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PRESS EVENTS

Babes Macaroni Grill and Bar Last Chance Registration

Wednesday, June 30

5:00- 8:00 PM

Babes Macaroni Grill and Bar
80 N. Genesee Street, Utica, NY

This event gives local runners one last chance to sign up for the Boilermaker Road Race.

Boilermaker Committee Run

Saturday, July 3

8:00 AM

ECR International
2201 Dwyer Ave., Utica, NY

Mohawk Valley Junior Golf Tournament

Monday, July 5

Valley View Golf Course
Valley View Rd. Utica, NY

The Boilermaker Golf Classic Tournament

Tuesday, July 6

8:00 AM or 1:00 PM

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.

Time Warner Road Runner Mile

Wednesday, July 9

6:00 PM

Parkway Recreation Center
Parkway, Utica, NY

This is an invitational for a High School, College and Open Mile Run. New this year a High School Team Competition.

Bank of America Youth Olympics

Thursday, July 8

9 AM - 11 AM

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

This event focuses on youths 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!

Press Events

Planet Fitness Health & Fitness Expo

Friday, July 9
Noon – 7 PM
Saturday, July 11
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.

NBT Bank Boilermaker Volunteer Party

Friday, July 9
5:00 PM
Masonic Care Community, 2150 Bleecker Street

Each year over 6,000 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 22nd Annual Kid's Run

Saturday, July 10
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 10
10:30 AM
Masonic Care Community, 2150 Bleecker Street

Now in its tenth 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 Walk finishers 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.

Press Events

Sodexo Senior Services Pasta Dinner

Saturday, July 10

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 including Saranac Root Beer and Pepsi. All proceeds from the dinner benefit the United Way.

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

Saturday, July 10

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

Jim LaFountain - An Exercise Physiologist, Certified Strength and Conditioning Specialist

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.

The National Distance Running Hall of Fame Induction Ceremony

Saturday, July 10

3:00 PM

Administration Building Auditorium

The Carbone 5K Run

Sunday, July 11

7:30 AM

Burrstone Road Bridge near York Street, Utica

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

The Boilermaker Sitrin 15K Wheelchair Division

Sunday, July 11

7:45 AM

Utica Boilers, 2201 Dwyer Avenue, Utica

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

Press Events

The Boilermaker 15K Road Race

Sunday, July 11

8:00 AM

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

Now in its 33rd year, the Boilermaker hosts world class runners, Distance Running Hall of Fame inductees and recreational runners.

Price Chopper Post-Race Party

Sunday, July 11

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 Nik & the Nice Guys, and Pepsi and Saranac Beverages will be served.

Boilermaker Awards Ceremony

Sunday, July 11

10:00 AM

Post-Race Party,

Matt Brewing Co., Corner of Court and Varick Streets

Monday, July 12, at the Radisson Hotel Utica Center, 200 Genesee Street, Utica 10:30 AM

Race Recap with all Directors

MEDIA GUIDELINES

2010 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 coordinated in advance of race day.

Contact: Tom Armitage (315) 404-9968

Race Times

The Boilermaker 15K Road Race starts promptly at 8:00 a.m. on Sunday, July 11, 2010. 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 7:30 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 Tom Armitage at (315) 404-9968, or at Thomas.j.armitage@gmail.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, you 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 AM - 10 AM 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 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 ROAD RACE • UTICA, NY

SUNDAY JULY 11, 2010

INTRODUCTION

BOILERMAKER INTRODUCTION

The 33rd Boilermaker 15K Road Race
Sunday, July 11, 2010
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 1977 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 co-founder 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 33rd year, the Boilermaker draws more than 11,000 competitors and dozens of 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 10, 2011
Sunday, July 8, 2012
Sunday, July 14, 2013

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 three years, an application will automatically be sent to you via mail.

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

BOILERMAKER INTRODUCTION

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 a 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 Racing 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 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 2010 Boilermaker Road Race and conclude with the 2011 Peachtree Road Race. During this period, any athlete that wins two races from the first four events – the Boilermaker 15k (July 11, 2010) Utica, New York, the World's Best 10k (February 27, 2011) San Juan, Puerto Rico, the Credit Union Cherry Blossom 10 Mile (April 10, 2011) Washington, DC and the Lilac Bloomsday 12k (May 1, 2011) Spokane, Washington plus the Peachtree Road Race 10k (July 4, 2011) 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 2009-2010 purse was \$10,000. The new format means a runner only needs to win two of the first four events plus the championship at the AJC Peachtree Road Race. It creates the possibility of two athletes with two wins each in the previous four races, battling it out at the championship in Atlanta for the bonus. The bonus is split if an eligible male and female each win the Championship at Peachtree. For more information on PRRO please visit their website at www.prro.org.

NOTES



Boilermaker

15K ROAD RACE • UTICA, NY

SUNDAY JULY 11, 2010

Statistics & Prize Money

Boilermaker 15 K Course Records and Entries

Men's Open	42:54	1997 (New Course)
Joseph Kimani – Kenya	42:40	1996 (Old Course)
 Women's Open		
Catharine Ndereba – Kenya	48:06	2001 (New Course)
Jill Hunter - England	48:19	1991 (Old Course)
 Men's Masters		
Andrew Masai – Kenya	44:56	2000
 Women's Masters		
Elena Fedatof – Romania	52:01	2002
 Men's Wheelchair		
Saul Mendoza – Snellville, GA	32:40	2000
 Women's Wheelchair		
Laurie Stephens – Wenham, MA	46:26	2000

15 K World Record

Male Open

Felix Limo (KEN) 41:29
Nijmegen

Deriba Merga (ETH) 41:29+
Ras Al Khaimah

Female Open

Tirunesh Dibaba (ETH) 46:28
Nijmegen

(Records from iaaf.org) + in route to a longer distance

15 K American Records

Male Open

Todd Williams 42:22
Jacksonville, FL - 1995

Female Open

Deena Drossin (Kastor) 47:15
Mammoth Lakes, CA
(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 42:54. The course record for women is 48:06.

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
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	45:1
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
2009	Alice Timbilli	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

Men's Masters

Year	Name	Home	Time
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	U.S.A.	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 Beligne	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

Women's Masters

Year	Name	Home	Time
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	Ngairé Drake	New Zealand	55:05
1988	Barb Filutze	Chittenango, NY	57:05
1987	Bobbi Rothman	Gainesville, FL	57:17
1986	Diane Palmason	Blaine, Washington	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	1:07:50
1981	Pat Bessel	Grand Island, NY	1:00:46
1980	Becky Morris	New Hartford	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
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%
1978	1,228	943	77%
1978	876	782	89%

Boilermaker Kids Run, 5K Run and Walk Entries

Overall Entries Kids Run

2009	1,637	1999	1,500
2008	1,737	1998	1,500
2007	1,871	1997	1,200
2006	1,704	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

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

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

15K ROAD RACE • UTICA, NY

SUNDAY JULY 11, 2010

BOILERMAKER

HISTORY

Boilermaker Fun Facts

- 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 five 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) and David Paterson (2008 – 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 5K as Governor of New York State. David Paterson is the only New York Governor to run the Boilermaker 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 year 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 15k race was first timed with the chip in 1999. The 5K was first timed in 2007.
- Through 2009, there have been 170,198 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 still holds the record for fastest female time in the 14 and under age group.
- 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. Michelle 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 percentage 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.
- Boilermaker Start Times:
 - 1978-1979 10:30 AM
 - 1980-1985 9:00 AM
 - 1986-1993 8:30 AM
 - 1994- present 8:00 AM

Boilermaker Temperatures

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

Boilermaker Block Party Competition

The Boilermaker provides an old fashion “block party” for the winning neighborhood one month after the Boilermaker, with food, beverages, music and the trophy presentation. All Utica residents are invited to the party to celebrate the Utica neighborhood with the most enthusiasm.

Past winners

2009	South Utica
2008	West Utica
2007	West Utica
2006	East Utica
2005	West Utica
2004	New Hartford/Yorkville
2003	South Utica
2002	West Utica
2001	West Utica

Boilermaker Perennials

The following people have run every Boilermaker since its inception in 1978, through 2009.

Women

Sheila Burth	New Hartford, NY
--------------	------------------

Men

Robert Bluey	Yorkville, NY
Gordon (Butch) Custodero	New Hartford, NY
Wayne Decker	Whitesboro, NY
Daniel DeFrees	Chittenango, NY
Lawrence DiCesare	Sauquoit, NY
William Gazitano	Utica, NY
Donald Harvey	Utica, NY
Paul Huening	Utica, NY
Edward Newman	Ontario, NY
Paul Ohlbaum	New Hartford, NY
Tomas Pasek	Utica, NY
Richard Watkaitys	New Hartford, NY
Joseph Wilczynski	Marcy, NY

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**:

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

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.

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

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.

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

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".

2010 Winners

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

2009 Winners

Kelsey Peek - Whitesboro High 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 High School
Christine Mulvihill - Remsen High School
Jeff Blazek - New Hartford High School
Meagan Kobielski - Holland Patent High School

2007 Winners

Samantha Stedman - Sauquoit Valley High 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



