

TABLE OF CONTENTS

Press Events	1
Media Guidelines	6
Boilermaker Introduction	9
Statistics and Prize Money	12
Boilermaker History	21
Maps and Course Information	30
Participant Information	39
Pace Chart	57
Glossary	59
Sponsors	61

PRESS EVENTS

Time Warner Road Runner Mile

Wednesday, June 29

6:00 PM

Parkway Recreation Center

Parkway, Utica, NY

This is an invitational for a High School, College and Open Mile Run.

Boilermaker Committee Run

Sunday, July 3

8:00 AM

ECR International

2201 Dwyer Ave., Utica, NY

The Boilermaker Golf Classic Tournament

Tuesday, July 5

Valley View Golf Course

Valley View Rd, Utica, NY

This event allows amateur golfers of any skill level to participate in a four person scramble.

Bank of America Youth Olympics

Thursday, July 7

9 AM - 11 AM

Proctor Park, Culver Avenue at Welshbush Road, Utica, NY

This event focuses on youth between the ages of 8 and 14 and is directed by the City of Utica Youth Bureau.

About 300 youths will participate in Olympic style events. Each participant will receive a free tee shirt sponsored by Bank of America. Participation is free!

Planet Fitness Health & Fitness Expo

Friday, July 8

Noon – 7 PM

Saturday, July 9

9 AM - 4:30 PM

Masonic Care Community, 2150 Bleecker Street

The event features more than 70 booths, including: entertainment, prize drawings, and the sale of commemorative race items. Race participants can pick up their race packet and goody bag at the Expo.

Press Events

NBT Bank Boilermaker Volunteer Party

Friday, July 8

5:00 PM

Masonic Care Community, 2150 Bleecker Street

Each year over 5,000 volunteers assist in almost every aspect of the race. A special party will be held to honor these volunteers and their generous contributions to the race. In attendance will be Jim Stasaitis, Boilermaker Race Director, Tim Reed, Executive Director, Earle C. Reed, Founder and Former Director of the Boilermaker, Hall of Fame inductees and running world elites including Bill Rodgers, Roger Robinson, Kathrine Switzer, Phil Stewart and others.

Utica National Insurance Group's 23rd Annual Kid's Run

Saturday, July 9

8:15 AM

Masonic Care Community, 2150 Bleecker Street

The Boilermaker Kid's Run celebrates the children in our community and often gives them their first exposure to running. Two thousand children participate in the run. Registration will be available on Friday July 9th, Noon – 3 PM

3 Mile Boilermaker Walk

Saturday, July 9

10:30 AM

Masonic Care Community, 2150 Bleecker Street

Now in its eleventh year, the Boilermaker 3M Walk was added to the Boilermaker weekend in 2001 to offer walkers a chance to participate in the Boilermaker experience. Registered Walkers will receive an official Boilermaker bib number, Boilermaker walk glass, and a finisher's pin. Also, registered youths under the age of 12 can walk free if accompanied by a paid adult or guardian.

Sodexo Senior Services Pasta Buffet

Saturday, July 9

12:30 - 5:00 PM

Masonic Care Community, Administration Building
2150 Bleecker Street

This ***all you can eat*** Pasta Buffet features assorted pastas and sauces, salad, bread, freshly baked cookies and beverages featuring Saranac Root Beer and Pepsi. All the proceeds from the dinner benefit the United Way.

Press Events

M&T Bank Runner's Forum- "Ask the Experts"

Saturday, July 9
1:00 PM - 2:30 PM

Masonic Care Community, 2150 Bleecker Street

M&T Bank provides the opportunity to find out more about your running, including injuries, nutrition and training. Our panel of experts includes:

Bill Rodgers - 4 Time New York City and Boston Marathon Champion

Katherine Switzer - Credited with starting the women's running movement in the USA

Rodger Robinson – Elite International Runner from 1966 -1995 and Senior Writer for Running Times

John P. Colianni, MD – Board Certified in both Sports and Family Medicine

Michelle Eaasterly – a registered dietitian and director of nutrition for the New York Beef Industrial Council

Dane Rauschenberg – An extreme athlete, speaker and author

The Carbone 5K Race

Sunday, July 10
7:15 AM

Burrstone Road Bridge near York Street, Utica

Now in its twelfth year, the Carbone 5K Race is aimed at introducing runners to the course and preparing them for the 15K.

The Boilermaker Sitrin 15K Wheelchair Division

Sunday, July 10
7:45 AM

Utica Boilers, 2201 Dwyer Avenue, Utica

The Boilermaker welcomes some of the best wheelchair athletes in the world.

The Boilermaker 15K Road Race

Sunday, July 10
8:00 AM

ECR International (Utica Boilers), 2201 Dwyer Avenue, Utica

Now in its 34th year, the Boilermaker hosts world class runners, National Distance Running Hall of Fame inductees and recreational runners.

Press Events

Price Chopper Post-Race Party

Sunday, July 10

9:00 AM - 12:00 noon

Matt Brewing Co. Back Parking Lot

Corner of Court and Varick Streets

All runners will receive a lunch compliments of Price Chopper. Entertainment will be provided by The Navy Rock Band, and Pepsi and Saranac Beverages will be served.

Boilermaker Awards Ceremony

Sunday, July 10

10:00 AM

Post-Race Party,

Matt Brewing Co., Corner of Court and Varick Streets

Monday, July 11, at the Radisson Hotel Utica Center, 200 Genesee Street, Utica 10:30 AM

Race Recap with all Directors

MEDIA GUIDELINES

2011 Media Guidelines

The Boilermaker/National Distance Running Hall of Fame Press Kit has been put together to assist you in your coverage of the Boilermaker Road Race.

Please Note: Members of the media will be asked to present valid press identification before credentials will be issued. Credentials are absolutely necessary to gain access to the Boilermaker Press Truck or into the Start line and Finish line VIP area.

Please review the following information carefully. It will assist you in your coverage of the Boilermaker Road Race.

Media Credentials

All Media covering the Boilermaker Road Race must obtain and exhibit a media credential. All those seeking media credentials should present a press pass, business card or request on media letterhead. Press truck assignments and all media on the course must be requested no later than June 20, 2011. Contact: Meghan Fraser at (315) 796-2728 or email Meghanf@saranac.com

Race Times

The Boilermaker 15K Road Race starts promptly at 8:00 a.m. on Sunday, July 10, 2011. The Starting Line is on Earle C Reed Way near the intersection of Dwyer Ave. The Wheelchair Race begins at 7:45 a.m. and the 5K Run begins at 7:15 a.m. on Burrstone Rd. near Donovan Stadium.

Press Truck

If you wish to ride on the press truck, which will drive ahead of the runners on the course, you must contact Media Coordinator Meghan Fraser at (315) 796-2728, or email Meghanf@saranac.com, prior to the race.

Photographers who have signed up to ride on the press truck that will travel ahead of the runners must meet at Beach Grove and Culver Ave. You must be on the press truck before it pulls onto the course at 7:45 am. No one will be allowed to board the press truck after that time. You must present your media credentials to board the press truck. There is limited seating on the press truck.

National Grid provides the press trucks and Boilermaker officials will solely direct their route and operation.

The press truck will arrive at approximately the same time the winner crosses the finish line. Therefore, we recommend that if you ride the press truck, plan to have someone else capture the finish line. After the truck arrives you will not have time to get into position to observe the winner's arrival. There will be no stops, dismounting or jumping off the truck before it reaches the finish area.

Media Guidelines

Media Coverage

Live coverage of the Boilermaker 15K Road Race can be heard on WIBX News Radio 950 AM beginning at 7 a.m. The Sports Stars AM 1230, 1350, 1480, and 1550 will broadcast the race from 7:30 a.m - 9:30 a.m. Fox 33 will air their coverage from 4 p.m. - 7 p.m. Time Warner Cable Sports presents live coverage of the Boilermaker starting at 7:30 a.m. on cable channel 26 and HD channel 813 on Sunday, WKTV News Channel 2 will air coverage at 7 a.m. -10 a.m. and online at www.wktv.com. In addition, WUTR-TV 20 will televise live coverage of the Boilermaker from 7 a.m. to 11 a.m. They will rebroadcast the race in July - check local listings. Uticaod.com and uticaboilermaker.com will also provide live media coverage.

Finish Line/VIP Area

Please note that media covering the finish will be restricted to certain areas. Space has been reserved to give you optimum opportunity to capture the race finish while at the same time protecting the interests of the runners. Under **NO** circumstances will the media be allowed on the course while the race is in progress.

There are no media banners or signs allowed at the start line or finish line with the exception of race sponsors, which are pre-approved by the Boilermaker management.

Media, wearing a media credential, will be allowed into the media tent at the Boilermaker finish line. The media tent/ VIP area is reserved for special guests and elite runners. Media will be allowed to interview runners, inductees and special guests at this time.

The Boilermaker 15K Road Race is a community event with a wide variety of media coverage. We ask for your patience when arranging interviews with runners, sponsors and race officials. The race committee does not permit exclusive coverage or exclusive interviews

Medical Tent

Media will **not** be allowed in the medical tent. The Medical Director will update the media hourly.

Boilermaker World Wide Web Access

Additional information regarding the Boilermaker 15K Road Race can be gathered by accessing the Web site at www.boilermaker.com. The site offers training tips, and background information.

NOTES



***Boilermaker* 15K**

July 10, 2011 • Utica, New York

INTRODUCTION

BOILERMAKER INTRODUCTION

The 34th Boilermaker 15K Road Race
Sunday, July 10, 2011
8 a.m. Eastern Standard Time
Course Certified by USA Track & Field
Course Certification Number NY969009-WN
Race Director: Jim Stasaitis

History of the Race

The Boilermaker 15K Road Race was established in 1978 by Earle C. Reed. Reed was looking for a way to give back to the community that had supported his family's business, Utica Companies (ECR International). Earle convinced his father Bob Reed, President of Utica Radiator, and the company's Treasurer Jim Benson, to underwrite a new local long distance road race, which Earle dubbed "The Boilermaker." With additional assistance from cofounder F.X. Matt II, president of F.X. Matt Brewing Company, the first Boilermaker was run on July 16, 1978. Earle Reed served as Race Director from 1978-2000, Bob Ingalls from 2001-2007 and Jim Stasaitis took the race over in 2008.

It wasn't the first local road race, but it quickly became the most popular. The Boilermaker continues to strive to be the best 15K race in the United States, attracting athletes and fans from all over the world. The race began with 876 runners and a budget of \$750. Now in its 34th year, the Boilermaker draws more than 17,000 competitors and sponsors at support levels of \$5,000 and up.

The Course

A 9.3-mile tour of Utica, the Boilermaker takes participants from the start line at ECR International, along the Memorial Parkway, up through Valley View Country Club and Golf Course, back on the Memorial Parkway, along upper Genesee Street, turning onto Shepherd Place, Sunset Avenue and then onto Burrstone Road passing the Utica College Campus. The course then comes down Champlin Avenue, Whitesboro and Court Streets, and concludes at the Matt Brewery.

Future Boilermaker Dates

Sunday, July 8, 2012
Sunday, July 14, 2013
Sunday, July 13, 2014

Entering the Boilermaker 15K Road Race

An application may be obtained at the locations of a number of our sponsors, online at www.boilermaker.com, or by notifying the Boilermaker at PO Box 512, Utica, NY 13503, (315) 797-5838. If you have participated in the Boilermaker in the past two years, an application will automatically be sent to you via mail.

Runners can verify their entry by going to boilermaker.com.

BOILERMAKER INTRODUCTION

Roger Robinson of Running Times – the Utica Boilermaker 15K has been always one of my favorites.

Race of the Month Runner's World named the Boilermaker Road Race the "Race of the Month" in 2009 and calls it "a classic event with a competitive field- and one of the biggest and best parties in all of running."

Runner's World Magazine states in 2008 that the Boilermaker remains a must-run.

The Best 15K in the Nation

The Boilermaker Road Race was ranked as the largest 15K road race in the nation for ten consecutive years, from 1997-2006. Each year, the race attracts top elite runners from all over the world, Olympians and world record holders. The Boilermaker has been named as one of the top 100 races in the country by **Runner's World** magazine.

Voted One of RRCA's Top 20 Road Race

In a 2002 survey of members of the Road Runners Club of America, the Boilermaker was named one of the top 20 road races in the United States. The poll was conducted by the club's flagship publication, "Footnotes," which is sent to its 145,000 members. This is a significant honor, as members were asked to consider the virtues of approximately 3,000 races throughout the country.

Road Race of the Year New England Runner, a nationally publicized magazine, named the Boilermaker "Road Race of the Year" for 2002.

