



Boilermaker Road Race



Friend,

Holy cow! We are just 17 days away from the Boilermaker if you can believe it. We figure that is close enough to start going through all the fun details about getting to the start line.

There have been some changes this year, which we think runners will be really excited about! But with that being said, please take the time to read this email in case it will affect your journey to the start line. We would rather you roll your eyes at us now than have you stressed out on race morning.

Here's a breakdown of what's in this email;

1. New Drop Off Lane For The 5K & 15K Start Lines
2. Parking Options For 15K Runners
3. Shuttle Bus
4. Road Closures

We will be spending our last Mile Marker before the race to answer as many questions as we can! Please email marketing@boilermaker.com for all your questions prior to July 3rd.

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New Drop Off Lanes

In coordination with the NYS DOT, we are introducing this year a new formalized drop-off lane for those runners who are being driven to either the 15K presented by Excellus BlueCross BlueShield or the 5K presented by Utica National. This allows for a safer experience both for runners and drivers. Please note the maps and instructions noted below.

15K Start Line Drop Off Information

FROM NYS ROUTE 5S

- All Culver Ave exits are closed
- Eastbound Turner Street exit is reserved for shuttle & charter buses
- There will be a designated runner drop-off lane (right) on 5S eastbound only; the left lane is for through traffic
- Runners are encouraged to use the paved ramps of the Culver Ave exit to get to the start area
- Drivers are encouraged to use the Dyke Road Exit to turnaround



5K Start Line Drop Off Information

FROM NYS ROUTE 5/8/12

- All Burrstone Road exits are closed
- There will be a designated runner drop-off lane (right) on 5/8/12, northbound only, left lane is for through traffic
- Runners are encouraged to use the paved ramp of the Burrstone Rd exit to get to the start area



PARKING OPTIONS NOW AVAILABLE

In years past, we've had to be vague when it comes to talking about where you should park when for the 15K. The 5K has been easier to explain as there are options outside of Murnane field and at ConMed for those who intend to take advantage of shuttles. The 15K, however, has been almost entirely reliant on street parking, but with the addition of the new parking garage, we can now provide runners and spectators with a map of where they might be able to park.

With that being said, if you know of a place you like to park, KEEP PARKING THERE!



****Please note that if using the parking garage, do not take MVHS employee spots.**

PRE-RACE BIRNIE BUS SHUTTLE

Free shuttle bus service will be available to
take runners to the start

5K ONLY:

5K Shuttle buses will be
located:

- Parking Lot on the west side of ConMed Corp (525 French Rd, Utica)

15K ONLY:

15K Shuttle buses will be
located:

- 409 Court Street (Finish Area)
- 802 Whitesboro Street (Finish Area)
- 2260 Dwyer Ave (Start Area)

Buses will begin running 5:30am. 5K shuttles will stop running at 7:00am. 15K shuttles will stop running at 7:45am.

POST-RACE BIRNIE BUS SHUTTLE

Free shuttle bus service will be available after the race.
15K and 5K are SEPARATE BUSES so please pay
attention to what bus you are getting on.

Buses will be available to take:

15K runners back to the 15K start area

5K runners back to the 5K start area

OR

5K runners back to the Shuttle pick-up area

Buses will leave from behind the Post-Race Party &
will run until 12:30



ROAD CLOSURES

The entire course will close promptly at 5 AM. Please visit our
website for a course map.

2:00 AM

- Court Street from Schuyler Street to Fay Street
- Varick Street (entire road)
- Columbia Street from Varick Street to Schuyler Street
- Whitesboro Street from Lafayette Street to Schuyler Street
- Lafayette Street west of Varick Street

5:00 AM

- Route 55 westbound at Culver ramp
- Dwyer Avenue (entire road)
- Beechgrove Place from Gilbert Street to Florence Street
- Culver Avenue from Bleecker Street north
- Turner St

6:00 AM

Intersection Closures

- Welshbush Road
- Albany Street
- Sherman Drive
- Oneida Street
- Genesee Street
- Campbell Ave until 6:45 a.m

Question for Jim: Can I pick-up my bib on race day?

That's a good question, and yes, you can. We realize that over the years, we have what we call day trippers, rather than having to come into the expo on Friday or Saturday from, like Syracuse, traveling 50 miles, 100 miles both ways, or Albany, like that, we make sure that we have the bibs available on race morning. The big secret there is to get in early. You can check our FAQs regarding times to make sure on our website. And things get a little hectic down there, whether it's the start of the 15K or the 5K. So get there early, be patient, but give yourself plenty of time to get your bib, get it pinned on, use the facilities, and line up.

Training Tip of the Week

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Strides are a great way to put a little pep into your training. Strides are short 20-30 second bursts of fast running – not a sprint, but controlled faster running. Strides can help improve running mechanics and speed, plus they help spice up the monotony of training!

Start with 4 strides at the end of an easy run. Accelerate, hold, and decelerate all within 20 seconds. Walk for 60-120 seconds and then repeat!

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