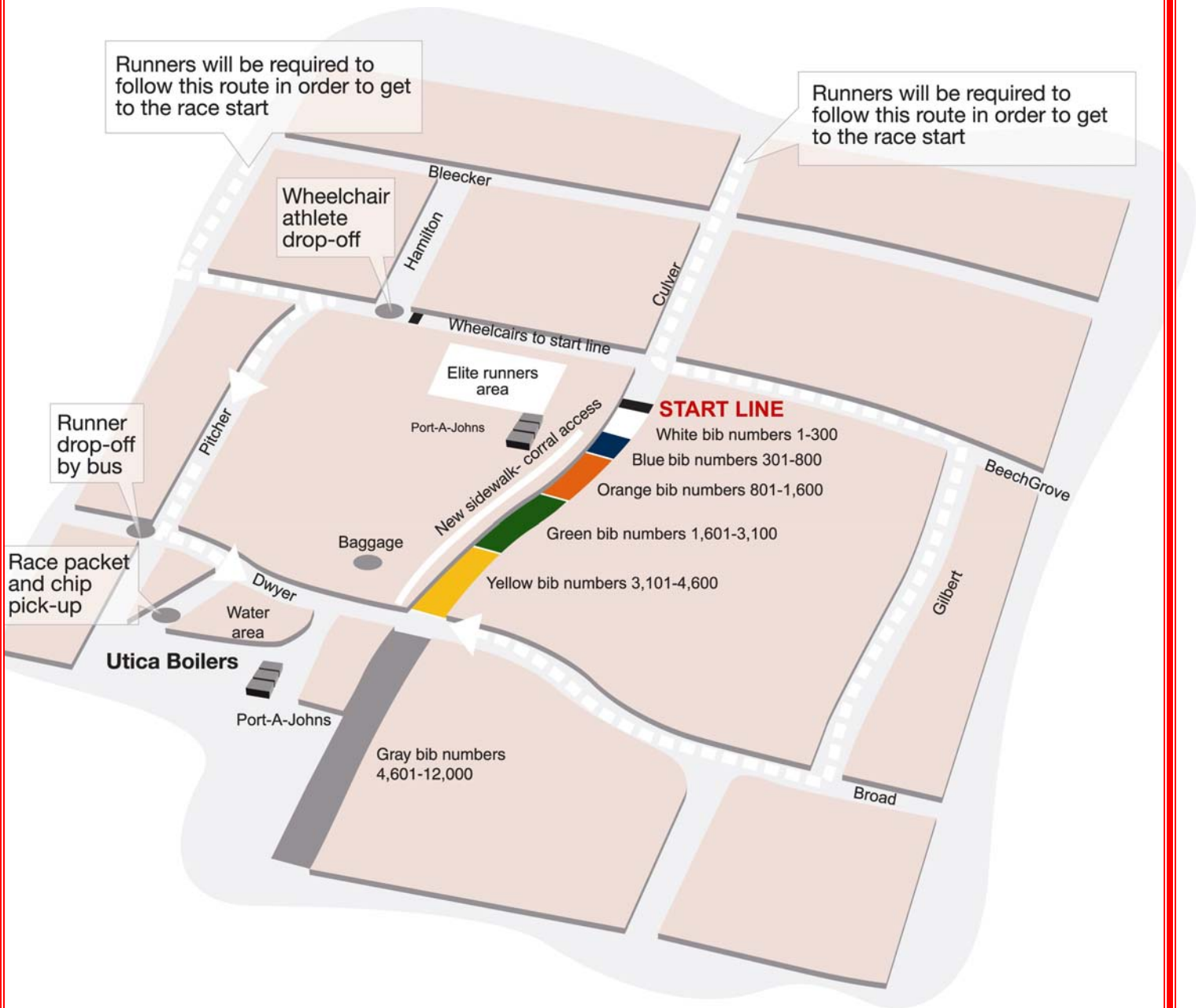
Boilermaker

15K ROAD RACE • UTICA, NY

SUNDAY JULY 11, 2010

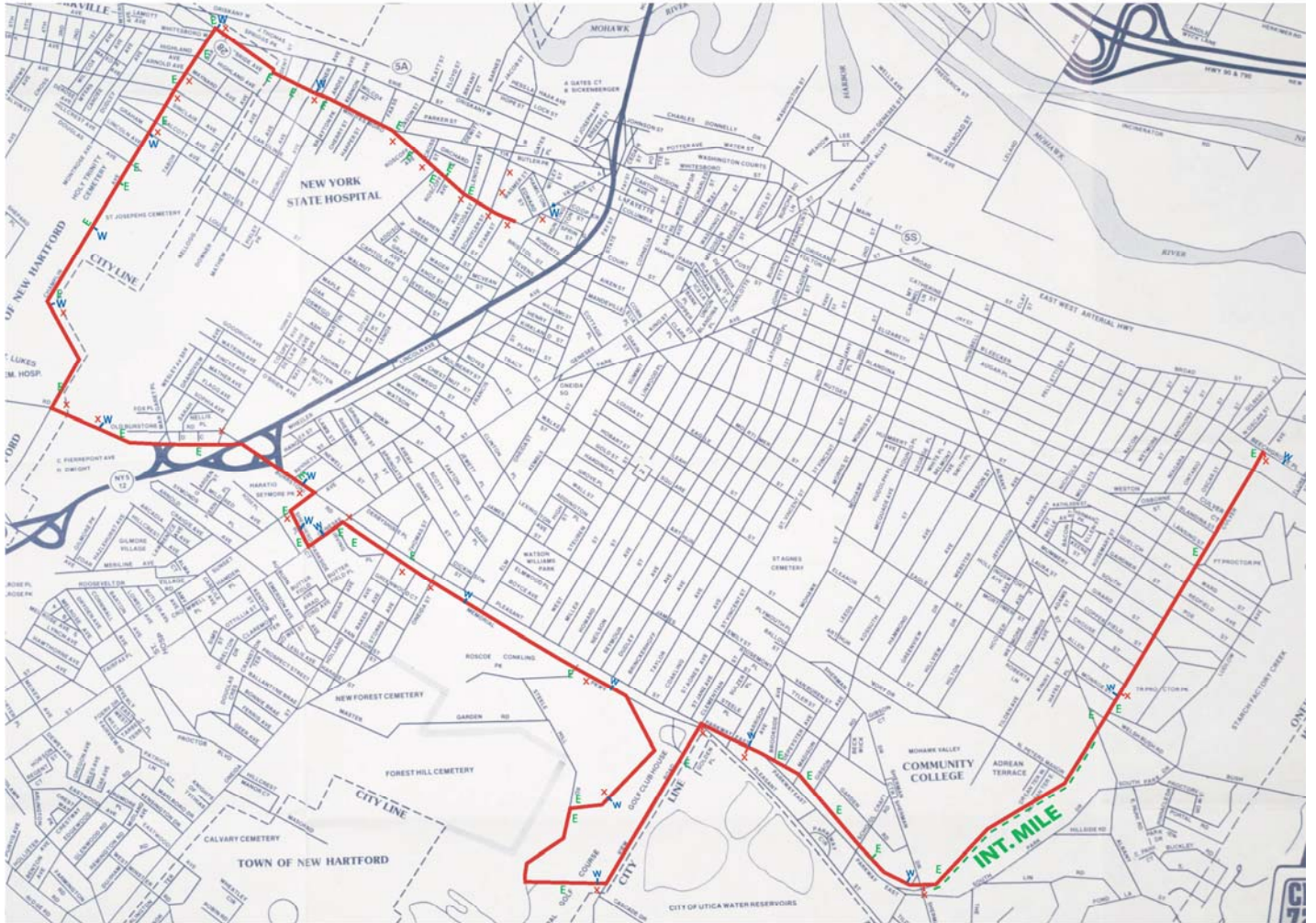
AND DIRECTIONS

2010 Starting Line Map





COURSE 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 Bankert 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 Womans 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

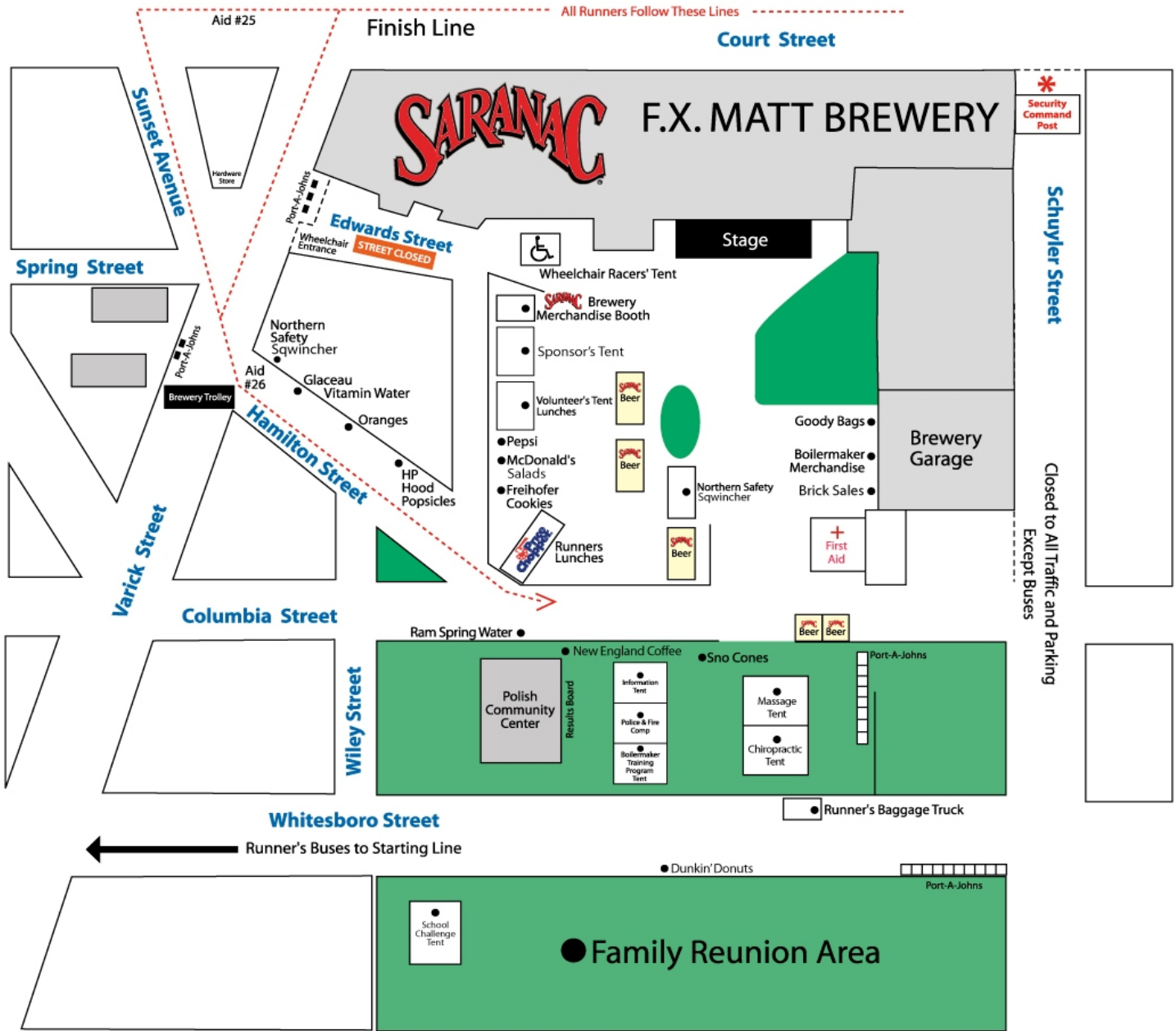
1. Start Line
2. 1112 Culver Ave.
3. Intersection of Sherman Drive and the Parkway
4. Intersection of Harrison and the Parkway
5. Valley View @ the Parks Dept. garage
6. Overlook Point (Valley View)
7. Intersection of Seymour and the Parkway
8. Tennis Courts on the Parkway
9. UFCW Building on the Parkway
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

2010 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)
The Red Band	1113 Parkway (part of International Mile)
Mix 102.5	1027 Parkway
Sour Mash	1003 Parkway
KISS-FM	805 Parkway
Majestic DJs	418 Valley View Rd
Fritz's Polka Band	Parks Dept. Garage (Golf Course)
Veil of Maya	In Golf Course (maintenance garage)
J.B. & the Crew	Golf Course Rd
'BUG Country' Radio	In Golf Course
Utica Zoo & 92.7 The Drive	Utica Zoo Entrance
Keel The Puppet	118 Memorial Parkway
DJ JMC	Utica School Administration Bldg
Run To The Drums	(McDonald's) Parkway & Genesee
Sound Investment DJs	Walgreen's (Genesee St)
WOOR	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)
The Scallywags	On Burrstone / 1509 Old Burrstone Rd (power from house)
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
Kenny The Promo Guy DJ	922 Champlin 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
Rainbow & Friends	Highland Tower Point
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) Take 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. Take 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. Take 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.

Participant Information










Boilermaker

15K ROAD RACE • UTICA, NY

SUNDAY JULY 11, 2010

Events Participation

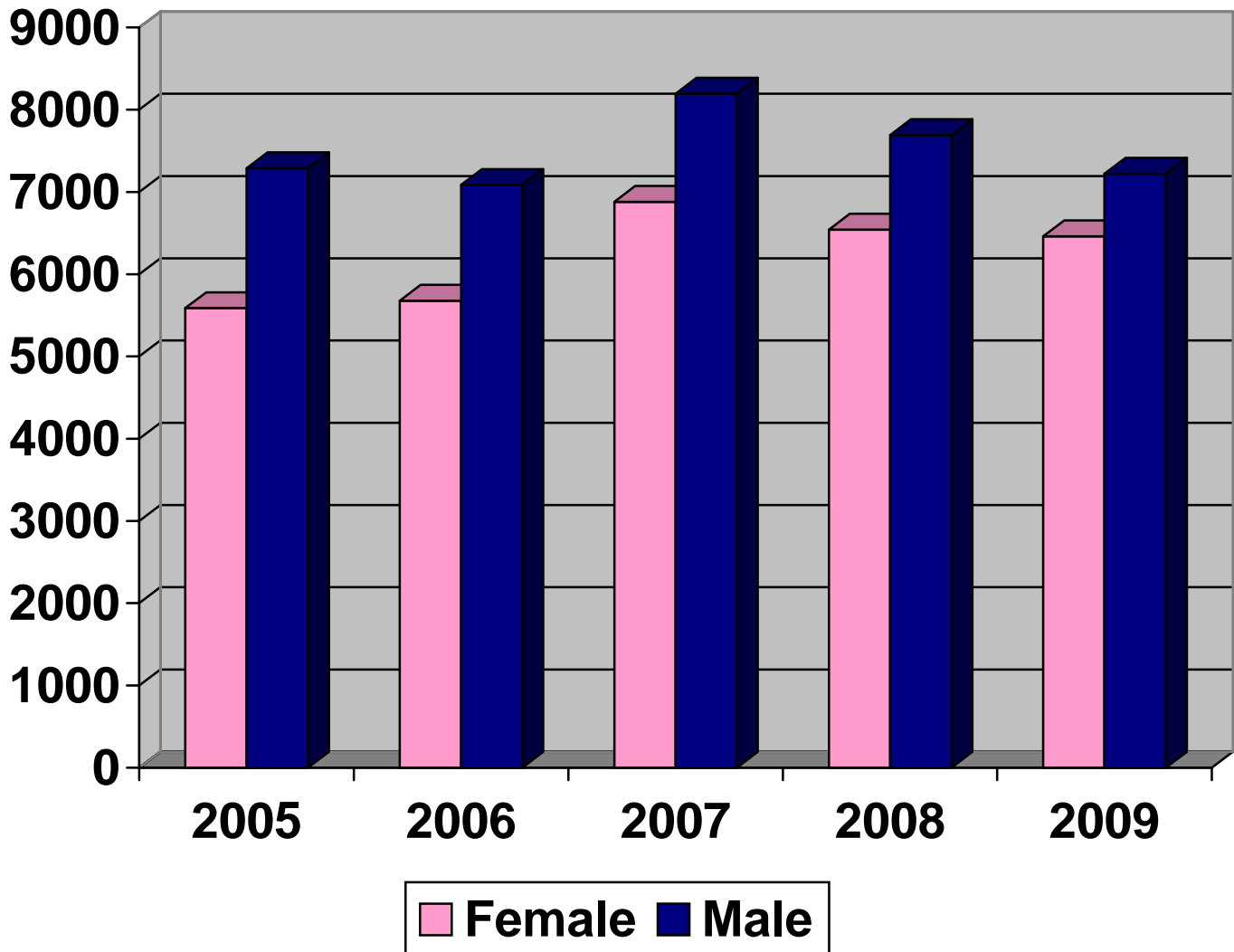
EVENT	2003	2004	2005	2006	2007	2008	2009
							
15 K RACE	10,386	10,661	10,928	10,859	12,512	11,397	11,868
5 K RUN	1,006	957	1,154	1,137	1,649	2,122	2,537
WALK	844	805	791	766	932	744	862
Kids Run	1,758	1,672	1,861	1,704	1,871	1,737	1,637
Mile Invitational*	0	0	0	0	0	42	37
All Events	13,994	14,095	14,734	14,466	16965	16072	16,941

Online Registration

Event	2003	2004	2005	2006	2007	2008	2009
15K Race	28.2%	59.9%	59.5%	61.4%	73.7%	70.7%	71.2%
5K Run	30.6%	39.5%	44.6%	35.1%	54.4%	56%	54.7%
Walk	19.9%	16.9%	29.7%	20.9%	31.4%	29.3%	26.9%
Total for All Events	27.8%	55%	56.3%	56.6%	61.5%	66.3%	65.9%

