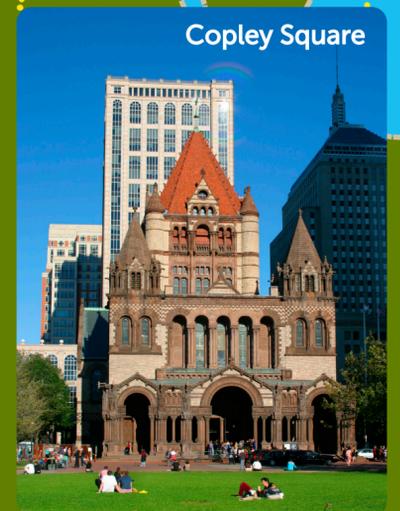


Sedentary time



### Fun facts

- The Boston Marathon starts in Hopkinton, Massachusetts and most of the race route is outside of Boston.
- It is the oldest marathon in the country (1897).
- The first Boston Marathon was 24.5 miles and started in Ashland.
- Katherine Switzer registered as K.V. Switzer in 1967 because women were not allowed to run.
- Women officially started to compete in the Boston Marathon in 1972.
- Approximately 500,000 spectators line the course each year.
- After receiving the finisher medals, runners are wrapped in Mylar thermal blankets. These are shiny sheets that prevent post-race chills.