



Boilermaker 2024

Event: -- ▾ Event Type: Uncategorized ▾ Course: -- ▾ Gear: Add

9.40 mi

Distance

1:59:56

Time

12:45 /mi

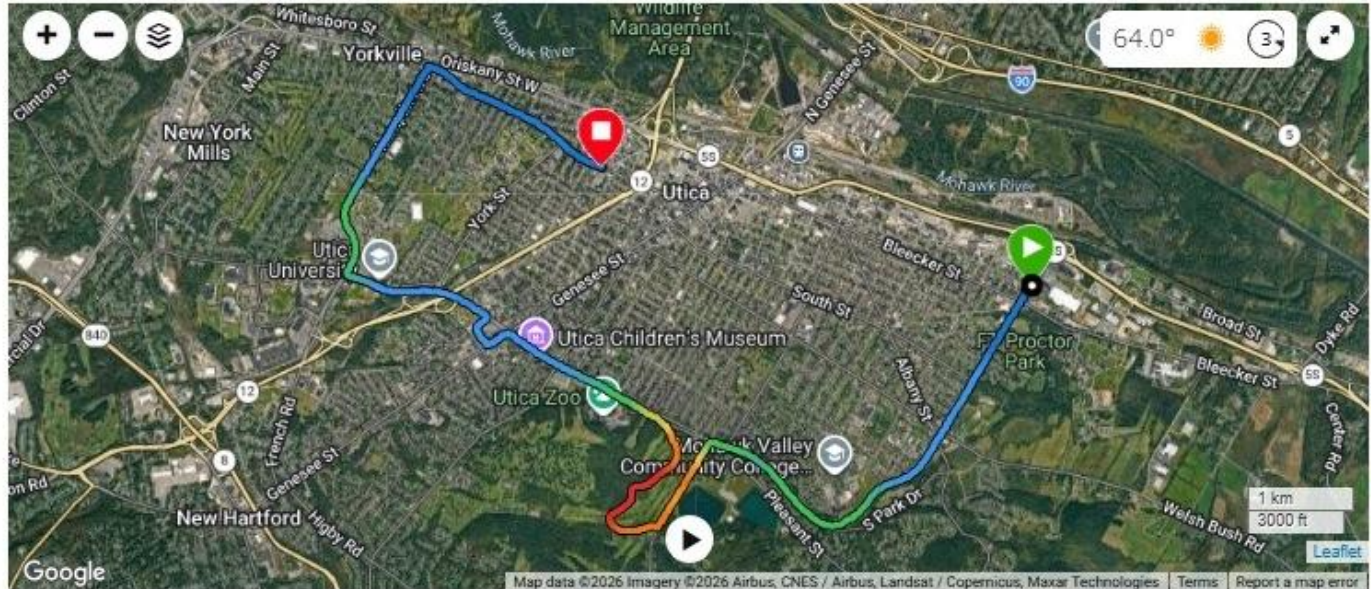
Avg Pace

453 ft

Total Ascent

832

Calories



Running the Boilermaker 15k

As you can see from the above map with elevation, the first miles are various grades of uphill running until you reach the Golf Course hill off Valley View Road and the highest point of the course at mile 4.

At the top of the Mile 4 hill enjoy the view and then pick up some speed, (carefully), on the fun downhill to the half-way mat.

Don't get too complacent then with the easier running back onto Memorial Parkway but you do get back some of your climb during the early miles and maybe enjoy a popsicle from the popsicle lady.

You then make a "towny U turn" onto Burrstone Rd. This leads you up to the concrete climb over highway 5 and to where the 5k starts around mile 7. This climb usually seems harder than the first one at mile 4 because besides just getting off that cool downhill, the harder running surface, drab scenery, and by now the temperature and humidity are eating up your energy - *whew!*

Once you've crested the hill at Mile 7 and turn right to get on Champlin Ave. you can enjoy the enthusiastic crowd, including leftovers from the 5k, and the cruise downhill for final miles of the race to the echoes of **YOU GOT THIS** in your ears.

As you come up to mile 8, the final mile, it's here you either make or break your race. It is not quite level so you have to really push-it on this last mile to keep you target pace and finish time.

As an encouragement, *remember*, the last quarter mile is a downhill broad rush to the finish line crossing Schuyler Street and then into the finish gate and the post-race food and party!

Good Luck on your run, and ENJOY being a part of the big Boilermaker 15k.

Dane Groszek – (19+ Boilermakers)