* 2008 was the first year for the Mile Invitational

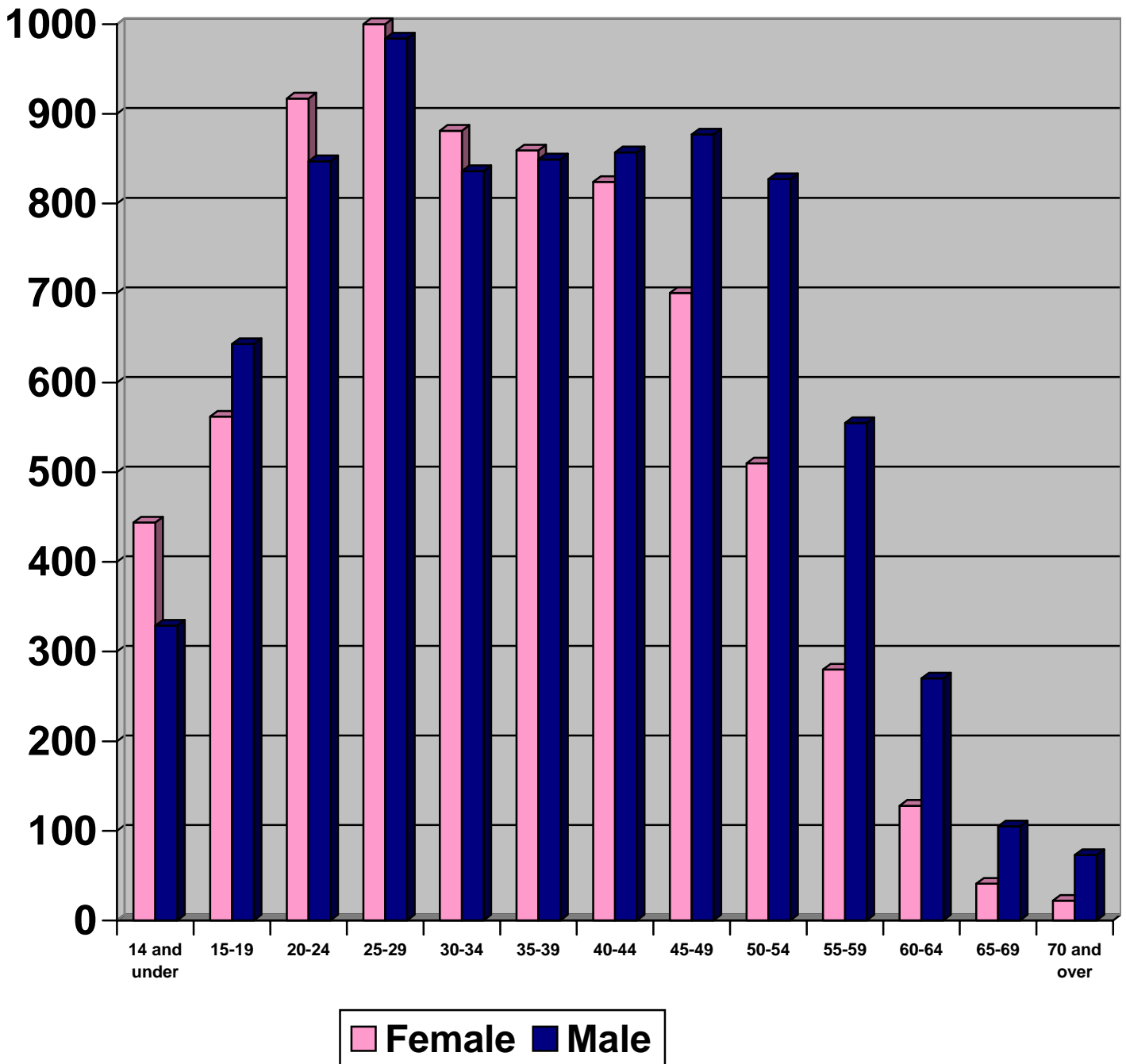
Overall Gender Breakdown



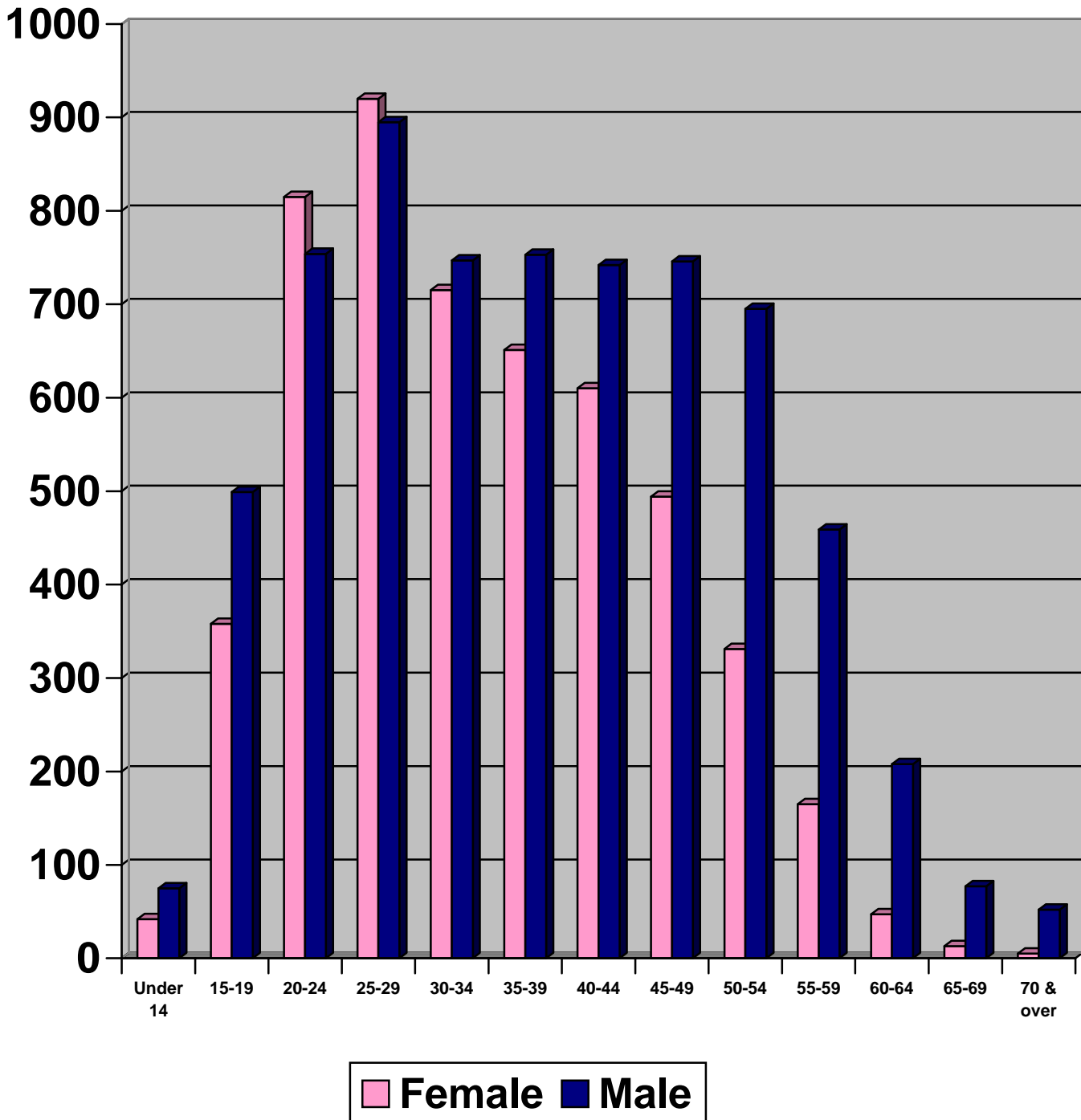
All Events



Age Group Distribution



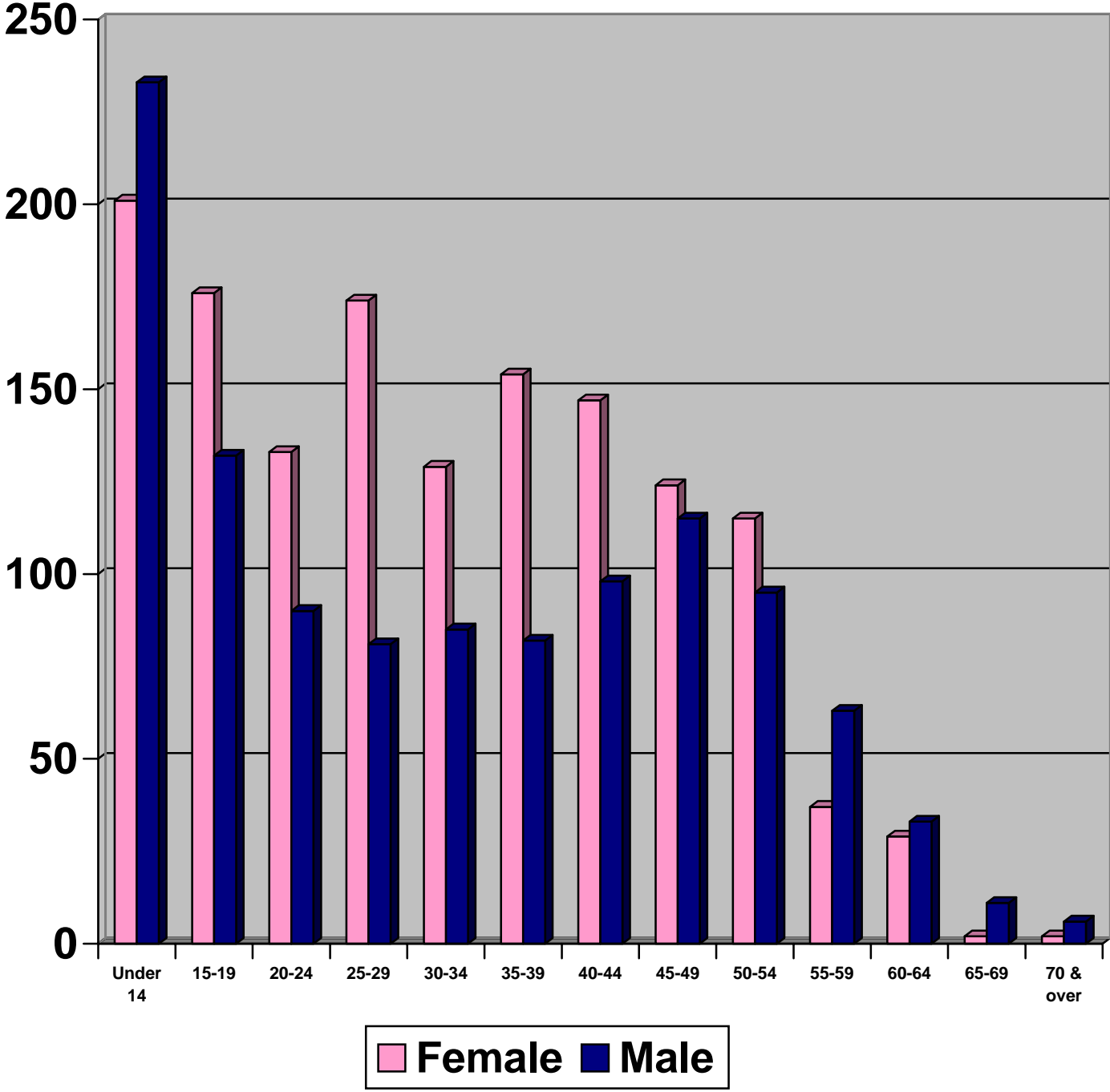
15 K Age Group Distribution



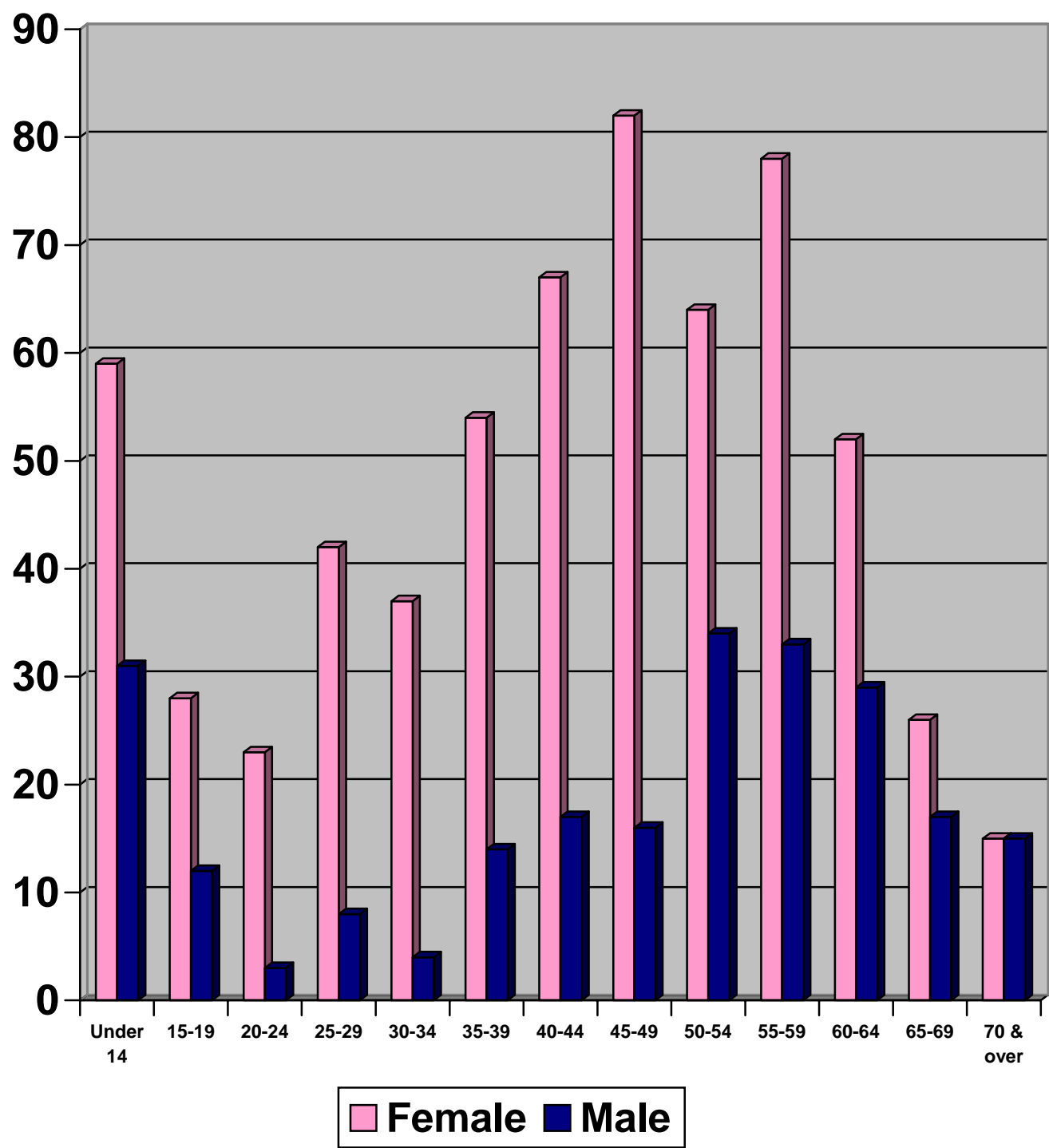
5K Run Age



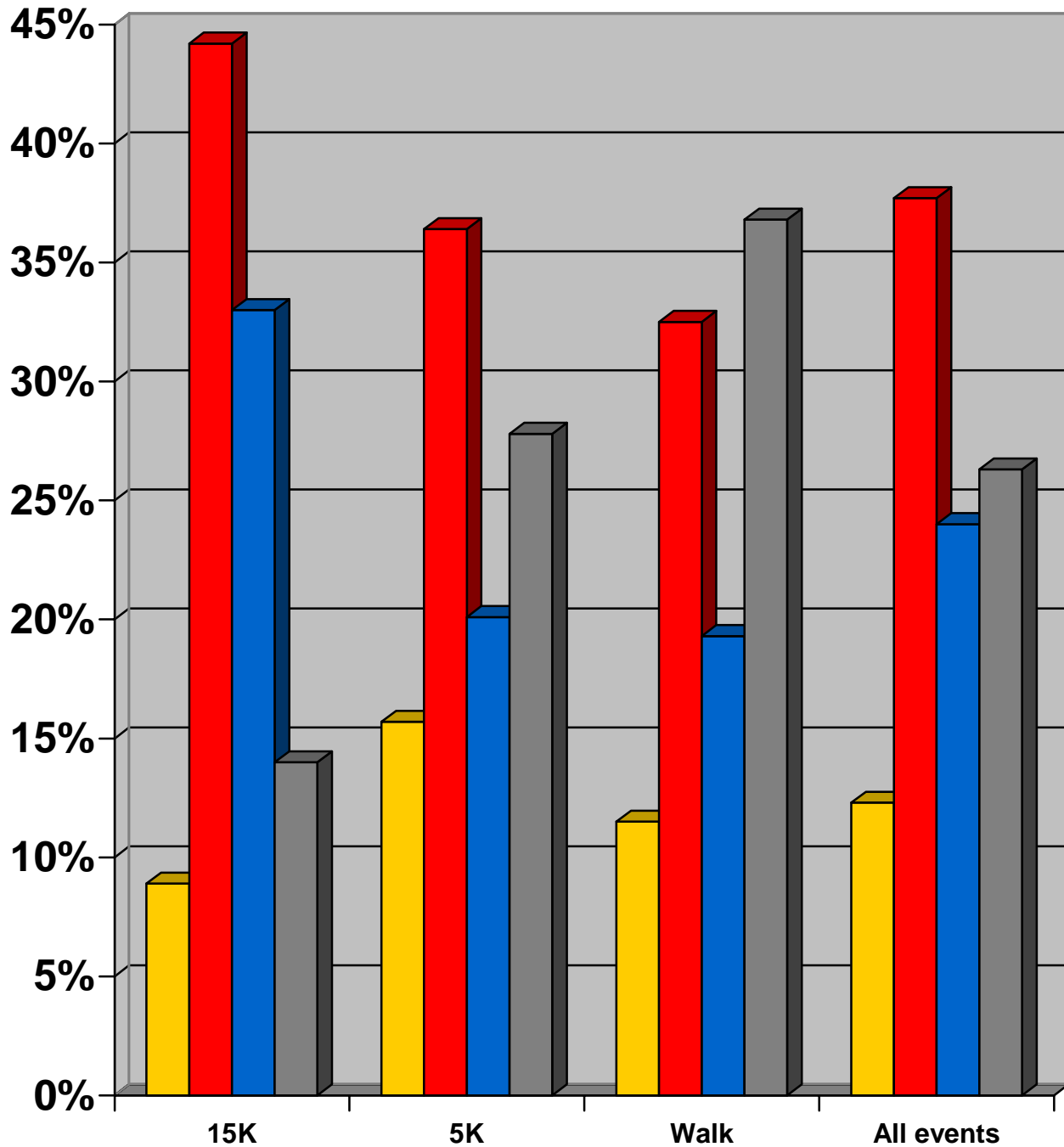
Age Groups Distribution



3 Mile Walk Group Distribution



2009 Educational Breakdown

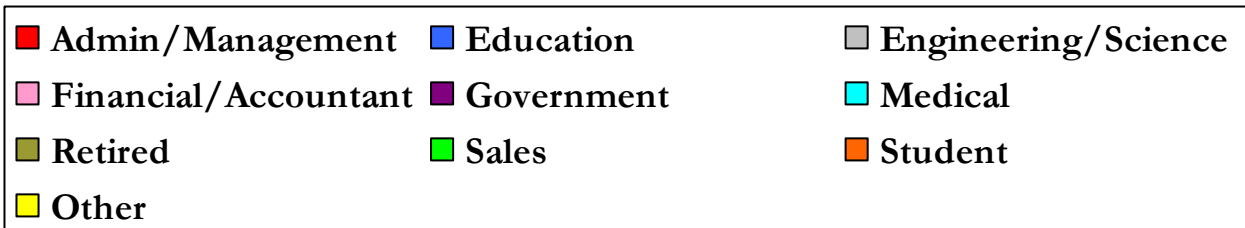
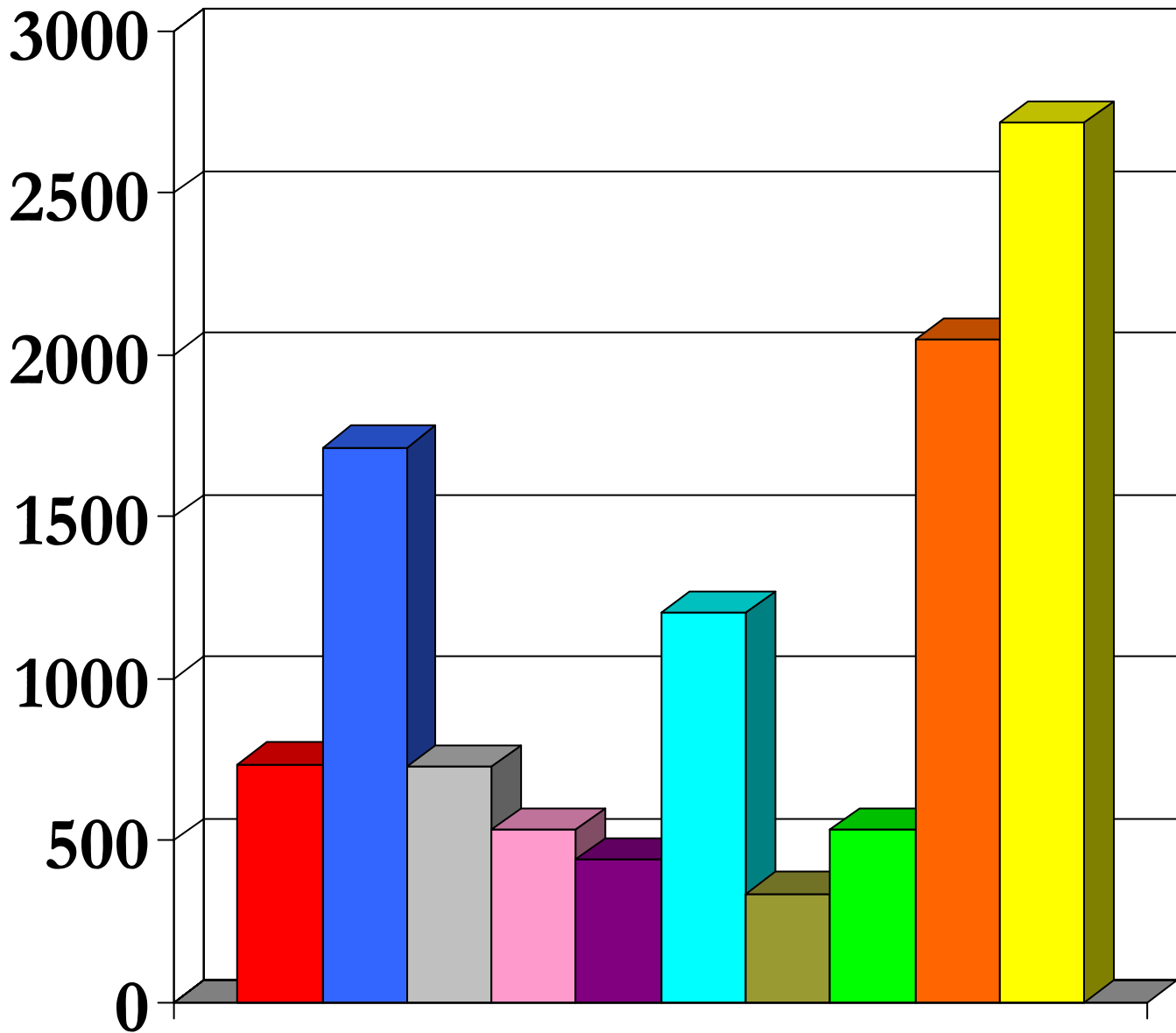


■ High School ■ College ■ Graduate School ■ Other

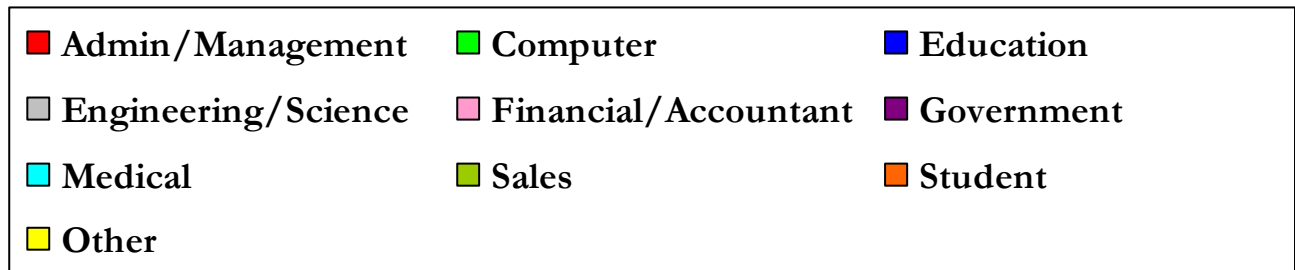
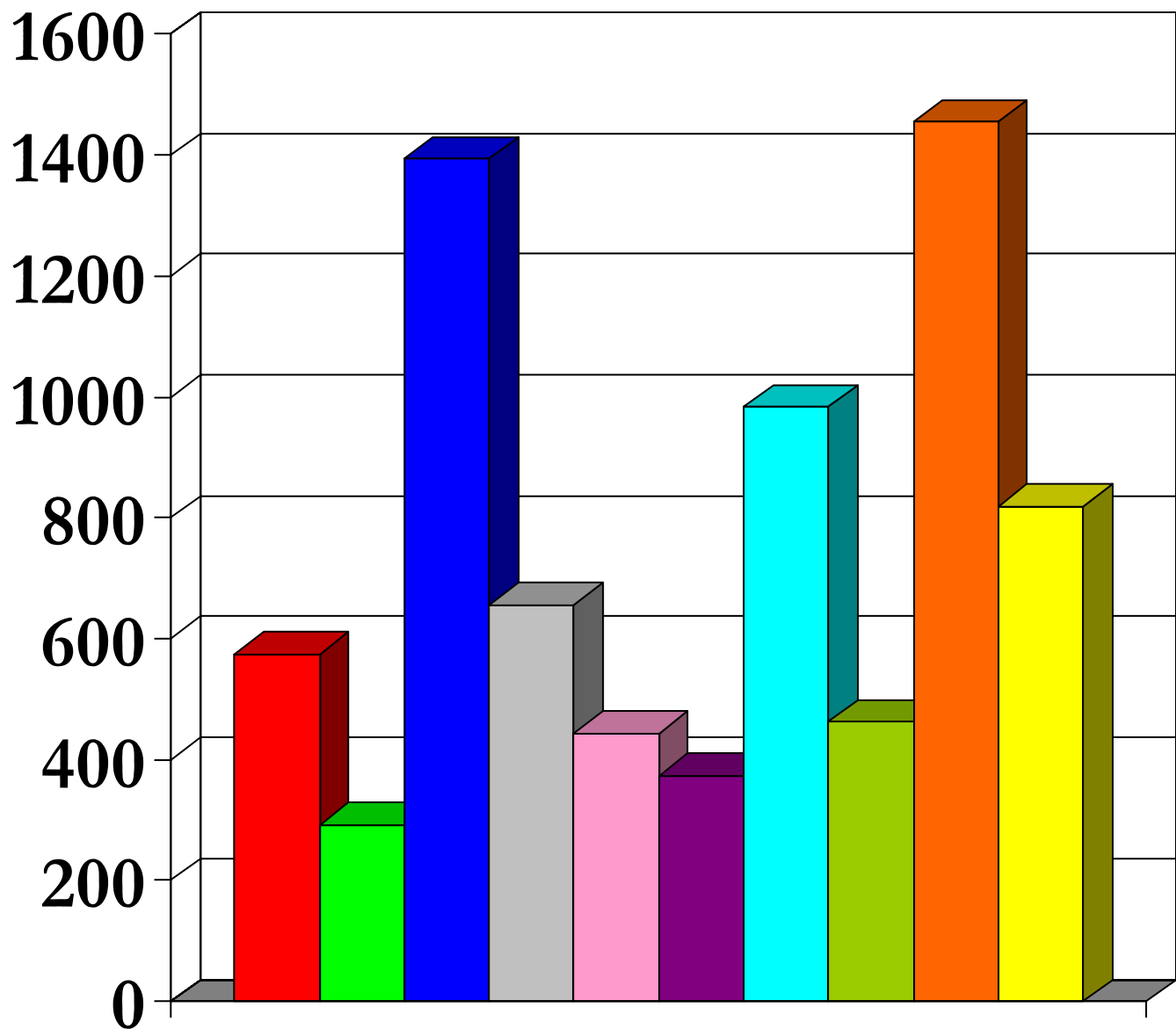
2009 Occupation For All Events

Occupation	Number	Percent
5 - Admin/Management	736	5%
Advertising	70	0.5%
Arts/Visual & Perform	94	0.5%
Business Owner	236	1.3%
Chief Executive	66	0.5%
Computers	348	1.8%
Const./Architecture	207	1%
Consultant	159	0.7%
3 - Education	1714	11%
6- Engineering/Science	727	3%
Film/Radio/TV	54	0.2%
7- Financial/Accountant	533	3%
Firefighter	96	0.4
9 - Government	441	2.3%
Health & Beauty	142	0.7%
Homemaker	237	2%
Insurance	273	2.3%
Labor/Warehouse/driver	96	0.4%
Law Enforcement	255	1.2%
Legal	320	1.5%
Machinist/Mechanic	59	0.3%
Manufacturing	146	0.9%
Marketing	192	1.1%
4 - Medical	1202	7%
Military	158	0.7%
Real Estate	84	0.5%
Religious	21	0.13%
10- Retired	336	3.8%
8- Sales	532	2.5%
Secretary/Clerk	112	1.3%
2 - Student	2046	13.5%
Military	158	0.7%
1 - Other	2714	15.2%