Professional Road Running Organization

The Professional Road Running Organization (PRRO) is an alliance of race directors and athletes who together organize and promote the PRRO Circuit, a nationwide series of premier non-marathon road racing events. The Circuit's open competition policy (athletes from all countries are eligible) results in the most competitive and high-profile elite fields in the sport at each event. The "PRRO Championship Season" will commence with the 2011 Utica Boilermaker 15K Road Race and conclude with the 2012 AJC Peachtree 10K Road Race. During this period, any athlete that wins two races from the first four events – the Boilermaker 15k (July 10, 2011) Utica, New York, the World's Best 10k (February 26, 2012) San Juan, Puerto Rico, the Credit Union Cherry Blossom 10 Mile (April 1, 2012) Washington, DC and the Lilac Bloomsday 12k (May 6, 2012) Spokane, Washington plus the Peachtree Road Race 10k (July 4, 2012) Atlanta, Georgia (three events overall) will earn the cumulative circuit purse.

The "PRRO Championship Run Off," offers a \$10,000 bonus for any athlete. The bonus is in addition to the over \$375,000 in prize money that the races pay out individually, making the circuit the most lucrative series of non-marathon prize money events in the world.

The 2010-2011 purse was \$10,000. The new format means a runner only needs to win one of the circuit races during the current circuit year PLUS the Championship race at Peachtree and you win the Circuit Purse (this is split if a male and female win it in the same year). When the purse is won, it resets the following year to \$10,000. Each year it is not won, it grows by \$5,000. For more information on PRRO please visit their website at www.prro.org.



Boilermaker 15K

July 10, 2011 • Utica, New York

Men's Open

Lelisa Desisa- Ethiopia	42:46	2010 (New Course)
Joseph Kimani- Kenya	42:40	1996 (Old Course)

Women's Open

Edna Kiplagat – Kenya	47:57	2010 (New Course)
Jill Hunter - England	48:19	1991 (Old Course)

Men's Masters

Andrew Masai – Kenya	44:56	2000
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Women's Masters

Elena Fedatof – Romania	52:01	2002
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Men's Wheelchair

Saul Mendoza – Snellville, GA	32:40	2000
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Women's Wheelchair

Laurie Stephens – Wenham, MA	46:26	2000
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15 K World Record

Male Open

Leonard Patrick Komon (KEN) Nijmegen	41:13
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Female Open

Tirunesh Dibaba (ETH) Nijmegen	46:28
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(Records from iaaf.org)

15 K American Records

Male Open

Todd Williams Jacksonville, FL – 1995	42:22
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Female Open

Deena Drossin (Kastor) Mammoth Lakes, CA	47:15
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(Records from usatf.org)

Prize Money

Overall Open Division

Place	Male	Female
1st	\$6000	\$6000
2nd	\$3500	\$3500
3rd	\$2000	\$2000
4th	\$1300	\$1300
5th	\$1000	\$1000
6th	\$900	\$900
7th	\$800	\$800
8th	\$700	\$700
9th	\$600	\$600
10th	\$500	\$500

Masters (40 –above)

Place	Male	Female
1st	\$1500	\$1500
2nd	\$1000	\$1000
3rd	\$500	\$500
4th	\$300	\$300
5th	\$200	\$200

Top American

Place **	Male	Female
1st American	\$1000	\$1000
2nd American	\$500	\$500
3rd American	\$300	\$300

The top 3 American citizens finishing among the **TOP 20 will receive the above incentive**
Bonus of \$1,000 for the first open man and/or first open woman who breaks the current course record.
The course record for men is 42:46. The course record for women is 47:57.

Wheelchair

Place	Male	Female
1st	\$2500	\$2500
2nd	\$1500	\$1500
3rd	\$1000	\$1000
4th	\$500	\$500
5th	\$250	\$250

Master (40 –above)

Place	Male	Female
1st	\$800	\$800
2nd	\$400	\$400
3rd	\$200	\$200

BOILERMAKER PAST CHAMPIONS

Men's Open

Year	Name	Home	Time
2010	Lelisa Desisa	Ethiopia	42:46
2009	Ridouane Harroufi	Morocco	43:56
2008	Terefe Maregu	Ethiopia	44:17
2007	Nicholas Kamakya	Kenya	43:15
2006	Sammy Rongo	Kenya	43:16
2005	Gilbert Okari	Kenya	43:22
2004	John Korir	Kenya	43:50
2003	John Korir	Kenya	43:23
2002	Paul Kosgei	Kenya	43:22
2001	John Korir	Kenya	42:57
2000	Reuben Cheruiyot	Kenya	43:07
1999	John Korir	Kenya	43:00
1998	Khalid Kannouchi	Morocco	42:57
1997	Joseph Kimani	Kenya	42:54
1996	Joseph Kimani	Kenya	42:40
1995	Lazarus Nyakeraka	Kenya	43:09
1994	Benson Maya	Kenya	42:57
1993	Thomas Osano	Kenya	43:49
1992	Sammy Lelei	Kenya	43:39
1991	Ed Eyestone	Layton, UT	44:10
1990	Delmir Dos Santos	Brazil	44:01
1989	Jon Sinclair	Fort Collins, CO	44:06
1988	Joseph Kipsang	Kenya	44:55
1987	Mark Roberts	England	45:10
1986	Joseph Kipsang	Kenya	44:07
1985	Jerry Kiernan	Ireland	44:42
1984	Geoff Smith	England	44:21
1983	Bill Rodgers	Sherborne, MA	44:38
1982	James O'Connell	Syracuse, NY	44:58
1981	Terry Baker	Hagerstown, MD	44:48
1980	Peter Pftizinger	Ithaca, NY	45:16
1979	Tom Carter	Binghamton, NY	47:15
1978	Ric Rojas	Boulder, CO	45:38

Women's Open

Year	Name	Home	Time
2010	Edna Kiplagat	Kenya	47:57
2009	Alice Timbilili	Kenya	49:32
2008	Ashu Rabo Kasim	Ethiopia	50:39
2007	Lidia Simon	Romania	49:23
2006	Gete Wami	Ethiopia	49:31
2005	Sally Barsosio	Kenya	50:11
2004	Susan Chepkemei	Kenya	48:50
2003	Susan Chepkemei	Kenya	48:55
2002	Constantina Dita	Romania	48:29
2001	Catherine Ndereba	Kenya	48:06
2000	Catherine Ndereba	Kenya	48:47
1999	Catherine Ndereba	Kenya	48:52
1998	Lornah Kiplagat	Kenya	50:06
1997	Lornah Kiplagat	Kenya	49:58
1996	Catherine Ndereba	Kenya	48:55
1995	Rosali Machado	Brazil	49:42
1994	Delillah Asiasgo	Kenya	50:24
1993	Gitte Karshoj	Denmark	51:07
1992	Madina Biktagirova	Russia	50:22
1991	Jill Hunter	England	48:19
1990	Maria Trujillo	Mexico	52:25
1989	Michelle Bush-Cuke	Salt Lake City, UT	52:25
1988	Ria Van Landegham	Belgium	52:45
1987	Becky Kirsininkas	Minnesota, MN	54:10
1986	Lisa Welch	Newton, MA	50:19
1985	Judi St. Hilaire	Brighton, MA	50:35
1984	Ena Guevars – Mora	Syracuse, NY	52:36
1983	Ena Guevars – Mora	Syracuse, NY	50:10
1982	Laura DeWald	Arlington, VA	54:41
1981	Mary Rybinski	Minoa, NY	54:49
1980	Nancy Mieszciak	Buffalo, NY	55:02
1979	Cindy Girard	Binghamton, NY	57:30
1978	Kathy Mills	Fayetteville, NY	54:26

Boilermaker Past Champions

Men's Masters

Year	Name	Home	Time
2010	Mbarak Hussein	USA	45:56
2009	Joseph Koech	Kenya	47:22
2008	Steve Boyd	Canada	48:48
2007	El Arbi Khattabi	Morocco	47:24
2006	Sean Wade	New Zealand	47:24
2005	Paul Aufdemberge	USA	48:02
2004	Jackson Kipng'ok	Kenya	46:18
2003	Andrew Masai	Kenya	45:53
2002	Andrew Masai	Kenya	46:25
2001	Andrew Masai	Kenya	45:15
2000	Andrew Masai	Kenya	44:56
1999	John Tuttle	Alfred, NY	46:17
1998	Peter Koech	Kenya	47:16
1997	Martin Mondragon	Mexico	46:47
1996	Karel Jircik	Ontario	47:29
1995	Martin Mondragon	Mexico	45:26
1994	Martin Mondragon	Mexico	45:28
1993	Nick Rose	Great Britain	46:00
1992	Pierre Levisse	France	45:08
1991	Manuel Vera	Mexico	45:57
1990	John Campbell	New Zealand	45:10
1989	Wilson Waigwa	Kenya	46:09
1988	Bob Shlau	Charleston, SC	48:32
1987	Atlay Beline	Staten Island, NY	50:26
1986	Graham Tattersall	New Zealand	48:50
1985	Ralph Zimmerman	Buffalo, NY	51:05
1984	Kenny Inglis	N/A	48:12
1983	Ernest Dumas	Danielson, CT	50:10
1982	Kirk Randall	Wellesley, MA	49:44
1981	Ralph Zimmerman	Buffalo, NY	48:51
1980	Calvin Loomis	Campbell, NY	52:05
1979	Brian Harris	Royal Oak, MI	50:58
1978	Kenneth Muller	Bellingham, MA	50:39

Boilermaker Past Champions

Women's Masters

Year	Name	Home	Time
2010	Ramilya Burgangulova	Russia	53:47
2009	Albina Gallyamova	Russia	55:21
2008	Albina Gallyamova	Russia	55:19
2007	Firaya Sultanova	Russia	52:52
2006	F. Sultanova-Zhdanova	Russia	53:44
2005	F. Sultanova-Zhdanova	Russia	52:19
2004	F. Sultanova-Zhdanova	Russia	52:18
2003	Elena Paramonova	Russia	55:52
2002	Elena Fidatof	Romania	52:01
2001	Elena Fidatof	Romania	53:18
2000	Marina Belyaeva	Russia	53:47
1999	Diane Legare	Montreal	58:48
1998	Jane Welzel	Fort Collins, CO	53:21
1997	Joan Benoit Samuelson	Freeport, ME	53:23
1996	Tatyana Pozdnyakova	Ukraine	52:03
1995	Lorraine Moller	New Zealand	53:16
1994	Diane Legare	Montreal	55:38
1993	Carol McLatchie	Houston, TX	54:56
1992	Nancy Grayson	Columbia, SC	54:58
1991	Nancy Grayson	Columbia, SC	55:15
1990	Nancy Grayson	Columbia, SC	55:08
1989	Ngaire Drake	New Zealand	55:05
1988	Barb Filutze	Chittenango, NY	57:05
1987	Bobbi Rothman	Gainesville, FL	57:17
1986	Diane Palmason	Blaine, WA	1:01:33
1985	Cindy Dalrymple	Los Angeles, CA	59:02
1984	Cindy Dalrymple	Los Angeles, CA	55:25
1983	Betsy O'Neill	Wantagh, NY	1:04:58
1982	Selsu Rosen	Utica, NY	1:07:50
1981	Pat Bessel	Grand Island, NY	1:00:46
1980	Becky Morris	New Hartford, NY	1:09:27
1979	Barbara Becker	New York, NY	1:10:17
1978	Pat Bessel	Grand Island, NY	1:05:04

15K Entrants and Finishers

Year	Entrants	Finishers	Percent
2010	13,108	11,525	88%
2009	11,868	10,583	89%
2008	11,397	9,773	82%
2007	12,512	10,882	87%
2006	10,859	9,406	87%
2005	10,928	9,417	86%
2004	10,661	9,119	86%
2003	10,386	8,829	85%
2002	11,634	9,797	84%
2001	9,299	8,181	88%
2000	8,998	7,889	88%
1999	8,689	7,376	85%
1998	8,629	7,340	86%
1997	9,458	7,661	81%
1996	6,400	5,566	87%
1995	5,506	4,763	86.5%
1994	5,105	4,466	87%
1993	4,966	4,243	85%
1992	4,610	3,975	86%
1991	4,108	3,636	88.5%
1990	3,952	3,477	88%
1989	3,456	3,040	88%
1988	3,277	2,727	83%
1987	3,060	2,597	85%
1986	3,004	2,513	84%
1985	3,134	2,624	84%
1984	3,048	2,510	82%
1983	2,800	2,134	76%
1982	2,000	1,572	77%
1981	1,550	1,269	82%
1980	1,378	1,108	80%
1979	1,228	943	77%
1978	876	782	89%

Boilermaker Kids Run, 5K Race and Walk Entries

Overall Entries Kids Run

2010	1,517	1999	1,500
2009	1,637	1998	1,500
2008	1,737	1997	1,200
2007	1,871	1996	1,000
2006	1,704	1995	1,000
2005	1,861	1994	800
2004	1,672	1993	780
2003	1,758	1992	620
2002	1,897	1991	565
2001	1,673	1990	375
2000	1,600	1989	200

Overall Entries – 5K

2010	2,658		
2009	2,537	2004	950
2008	2,122	2003	1,006
2007	1,650*	2002	896
2006	1,137	2001	935
2005	1,154	2000	822

Overall Entries – Walk

2010	672	2005	791
2009	862	2004	805
2008	744**	2003	805
2007	932	2002	1,124
2006	766	2001	1,388

*Notes the first year the 5K was officially timed.

