



2012 MEDIA SCHEDULE OF EVENTS

FRIDAY, JUNE 1st

CapitalCare Health & Fitness Expo — Noon to 7 p.m. (Concourse Level, Empire State Plaza) Featuring Last Chance registration

Media Hour — 1-2 p.m. (The Capitol Room, Lobby Level, Hotel Albany)

SATURDAY, JUNE 2nd

US 10K Race Walk Championship Start — 7:30 a.m. (Outdoor Plaza)

Expo Opens/Bib Pick Up — 8 a.m. (Concourse Level)

Press Truck Boards — 9:15 a.m. (Corner of South Swan and Madison Avenues)

5K Opening Ceremonies — 9:45 a.m. (Start Line, Madison Avenue)

5K Start — 10 a.m. (Madison Avenue)

JR 3K Start — 11:30 a.m. (Madison Avenue)

3K Sport Walk Clinic — 11:30 p.m. (Concourse Level)

5K Awards Ceremony — 11:45 a.m. (Outdoor Stage)
(3K Awards immediately follow)

Kids' Run Mile Start — 12:30 p.m. (Madison Avenue)

Kids' Run Start — 12:30 p.m. (Outdoor Plaza)

Community Walk — 12:30 p.m. (Madison Avenue)

Post-Race Volunteer Party — 1-3 p.m. (Plaza Level)