2009 Occupation Graph For All Events



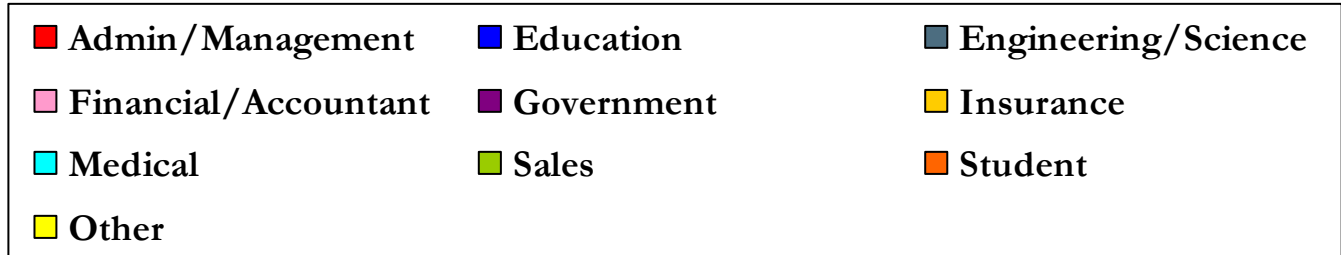
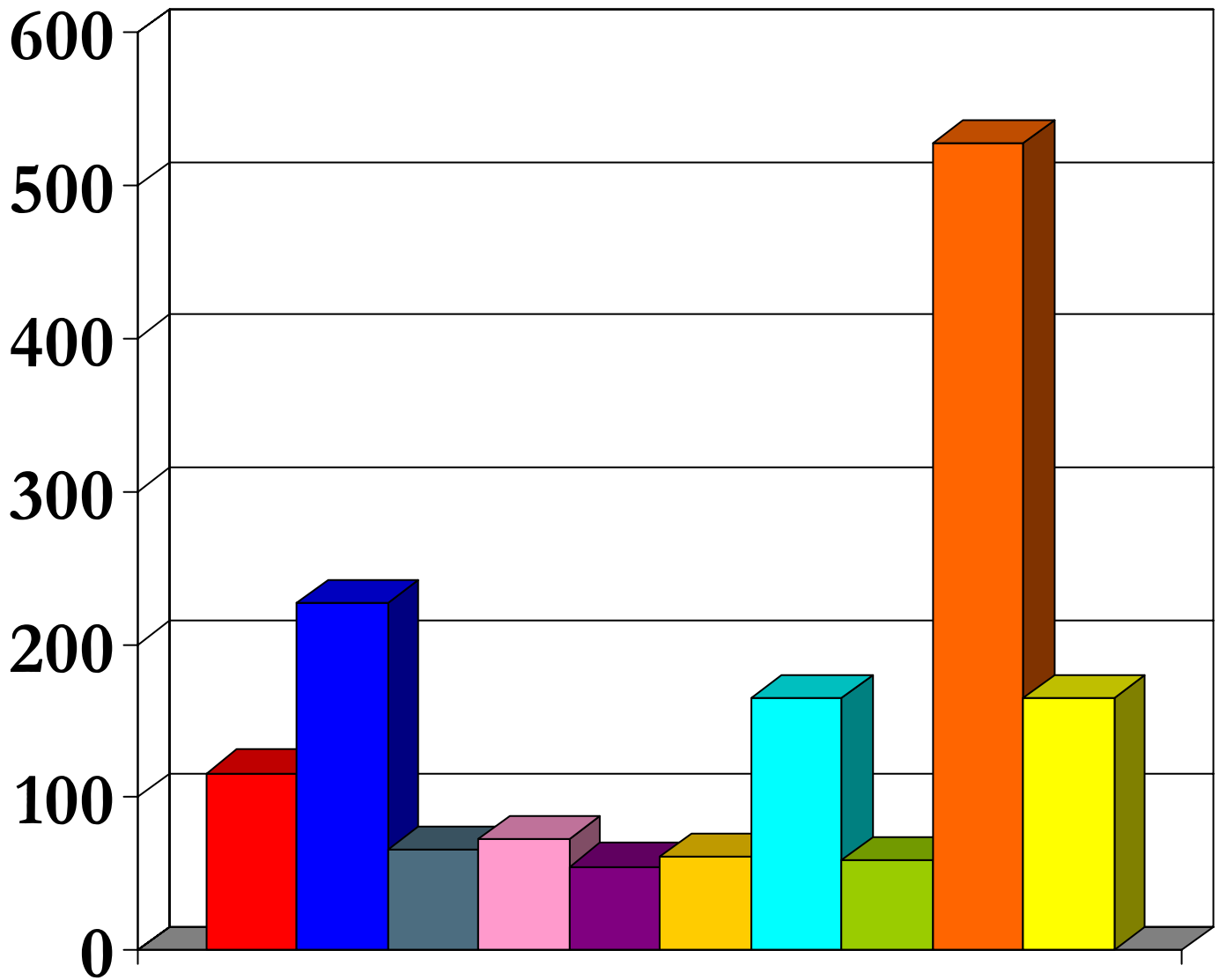
15K 2009 Occupation Graph



15K 2009 Occupation

Occupation	Number	Percent
6- Admin/Management	574	5.7%
Advertising	60	0.6%
Arts/Visual & Performance	80	0.8%
Business Owner	191	2%
Chief Executive	57	0.6%
10- Computers	293	2.9%
Const./Architecture	176	1.7%
Consultant	144	1.4%
2-Educations	1393	13.8%
5- Engineering/Science	656	6%
Film/Radio/TV	48	0.4%
8-Financial/Accountant	444	4.4%
Firefighter	83	0.8%
9- Government	374	3.7%
Health & Beauty	121	1.2%
Homemaker	172	1.7%
Insurance	187	1.8%
Labor/Warehouse/driver	86	0.8%
Law Enforcement	222	2.2%
Legal	273	2.7%
Machinist/Mechanic	48	0.5%
Manufacturing	121	1.2%
Marketing	153	1.5%
3-Medical	983	9.7%
Military	139	1.3%
Real Estate	73	0.7%
Religious	18	0.2%
10- Retired	233	2.3%
7- Sales	463	4.6%
Secretary/Clerk	68	0.7%
1- Student	1454	14.3%
4- Other	819	8.1%

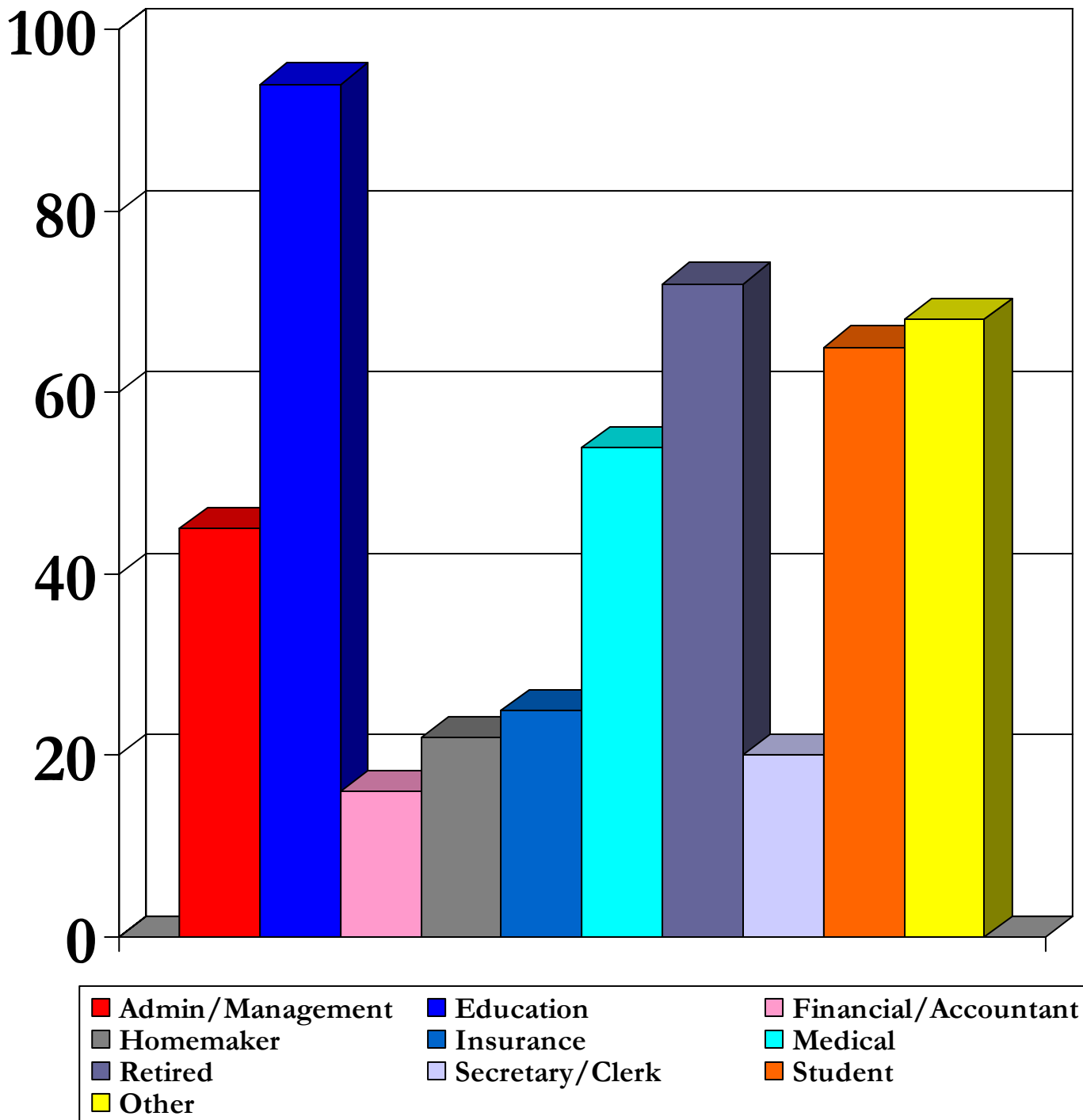
5K 2009 Occupation Graph



5K 2009 Occupation

Occupation	Number	Percent
5- Admin/Management	116	5.9%
Advertising	10	0.5%
Arts/Visual & Performance	12	0.6%
Business Owner	39	2%
Chief Executive	9	0.5%
Computers	46	2.3%
Const./Architecture	27	1.4%
Consultant	12	0.6%
2-Educations	227	11.6%
6- Engineering/Science	66	3.4%
Film/Radio/TV	5	0.3%
7-Financial/Accountant	73	3.7%
Firefighter	11	0.6%
8- Government	55	2.8%
Health & Beauty	18	0.9%
Homemaker	43	2.2%
Insurance	61	3.1%
Labor/Warehouse/driver	7	0.4%
Law Enforcement	26	1.3%
Legal	42	2.1%
Machinist/Mechanic	9	0.5%
Manufacturing	16	0.8%
Marketing	34	1.7%
3-Medical	165	8.4%
Military	17	0.8%
Real Estate	7	0.4%
Religious	2	0.1%
10- Retired	31	1.6%
9- Sales	59	3%
Secretary/Clerk	24	1.2%
1- Student	527	26.9%
4- Other	165	8.4%

3 Mile 2009 Occupation Graph



3 Mile 2009 Occupation

Occupation	Number	Percent
6-Admin/Management	45	7.8%
Advertising	0	0%
Arts/Visual & Performance	2	0.3%
Business Owner	6	1%
Chief Executive	0	0%
Computers	9	1.6%
Const./Architecture	4	0.7%
Consultant	8	1.4%
2-Educations	94	16.3%
Engineering/Science	5	0.9%
Film/Radio/TV	1	0.2%
8-Financial/Accountant	16	2.8%
Firefighter	2	0.3%
10-Government	12	2.1%
Health & Beauty	3	0.5%
Homemaker	22	3.8%
9-Insurance	25	4.3%
Labor/Warehouse/driver	3	0.5%
Law Enforcement	7	1.2%
Legal	5	0.9%
Machinist/Mechanic	2	0.3%
Manufacturing	9	1.6%
Marketing	5	0.9%
5-Medical	54	9.4%
Military	2	0.3%
Real Estate	4	0.7%
Religious	1	0.2%
1-Retired	72	12.5%
9-Sales	10	1.7%
7-Secretary/Clerk	20	3.5%
3-Student	65	11.3%
4-Other	68	11.8%

Where they came from in 2009

States				Countries	
		Washington	15		
New York	12,358	Michigan	14	Canada	459
Massachusetts	533	Tennessee	13	Kenya	17
Pennsylvania	368	Wisconsin	11	Ethiopia	7
Virginia	179	Nevada	10	Great Britain	3
New Jersey	173	Nebraska	9	Russia	3
Connecticut	162	Delaware	7	France	2
Maryland	154	Missouri	5	Bermuda	1
Florida	138	Oregon	5	Japan	1
Vermont	104	West Virginia	5	Iceland	1
North Carolina	101	Montana	5	Morocco	1
New Hampshire	74	Louisiana	4	New Zealand	1
California	55	Oklahoma	4	Poland	1
Georgia	44	Alabama	4	Romania	1
Illinois	41	New Mexico	3	Scotland	1
Maine	37	Minnesota	3		
Rhode Island	36	Indiana	2	Military Boilermakers	
Ohio	35	Idaho	2	Baghdad Boilermaker	537
South Carolina	29	Kansas	2		
Colorado	23	Arkansas	1	Armed Forces	1
Washington DC	22	Alaska	1		
Texas	21	North Dakota	1		
Arizona	18	Utah	1		
Kentucky	17	Iowa	1		

Counties in New York

Albany	428	Franklin	21	Oneida	4220	Seneca	25
Allegany	12	Fulton	68	Onondaga	1468	Steuben	44
Bronx	16	Genesee	13	Ontario	76	St. Lawrence	82
Broome	154	Greene	17	Orange	49	Suffolk	39
Cattaraugus	11	Hamilton	7	Orleans	9	Sullivan	11
Cayuga	43	Herkimer	602	Oswego	165	Tioga	17
Chautauqua	40	Jefferson	109	Otsego	179	Tompkins	118
Chemung	44	Kings	60	Putman	20	Ulster	28
Chenango	57	Lewis	89	Queens	37	Warren	40
Clinton	38	Livingston	28	Rensselaer	145	Washington	17
Columbia	36	Madison	290	Richmond	11	Wayne	59
Cortland	64	Monroe	416	Rockland	16	Westchester	77
Delaware	42	Montgomery	49	Saratoga	334	Wyoming	5
Dutchess	58	Nassau	41	Schenectady	222	Yates	10
Erie	281	New York	135	Schoharie	40		
Essex	19	Niagara	23	Schuyler	5		

Countries which have Run the Boilermaker

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

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

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 a 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.

