

General Information About Saturday Long Run

- **Start Date:** December 7th
- **Location:** 648 Beacon Street, second floor
- **Parking and Transportation:**
 - Street Parking:** Many metered spots on Commonwealth, Beacon St, Brookline Ave.
 - Use of City of Boston Parking App:** Park.boston.gov.
 - Parking Lots:** Hotel Buckminster, Comm& Dalton St., Brookline Ave. lot
- **T:** Kenmore Green Line. Stop is a few feet from door of facility.
- **Facility Layout:**
 - There are restrooms in lobby of first floor.
 - Take elevators or stairs to second floor. There is large open fitness room where we gather, chat, stretch & roll.
 - There is one men's & one women's bathroom/changing room on the second-floor w/ 3 stalls each.
 - There are no lockers at this location so please bring any valuables with you on the run.
 - Please leave you extra clothes, gym bags around the perimeter of the room.
 - There are no showers at Joint Ventures. Please bring dry clothes to change if you don't live close by.
- **Who is in training group?** Most novice marathoners running first marathon for charities looking for a friendly and supportive environment.

- **What is ability level?** Average pace 9-10 min. miles. Range is 7 min. – 13 min. miles.
- **Course Support:** There are water, Gatorade, and snack stops every 2-3 miles on the training runs.
- **Weather Conditions:** Extreme cold, heavy snow, or ice would be critical for cancellation or delay. It would be emailed to you late Friday or early Saturday.