WATKINS GLEN NASCAR PREVIEW "SIRIUS AT THE GLEN" AUGUST 15

by Scott Walters



With just five races left before the Chase for the Championship the Nextel Cup

will be making right hand turns for the second time of the Season. The best that the Cup series has to offer will invade the 2.45-mile road course at Watkins Glen International Speedway for Sirius at the Glen on August 15, 2004. Because it is a road course the "hired guns" will be out in full force, the so-called road course specialist such as Ron Fellows and Boris Said, who are always a threat at the road courses to go to victory lane. Not to mention some of the Cup regulars are not novices on the road course. Jeff Gordon in particular is no slouch on these road courses, as he has won four out of the last seven races at the Glen.

It would be easy to say that this years **Sirius at the Glen** is business as usual but nothing this racing year is business as usual. With the new dynamics in how Nascar crowns its champion, things will just be starting to heat up at the Glen. With just five races left before the Chase for the Championship drivers will be jockeying for every last point to try to stay within four hundred points, which is the key number to be included in the Chase.

The 2.45-mile track consists 11 turns with several unique features. The Glen is a high-speed road course with the fastest qualifying time posted by Jeff Gordon in 2003 at a speed of 124 mph. One thing that makes the Glen unique is its two

super straightaways with the front stretch being over 2100 feet while the back stretch is an enormous 2600 feet, where the drivers are regularly traveling well in excess of 160 mph. However, by the end of the 2600 foot stretch the drivers must get slowed down for the slowest turns of the track in the inner loop where speeds can drop as low as forty miles per hour, making these turns some of the hardest breaking on the Nextel Cup circuit.

Sirius at the Glen is the only time that Nascar's premier circuit visits the Empire State. The track is making several improvements to the facility to make it more fan-friendly. These projects include tearing down the front stretch and putting up new aluminum seating and several improvements to the facilities in the infield for those who are camping.

As the Nextel Cup turns right toward the Chase for the Championship be sure to check out **Sirius at the Glen** on August 14th. The excitement of America's fastest growing sport is placed on top of the backdrop of one the most beautiful areas of the country, the Finger Lakes. Combine that with the drama of the Chase for the Championship, and this year's Sirius at the Glen should be one to remember for all time.

Contact Info:

Watkins Glen International Speedway 2790 County Route 16 Watkins Glen International, NY 14891 Phone: (607) 535-2486



Swedish Massage

Deep Tissue Massage

Sports Massage

Myofascial Release

Orthopedic Massage

Hot Stone Therapy

On-Site Chair Massage Massage isn't just for the rich and famous anymore—it's for everyone.

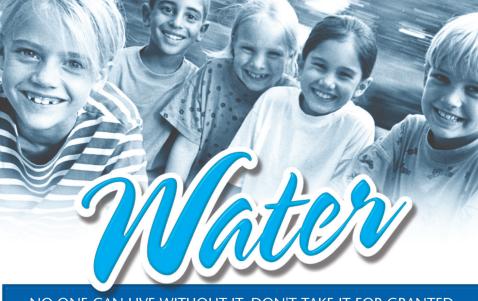
Whether you want to relax or need to rehabilitate a muscle injury, our licensed therapists will customize each session to address your body's needs.

Call for your appointment today!

Clifton Park Troy & Latham Offices Office (518) 371-6332 (518) 272-3324



Where massage is a priority...not just a luxury.



NO ONE CAN LIVE WITHOUT IT. DON'T TAKE IT FOR GRANTED.



Culligan



Serving the Capital District 1-800-866-1266

518- 272-1111 • 6 Spring Street • Troy

12 MONTHS SAME AS CASH

On Culligan Water Conditioners, Filters, and Drinking Water Systems

With approved credit from your participating Culligan dealer. Expires

8-30-04. Visit culligan.com for details. Financing by Aqua Finance, Inc

518- 272-1111 6 Spring Street • Troy Culligan

\$150 OFF CULLIGAN.
WHOLE HOUSE WATER SYSTEM

518- 272-1111 6 Spring Street • Troy Culligan

With qualified credit on a Culligan water conditioner and reverse osmosis drinking water system. Cannot be combined with ot