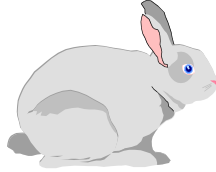


GAZETTE STOCKADE-ATHON

YOUTH MARATHON



To Enter the Youth Marathon – You must be age 14 or younger.

1. Run 1-mile per day on 25 different days (25 miles in total) prior to the Stockade-athon Race.

Each day you run 1-mile have your parents put the date and their initials on the lines below.

<u>Mile Number</u>	<u>Date</u>	<u>Parent or Guardian Initials</u>
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
9	_____	_____
10	_____	_____
11	_____	_____
12	_____	_____
13	_____	_____
14	_____	_____
15	_____	_____
16	_____	_____
17	_____	_____
18	_____	_____
19	_____	_____
20	_____	_____
21	_____	_____
22	_____	_____
23	_____	_____
24	_____	_____
25	_____	_____

Congratulations – You have won a Stockade-athon Gift that can be picked up at race registration.

2. Complete Entry Form- for Kids

Last Name _____ First Name _____
Street Address _____
City, State, Zip _____
Phone () _____ Birth Date _____
Must be 14 years or younger

3. Check here if you plan to run the Duck Pond 1-mile run in Central Park _____

Note: Race is held at **11:30am** in Central Park (near the Pavilion) after the Stockade-athon 15K championship race on the second Sunday in November.

4. Pick-up official race number at the [Healthy Living Expo](#) at Proctor's Theater the day before the race from 10am to 3pm or at Central Park prior to **9AM** day of race.

Note: 1-mile children's run entry fee is **\$4.00**
All finisher's in the 1-mile Children's race will receive a goody bag and finisher medal.

For additional information sent e-mail inquiry to hamletbryans@nycap.rr.com

KIDS RUNNING TIPS **

- 1)** Kids over five can start by walking and running for 10 to 15 minutes and gradually increase the amount of time up to 30 minutes.
- 2)** Warm up to loosen muscles and increase blood flow. Brisk walking and gentle stretches are best. After a run do the same to cool down.
- 3)** Pacing is a learned skill. Parents should run alongside to teach an appropriate pace. Run slowly enough to talk without gasping. Pace will increase with conditioning.
- 4)** Avoid running in midday sun and always use a good sunscreen.
- 5)** Find a safe place to run. Do not wear headphones and stay alert. Recreational fields, parks, and bike paths are ideal.