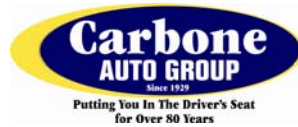
Surge – To speed up and pull away from a competitor or group of competitors.

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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HALL OF FAME

NATIONAL DISTANCE RUNNING HALL OF FAME HISTORY

History

Every sport has a “home” – a place where legends are honored, where historic displays inspire awe and nostalgia, and where sports’ greatest stories can be retold. On July 11, 1998, a hall of fame was established to honor the athletes who have lent their names and achievements to defining the sport of distance running.

The National Distance Running Hall of Fame is dedicated to honoring the athletes whose accomplishments have brought the sport the fame and recognition it deserves. From the world’s most gifted and highly honored runners, to the individuals who have pushed the sports’ boundaries beyond the breaking point, the Hall of Fame celebrates those whose talents, achievements, foresight and dedication have made distance running what it is today.

Mission Statement

To commemorate and honor the accomplishments of distance runners, to preserve and promote the sport of distance running, and to educate our many visitors on the rich history of distance running in the United States.

Induction Weekend

The Hall of fame holds its annual induction ceremony on the second Saturday in July – the evening before the Boilermaker 15K Road Race. Each year the Hall of Fame inducts a new class of notables in a public ceremony. Many of the inductees run the Boilermaker the next day.

Voting

Each November, the Hall of Fame welcomes the nomination of runners for induction into the National Distance Running Hall of Fame. Anyone can nominate a runner. Qualified candidates must:

- a) Be a distance runner and
- b) Have had an influence on the sport of distance running in America.

The Voting Committee, comprised of representatives from the running community throughout the nation plus all previous inductees, reviews the nominees and agrees on a list of finalists. Inductees are ultimately chosen by secret ballot.

HALL OF FAME CLASS OF 2010 BIOGRAPHIES

Miki Gorman

Miki Gorman started running at the age of 35. She ran the Culver City Marathon as her first marathon. She did not finish her first one but came and won it with a time of 2:46:36 for an American Record. It was the second fastest time ever recorded by a woman. She went to Boston (1974) the following spring and won it by almost 6 minutes with a time of 2:47:11. She was the first woman to finish the Boston Marathon in under three hours. The next year she won the New York City Marathon (1975). Gorman came in second at the Boston Marathon (1976). That season she won the women's title in almost every event she entered including the New York City Marathon with a time of 2:39:11. In 1977, she won Boston again with a time of 2:48:33 and won New York with a time of 2:43:10. She is the only female to win both Boston and New York twice. Gorman is the only runner to win Boston and New York in the same year.

Dick Beardsley

Dick Beardsley is a two-time champion and course record holder of the Grandma's Marathon and a two-time Olympic Marathon qualifier. He has the fourth fastest U.S. men's marathon time in history (2:08:53). One of the most memorable moments of Beardsley's career was the head-to-head battle at the 1982 Boston Marathon with Alberto Salazar. Salazar just edged Beardsley out at the end. After his competitive career ended in 1986 he suffered several devastating accidents. He has since bounced back and is running marathons again. He is a successful TV, radio, motivational speaker and author. Beardsley is also a member of Team New Balance. He has received the Minnesota Meeting & Events Association "Best Speaker Award". Beardsley's newest venture is a marathon running camp held each June and September.

HALL OF FAME CLASS OF 2008 BIOGRAPHIES

Pricilla Welch

Pricilla Welch's achievements include winning the 1983 Enschede Marathon in The Netherlands; 1984 Columbus Marathon and 1987 New York City Marathon, as well as two second place finishes in the London Marathon of 1984 and 1987; third place in the New York City Marathon of 1983; third in the Chicago Marathon in 1986 and fourth place in Boston Marathon in 1988. Welch was named the 1986 Masters Woman Runner of the Year for her unblemished racing record in the Masters competition for two years by Runners World magazine. In 1988 she was named Sportswoman of Colorado, in 1991 awarded Masters Runner of the Quarter Century by Runners World magazine, was also voted best Female Masters Road Runner in the 1996 Runners World "100 Years of Running" issue; is co-author of "Masters Running and Racing" with Bill Rodgers, which was reissued in paperback, and now out of print, and also has her own chapter in Mike Sandrock's book "Running with the Legends", plus, a book written in Japanese for Japanese athletes.

Amby Burfoot

Amby Burfoot finished 15 Boston Marathons including a win in 1968 with a time of 2:22:17. He was the first American to win the Boston Marathon since 1957. Ran a personal best of 2:14:29 at the 19678 Fukkuoka Marathon (one second off an American Record) Nine-time Champion at the Manchester, Connecticut Thanksgiving Day Road Race. Burfoot finished the Comrades Marathon South Africa (1993). He was inducted into the Road Runners Club of America Hall of Fame (1993). Burfoot is the executive editor of Runner's World Magazine. He has written several books on running, including *Runner's World Complete Book of Running*, *The Runner's Guide to the Meaning of Life*, *The Principles of Running*, and *The Runner's World complete Book of Beginning Running*.

Johnny Hayes

Hayes won the 1908 Olympic Marathon, beating Dorando Pietri. This marathon was significant because it was the first marathon held at the now standard distance of 26 miles, 385 yards. It was also the first time an American won the Olympic Marathon against a truly international field. Hayes also won the first Mercury A.C. Marathon (now the Yonkers Marathon) in 1907, and placed 2nd (1908), 3rd (1907), and 5th (1906) at the Boston Marathon. Hayes kicked off a period of intense competition in the marathon after he turned pro shortly after his Olympic victory.

HALL OF FAME CLASS OF 2006 BIOGRAPHIES

Patti (Catalano) Dillon

Patti (Catalano) Dillon was the first American women to break 2:30 for the marathon and was the second in the world to do so. Dillon set the American marathon record three times (1980 Montreal with a 2:30, New York City with 2:29 and 1981 Boston with 2:27:51). She set the American record in the 10K with a 32:08 at the Crescent City Classic. Dillon broke the American record in the 15K and the 10-mile. She also set a world record with a time of 1:08 in the 20K and held the 30K record. Dillon is a four-time champion of the Honolulu Marathon and five-time champion of the Ocean State Marathon. Along with Joan B. Samuelson, Patty ignited the American running boom of the 1970's and 1980's. Patty coaches youth runners, still runs in road races and does motivational speaking around the country. Along with Hall of Fame Inductee Joan Benoit Samuelson, Dillon helps to ignite the running boom of the 1970s and '80s.

Gerry Lindgren

Gerry Lindgren was the original teen distance running phenomenon. He lowered the high school two-mile record from 9:26 to 8:40 in three consecutive meets. Lindgren's high school record for the 5000-meters of 13:44.0 still stands today. He won the 10,000-meter in the US-USSR Meet and the U. S. Olympic Trials only to finish ninth with a sprained ankle in the Tokyo Olympics. Lindgren went to Washington State University, where he won nine NCAA Championships- three at 3-miles, three at 6-miles, and three cross-country. At Washington State Lindgren broke 8 records set by Jesse Owens at Ohio State. In the summer of 1965 he and Mills tied in setting a new world six-mile record of 27:22.6. His career was later sidetracked by injuries, but in recent years he once again begun running well as a top age group runner. He works as a personal coach.

Marty Liquori

Marty Liquori was ranked number one in the world three times. In 1967 as a high school runner Liquori ran a 3:59.8 in the mile. He ended up having to enter events with older runners in order to be challenged. Liquori at the age of 19 made the 1968 Olympic Team. He won the NCAA mile in 1969, 1970 and 1971 and won nine straight Penn Relay titles. He also set four American records two in the 5,000. Liquori won 14 national titles and three straight Wanamaker Miles and defeated Jim Ryun in the "Dream Mile" with a time of 3:54.6. His best time in the mile is 3:52.2 at the King Games in Kingston, Jamaica (1975). He was a two time number one miler in the world. Liquori has served on the President's Council on Physical Fitness, ABC TV sports Commentator, Co-Founder, President of Athletic Attic, designer for Brooks shoes, NBC Sports Olympic Commentator and ESPN's Running and Racing Commentator.

HALL OF FAME CLASS OF 2005 BIOGRAPHIES

Don Kardong

Don Kardong a Stanford University record holder for the two, three, and six miles. He ran his first marathon in 1972 with a time of 2:18:06. Kardong competed in the 1972 Olympic Trials in the marathon and 10,000 meters. In 1976, Kardong finished third in the U.S. Olympic Marathon Trails with a time of 2:13:54 and finished fourth in the 1976 Montreal Games with a personal best of 2:11:16. He won the Peachtree Road Race (1976), the Honolulu Marathon (1978), and the LeGrizz 50 Mile Ultra marathon (1987). Kardong, founding member and past president of the Association of Road Racing Athletes and past president of the Road Runner's Club of America, is a commentator on running for television and radio. He has also published books on running such as "Bloomsday a City in Motion, "Thirty Phone Booths to Boston: Tales of a Wayward Runner" and Hills, Hawgs & Ho Chi Minh: More Tales of a Wayward Runner". Kardong is also has been a senior writer for Runner's World Magazine since 1987. He is the founder of the Lilac Bloomsday Run in Spokane, Washington with over 50,000 entrants.

Greg Meyer

Greg Meyer was the fastest American man to win the Boston Marathon. Meyer ran 2:09.00 in the Boston Marathon in 1983. He held the American record for the 10 mile and was a sub 4-minute miler. Last American male to win the Boston Marathon was Meyer, often in the shadow of his close friend Bill Rodgers. Meyer's top -level performances deserves your consideration. Set ten American Road racing records at the following distances: 8K, 10K, 15K, 25K, Ten Mile. Set Two World Records in the 15K (Gasparilla 15K, Tampa, Fl.) and the Ten Mile (cherry Blossom 10 Mile, Wash. D.C) Some of Meyer's other accomplishments include United States Male Distance Runner of the Year 1983, nominated for the Sullivan Award (America's highest amateur award) 1983, inducted into the following Halls of Fame ESPN Road Racing, Road Runners Club of American and Grand Rapids Sports. He also had victories at the following major races Detroit Marathon (1980), Chicago Marathon (1982), Boston Marathon (1983), Cascade Run Off (1980), Cherry Blossom (1983), 25K River Bank Run (seven times), National Cross Country Champion (1978). Meyer was one of the founding members of A.R.R.A, which was the first athletic union of road racing athletes. In the early 1980's he helped fight and won the right to earn prize money, starting with the Cascade Run off in 1980. After many of us were banned from running T.A.C. events (now USAT&F) due to the "contamination rule" dealing with professionalism, T.A.C. instituted the TAC Trust system, which eventually lead to open competition and the prize money the athletes today enjoy...not to mention an open Olympics.

Bob Schul

Bob Schul the 1964 Olympic Champion at 5,000 meters in Tokyo. He held five American and one world record. Schul is the only American Distance runner who has won a Gold Medal while being the favorite going into the Olympic Games. Picked by Sports Illustrated and Track and Field News to win the Gold Medal based on his having the fastest time in the world that year (13:38) at 5k (world record was 13:35), as well as setting a new world record in the two mile (8:26.4) and 3:58.9 in the mile. (All were run on dirt tracks)(The 13:38 is equal to a 13:14 on the all-weather tracks.) As a sophomore at Miami University (Ohio), He ran 4:12.1 in the mile for a new school record. During the outdoor season he went undefeated at 5000 meters, breaking the American records for three miles in 13:15.4 and the 5K in 13:38, running the last lap in: 54. (The world record was 13:35) After winning the USA vs. USSR meet, the National Championships and the first Olympic trials in June, he broke the world record for two miles. (8:26.4) He then ran his second mile under four minutes (3:58.9). Bob is one of only five Americans to win a Gold Medal in a distance race in Olympic history.

HALL OF FAME CLASS OF 2003 BIOGRAPHIES

Mary Decker Slaney

Mary Decker Slaney set her first America record at the age of 14. Following a heartbreaking Olympics in 1984, the now Mary Slaney preserved in 1985, establishing a world record in the mile and setting five American records, thus becoming the first athlete to hold every American record from the 800 meters to 10,000 meters; a range of excellence unparalleled in the history of track and field. She culminated her undefeated season by capturing the IAAF grand Prix as one of the top female athlete in the world. In 1974 Slaney held three World Records 1,000-meters (2:26.7), 880-yards (2:02.4) and 800-meters (2:01.8). Slaney broke her own 1,000-yard record with a time of 2:23.8. In 1980 she set four World Records in the following events the mile 4:21.7 (outdoor), 4:14.0, 1500-meters 4:00.8 (indoor) and the 880-yards. Slaney in 1982 set six World Records in the following events the mile (2 times), 2,000-meters, 3,000-meters, 5,000-meters and 10,000-meters. She was a double World Champion in the 150-meter and the 3,000-meters in 1983. In 1985, she set two World Records in the indoor 2,000-meters (5:34.2) and the outdoor mile (4:16.7). Slaney had a career unmatched by any other runner anywhere with 36 National records and 17 World records. She continues to hold the U.S records for the 800-meters, 1,500-meters, 1-mile 2,000-meters and 3,000-meters. Slaney was a member of 4 Olympic teams. She was the recipient of the Sullivan Award and the Prefontaine Award. In 1983, Slaney was named the Sports Illustrated Sportsperson of the year and also named as the Jesse Owens Athlete of the year. She was on the cover of the following national magazines four times: Life, Newsweek and Sports Illustrated.

George Young

George Young was the first U.S runner to compete in four different Olympic Games, captured a bronze medal in the 3,000-meter steeplechase at the 1968 Olympics and was a long-time coach at Central Arizona College, where he coached 14 championships in seven sports, including a national championship for the cross-country team in 1988. Young is the oldest person to run a sub-4minute mile in the world (3:59.6) at age 34 years and 11 months. He held the 1969 indoors World Record in the 2 and 3 mile. Also in 1969 held 6 American records in the indoor 2 and 3 mile and in the outdoor 2 mile, 5,000 meter, 3,000 meter, Steeplechase and the 4x1500 meter relay. Young has held 12 age group world records. He has competed in four Olympic Games 1960, 1964, 1968 and 1972. Young is the oldest person to run a sub-4 minute mile in the world (34 years 11 months). He was the 1959 outstanding senior Athlete University of Arizona. Won Olympic Bronze medal in the 3,000-meter. Young was inducted in the following Halls of Fame University of Arizona (1968), Arizona Athletic (1972), Arizona Track Coaches (1972), United States Track & Field (1977), National Track & Field (1981) RRCA (1994) and NJCAA Track and Cross Country and in 1988 Young was named NJCAA Coach of the Year. When he was at Central Arizona College his team won the Community College Conference Championship, NJCAA Regional Championship and Placed in the top 5 at the National Cross Country Championships 14 times.