**The walk was changed from an 8K Walk to a 3 Mile Walk. The walk allows anyone who registers for either the 15k or 5K to participate for free as long as they wear their bib number. Any child under the age of 12 may participate for free as long as they are accompanied by an adult.

NOTES



BOILERMAKER HISTORY

Boilermaker Fun Facts

- In 2010 the Boilermaker saw four records fall. The men's and women's course records. A record number of participation in both the 15K and the 5K.
- Utica has had five Mayors since the start of the Boilermaker. They are Stephen J. Pawlinga (1978-1983), Louis D. LaPolla (1984-1995), Edward A. Hanna (1996-2000), Timothy J. Julian (2000-2007) and David P. Roefaro (2008- present).
- Edward Hanna commissioned the finish line arch. Timothy Julian is the only Mayor of Utica to run the Boilermaker.
- The hottest Boilermaker was a scorching 92 degrees on July 10, 1988.
- Oneida County has had ten County Executives. They are William E. Bryant (1974-1979), Antoinette Hyer (1979), Seymour Greene (1979), Michael Nasser (1979), Sherwood L. Boehlert (1980-1982), John D. Plumley (1983-1991), Raymond A. Meier (1991-1996), Ralph J. Eannace Jr.(1997-2003), Joseph A. Griffo (2003-2006) and Anthony J. Picente, Jr. (2007 – present)
- New York State has had six Governors since the start of the Boilermaker. They are Hugh Carey (1975-1982), Mario Cuomo (1983-1994), George Pataki (1995-2006), Eliot Spitzer (2007-2008), David Paterson (2008 – 2010) and Andrew Cuomo (2011 – present).
- George Pataki was the first Governor of New York State to attend the Boilermaker (2002). He is the only Governor to hold the finish line banner. Eliot Spitzer was the first Governor to run in a Boilermaker. He ran as a candidate with opponent John Faso in the Carbone 5K (2006). Faso beat Spitzer by 14 seconds. Spitzer returned the next year to run the Boilermaker 5K. David Paterson is the only Governor to attend two Boilermakers and run the 15K.
- There have been three race directors, Earle Reed, Bob Ingalls, and Jim Stasaitis.
- The United States has had six Presidents since the start of the Boilermaker. They are Jimmy Carter (1977-1981), Ronald Reagan (1981-1989), George H.W. Bush (1989-1993), William J. Clinton (1993-2001), George W. Bush (2001-2009) and Barack H. Obama (2009- present).
- 2008 was the very first Baghdad race. Marty Muchow won first place with a time of 56:46.
- From 1978 – 1992 Matts Brewery was on the back of the glass. 1993 was the first year that Saranac was on the glass.
- The first 5K glass was issued in 2004. The first walk glass was issued in 2007.
- The Boilermaker Course was changed in 1997.
- The first 15k race was first timed with the chip in 1999.
- The 5K was first timed in 2007

- Through 2010, there have been 181,723 finishers.
- In 1985 Runtime Services took over scoring the Boilermaker. In 2007 Leone Timing took over.
- Joshua McDougal ran the Boilermaker in 1999 at age 14 with a time of 52:42. He still holds the record for the 14 and under age group. In 2002 Caitlin E. McTague, also a 14 year old, ran the Boilermaker in 58:13. She also still holds the record for fastest female time in the 14 and under age group.
- The Expo has been at the Masonic Care Community since 1997.
- 2010 was the first year the Boilermaker used the disposable D Chip.
- John Cahill and Regina C. Tumidajewicz each captured the record for best time in the age group of 75 and older. Each were 75 at the time. In 1999 John won his age bracket for men with a time of 1:08:38. In 2002 Regina won her age bracket for women with a time of 1:58:35.
- In 1989 Michelle Bush-Cuke was the last American woman to win. 1989 was also the last year both a male and female from the United States won the race. Michele won along with Jon Sinclair in 1989. Ed Eyestone was the last American male to win the Boilermaker in 1991.
- The highest percentage of people running the 15K and 5K are students and the highest percentages of people that participate in the 3 mile walk are retired.
- Last year 499 people attended the Boilermaker from other countries.
- West Utica has won the Boilermaker Block Party Competition 5 times in the last 8 years.
- The greatest percent of participation was the first year when 89% of the people who registered finished the race. In 2010 the most people finished the 15K with 11,525 finishers.
- The most wins in the Boilermaker was John Korir with four wins 1991, 2001, 2003, and 2004 and Catherine Ndereba with four wins 1996, 1999, 2000, 2001.
- South Dakota is the only state that has not had someone participate in the Boilermaker.
- 2011 was when the 5K Run was turned into a race.
- Go the Distance started in 1997.
- Boilermaker Start Times:
 - 1978-1979 10:30 AM
 - 1980-1985 9:00 AM
 - 1986-1993 8:30 AM
 - 1994- present 8:00 AM

New This Year

- Patriotic Mile
- First responders Mile
- Color Program Book
- Boilermaker Burger
- 5k cap
- B-chip
- Pride of New York Tent
- Magic Show
- United States Navy Rock Band

Boilermaker Temperatures

Date	Temperature
July 11, 2010	65 (RT)
July 12, 2009	61 (RT)
July 13, 2008	73 (RT)
July 8, 2007	68 (RT)
July 9, 2006	71 (RT)
July 10, 2005	72 (RT)
July 11, 2004	65 (RT)
July 13, 2003	67 (RT)
July 14, 2002	68 (RT)
July 8, 2001	60 (RT)
July 9, 2000	62 (RT)
July 11, 1999	60 (RT)
July 12, 1998	68 (RT)
July 13, 1997	74
July 14, 1996	68
July 9, 1995	70
July 10, 1994	65
July 11, 1993	74
July 12, 1992	70
July 14, 1991	63
July 8, 1990	65
July 9, 1989	77
July 10, 1988	92 (RT)
July 12, 1987	90 (RT)
July 13, 1986	68
July 14, 1985	74
July 8, 1984	58
July 10, 1983	60
July 11, 1982	79
July 12, 1981	75
July 13, 1980	78 (RT)
July 15, 1979	88 (RT)
July 16, 1978	80 (RT)

Boilermaker Volunteers

Peter DeStefano Award

Experienced Boilermaker runners know that the Boilermaker Volunteers are dedicated, compassionate and hard working.

Peter DeStefano was one of those volunteers. Coach D, as he was known as, worked the boilermaker chute crew.

Coach D, a long-time coach and physical education instructor at Utica Free Academy, died in 1988. The following year the Boilermaker instituted the Peter DeSefano Award. Each year it is presented to the Boilermaker volunteer who most exemplifies the spirit of Coach D.

These are the previous winners of the **Peter DeStefano** Award:

2011	Dave Lupinski	1999	Tom Heiland
2010	Dick Jordan	1998	Cosmo Castellano
2009	John DeTraglia		Denise Williams
	Dan Broedel	1989	Dick Mattia
2008	Scott Hughes		Dave Reichert
2007	Jim Stasaitis		Steve Rosecrants
2006	Sue Fraser	1996	Debbie Johncox
2005	Linda Turner	1995	Robert McQueen
2004	James Wrobel	1994	Meg Clifford
2003	Frank D'Allesandro	1993	Don Fedor
2002	Elaine Hage	1992	Al Calogero
	Cindy Reed	1991	Linda Spellman
2001	Les Diven	1990	Jim LaFountain
	Pat Diven	1989	Mary Lou Rosecrants
2000	Charlie Freer		

Boilermaker Awards

Bill Coughlin Award

Bill Coughlin was a long time runner, coach and director of physical education in the Rome School District. He stayed at the finish line of each race until the last runner came across. He knew that the runners, no matter what their finishing time, showed courage, character and determination.

Bill Coughlin died in 1983, at the age of 55, just three months into his retirement. A DWI driver hit and killed Coughlin during his daily run. Each year the Boilermaker presents the Bill Coughlin Award to a runner who displays courage, character and determination, and who responds to challenges in a positive way.

2011	Kevin Sutton	1997	Ed Bradley
2010	Paul Olbaum	1996	Steve Max
2009	Joe Wilzynski	1995	Andy Allair
2008	Dana Carr	1994	Scott Hughes
2007	Richard Stanley	1993	Ralph Agone
	Charles Mix	1992	Rebecca Darvoe
	Don Baum	1991	Colin Dyue
2006	Larry Kolwaite	1990	Bob Greene
2005	Andy Beyel	1989	Jim Cichon
2004	Michele Huther	1988	Anna Cornell
2003	Alyn Jones	1987	John David Fay
2002	Ed Buckley	1986	Fanny George
2001	Melissa Keiser		
2000	Jim Morgan		
1999	John Delaney		
1998	Richard Meiss		

Les Diven Award

The Les Diven Award is named for the longtime former sportswriter, who along with his wife Patti served for many years as a Boilermaker volunteer following his retirement from the Utica Newspapers. This award recognizes exceptional coverage of the race and its unique connection and value to the community.

2011	Roger Robinson	2002	Bill Worden
2010	Iris St. Merin		Dick Lawler
2009	Jim Raymer	2001	Chris Watson
	Chuck Obernessor	2000	Jason Powles
2008	Michael Doherty	1999	Craig Muder
2007	Anne Delaney	1998	Dennis Williams
2006	Scott Anderson	1997	John Pitarresi
2005	Ron Moshier	1996	Les Diven
2004	Carl Eilenberg		
2003	Adam the Bull		

Boilermaker Scholarships

The Boilermaker/National Distance Running Hall of Fame annually awards scholarships to graduating high school runners. Scholarships will be presented to male and female runners for “Outstanding Achievement in Distance Running” and male and female runners for “Outstanding Commitment to Distance Running”.

2011 Winners

Erica Freund - Clinton High School
Cody Racha - Holland Patent High School
Dylan Racha - Holland Patent High School
Leah Rice - Holland Patent High School
Aaron Tompkins - New Hartford High School

2010 Winners

Frank Mastraccio – Rome Free Academy
Eric Stevens – Holland Patent High School
Kaitlyn Day – Whitesboro Central School
Allison Lasnicki – Canastota High School

2009 Winners

Kelsey Peek - Whitesboro Central School
Crista Johnson - Ilion High School
Ryan Millar - New Hartford High School
Tim Phelps - Proctor High School
Hunter Padgett - Clinton

2008 Winners

John Szczesniak - Whitesboro Central School
Christine Mulvihill - Remsen Central School

Jeff Blazek - New Hartford High School
Meagan Kobielski - Holland Patent High School

2007 Winners

Samantha Stedman - Sauquoit Valley Central School
Danielle Fiorentino - New Hartford High School
Maura Parks - Clinton High School
Bryan Hoffman - Holland Patent High School
Mike Reilly - Holland Patent High School

2006 Winners

Wes Moseman - Holland Patent Central School
Kelly Murray - Whitesboro Central School
Patrick Day - Whitesboro Central School
Carly Calogero - Sauquoit Valley Central School
Erica Bourgeois - Adirondack Central School

