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Schenectady, NY: Ed Whitlock and Kathryn Martin take aim at world marks and age-graded title at the 35th Gazette Stockade-athon 15K.

Ed Whitlock, the legendary Canadian distance runner who ran a remarkable 2:54 marathon at age 73, returns to the Stockade-athon race eyeing his 6th age-graded title. Whitlock, 79, appears to be in top form coming off a single age world record at the Toronto Waterfront Half Marathon earlier this fall, where he averaged 7:12 per mile pace. Kathryn Martin of Northport NY, who won the age-graded title at the Fleet Feet Run into Buffalo 15k, running a superb 1:01:02, will offer a stiff challenge to Whitlock as both runners have recently scored over 95% on the international age-graded tables for the distance. Age-graded tables are based on world-record age-specific performances and enable runners of all ages to compete head-to-head. Performances scoring 90 % or above are considered world class.

Three of the principal contenders for the women's division this year raced a marathon in their prior event in early October. Emily Bryans of Schenectady, NY won the Mohawk Hudson River Marathon in a personal best 2:50:32. Lori Kingsley of Wysox, Pennsylvania placed 6th at the USA Masters National Championship in Twin Cities and was the top USA Masters finisher at the 2010 Boston Marathon, posting a PR 2:46:45. Eileen Combs placed third at the ING Hartford Marathon, with a 2:51: finish. The trio has also recorded impressive times this fall at shorter distances. Bryans won the USA National Masters 5K in Syracuse, NY in 17:17, while Kingsley successfully defended her USA National 15k championship in Buffalo with a best 55:35. Combs placed 24th at the New Harford National 20K Open Championship. The trio will face rising star, Emily Lasala, 25 of Jamestown NY, who finished 4th in her Stockade-athon debut last year. This year she has elevated her game, by winning the women's championship at the 32nd Mountain Goat 10-mile race and the 5K Festival of Races, both held in Syracuse, NY. In July, Lasala lowered her personal best at the Utica Boilermaker by 3 minutes running 54:33, the fastest time by the aforementioned contenders. The Syracuse Chargers will be represented by their top road racer, Amanda LoPiccoo who checked in at 55:45 at the Fleet Feet Buffalo15K.

Andy Allstadt of Albany NY, the 2007 Stockade-athon champion in 46:36 is a leading contender in the men's division. Allstadt earlier this year won the Rochester Flower City Half Marathon, the Utica Falling Leaves 14K, and the Mohawk Hudson River Half Marathon. Allstadt should receive a stiff challenge from Rochester mainstay Mark Andrews who ran 47:44 at the Fleet Feet Buffalo 15K and Seth Dubois of Altamont NY who ran 47:53 at the 2009 Boilermaker. Also entered is Tim Chichester of Mount Morris NY who won the Dunkin 5K in 14:53. The top returning runner from last year, Scott Mindel, the son of former Stockade-athon winner Mark Mindel placed 6th overall in his first Stockade-athon with a solid 48:39. Also running is the MHR 2010 Marathon Champion Dave Vona of Valatie, NY. Mike Rutledge, Utica NY, a podium award winner at the 2010 Boilermaker and the 2009 Stockade-athon, heads the Master's field running nearly identical times of 51:32 and 51:34 respectively.

This year's Stockade-athon is anticipating a record field of over 1500 runners. Starting and finishing in Schenectady's Central Park, the event is the oldest major 15 kilometer road race in the USA.

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