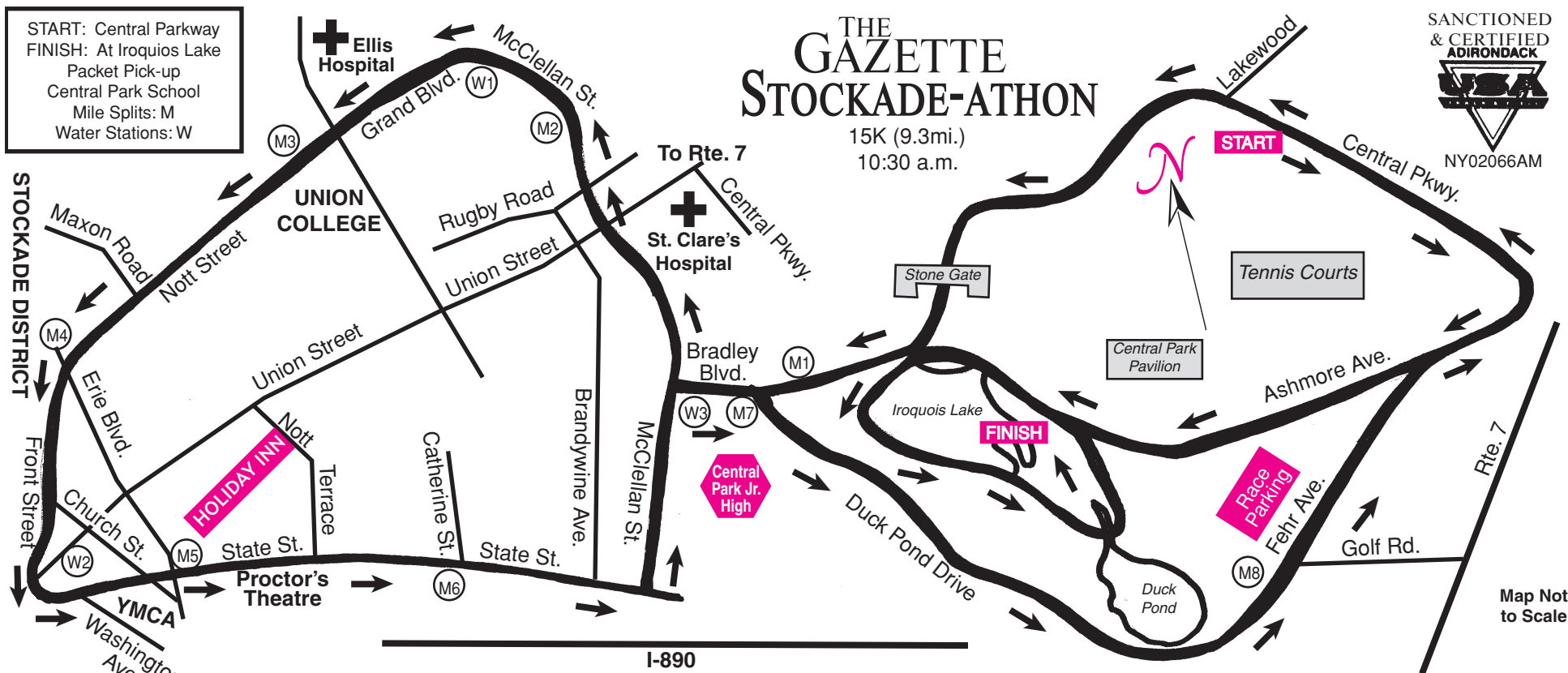


# THE GAZETTE STOCKADE-ATHON

15K (9.3mi.)  
10:30 a.m.



## COURSE DESCRIPTION...

The race begins on Central Parkway & Lakewood with a 1/3 mile straight-away before turning right and entering Central Park, past the finish area, then exiting the park at Monument Hill at mile 1. After a flat second mile, the course proceeds downhill gradually until reaching the Stockade at mile 4. The 5th mile is a flat run through the narrow streets of the historic Stockade district before emerging onto State Street and bearing left through downtown Schenectady. At Proctor's Theatre, the course begins a half-mile climb to the top of State Street Hill near mile 6. The course leaves State Street onto McClellan Street near the 10K mark and reenters Central Park via Bradley Street prior to mile mark 7. The next mile is rolling hills with a scenic overlook of Iroquois Lake and Duck Pond. The final 1.3 miles is flat as the course circles the park perimeter before entering through the stone gate entrance onto the bike path around Iroquois Lake.

## 15K AWARDS

- \*Top 3: Men & Women\*      Top 3: 5-year age groups\* (M & F)
- 26 divisions (15-19 to 75 plus)
- Top 5: Age Gender Graded Division      Top 3: Clydesdale Divisions (M & F)
- \* No duplicate awards

Award Ceremony will begin at 1:00 pm at Central Park School  
Unclaimed awards will not be mailed.

**USATF Team Competition - 4 Divisions\*\***  
Must submit team roster by Thursday, Nov. 10  
Only officially registered USATF teams eligible.

**Divisions:**    Open Men (5 Score)      Men 40 & over (5 Score)  
                  Open Women (3 Score)      Women 40 & over (3 Score)

**Age Graded Team Competition - 2 Divisions\*\***  
Must submit team roster by Thursday, Nov. 10  
Open to any 4 men or 4 women who submit a team

**Divisions:**    Men any age (4 Score)      Women any age (4 Score)  
\*\*\$100 Gift Certificates to 1st Place teams in all six divisions.

## STOCKADE-ATHON FREE ENTRY??

Meet the 15K standard in 2004 or 2005

Division	Men	Women
OPEN	51:30:00	57:30:00
40-44	54:00:00	60:30:00
45-49	56:00:00	63:00:00
50-54	58:00:00	66:00:00
55-59	61:00:00	69:30:00
60-64	64:00:00	73:00:00
65-69	67:00:00	78:00:00
70-74	71:30:00	83:30:00
75-79	76:30:00	90:30:00

Mail application and qualifying race to:  
Stockade-athon/Juliano  
1225 Evergreen Ave.  
Schenectady, NY 12306

Elite Athlete Program  
Visit: [www.hmrc.com](http://www.hmrc.com)  
Questions?  
[Hamletbryans@aol.com](mailto:Hamletbryans@aol.com)