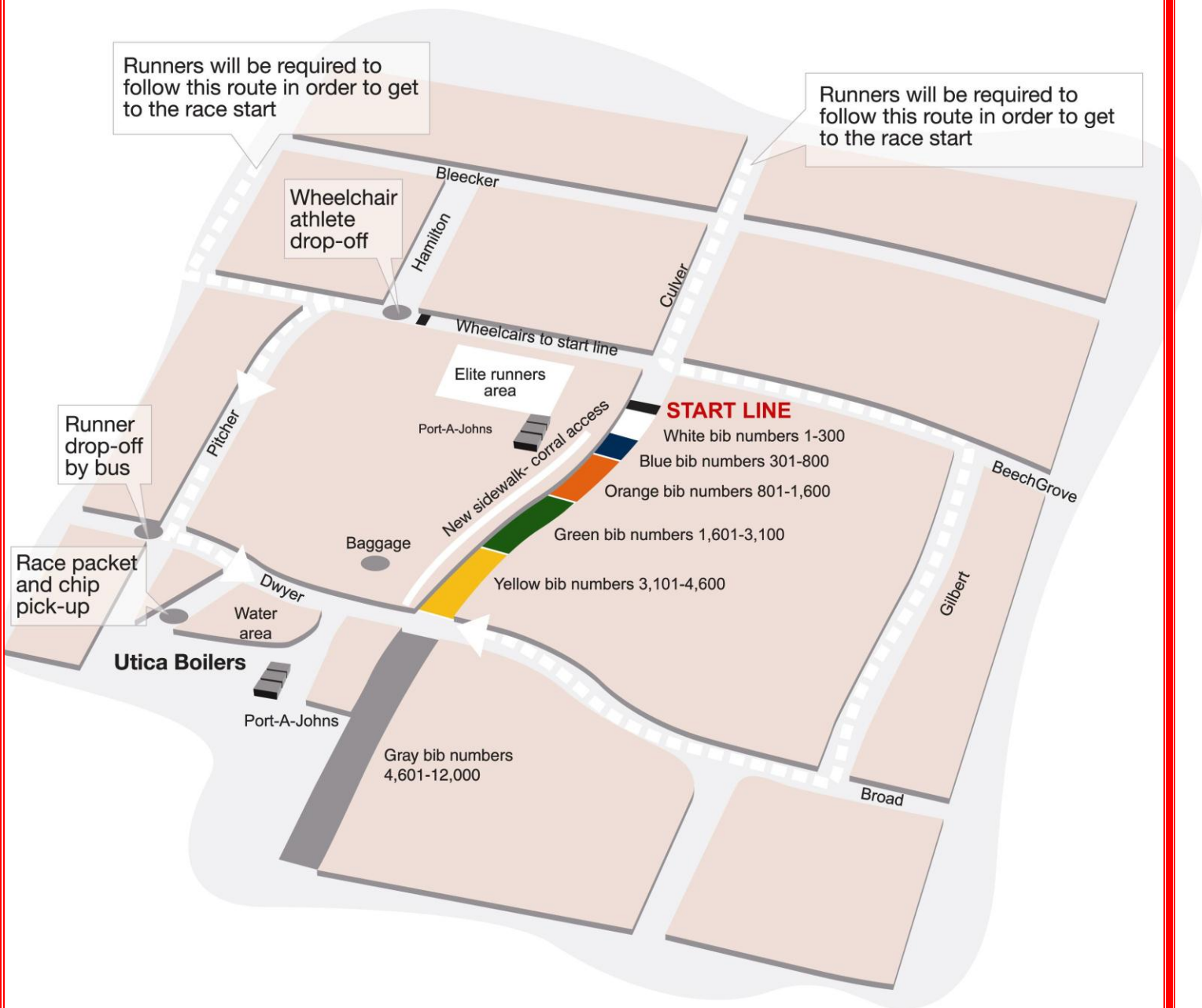
2005 Winners

John Nicotera - Sauquoit Valley Central School
Kimberly Povec - Whitesboro Central School
Tyler Socash - Town of Webb UFSD
Emily Gates - Mt. Markham Central School



**MAP,
COURSE INFO
AND
DIRECTIONS**

2011 Starting Line Map



LISTING OF WATER STATION LOCATIONS

- | | |
|--|---------------------------------|
| 1. C.J.Burth & MacClark Restaurant | 1112 Culver Ave. |
| 2. Kiwanis | 1111 Parkway |
| 3. Dodge & Friends | Parkway and Harrison |
| 4. Utica Volleyball | Utica Parks Garage |
| 5. ACS and Bank of America | Overlook Point/Valley View |
| 6. Coldwell Banker Faith Properties | Parkway |
| 7. Whitestown Jaycees/MVCC Upward Bound | Parkway near Tennis Courts |
| 8. Christopher Donalty for CURE | U.F.C.W. Building |
| 9. US Air | Genesee Street near Pin-O-Rama |
| 10. Verizon/Utica Firefighters Woman's Assn. | Shepherd Place |
| 11. Faxton Hospital Women's Assn. | Sunset and Burrstone |
| 12. NYS DOT | Burrstone - College Exit |
| 13. National Grid | Champlin Ave. and Burrstone |
| 14. Utica College Alumni Assn. | St. Luke's Hospital |
| 15. House of the Good Shepherd | Champlin Ave. |
| 16. Yorkville Fire Dept. | Champlin and Graham Ave. |
| 17. Utica Converters/Beta Sigma Phi | Champlin and Whitesboro St. |
| 18. Met Life Auto and Home | Whitesboro and McBride |
| 19. GE Ski Club | Whitesboro St.-Kernan Firehouse |

Boilermaker Road Race EMS Aid Stations

1. Start Line
2. 1112 Culver Ave.
3. Intersection of Sherman Drive and the Parkway
4. Intersection of Harrison and the Parkway
5. Valley View @ the Parks Dept. garage
6. Overlook Point (Valley View)
7. Intersection of Seymour and the Parkway
8. Tennis Courts on the Parkway
9. UFCW Building on the Parkway
10. Intersection of Genesee and Parkway
11. Intersection of Shepherd and Sunset
12. Burrstone Rd. at Faxton Hospital
13. Intersection of Burrstone and York St.
14. Burrstone Rd. at Utica College entrance
15. Intersection of Burrstone and Champlin
16. Champlin at St. Luke's Entrance
17. Champlin at House of Good Shepherd
18. Intersection of Champlin and Graham
19. Intersection of Champlin and Whitesboro
20. Whitesboro St. at Harry's Brake
21. Intersection of Whitesboro and Kernan
22. Intersection of Cross and Court St.
23. Intersection of Court and Lenox
24. Intersection of Court and Schuyler
25. Intersection of Sunset and Spring St.

Boilermaker Course Entertainment

2011 Boilermaker Entertainment

Lite 98.7	Start Line Area
Bruce Melnick DJ	705 Culver Ave
The Shriners Band	The Willows – Culver Ave
Downtown & Uptown Brown	C.J. Burth Garage – Culver Ave
International Mile	(MVRCR) Mile 1-Mile 2 Start: Culver & Welshbush (10 bands along this mile across MVCC area)
	1113 Parkway (part of International Mile)
The Red Band	1027 Parkway
Mix 102.5	1003 Parkway
Sour Mash	805 Parkway
KISS-FM	418 Valley View Rd
Majestic DJs	418 Valley View Rd
Fritz's Polka Band	Parks Dept. Garage (Golf Course)
J.B. & the Crew	Golf Course Rd
'BUG Country' Radio	In Golf Course
Utica Zoo & 92.7 The Drive	Utica Zoo Entrance
DJ JMC	Utica School Administration Building
Run To The Drums	(McDonald's) Parkway & Genesee
Sound Investment DJs	Walgreen's (Genesee St)
WOUR	Murnane Field Parking Lot
Rated PG Productions DJ	Burrstone & Bennett St (power from the Finger Bullet)
Tribute to First Responders	On the Burrstone Rd bridge, near Addison Miller
Steve Bennett	Upper Burrstone Rd (power from Pierpont Ave)
Joe Load DJ	Champlin House –Next to Friendly's
Rockin' Express DJ Brian George	Utica College, Champlin Ave
Dee Jay Unlimited	House of Good Shepherd
'The Patriotic Mile'	Down Champlin Ave to Purple Heart Park (Whitesboro St)
The Military Mile: Tribute to The Armed Forces	Champlin Ave, onto Whitesboro Street
Crazy Fools	Elks Lodge, Champlin Ave
The Stilt Guy – Chuck Lester	In front of the Elks Lodge
K-Rock	Corner Champlin and Campbell Ave
P & R Music DJs	Champlin Ave & Whitesboro St
Joe Miller	Am-Vets Veterans – Whitesboro St
Upstate Vibe Entertainment	Harry's Brake – Whitesboro St
Oldiez 96	Kellogg & Whitesboro St.
Ultimate Transaction DJs	Fire Station, Whitesboro St
Mohawk Valley Frasers (bag pipers)	Mohawk Valley Psych Center
Lite 98.7	Court St & York St
BIG Frog 104	Court St & Lenox Ave

Price Chopper Post Race Party



DIRECTIONS

Directions from the Radisson Hotel

To the starting line:

Start out going Northeast on Genesee St. toward Elizabeth St. (0.1 miles) Turn slight right onto NY-5S E / Oriskany St. E. Continue to follow NY-5S E. (1.7 miles)

To the finish line:

Start out going northeast on Genesee St. toward Elizabeth St. Turn sharp left onto Columbia St. Turn left onto Varick St.. The finish line is at the historic F.X Matt Brewery.

To the Masonic Care Community:

Start out going northeast on Genesee St. toward Elizabeth St. Turn slight right onto NY-5S E / ORISKANY ST E. Continue to follow NY-5S E. Take the Culver Ave ramp. Merge onto Dwyer Ave. Turn right onto Culver Ave. Turn left onto Bleecker St. Continue until you see signs for the Masonic Care Community and signs for the Expo.

NOTES



Participant Information

Events Participation

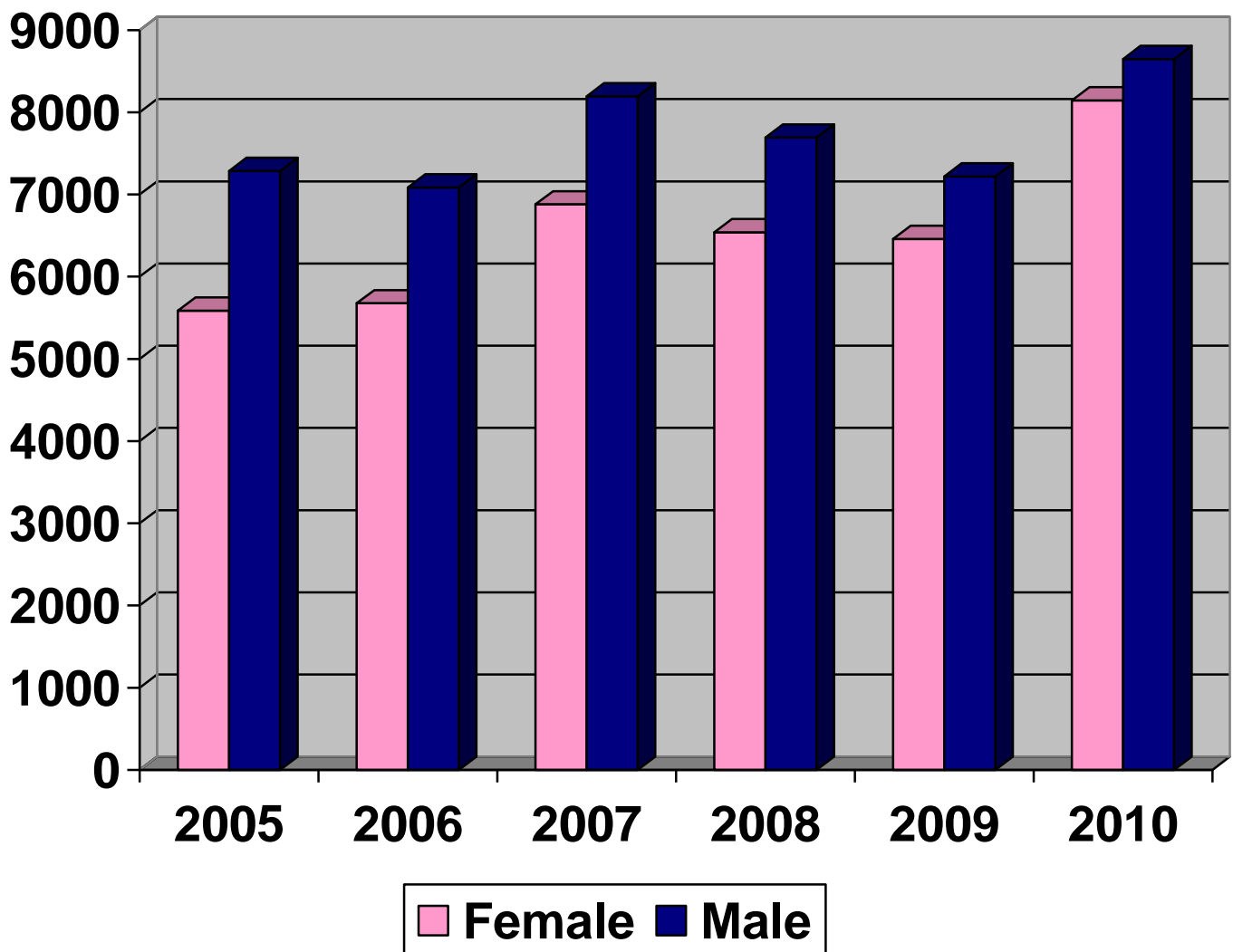
EVENT	2004	2005	2006	2007	2008	2009	2010
							