Jim Ryun

When Jim Ryun broke the World Record for the mile at age 19 he inspired generations of runners. He is a three-time U.S. Olympian in the 1,500-meters and held the World Record in five events. As the first prep miler to break four minutes, he won tree state mile run titles – the last a national record that still stands. In 1964, Ryun was the first prop miler to break four minutes (3:59.0) at Wichita East H.S. He also beat the Olympic Champion and set the American mile record (3:55.3) in 1964. In 1965, Ryun set the male High School Record of 3:55.3, which stood for 36 years. That same year he set five Word Records in the 1,500-meters, 880-yards, 800-meters and the Medley Relay. He won three State mile run titles – the last a 3:58.3 national record, which still stands today. Ryun was a three-time Olympian in the 1,500-meters (1964, 1968 & 1972). At the 1968 Olympics Ryun took home a Silver Medal. Ryan was the youngest ever to be named the Sportsman of the

year by Sports Illustrated in 1966. In 1966 he won the Sullivan Award as the nation's top amateur athlete. Has been a United States Congressman since 1996.

HALL OF FAME CLASS OF 2002 BIOGRAPHIES

BILL BOWERMAN

Bill Bowerman was the co-founder and ultra-innovator of Nike, Inc. but the late Bill Bowerman was always a running man first. From the very beginning, everything he did for the company had its roots in trying to improve performance in the sport of running. A legendary coach at the University of Oregon, he coached 24 NCAA individual champions, won four national team titles and coached the U.S. Olympic track and field team in 1972. In 16 of his 24 years at Oregon his track teams finished in the top ten in the NCAA championships, and they had a dual-meet record of 114-20, a winning percentage of .843. He is credited with turning the college town of Eugene, Oregon, into the running capital of the world. It all stems from his quest for better performances and his association with creating the first lightweight out shoe from some latex, leather, glue and his wife's waffle iron. He and Knight each put up \$500 and made and sold 330 pairs of the shoes and Nike was born and both Bowerman and Knight became larger than life. Additional innovations came along after the waffle sole, including the wedge heel, the cushioned mid-sole and the lightweight nylon uppers. In addition, he was also instrumental in developing rubberized asphalt runways. A true innovator, beloved coach, educator and benefactor, Bowerman will always be considered a giant in not just running but in the entire world of athletics.

DORIS BROWN HERITAGE

Doris Brown Heritage was the long-time coach at Seattle Pacific University and has always been on the leading edge of her profession. For the past 22 years she has been the head coach of cross-country at SPC and she's now in her 35th year as part of the coaching staff. She was a five-time world cross-country champion; won places on two U.S. Olympic teams, is the holder of 14 national titles and once held the world record for the 3,000 meters. As a demonstration of her versatility, at one point in her career she held every national and world record from 440 yards to one mile. But the longer the distance the more dominant she became. Her first world cross-country title came in 1967, which started her five-title streak. In 1971 she finished second in the Pan-American Games 800-meter race. But it may be as a coach and administrator that her greatest contributions have come. In 1988 she became the first female to be elected to the IAAF Cross Country and Road Race Committee. Her SPU cross country teams have placed in the top ten at national meets nine times, and Seattle Pacific has won the Pacific West Conference woman's championship numerous times. Eighteen of her cross-country runners have earned All-America status. As assistant for the track and field team she has helped seven women win AIAU and NCAA times at distances ranging from 800 to 10,000 meters. She was inducted into the U.S.A. Track & Field Hall of Fame in 1990.

JOHN J. KELLEY

Johnny Kelley was a two-time Olympian and a five-time second-place finisher in the Boston Marathon. But it was his lone victory in 1957 that many say marked the beginning of putting American distance runners on the map, and also the Boston Marathon itself. According to the Boston race's chief architect Jock Semple, "It was a long road from our marathons in the 1930s to Shorter's Olympic win in 1972, but I look at Johnny's 1957 Boston run as the pivotal event for the American marathon. I see 1957 as the halfway point." But Kelley was more than just one race. He was the U.S. National Marathon Champion eight straight times, from 1956 to 1963. As a schoolboy in New London, Connecticut, he was named top schoolboy miler in the country after running a 4:21.8 mile in 1950. Then as a freshman at Boston University he was undefeated in seven cross-country meets and set records on five different courses. He competed in the marathon in both the Melbourne Games of 1956 and the Rome Games in 1960. In 1959 he won the Pan American Games Marathon.

"Young John should be given more credit for creating a line of college runners in America that starts with himself and goes right up through Buddy Edelen to Amby Burfoot, Kenny Moore, Frank Shorter, Bill Rodgers, Craig Virgin and all the rest to come," said Semple in his book *Just call Me Jock*. "Before Johnny there was none of that. There were only us plodders."

Browning Ross

Forty seven years ago this month, ten men met at the Paramount Hotel in New York City and formed an organization that would challenge not only the "establishment," but the very future of sport – the Road Runners Club of America. One of the prime movers that day was former Olympic steeplechaser H. Browning Ross.

Browning Ross, who passed away in 1998, was an outstanding distance runner, earning AAU cross-country championships, a berth on the U.S. Olympic team and a gold medal in the 1951 Pan American Games for the 1,500 meters. But it was his exploits off the track that contributed so much to the sport. In addition to forming and taking on the first presidency of the Road Runners Club – which today has more than 200,000 members – he also single-handedly produced the "Long Distance Log," the first publication in the United States devoted to distance running. From its humble beginnings in 1956 as a few mimeographed pages that gave race results and told runners about upcoming races, the publication eventually evolved into Runner's World magazine. Ross used the pages of LDL to lay out the plan for a nationwide running club that would be broken out into various geographic districts. He started with Philadelphia, added New England and then opened a New York chapter. It was the later that openly confronted the Amateur Athletic Union and paved the way for women to participate and for the sport to eventually be accepted at all levels. With many special prizes and age-group awards, the RRCA competitions gave runners at every level a sense of accomplishment. Distance running became more and more acceptable in the United States, and great runners became more and more appreciated. Browning Ross and the Road Runners Club of America taught so many of us to not only understand the sport, but also enjoy it.

HALL OF FAME CLASS OF 2001 BIOGRAPHIES

Bill Dellinger

A running hero not just to the athletes he coached while at the University of Oregon, but to distance runners throughout the nation, Bill Dellinger has established a reputation of unassuming excellence in the world of running.

Bill Dellinger was born in Grants Pass, Oregon on March 23, 1934, and went to college at the University of Oregon where he started training with esteemed coach Bill Bowerman. Beginning his career knowing little about racing and competition, he soon showed just how far he had come when he became the first sophomore at Oregon to win the NCAA mile in 1954 and later went on to win every collegiate cross-country race.

In 1956, Dellinger beat the American 5,000 meters record three times, and won the 5,000 meter at both the NCAA and Olympic Trials. Not feeling ready to compete in the Olympics, however, he dropped out of the Olympic final in Melbourne, and started running twice a day to improve. He went on to compete in the 1960 and 1964 Olympic Games, and became the 1959 Pan American Games 5,000 meters champion. He won three national titles and set numerous national records.

After serving as Bowerman's assistant coach, Dellinger became University of Oregon head coach in 1967, coaching stars like Steve Prefontaine and Alberto Salazar. His teams won four NCAA cross-country titles and placed second four more times. His expertise in running was matched only by his flawless coaching.

Dellinger retired in 1999, but continued to coach a few individuals. After suffering a stroke in August 2000, he underwent rehabilitation and returned to coaching.

Lynn Jennings

An impressive and formidable distance running competitor, Lynn Jennings holds a record collection of 39 nationals titles in track, road and cross-country in distances ranging from 1,500 meters to 10,000 meters. Born July 1, 1960, Jennings is a role model for all runners, especially women in the sport. In the 1992 Olympics at Barcelona, Jennings set an American record in the Olympic 10,000 meters and holds the only Olympic distance medal on the track won by a US woman. She's a three-time Olympian and the nine-time National Cross-Country Champion. Overall, Jennings has set 10 American records and is the three-time World Cross-Country Champion.

Lynn Jennings ran on the boy's track team at Bromfield High in Massachusetts at the age of 17, and in 1978, she ran her first Boston Marathon as an unofficial entrant. She ran 2:45, which would have placed her third and established a record for her age. Years later, in 1999, after already more than excelling at track racing, cross-country and road running, Jennings ran the Boston Marathon again, finishing 12th.

Jennings' drive and ambition set her apart from her competitors in almost every race she runs, and she continues to run competitively.

Fred Lebow

Many in the running world credit Fred Lebow with helping to raise distance running to its current status as one of the world's most widely respected sports that is participated in worldwide.

Born in Transylvania, Romania, on June 6, 1932, Lebow was not only an avid runner, but also a racing pioneer. He founded many major road races, including the Fifth Avenue Mile, the Empire State Building Run-up, and the Women's Mini Marathon. He is perhaps best known for founding and directing the world-renowned New York City Marathon every year since its inception in 1970 through 1993. He transformed the marathon from a local event in Central Park with 55 finishers to one of the world's largest marathon with over 36,000 finishers running through all five boroughs of New York City.

Fred Lebow was the president of the New York Road Runners Club (NYRR) for 20 years, growing the group from 270 members initially to 31,000 – making NYRR the world's largest organization of its kind. He was promoted to chairman of the group in 1993, and heralded as the trailblazer for running groups nationally.

In early 1990, Lebow was diagnosed with brain cancer, and two years later, he ran his first five-borough marathon in celebration of his 60th birthday. Lebow died of brain cancer October 9, 1994. Throughout his career, Lebow completed a total of 69 marathons in 30 countries.

Craig Virgin

Craig Virgin is an accomplished long distance runner, excelling in cross-country, track and road racing, and has been rated national or world class for most of his open career.

Virgin was born in Belleville, Illinois on August 2, 1955, and raised on his family's farm near Lebanon, Illinois. He's a legend in Illinois High School track and cross-country circles, where he held the two-mile national high school record for many years. His time of 8:40.9 still stands as the fastest time ever recorded

in an all high school race. In college at the University of Illinois, Virgin overcame injuries and illnesses to win nine Big 10 Championships, an NCAA Championship, and qualified for his first US Olympic Team.

Despite having been born with congenital urological disease, Virgin never quit trying his hardest, even when in 1994 his right kidney was removed. He's said that the discomforts he endured as a youth were a lesson teaching him to separate himself from pain. And unfortunately, in 1997, that lesson became invaluable as Virgin recovered from a head-on-car collision where he almost died from his injuries. After physical therapy and eight operations in the two years following the accident, Virgin began running again.

A three-time Olympian in the 10,000 meters, the 1976 NCAA Cross-Country Champion, a seven-time US record-holder in road and track, and the two-time winner of the World Cross-Country Championships, Virgin has a running resume to be proud of. He became the first and only American male to win the I.A.A.F. World Cross-Country Championship in 1980. Virgin has also won many of the major sub-marathon races in the US.

Virgin retired from serious competitive running in January 1992 after a 23-year career of competition in cross-country, track and road racing. He is the president and founder of Front Runner Inc., a sports marketing company.

HALL OF FAME CLASS OF 2000 BIOGRAPHIES

Clarence DeMar

"Just a few nights before the BAA (Boston Marathon) in 1911, in my sleep, I dreamt distinctly that I had won the big race. Of course, I know such things are just a coincidence, but I was glad for the encouragement. One or two runners thought I might win and just one newspaper, the old Boston Journal, had an item in Bob Dunbar's column, saying 'watch DeMar, he might win in fast time,'" Clarence DeMar wrote in his autobiography, "Marathon."

Clarence DeMar did win Boston that year and a record seven times in all, first in 1911, and then in '22, '23, '24, '28 and '30. Eventually, DeMar would race in 33 Boston Marathons between 1910 and 1954, completing his last at age 65.

DeMar grew up in poverty and was separated from his family through much of his childhood. He grew fiercely independent. He ran cross-country while a junior in college, but dropped out mid-year. He needed to help his mother support his five younger brothers and sisters. He worked in a print shop to earn a living. Eventually DeMar earned an associate's degree from Harvard University and a master's degree from Boston University while attending night school. He trained for races by running to and from work each day.

He was known for having a wild side. DeMar didn't take well to photographers, passerby or spectators. DeMar felt they distracted his concentration during workouts and in races. In 1922, he was grazed by a car during the Boston Marathon and set out to punch the driver. At the 1935 Boston Marathon, a drunken man staggered into his path wanting to shake hands and there was a confrontation before DeMar continued running.

But through all this, DeMar – a professional linotyper, writer, Sunday school teacher, Boy Scout Master, farmer, husband and father – is a legend. DeMar succumbed to stomach cancer in 1958, at age 70. But his life as a runner is celebrated every year the Boston Marathon continues.

Steve Prefontaine

Steve Prefontaine is arguably the greatest American distance runner in history. "Pre" was unstoppable on the track, and at the height of his career, he held every American track and field record from the 2,000 to the 10,000 meters.

Pre was born in Coos Bay, Oregon. His running career began at Marshfield High School where he was undefeated in cross-country and in track his junior and senior years. As a senior, he broke the American record for the two-mile run. His outstanding performance attracted the attention of Bill Bowerman, legendary track coach at the University of Oregon and co-founder of Nike, Inc.

Pre entered the University of Oregon in 1969. He became famous for winning races; setting and resetting his own records and filling the University of Oregon's Hayward Field to capacity with fans that would erupt into cheering at the mere sight of him. At the end of his four years at the University of Oregon, Pre racked up seven NCAA titles: three in cross-country, '70, '71, '73; and four in the three-mile in track, '70, '71, '72, and '73. Pre was the first athlete to win four consecutive NCAA track titles in the same event. He held eight collegiate records and his three-mile and six-mile records still stand today. During his career he broke his own or other American record 14 different times.

Pre competed in the 5,000 meters at the 1972 Olympic Games in Munich. He took the lead with a mile to go and held on until Finland's Lasse Viren passed him with 600 meters left in the race. Pre finished fourth.

