



2011 MEDIA SCHEDULE OF EVENTS

FRIDAY, JUNE 3rd

- **CapitalCare Health & Fitness Expo** — Noon to 7 p.m. (Concourse Level, Empire State Plaza)
Featuring Last Chance registration
- **Media Hour** — 2-3 p.m. (74 State Hotel, Woodward Room, 2nd Floor)
Free media parking is available on the south curb down to Green Street. To prevent a parking ticket, please place a vehicle pass (found at freihofersrun.com Media page) on your dashboard. Free parking may also be available in the center median.

SATURDAY, JUNE 4th

- 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)
- Kids' Run Mile Start — 11 a.m. (Madison Avenue)
- JR 3K Start — 11 a.m. (Madison Avenue)
- 3K Sport Walk Clinic — 11:30 p.m. (Plaza Level)
- 5K Awards Ceremony — 11:40 a.m.-12:15 p.m. (Outdoor Stage)
(3K Awards immediately follow)
- Kids' Run Start — 12:30 p.m. (Outdoor Plaza)
- Community Walk — 12:30 p.m. (Madison Avenue)
- Post-Race Volunteer Party — 1-4 p.m. (Plaza Level)