15 K RACE	10,661	10,928	10,859	12,512	11,397	11,868	13,108
5 K RUN	957	1,154	1,137	1,649	2,122	2,537	2,991
WALK	805	791	766	932	744	862	763
Kids Run	1,672	1,861	1,704	1,871	1,737	1,637	1,517
Mile Invitational*	0	0	0	0	42	37	36
All Events	14,095	14,734	14,466	16,965	16965	16,941	18,348

Online Registration

Event	2004	2005	2006	2007	2008	2009	2010
15K Race	59.9%	59.5%	61.4%	73.7%	70.7%	71.2%	66.4%
5K Run	39.5%	44.6%	35.1%	54.4%	56%	54.7%	54.7%
Walk	16.9%	29.7%	20.9%	31.4%	29.3%	26.9%	26.9%
Total for All Events	55%	56.3%	56.6%	61.5%	66.3%	65.9%	60%

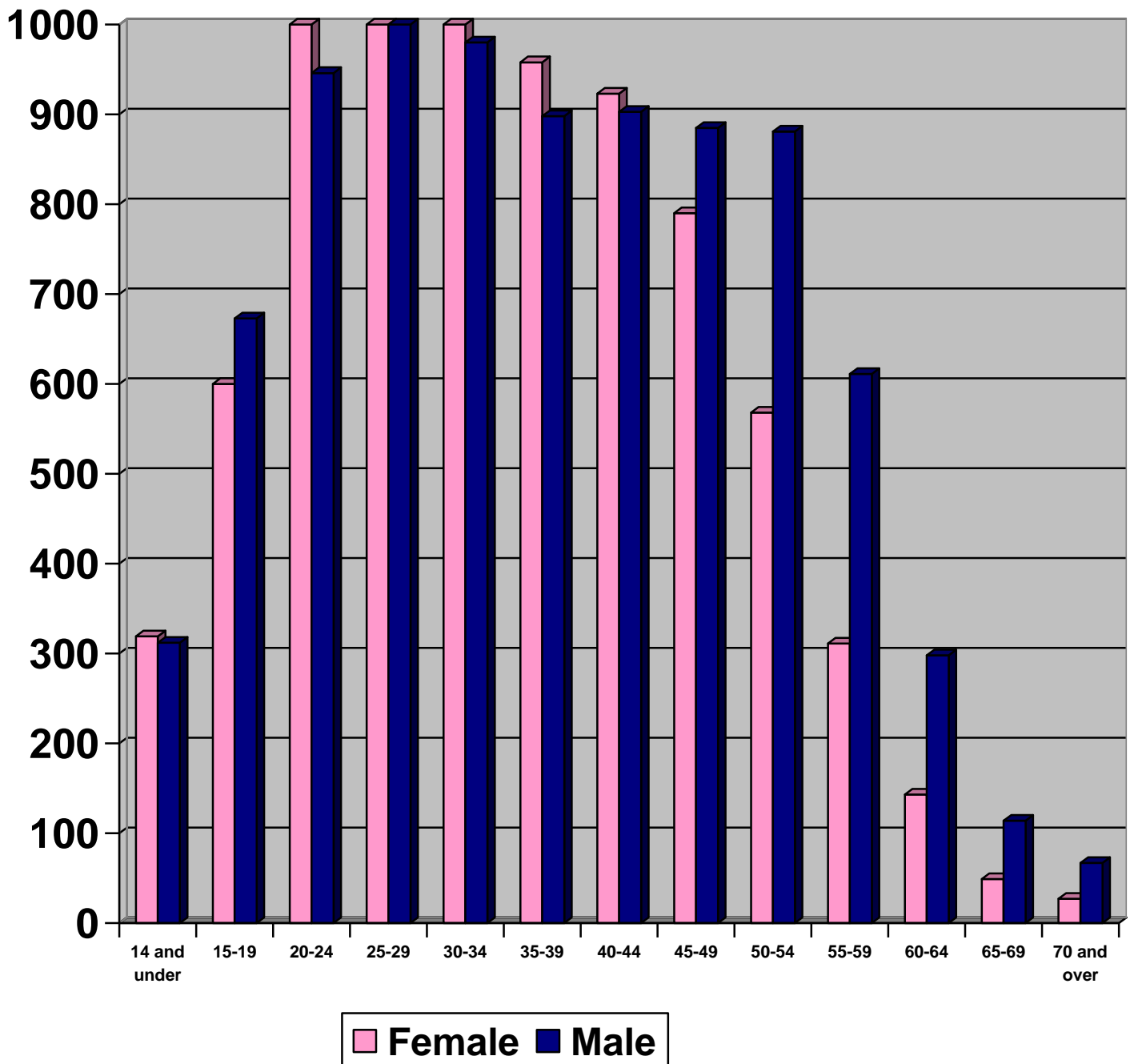
* 2008 was the first year for the Mile Invitational