His death in a car accident on May 30, 1975 shocked the running community worldwide. Pre was only 24 years old. Twenty years after his death, Pre's impact on running is no less than it was at the pinnacle of his career.

Alberto Salazar

Alberto Salazar is known throughout the world as the charismatic runner who won three consecutive New York City Marathons in the early 80's.

Born in Havana, Cuba in 1958, his parents and siblings left the island for Miami and eventually moved north to Manchester, Connecticut and then to Wayland, Massachusetts where he competed in track and field in high school.

Salazar was recruited by the University of Oregon. He became a rising star on the track. In 1978, he was a college sophomore when he ran against legendary marathoner Bill Rodgers in the Falmouth 7.1 Miler in Massachusetts and won.

In 1980, Salazar ran and won his first New York City Marathon. At the time it was the fastest marathon in history. In 1981, Salazar broke a 12-year old world marathon record at New York with a time of 2:08:13. He went on to win New York a third consecutive time in 1982, the last time an American would reign victorious over the New York City Marathon.

Salazar's victory over Dick Beardsley at the 1982 Boston Marathon is hailed as the most memorable battle in the history of the Boston Marathon. From the beginning Salazar and Beardsley ran together, each leading at different points throughout the course. The last mile was an out and out battle for the finish, with Salazar out kicking Beardsley for the victory.

Throughout his career, he set six U.S. records and one world record. After a long absence from the sport to focus on his health, Salazar returned in 1994 to compete as an ultra-marathoner. He won the world famous Comrades Marathon, a 53-mile race from Durban to Pietermaritzburg, South Africa.

Today, Salazar travels the world as a running Representative for Nike. He conducts running clinics for children and young adults throughout the country. Salazar and his wife, Molly, have three children and reside in Oregon.

Grete Waitz

Few female runners have as complete a resume as Grete Waitz. Her career spans all of running's disciplines, from track and cross-country to road racing and marathoning. In each she has excelled.

Grete Waitz is known as throughout the world as a nine-time winner of the New York City Marathon. No other runner, male or female, comes close to accomplishing this feat. Waitz's running career started much earlier than her highly publicized wins in the United States.

Waitz grew up in Oslo, Norway. Through her teen years she won national junior titles in the 400 and 800 meters. At age 17, she set the European junior record in the 1,500 meters with a time of 4:17. In 1974, Waitz won a bronze medal at the European Championships at the metric mile distance.

The next year, Waitz raced the 3,000 meters and set a world record with a time of 8:46.6. By the end of 1975, Waitz was ranked number one in the world in both the 1,500 and 3,000. In 1977, Waitz won a gold medal in the 3,000 meters in the inaugural World Cup meet.

In 1978, an invitation arrived from New York City co-founder and director, Fred Lebow. Waitz won the marathon and set a new world record with a time of 2:32:30.

The race proved to be a turning point for Waitz's career. She would return to New York and win an unprecedented nine times, in '78, '79, '82, '82, '83, '84, '85, '86 and '88. She set world records in '78, '78, and '80.

Waitz continued to compete in track and cross-country and won five world cross-country championships. In 1984, competed in the first women's marathon in the Olympic Games. She took home a silver medal for Norway.

Waitz has retired from running, but stays active in the running community as a spokeswoman for Avon Running-Global Women's Circuit and for Adidas. For her influence on American running in the Untied States, Waitz was the first foreign runner inducted into the National Distance Running Hall of Fame.

HALL OF FAME CLASS OF 1999 BIOGRAPHIES

John A. Kelley

More than any other person, John A. Kelley a Massachusetts native who passed away on October 7, 2004, embodies the Boston Marathon. Besides winning twice (1935 and 1945), Kelley was runner-up on seven other occasions. Always daring, Kelley preferred to go for victories rather than settle for a conservative finish. In all, he competed in 61 and finished 58 Boston Marathons. In honor of his accomplishments, the "Young at Heart" sculpture, depicting an older Kelley running hand-in-hand with himself as a younger runner, was placed near the base of Heartbreak Hill in 1993.

John Adelbert Kelley, the eldest of 10 children, was born just outside Boston in neighboring West Medford, on September 6, 1907. His family later moved to Arlington where he graduated from high school.

Kelley's career has spanned eight decades and includes New England championships at every distance from three miles and up. On the national level, he was champion 11 times in four events: marathon, 1948 and 1950; 15,000 meters, 1937 and 1954; 20,000 meters, 1943 and 1954; and 25,000 meters in 1937, 1971, 1942, 1943, and 1944. One of the proudest achievements of his career was making the United States Olympic marathon team in 1936, 1940 and 1948. He narrowly missed being chosen for a fourth time in 1952, at the age of 44.

To understand John A. Kelley and his love for running to understand a man who is even more impressive than all his accomplishments and victories. He is from a different era, a time when athletes trained and worked at their sport out of love and desire to achieve. During the 37 years he labored as an electrical maintenance man with Boston Edison Company, he would train for his racing after putting in a hard day's work. He never earned any money for all his victories, but to him, a man who appreciates the pure aspects of life, he gained much more than monetary wealth.

Nina Kuscsik

Nina Kuscsik began jogging in 1967 using Bill Bowerman's *Jogging* as a guide. She began running competitively in 1969 when she entered the Boston Marathon as an unofficial entrant, finishing in 3:46. She completed 80 marathons with a best time of 2:50:22. Kuscsik set an American record for 50 miles in 1977 in 6:35:53. She represented the United States in international competitions in Germany and Puerto Rico.

Kuscsik was the first woman to run in the New York City Marathon, the first female winner of the Boston Marathon and a two-time winner of the New York City Marathon. Her winning time for 1972 New York City Marathon was on the slow side since the women had a sit-down for ten minutes after the gun went off to protest women's inequality in marathon running.

Kuscsik has introduced changes in the athletics rules to allow women to run the marathon distances in the United States and to hold United States Championships. She also prepared and introduced a resolution adopted by the USA and the International Amateur Athletic Federation (IAAF) to place the women's marathon in the Olympics. She presented beginning, marathon and women's running clinics to athletic and professional organizations throughout the United States. Kuscsik wrote training articles for *Runner's World*, *Women's and Fitness Magazines*.

Kuscsik was a commentator for running events and training commentary 1010 WINS and CBS radio, New York.

Billy Mills

It is remembered as one of the greatest moments in Olympic history. At the 1964 games in Tokyo, Japan, a virtually unknown 26-year-old American athlete rocketed past the expected medal winners to win the 10,000-meter race, astounding the announcers, his coach and Olympic Fans around the world.

Billy Mills surprised himself that day with his record-breaking time. But he wasn't surprised that his philosophy of persevering against all odds had paid off.

After the Olympics, Mills finished his career in the U.S. Marine Corps as an officer assigned to the Department of the Interior. He later became a successful life insurance salesman, and then switched careers to become a professional speaker. He and his wife Patricia live in Sacramento, California, where Mills owns and operates Billy Mills Speakers Bureau.

Mills also uses his speaking skills as an advocate for and a role model to young Native Americans. He is the national spokesman for Running Strong for American Indian Youth, a non-profit organization that helps communities with self-sufficiency programs, youth activities and cultural projects.

Francie Larrieu Smith

Francie Larrieu Smith is a five time U.S. Olympic Team Member. Her best Olympic finish was fifth place in the 10,000-meter event in Seoul, South Korea (1988). She was the flag bearer for the U.S. Olympic Team in Barcelona, Spain (1992). During the course of her 30-year athletic career, Francie established 36 United States records and 12 world bests in distance ranging from 1,000 meters to 10,000 meters. She was selected by Runner's World magazine as, "The Most Versatile Runner of the Quarter Century." Francie is a member of the Road Runners Club of America Hall of Fame, The Texas Women's Hall of Fame and the National Track and Field Hall of Fame.

Since 1992 Francie has served as National Honorary Chair of The Susan G. Komen Breast Cancer Foundation, "Race for the Cure." Also, she has served on the board of the Lance Armstrong Foundation since its inception in 1997.

Currently, Francie is studying for her Masters Degree in Sports Administration at the University of Texas in Austin. She resides in Georgetown Texas with her husband Jimmy C. Smith Ph.D., a professor in the Department of Kinesiology at Southwestern University in Georgetown, Texas.

HALL OF FAME INAUGURAL (1998) CLASS BIOGRAPHIES

Ted Corbitt

Ted Corbitt is widely respected as the "Father of Distance Running." He is largely responsible for the movement to adhere to strict measurement criteria and course certification. Many feel there wouldn't be a sport of distance running if not for Corbitt.

As a runner, he pioneered ultra-marathoning in the United States when most people thought the marathon was the absolute limit of human endurance. Corbitt would run for hours, even days, connected to electrodes to study the effects of running on the human body. He has held American records for 25-, 40-, and 50-mile marathons. Corbitt ran 199 marathons and ultra-marathons during his career and was an American and Canadian marathon champion. He was a member of the 1952 U.S. Olympic marathon team and won the National AAU Championships in the 30K, the marathon and the 50-mile events.

Corbitt is a highly regarded physical therapist. Earning his MS in physical therapy from New York University in 1950. Corbitt worked at the International Center for the Disabled. He eventually worked his way up to Assistant Director of Physical Therapy. Corbitt co-authored one book and contributed to several others. He wrote articles on athletics and physical therapy and eventually taught at Columbia University, New York University and, to a lesser extent, Long Island University, Ithaca College, Downstate Medical Center and Toro College.

Bill Rodgers

Bill Rodgers is the most celebrated men's distance runner in history. A four-time winner of the Boston and New York City Marathons, Rodgers has set and broken his own records. Track and Field News ranked Rodgers #1 in the world in the marathon 1975, 1977 and 1979. He was a member of the 1976 U. S. Olympic marathon team. He is a two-time RRCA Masters Runner of the Year and has won numerous awards including the National AAU-DI Benedato Award for Best Athletic Performance (1975), Tiffany's Man of the

Year (1989), the New York Road Runner's Club Abebe Bikila Award (1994). Rodgers holds five current America records and one current world record.

Rodgers earned his BA in sociology from Wesleyan College and his MS in special education from Boston College. Rodgers is currently a spokesperson for the Etonic Shoe Company, Running Times and the Bill Rodgers Running Center. He runs 25 races and appears at 25 speaking engagements a year.

Joan Benoit Samuelson

According to Runner's World Magazine, Joan Benoit Samuelson is "the greatest American marathoner in history." She is the only American woman to have ever won an Olympic gold medal in the marathon. She is a pioneer of women's marathoning. She won 1979 and 1983 Boston Marathons, and the 1992 Columbus Marathon. In 1985 she was awarded the Sullivan award. Benoit Samuelson is the American record holder for the marathon and half marathon.

Benoit Samuelson has never been a fan of the celebrity that accompanied her running success. At one time she even told Sports Illustrated that she considered giving up the sport so she could be left alone. But these days, Benoit Samuelson can be found training in Freeport, Maine, where she resides.

Frank Shorter

Frank Shorter is best known for his Olympic accomplishments. As a member of the U. S. Olympic marathon team, he won the gold medal at the 1972 Olympic Games and returned to the 1976 Olympics to win the silver medal. He is a five-time national 10,000-meter champion and a four-time national cross-country champion. Shorter was a strong competitor internationally having won the Fukuoka International Marathon four consecutive years. He was the Worlds Masters Biathlon Champion in 1989 and a gold medallist at the 1971 Pan American Games.

Shorter was admitted to the Colorado Bar Association in 1975 after earning his law degree at the University of Florida. While a law associate at French and Stone, P.C. in 1977, he started his own company, Frank Shorter Sports. He has extensive television commentary experience for NBC-TV as a commentator for 1988, '92 and '96 Olympic Games. He also commentates for the Boston Marathon and does independent contract work for ESPN, TBD, Fox Sports Net and Golden Gate Productions. Shorter's accomplishments have earned him many endorsements, including Hilton Hotels, United Airlines, Canon Camera, Sanyo Video, MasterCard International and New Balance Athletic Shoes. Shorter lives in Boulder, Colorado.

Kathrine Switzer

Kathrine Switzer can be considered a pioneer for women's distance running. In 1967, she was the first woman to run the Boston Marathon wearing an official race number. An irate race official tried to remove her forcibly from the race, but supporters push him off the route. The event gained her worldwide notoriety and inspired her to create the Avon Running Program – a 26 mile race, 16 country circuit for women's 10k runs and 5k walks. Switzer served as the program's director. In 1974, she won the New York City Marathon. With Avon's support, she was the driving force behind a women's marathon event in the 1984 Olympic Games. In 1986, Switzer formed her own company, Atlanta Sports Promotion, Inc. She is well known for her broadcast and journalism work as a commentator for ABC, NBC, CBS Turner Sports Broadcasting, the Olympic Games and Goodwill Games. She has commented on 18 Boston, 14 New York City, 12 Pittsburgh and 6 Los Angeles Marathons.

Switzer has run 35 marathons and in 1975 was ranked sixth in the world and third in the U. S. She has received numerous citations and awards for her efforts in advancing sports opportunities for women, including a New York States Regents Medal of Excellence, the Billie Jean King Award for Women's Foundation and an Honor Fellow from the National Association for Girls and Women. Switzer earned her BA and MS from Syracuse University's Newhouse School of Public Communications.

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EXHIBITS

National Distance Running Hall of Fame Exhibits

The National Distance Running Hall of Fame has been collecting memorabilia since its inception in 1998. Within the Hall of Fame, visitors can see various pieces of running history, from the running shoes worn by Joan Benoit Samuelson in her Gold Medal Olympic Marathon victory, to bib numbers worn by the nation's most beloved runners, like Bill Rodgers and Frank Shorter. The HOF has several other exhibits as well:

Andrew Yelenak Collection

Yelnak, whose paintings have been exhibited at the Society of Illustrators in New York and the Sports Art Gallery in Dallas, also created the official 1997 and 1998 Boston Marathon Lithographs, the 2001 NYC Marathon posters, and the 1997, 1998 and the 1999 Hartford Marathon posters. Originals from his collection are currently displayed throughout the building.

Catherine Ndereba Exhibit

The Catherine Ndereba Exhibit houses personal memorabilia from her record-breaking time in the 2001 Chicago Marathon.

The Nike Exhibit

Nike, the company that created the running shoe, donated several pieces of running history to the Hall the New Nike exhibit features a detailed timeline focusing on the history of the running shoe, in addition to other items outlining great moments in the running history.

NOTES