



Boilermaker Road Race



The days are as long as they're going to get, but my goodness, they are flying by! We will see you at the start line in just around three weeks.

After a brutal winter, I know many of us are looking to make the most out of the nice weather, and Boilermaker week is no exception. Whether you are headed into town early to make the most out of your experience or if you are a Oneida County native, we've worked with several of our partners to compile a fantastic list of things to do in the area while you are here!

To those of you who are coming in simply for race day, please don't feel left out! We are waiting to get a bit closer to the race to go through all things involving the start lines, parking, and the Saranac post-race party, so everything pertinent is fresh on your mind.

As always, we've recorded an audio version of this newsletter with color commentary and our first guest, Sarah Foster-Calero from Oneida County Tourism. Click the link to listen or scroll to learn more!

[Listen On Spotify](#)

FOR THE EARLY BIRDS

THURSDAY JULY 10TH

SARANAC PRE-RACE PARTY

4:00 - 6:00 PM

OUR FRIENDS AT SARANAC, KNOWN FOR HELPING TO PUT ON OUR EPIC POST-RACE PARTY, ARE KICKING OFF THE WEEKEND RIGHT BY THROWING THE FIRST-EVER PRE-RACE PARTY! START YOUR EVENING IN THE BIERGARTEN WITH \$4 PINTS FROM 4-6 PM, EPIC PHOTO OPS WITH OUR LARGER-THAN-LIFE BEER CANS, GRAB A BITE IF YOU'D LIKE, AND ENJOY GAMES LIKE DARTS, CORNHOLE, AND GIANT JENGA!

UTICA ZOO'S DINO NIGHT

THE UTICA ZOO IS THE PERFECT PLACE FOR FAMILIES, THE PERFECT PLACE FOR A DATE, AND THE PERFECT LOCATION TO LEAVE THE HUSTLE AND BUSTLE OF YOUR EVERYDAY LIFE BEHIND. AND NOW THERE IS EVEN MORE TIME TO ENJOY THE ZOO! STARTING JULY 10, WE WILL BE OPEN A LITTLE BIT LONGER, UNTIL 8 PM, EVERY THURSDAY THROUGH AUGUST 28.



FRIDAY

July 11TH



**Boilerfaker
JULY 11**



[Boilerfaker Walk](#)



[Sneaker Store
Shakeout Run](#)

[Laugh & Run](#)



[Carmella's Cafe](#)

[Babe's At Harbor Point](#)

MORE TO DO ON SATURDAY

GOAT YOGA

At Spring Creek Lavender

9:00 AM-10:30 AM

[Register Here](#)

ONEIDA COUNTY MARKET

At Union Station

9:00 AM-1:00 PM

[Learn More](#)

UTICA BLUE SOX

At Murnane Field

6:45 PM

[Buy Tickets](#)

ONGOING EVENTS

For whenever your schedule allows

Free Admission to Munson with Your Boilermaker Bib

Promotion Runs Friday, July 11th through Sunday, July 20th

All Boilermaker runners will receive free admission to Munson's stunning summer exhibition, Celestial Bodies: Sculpture by Karen LaMonte, with their Boilermaker bib. While you're here, don't miss the region's longest-running celebration- the Munson Arts Festival, taking place July 12th-20th.

[See The Schedule Of Events](#)

Family Fun At The New York Power Energy Zone

Open 7 days a week from 10:00 am-5:00 pm, Admission is FREE

The NY Energy Zone is a fully interactive facility that offers a thrilling journey into the world of electricity, past, present, and future! Watch a spectacular movie in our 3D theater, then participate in interactive exhibits where visitors can build their own power structures or step into the role of a control room operator. The facility provides a window into

New York State's electric history and the significant work at NYPA's Frederick R. Clark Energy Control Center.

[Learn More](#)

U-Pick Experiences, Cheese Trail, Beverage Trail & More

Oneida County Tourism gave us a plethora of things to do! To see even more details on what there is to do during your visit to Utica, click the link to visit their website and learn more!

[Visit Oneida County Tourism](#)

UNLEASH THE FEAST!

Get Ready For Something Tasty. Your Taste Buds Deserve This.

PUT ON YOUR STRETCH PANTS - IT'S RESTAURANT WEEK!

July 13-24

Oneida County Restaurant Week is your chance to explore bold flavors, support small businesses, and indulge in the most delicious event of the summer. From July 13-24, participating restaurants across the county will offer special prix-fixe menus and one-of-a-kind dining experiences designed to satisfy every craving.

Wrap up Restaurant Week with a bang! Join us Thursday, July 24 at Five Points Pub for the GRAND FINALE HAPPY HOUR—a summer bash you won't want to miss.

Scan or visit WhatsUpstateNY.com for a list of participating restaurants

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THIS WEEK'S RUNNER SUBMITTED QUESTION

"**Jim,**

Are there any plans to ever offer Gatorade or some other electrolyte drink along the course, along with water?"

-Jason Tomaselli

"Oh Lisa that's a good question. Back when I started running, I don't even know if Gatorade was invented yet or it was still down in Florida with the Florida Gators, but that's a good question. In the early days of the race, it wasn't considered a tough race; it was a long race, but we had a bunch of serious runners, and water was sufficient.

The group got bigger and bigger, and on a hot day, we used to tell runners, you know, one in and one on. So they would take two cups of water, they'd drink one and pour one on their head. Well, you know, people got used to that. So, you know it was good practice for everybody to keep cool and hydrated.

And then one year, we did try bringing Gatorade in here, and so many people dumped the Gatorade on their heads because they weren't reading the signs we had put up. They got sticky and gummy, and when they were at the post-race party, the bees were hanging around them. So you know it wasn't a very good outcome.

But things have changed over the years, and now we do have a Sqwincher stop on the parkway between mile 5 and six at the I-CAN Children's Museum, and you can't miss it because there's going to be all sorts of Sqwincher signs. "

-Jim

JUST ASK JIM

Click here to submit
questions to our
legendary race director
to be answered in future
publications*

*answers may contain very bad Dad Jokes



Training Tip of the Week

“

Your body needs about 10 to 14 days to adapt to running in warmer conditions. Start by slowing your pace on hot days. The goal isn't to crush every workout – it's to teach your body how to handle the heat safely and effectively. Acclimating now means you'll be much better prepared if race day brings hot or humid weather – and if the Boilermaker history is any clue, there's a good chance it will. **Training smart in June sets you up to race strong in July!**



Jeannine Macera
RRCA-Certified, USATF
Marathon Certified

”

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