Overall Gender Breakdown



All Events

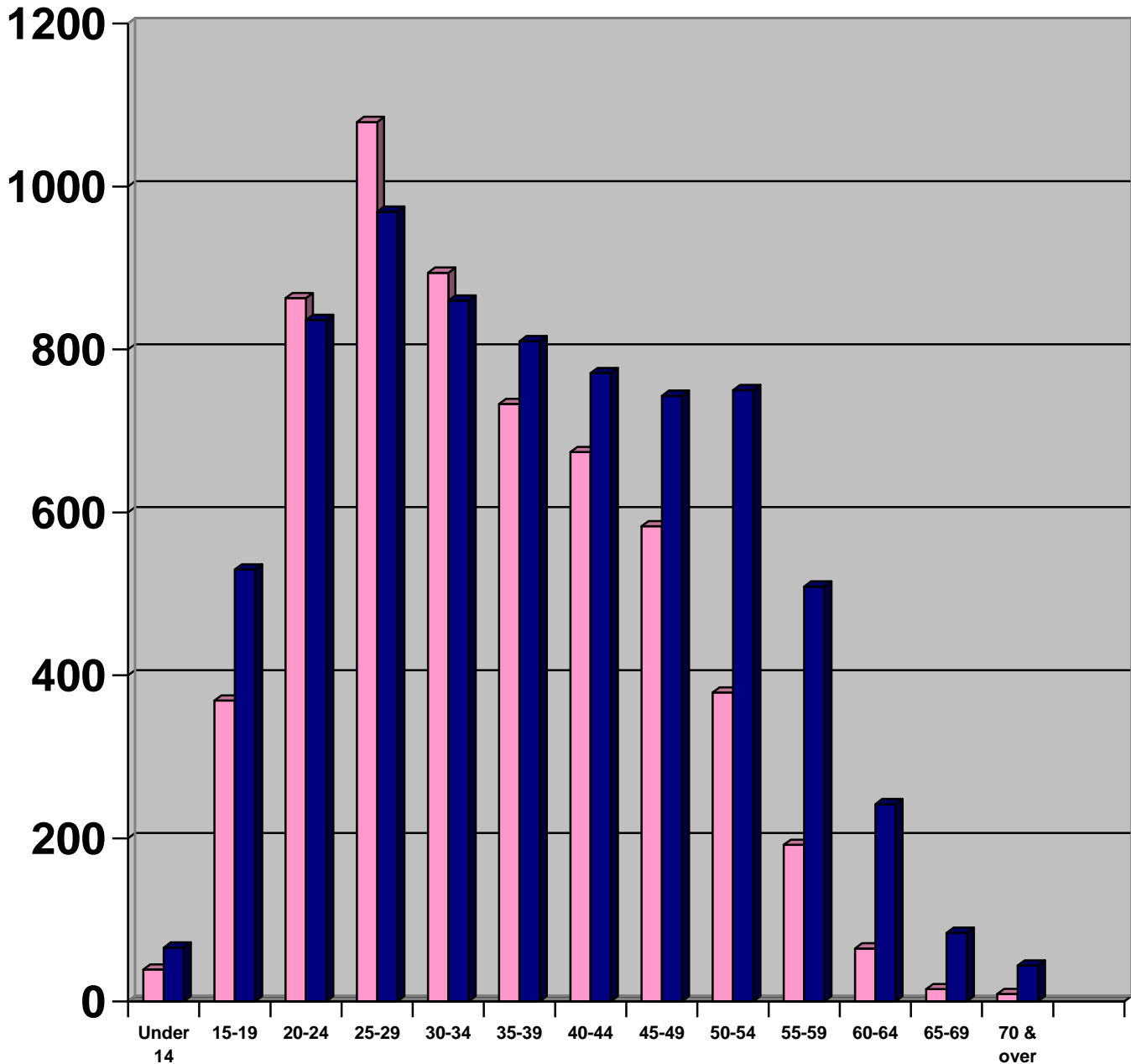
Age Group Distribution



15 K Age

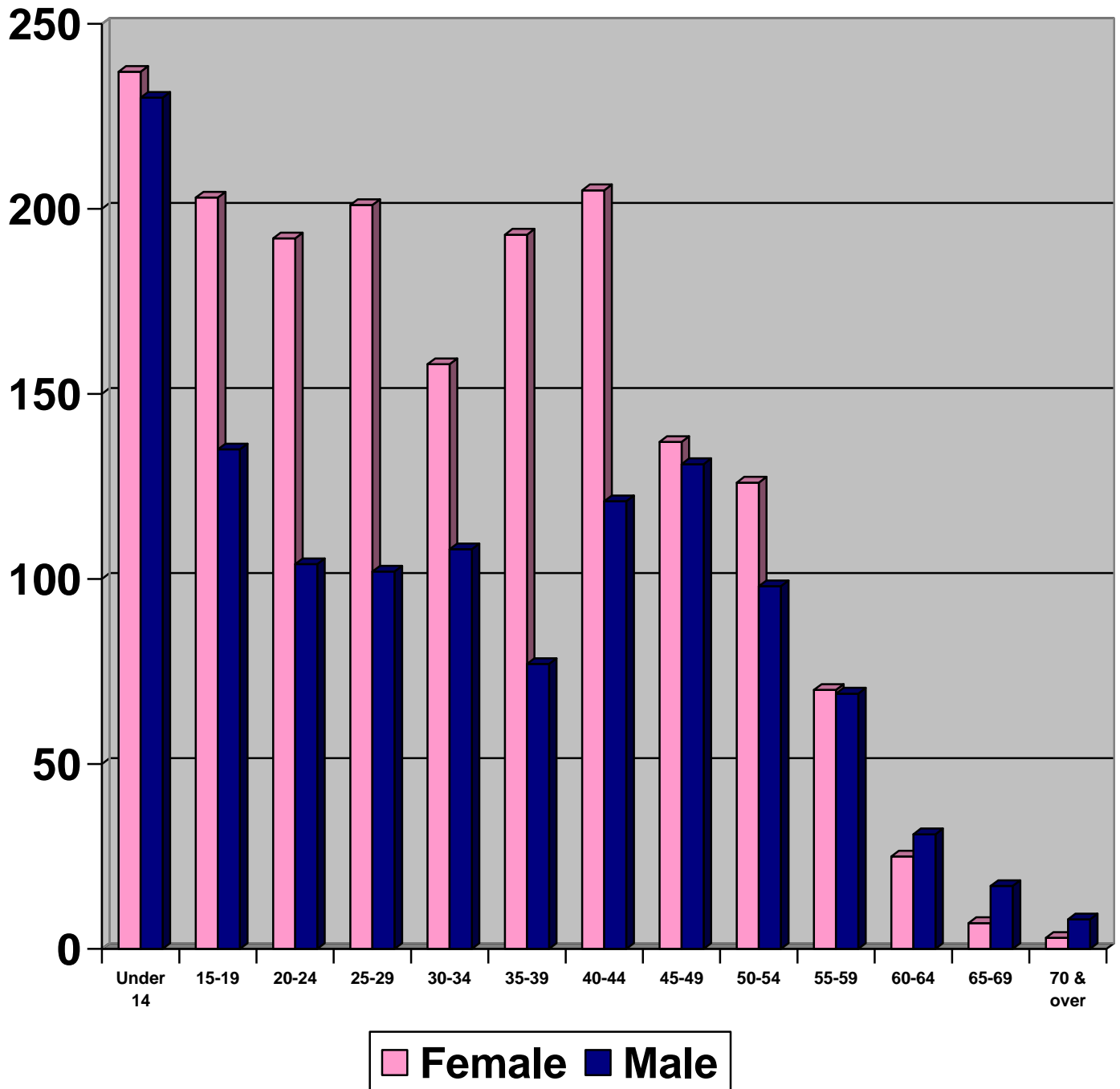


Group Distribution

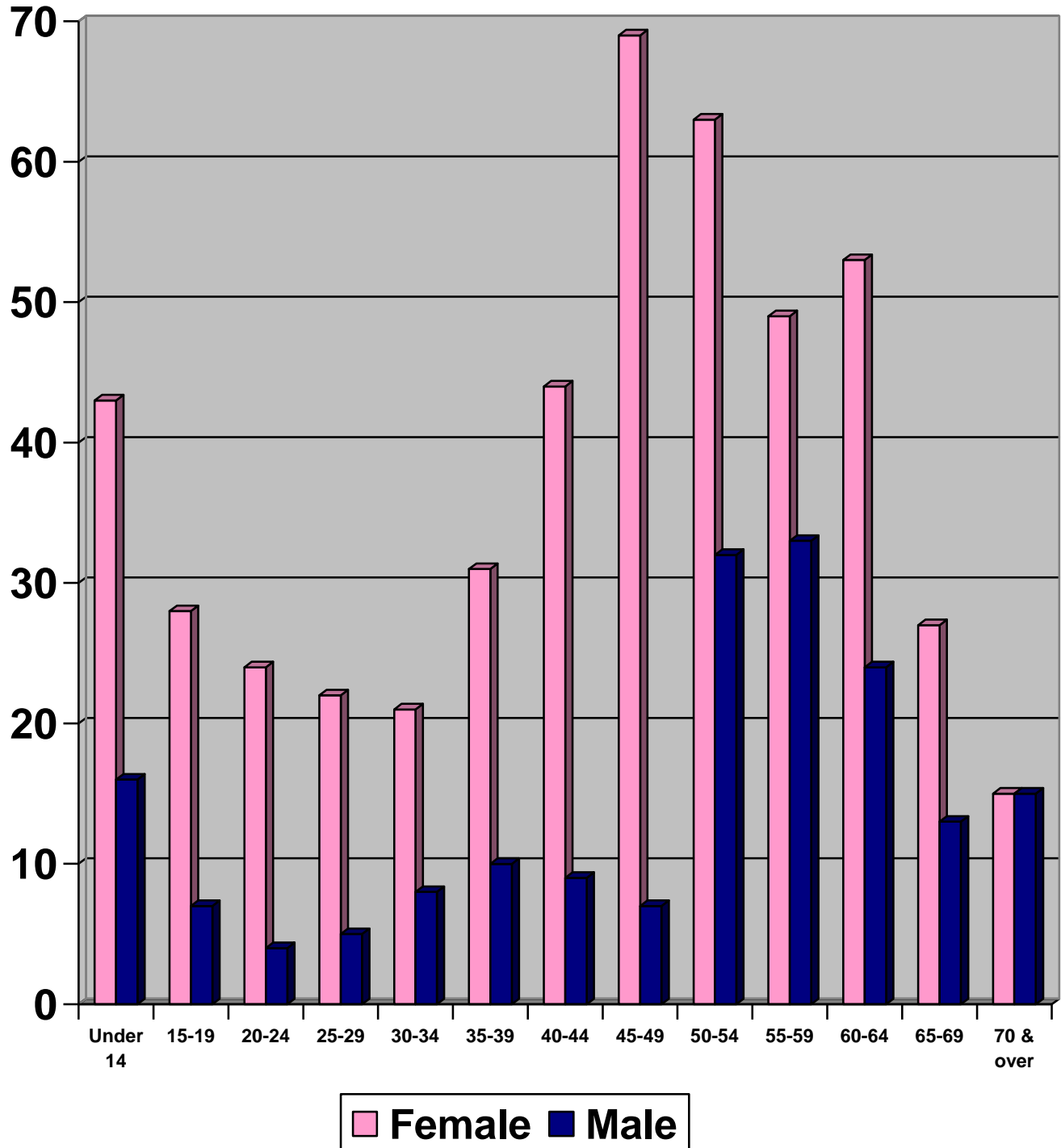


Female Male

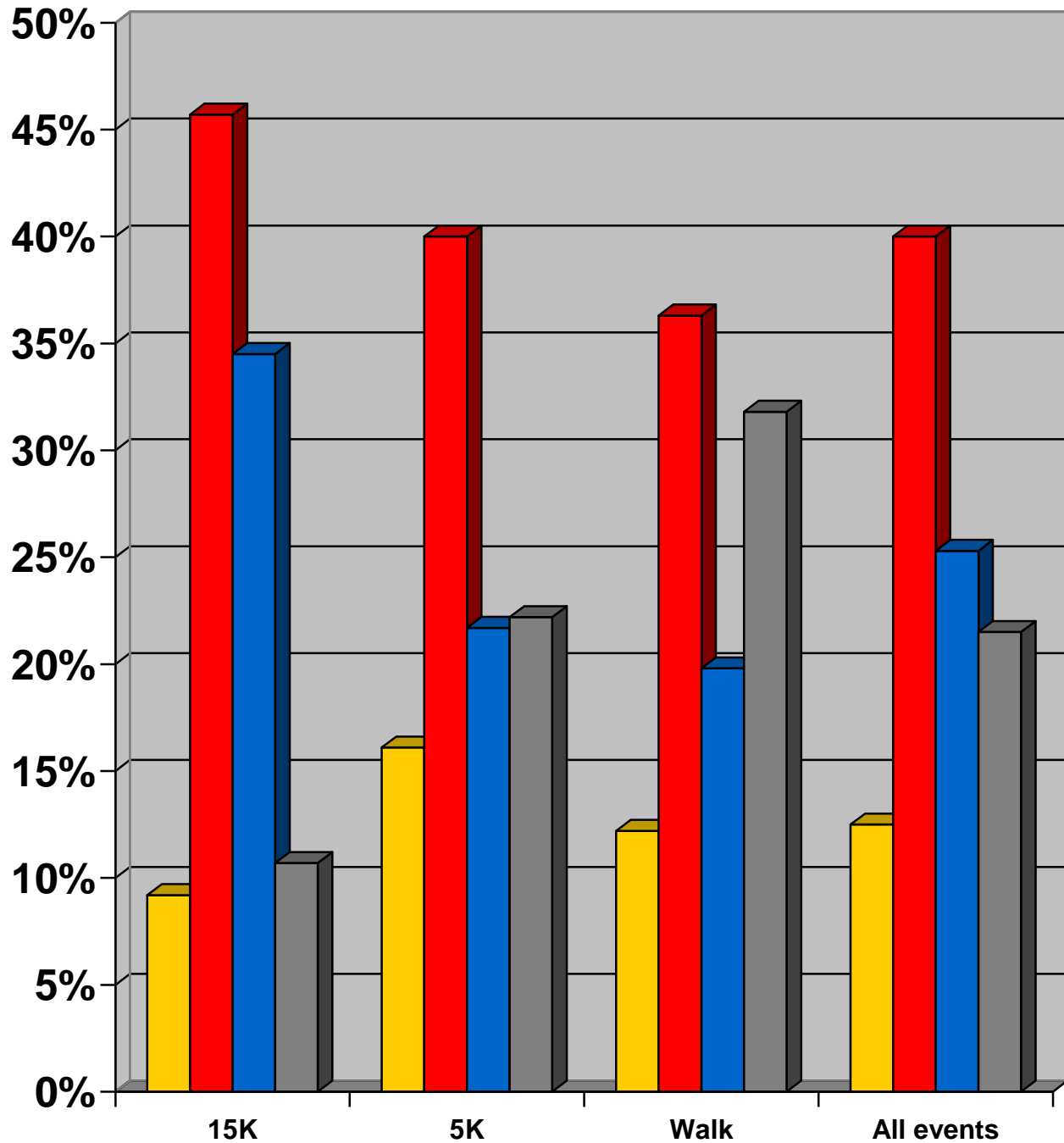
5K Run Age Age Groups Distribution



3 Mile Walk Group Distribution



2010 Educational Breakdown

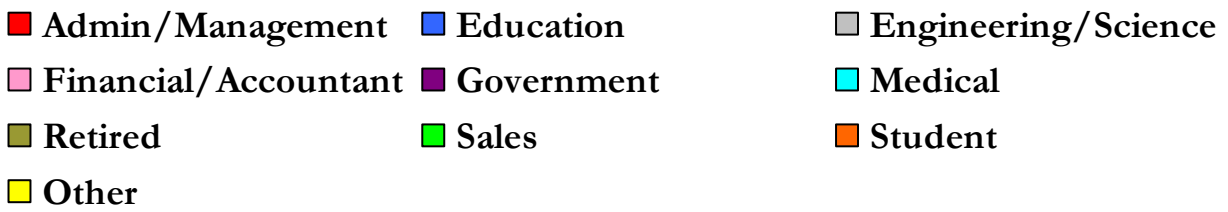
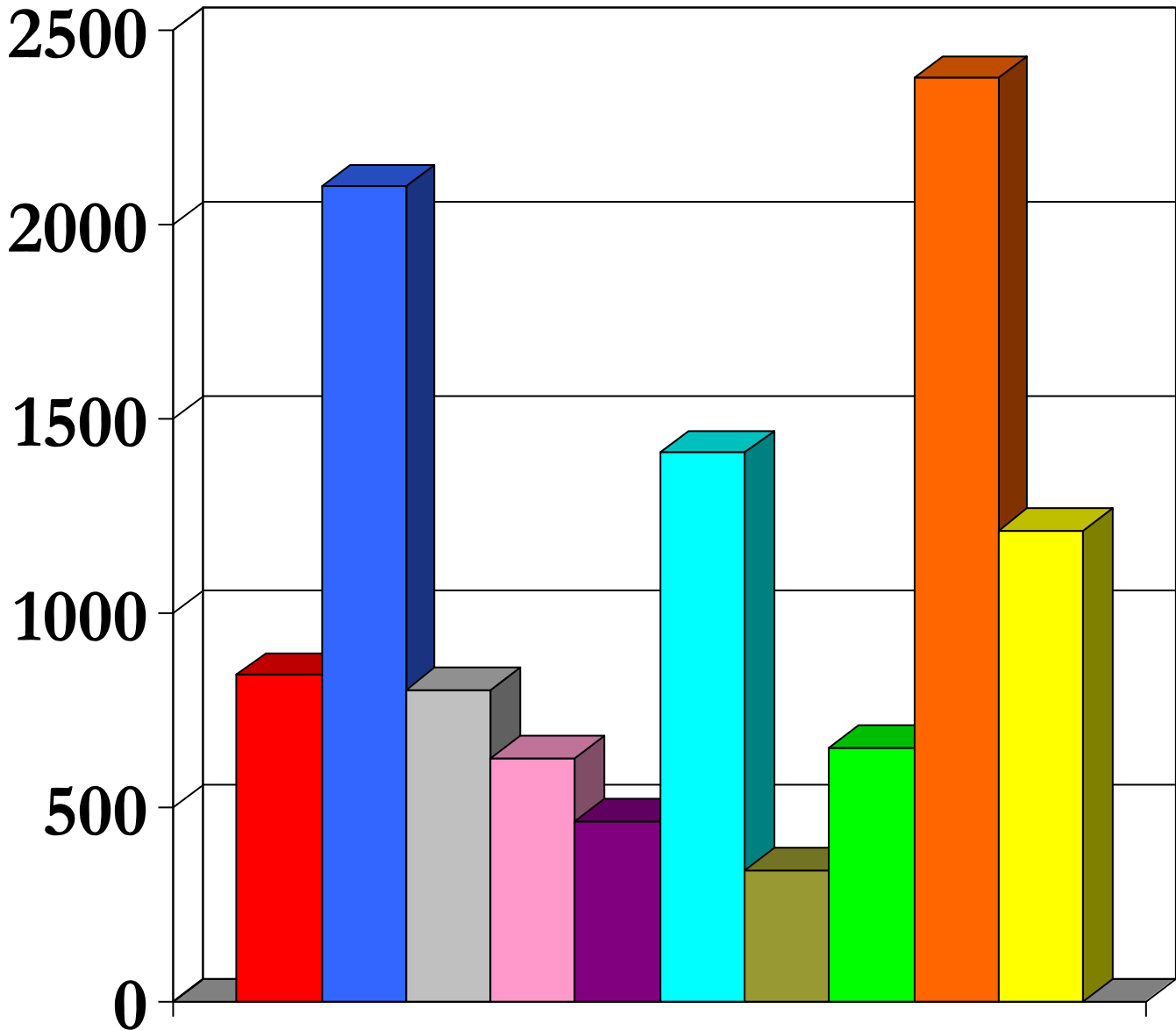


