numbers from other events prior to coming to the race. Any non-official numbers that are displayed may get you a penalty! Please, no GoPro or other POV cameras on helmets or bikes.

· **Severe Conditions and Inclement Weather:** The event will not be canceled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race Management reserves the right to alter the course in whatever way they deem is in the best interest of athletes and volunteers. This includes, but is not limited to, shortening or changing the course, removing one or more of the sports, postponing the start, etc. If canceled, the Boston Triathlon will not be rescheduled and entry fees will not be refunded.

· **Water Conditions at DCR Carson Beach:** We are working closely with the Department of Conservation and Recreation to monitor the conditions of the water at DCR Carson Beach. It is highly unlikely that the water will be deemed unsafe for swimming, but if so, we will be holding a duathlon. Athletes will be informed of this change at Packet Pick-up on Saturday. Please continue to check our website and Facebook page for updates.

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BMC has long recognized that much of what impacts a patient's overall health goes well beyond traditional medicine. It's linked to nutritious food and safe housing, access to education and stable employment. BMC believes that good health care is a human right and is working hard to ensure that everyone has the resources and opportunities to live the life they envision.

With the support of the Boston Triathlon, and people like you, Boston Medical Center can:

- Expand safety-net programs: nutritious food, safe housing, reliable transportation and so much more
- Build upon community partnerships and equity programming with a goal of providing opportunities for economic mobility through career training, job placement, and education
- Improve health outcomes for healthier people, families and communities

With the support of the Boston Triathlon and fundraisers like you, Team BMC's goal is to raise vital, flexible funds in order to have a lasting impact on BMC's patients and community is within reach. Whether you choose to donate or fundraise, know that you are creating a more equitable future for all.