■ High School ■ College ■ Graduate School ■ Other

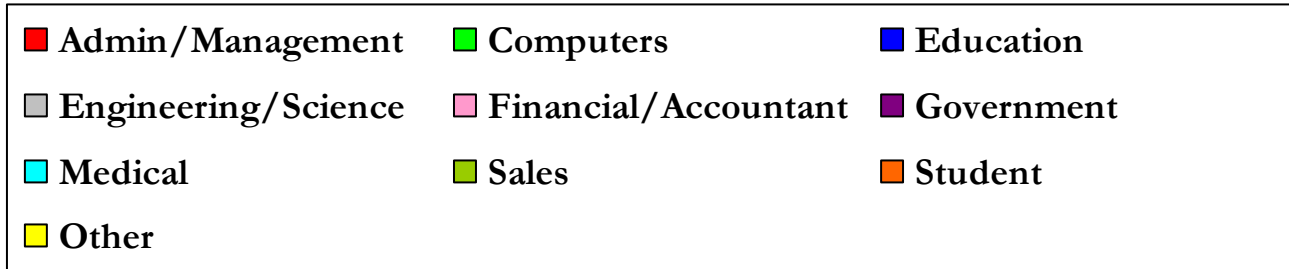
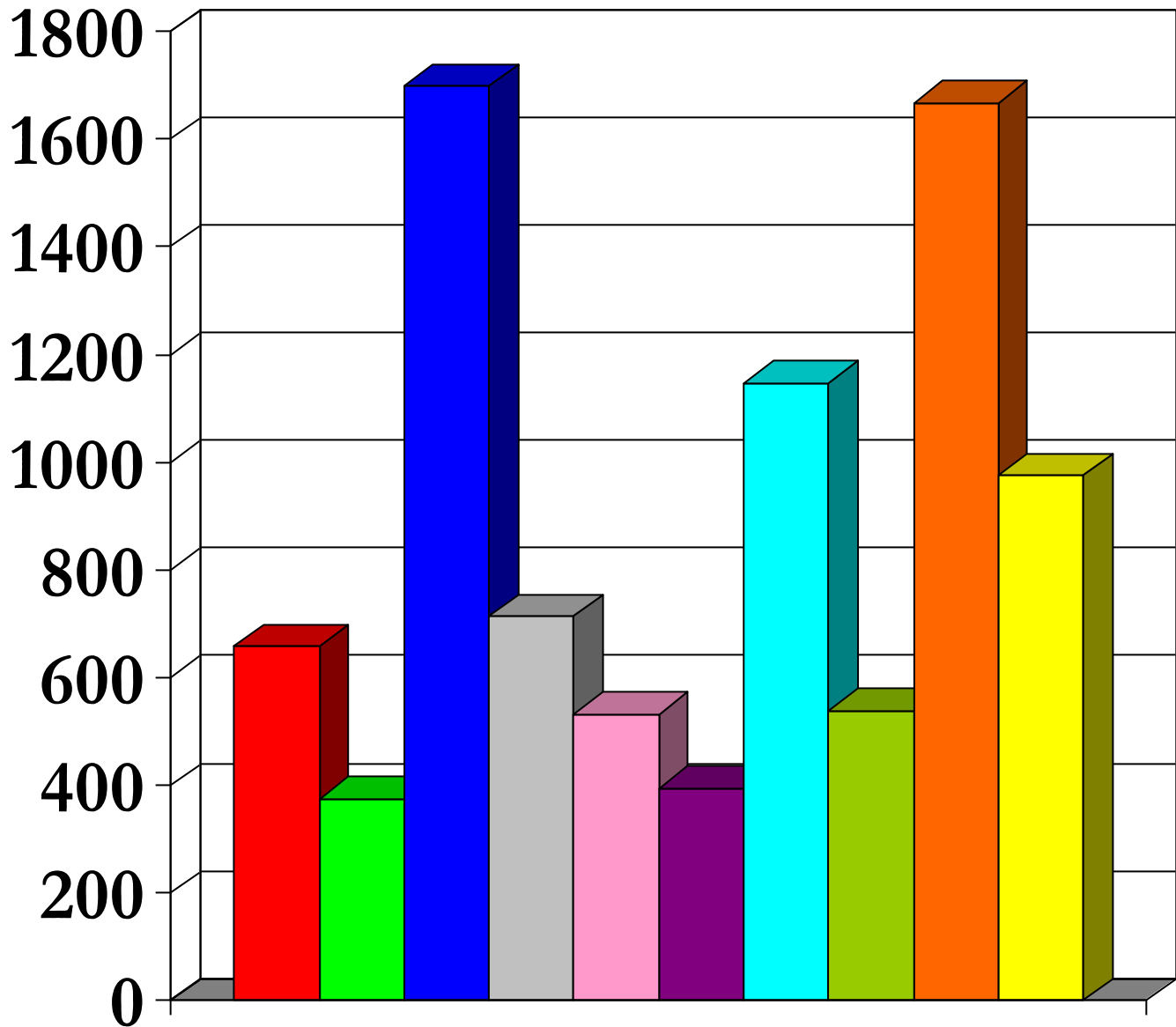
Occupations for all Boilermaker Events

Occupation	Number	Percent
5 - Admin/Management	840	5.7%
Advertising	77	0.5%
Arts/Visual & Perform	114	0.8%
Business Owner	274	1.9%
Chief Executive	71	0.5%
10 - Computers	429	2.9%
Const./Architecture	242	1.6%
Consultant	150	1%
2 - Education	2096	14%
6 - Engineering/Science	803	5.5%
Film/Radio/TV	54	0.4%
8 - Financial/Accountant	626	4.3%
Firefighter	88	0.6%
9 - Government	464	3.2%
Health & Beauty	170	1.2%
Homemaker	280	1.9%
Insurance	279	1.9%
Labor/Warehouse/driver	119	0.8%
Law Enforcement	311	2.1%
Legal	329	2.2%
Machinist/Mechanic	71	0.5%
Manufacturing	162	1.1%
Marketing	200	1.4%
3 - Medical	1412	9.6%
Military	206	1.4%
Real Estate	81	0.6%
Religious	27	0.2%
Retired	339	2.3%
7 - Sales	653	4.4%
Secretary/Clerk	136	0.9%
1 - Student	2375	16.2%
4 - Other	1212	8.2%

2010 Occupation Graph For All Events



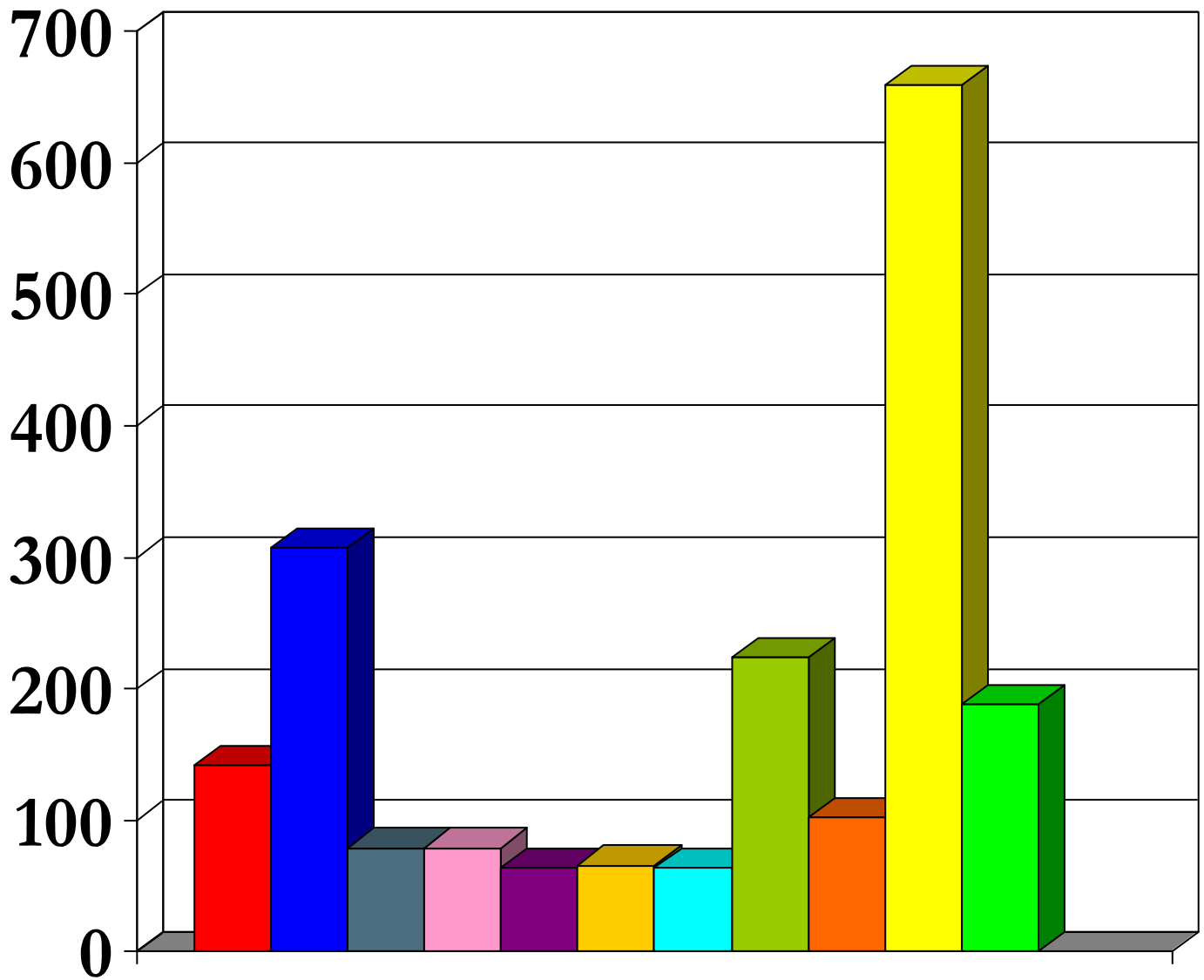
15K 2010 Occupation Graph



15K 2010 Occupation

Occupation	Number	Percent
6 - Admin/Management	658	5%
Advertising	62	0.5%
Arts/Visual & Performance	89	0.7%
Business Owner	222	1.7%
Chief Executive	58	0.4%
10 - Computers	374	2.9%
Const./Architecture	199	1.5%
Consultant	125	1%
1 - Education	1698	13%
5 - Engineering/Science	713	5.4%
Film/Radio/TV	45	0.3%
8 - Financial/Accountant	532	4.1%
Firefighter	77	0.6%
9 - Government	394	3%
Health & Beauty	127	1%
Homemaker	201	1.5%
Insurance	213	1.6%
Labor/Warehouse/driver	108	0.8%
Law Enforcement	275	2.1%
Legal	288	2.2%
Machinist/Mechanic	55	0.4%
Manufacturing	125	1%
Marketing	163	1.2%
3 - Medical	1147	8.8%
Military	186	1.4%
Real Estate	62	0.5%
Religious	21	0.2%
Retired	231	1.8%
7 - Sales	539	4.1%
Secretary/Clerk	92	0.7%
2 - Student	1667	12.7%
4 - Other	976	7.4%

5K 2010 Occupation Graph

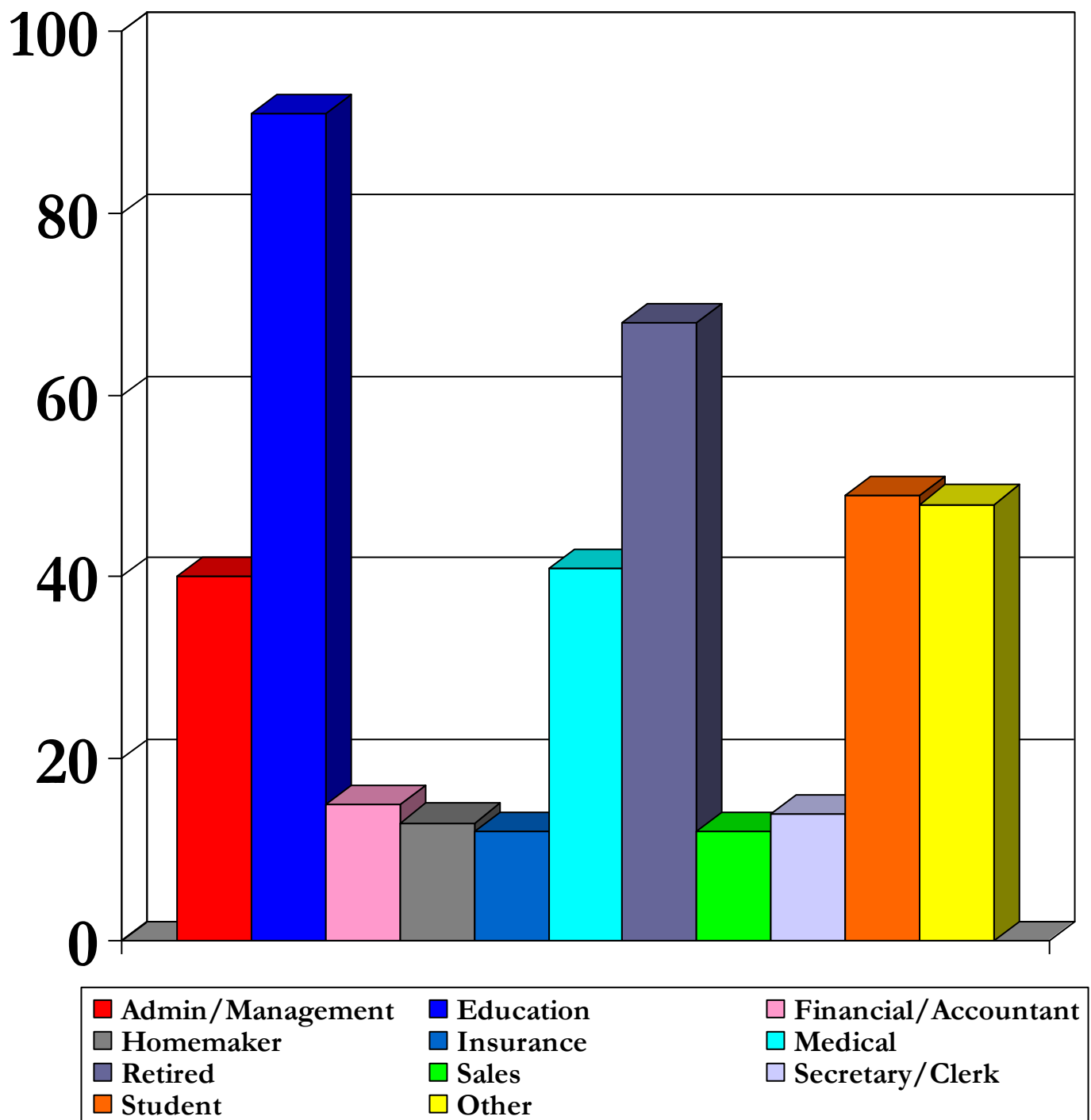


- | | | |
|------------------------|--------------|-----------------------|
| ■ Admin/Management | ■ Education | ■ Engineering/Science |
| ■ Financial/Accountant | ■ Government | ■ Homemaker |
| ■ Insurance | ■ Medical | ■ Sales |
| ■ Student | ■ Other | ■ 3-D Column 12 |

5K 2010 Occupation

Occupation	Number	Percent
5 - Admin/Management	142	4.7%
Advertising	14	0.5%
Arts/Visual & Performance	24	0.8%
Business Owner	42	1.4%
Chief Executive	11	0.4%
Computers	47	1.6%
Const./Architecture	37	1.2%
Consultant	20	0.6%
2 - Education	307	10.3%
7 - Engineering/Science	79	2.6%
Film/Radio/TV	9	0.3%
8 - Financial/Accountant	79	2.6%
Firefighter	10	0.3%
10 - Government	64	2.1%
Health & Beauty	36	1.2%
9 - Homemaker	66	2.2%
11 - Insurance	64	2.1%
Labor/Warehouse/driver	10	0.3%
Law Enforcement	32	1.1%
Legal	37	1.2%
Machinist/Mechanic	12	0.4%
Manufacturing	26	0.9%
Marketing	33	1.1%
3 - Medical	224	7.5%
Military	19	0.6%
Real Estate	12	0.4%
Religious	5	0.2%
Retired	40	1.3%
6 - Sales	102	3.4%
Secretary/Clerk	30	1%
1 - Student	659	22%
4 - Other	188	6.3%

3 Mile 2010 Occupation Graph



3 Mile 2010 Occupation

Occupation	Number	Percent
6 - Admin/Management	40	5.9%
Advertising	1	0.1%
Arts/Visual & Performance	1	0.1%
Business Owner	10	1.5%
Chief Executive	2	0.3%
Computers	8	1.2%
Const./Architecture	6	0.9%
Consultant	5	0.7%
1 - Education	91	13.5%
Engineering/Science	11	1.6%
Film/Radio/TV	0	0%
7 - Financial/Accountant	15	2.2%
Firefighter	1	0.1%
Government	6	0.9%
Health & Beauty	7	0.7%
9 - Homemaker	13	1.9%
10 - Insurance	12	1.8%
Labor/Warehouse/driver	1	0.1%
Law Enforcement	4	0.6%
Legal	4	0.6%
Machinist/Mechanic	4	0.6%
Manufacturing	11	1.6%
Marketing	4	0.6%
5 - Medical	41	6.1%
Military	1	0.1%
Real Estate	5	0.7%
Religious	1	0.1%
2 - Retired	68	10.1%
11 - Sales	12	1.8%
8 - Secretary/Clerk	14	2.1%
3 - Student	49	7.3%
4 - Other	48	7.1%

Where they came from in 2010

States		Countries			
New York	13,722	Tennessee	11	Canada	325
Massachusetts	507	Indiana	10	Spain	2
Pennsylvania	398	Nevada	10	Great Britain	1
New Jersey	211	Wisconsin	10	Ireland	1
Connecticut	183	West Virginia	9	Italy	1
Virginia	180	Oregon	7	Norway	1
Maryland	158	Iowa	6	Zimbabwe	1
North Carolina	143	Alabama	5		
Florida	116	Oklahoma	5	Military Boilermakers	
Vermont	94	Nebraska	5	Armed Forces	2
New Hampshire	78	Arkansas	4		
Ohio	61	Minnesota	4		
California	54	Missouri	4		
Colorado	53	New Mexico	4		
Georgia	41	Utah	4		
Washington DC	40	Hawaii	3		
Illinois	38	Alaska	2		
South Carolina	36	Kansas	2		
Maine	29	Idaho	1		
Arizona	28	Louisiana	1		
Rhode Island	26	North Dakota	1		
Texas	25	Wyoming	1		
Michigan	16				
Delaware	14				
Kentucky	13				
Washington	11				

Countries which have Run the Boilermaker

Angola	Kenya
Australia	Kuwait
Belgium	Mexico
Bermuda	Morocco
Brazil	New Zealand
Burma	Norway
Canada	Poland
China	Puerto Rico
Czech Republic	Romania
Ethiopia	Russia
Equator	Scotland
France	South Africa
Germany	Spain
Great Britain	Tanzania
Iceland	Ukraine
Ireland	United States
Italy	Zambia
Japan	Zimbabwe

Pace Chart

5:00	12	15:32	31:04:00	46:36:00
5:10	11.61	16:03	32:06:00	48:09:00
5:20	11.25	16:34	33:08:00	49:42:00
5:30	10.91	17:05	34:10:00	51:15:00
5:40	10.59	17:36	35:12:00	52:48:00
5:50	10.29	18:07	36:14:00	54:21:00
6:00	10	18:39	37:17:00	55:56:00
6:10	9.73	19:10	38:19:00	57:29:00
6:20	9.47	19:41	39:22:00	59:03:00
6:30	9.23	20:12	40:24:00	1:00:36
6:40	9	20:43	41:26:00	1:02:09
6:50	8.78	21:14	42:28:00	1:03:42
7:00	8.57	21:45	43:30:00	1:05:15
7:10	8.37	22:16	44:32:00	1:06:48
7:20	8.18	22:47	45:34:00	1:08:21
7:30	8	23:18	46:36:00	1:09:54
7:40	7.83	23:49	47:38:00	1:11:27
7:50	7.66	24:20:00	48:40:00	1:13:00
8:00	7.5	24:51:00	49:42:00	1:14:33
8:10	7.35	25:22:00	50:44:00	1:16:06
8:20	7.2	25:53:00	51:46:00	1:17:39
8:30	7.06	26:24:00	52:48:00	1:19:12
8:40	6.92	26:56:00	53:50:00	1:20:45
8:50	6.79	27:27:00	54:52:00	1:22:18
9:00	6.67	27:58:00	55:54:00	1:23:51
9:10	6.55	28:29:00	56:56:00	1:25:54
9:20	6.43	29:00:00	57:58:00	1:26:57
9:30	6.32	29:31:00	59:00:00	1:28:30
9:40	6.2	30:02:00	1:00:02	1:30:03
9:50	6.1	30:33:00	1:01:04	1:31:36
10:00	6	31:00:00	1:02:00	1:33:00
Mile Pace	Miles per hr	5K	10K	15K

NOTES

Glossary

Age-graded results – A system of equalizing times for age gender – older participant's times are adjusted downward and open division participant's times remain the same. This has the effect of putting all participants within each gender on a level playing field, regardless of age.

Altitude training – Living and training at an altitude of 5,000 feet or higher. With altitude training, the body produces more of the hormone erythropoietin, which boosts the oxygen – carrying capacity of the blood so that more oxygen reaches the muscles with each heartbeat.

Athlete With Disability (AWD) – The term describes entrants with physical or other impairments that affect their ability to ambulate. Many AWDs need to use mobility aids such as wheelchairs, handcycles, prosthetics, leg braces, or crutches, and/ or have guides accompany them on the course.

ChampionChip – A small, lightweight device that attaches to the runner's shoe and contains a transponder that is activated when it passes over an antenna within mats placed on the road at the start line. The transponder that transmits its unique identification number to antennae in mats, is placed along the course and at the finish. The chip provides participants with an accurate record of their net time and splits.

CR – Course record.

Dehydration and hyponatremia – Dehydration occurs when fluid levels in the body get too low. Both heat and high level physical activity can accelerate dehydration, leading to fatigue and heat illness. Hyponatremia, or low blood sodium, is an adequate concentration of sodium in the body and can occur when a person takes in too much fluid. Hyponatremia can lead to nausea, fatigue, vomiting, weakness, sleepiness, disorientation, and in severe cases, coma or death.

DNF – Did not finish; dropped out of the race.

DNS – Did not start.

Electrolytes – Essential to the normal functioning of cells, electrolytes are chemical substances that contain ions such as sodium and potassium. They are lost through sweat. Fluids, such as many sports drinks, can replace electrolytes lost during activity.

Flats/ racing flats – Lightweight, non-spiked shoes worn by runners in competition.

Glycogen – The carbohydrates we eat are stored in the muscles and liver as glycogen. Performing an endurance activity for more than two hours will greatly deplete the glycogen stores, resulting in "hitting the wall" (*see the wall*)

Gun time/ net time – Gun time is measured from the official start of a race until participant crosses the finish line. Net time is the time between when a participant crosses the start line and the finish line, recorded by the ChampionChip. Finishing place is recorded by gun time; net time has no bearing on place.

Injuries – Common running injuries include:

Achilles tendonitis – heel pain caused by inflammation of the Achilles tendon.

ITB syndrome – pain and inflammation of the iliotibial band, a ligament that runs from under the outer thigh behind the knee.

Planter fasciitis – a tear or inflammation of the tough band connective tissue along the bottom of the foot that causes pain in the arch and heel.

Repetitive stress injury – an injury brought on by training too hard, too fast, or too long.

Runner's knee – a.k.a chondromalacia, a painful wearing away of the cartilage under the kneecap.

Shin splints – an ache along the inside of the shin bone caused by a stress fracture, tibial tendonitis, muscle tear, or an inflammation of the bone sheath in the shin area or of the tendons on the inside of the front of the lower leg.

Stress fracture – a hairline bone break, usually brought on by repetitive stress.

Kick – A dramatic surge or increase in pace employed at the end of a race.

Kilometer – Approximately 0.62 mile.

Marathon – Named after the Greek town that launched the race at the first modern Olympic Games, in 1896. The event arrived at its current distance, 26.2 miles, in England at the 1908 Olympics.

Masters division – In most running events, the masters division is for participants ages 40 and over.

Pace – In road racing, pace is usually expressed in terms per mile. For example, 5:30 pace means the mile is run in five minutes, 30 seconds.

Pacemaker/pacesetter – A race entrant whose job is to lead the professional athletes at a specific pace.

Professional athlete – A term used to describe those entrants at the front of the field who are paid professionals and are invited to races through their agents and managers.

PR (personal record)/ PB (personal best) – An athlete's career best finishing time in a given event.

Rabbit – A runner enlisted by race officials to run with the professional field at a requested pace; the rabbit usually drops out before the final stages.

Split/negative split – A split is the time it takes to complete a portion of a race. A negative split refers to completing the second half of a race faster than the first half.

Surge – To speed up and pull away from a competitor or group of competitors.

Taper – To reduce the volume of training during the weeks leading up to an endurance event such as a marathon. Most marathoners taper for at least two weeks prior to their goal race.

The wall – Physiologically, the point at which an athlete's glycogen stores run dry.

WR – World record.

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