



For Immediate Release

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## PRESS RELEASE

### **Freihofer's® Run for Women Celebrates Completion of 44th Event**

*More than 2,000 Runners Flooded Downtown Albany to Demonstrate Women Empowerment  
Twenty-Five Year Old from Seattle Wins 44th Running*

(Albany, N.Y.) – The [Freihofer's® Run for Women](#) put on their 44th event on Saturday, June 4, 2022 in Albany, N.Y., among a crowd of over two thousand women and their supporters and families. After skipping the event in 2020 due to the pandemic, and a hybrid event at a different time of year in 2021, the pleasure of being back in person was visible on everyone's faces.

Over two thousand participants hailed from 21 different states and two countries. The majority of participants were from New York's Capital Region, with the next largest groups coming from Massachusetts, Connecticut, and Vermont, respectively, runners also represented California, Colorado, Florida, Georgia, Maine, Maryland, Michigan, New Hampshire, New Jersey, North Carolina, Ohio, Pennsylvania, Rhode Island, Texas, Virginia, Washington State, Washington, D.C., and West Virginia. The event even drew runners from Canada and Singapore.

**Allie Ostrander, 25 from Seattle, WA, won the 44th Annual Freihofer's® Run for Women 5K with a time of 15:48 minutes.** Second place was Allie Kieffer, 34 from Austin, TX, and third was Cleo Boyd, 28 from Charlottesville, VA.

Lydia Kulbida blew the horn to start the race and very quickly the top three eventual winners broke away from the chase pack. Cleo Boyd blazed up Washington Avenue outside the State Capitol in the lead with Allie Ostrander and Allie Kieffer close behind. All three looked very strong to start.

Boyd worked that hill, while Ostrander and Kieffer relaxed into a solidly quick pace.

The top runners approached the first mile in 5:14, Boyd leading while Ostrander and Kieffer maintained second and third spots. In the shade of Washington Park, Ostrander kicked it up a notch and took the lead ahead of Boyd, pulling away from Kieffer. Kieffer tried to match the kick, but Ostrander kept stepping on the gas. She hit mile two at a 5:01 pace, making the hills of Albany look easy.

Ostrander continued to pick up her pace into the finish line and completed her third mile in under 5:00, extending her lead by about 10-15 seconds. The smile on her face as she crossed the line said it all.

Ostrander crossed the finish line at 15:48 as the winner of the 44th running of the Freihofer's® Run for Women.

The top three Masters winners (those women who are 40 years old or above), are Diane Ryan, 40 from Ballston Spa, NY at 18:38, Fiona Bayly, 54 from New York, NY at 18:45, and Marisa Sutera Strange, 58 from Millbrook, NY at a 19:29 finish.

"I've been doing this event for a long time, and I am still so moved by the passion and perseverance I witness each year," said Kristen Hislop, Freihofer's® Run for Women Event Director. "This event has become so much more than a measure of speed or talent, and a true testament to a woman's will and drive to accomplish something. We have so many women who come here to demonstrate their own newfound empowerment, or share theirs with others. It truly is amazing to be a part of."

Anny Stockman, from Rensselaer, NY, finished the 5K in 54:43 and will turn 90 years old in 6 days.

Denise Herman, from Saratoga Springs, NY, has participated in all 44 happenings of the Freihofer's® Run for Women, and today at age 66, she completed the race in 26:59 minutes.

Eleonora Morrell donated her kidney to her niece December 15, 2021. She said to herself, "why not?" And not even six months later, she's back at the Freihofer's® Run for Women. Eleonora's niece, Stephanie Berkofsky, 32, was diagnosed with an autoimmune disease called IgA nephropathy (nuh-FROP-uh-thee), also known as Berger's disease, is a kidney disease that occurs when an antibody called immunoglobulin A (IgA) builds up in your kidneys. Prior to this life saving surgery that Eleonora made possible, only 40% of Stephanie's kidneys were functioning. Eleonora was the only match among all of the family. Today, at the Freihofer's® Run for Women, Stephanie and her mother Diane Weiss welcomed Eleonora across the finish line with open, thankful, arms. She finished in 36:13 minutes.

Rounding out the top ten overall finishers are as follows:

- 1 Allie Ostrander (Seattle, WA) 15:48
- 2 Allie Kieffer (Austin, TX) 16:15
- 3 Cleo Boyd (Charlottesville, VA) 16:22
- 4 Kerry Allen (Washington, DC) 16:57
- 5 Gina McNamara (Washington, DC) 17:01
- 6 Emily Bush (Saratoga Springs, NY) 17:12
- 7 Mackenzie Hart (Saratoga Springs, NY) 17:26
- 8 Caitie Meyer (Albany, NY) 17:26
- 9 Anna Shields (Harwinton, CT) 17:35
- 10 Nancy Montemerlo (Windsor Locks, CT)

The Masters (over 40) Overall Winners:

- 1 Diane Ryan (Ballston Spa, NY) 18:38

- 2 Fiona Bayly (New York, NY) 18:45
- 3 Marisa Sutera Strange (Millbrook, NY) 19:29
- 4 Renee Tolan (Clifton Park, NY) 19:43
- 5 Marta Dauphinee (Glenville, NY) 19:44

The top 5 Age Graded, allowing for age differences:

- 1 Allie Ostrander (Seattle, WA) 15:48
- 2 Marisa Sutera Strange (Millbrook, NY) 19:29
- 3 Fiona Bayly (New York, NY) 18:45
- 4 Allie Kieffer (Austin, TX) 16:15
- 5 Cleo Boyd (Charlottesville, VA) 16:22

Full 5K results may be found [here](#).

All run participants received a commemorative performance shirt, Freihofer's® products, a medal, and the opportunity to participate in the most empowering event in the region, if not nation.

The Training Challenge, with the help of the Capital District YMCA, kicked off on March 21st, and more than 200 women executed the program with grace, and crossed the finish line on Saturday with poise and confidence.

This year's event sponsors include Price Chopper/Market 32, the City of Albany, Capital District YMCA, Russell Sage College, Fleet Feet in Albany and Malta, Druthers Brewing Company, UCAN, and Rensselaer Honda.

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**About Freihofer's® Run for Women.** Freihofer's®, a leading baker of delicious products, is committed to fostering the growth and recognition of women in sports and inspiring all generations of women to experience the benefits of exercise and nutritious eating. Freihofer's® continues to set the pace by sponsoring the annual Freihofer's® Run for Women 5K. In its 44th year, the event is home to the Masters World Best & U.S. All-Comers record of 15:48 set in 2004 by Colleen DeReuck and features thousands of women from recreational joggers to Olympians who challenge themselves on the picturesque 3.1-mile course. For more information, visit [www.freihoferstrun.com](http://www.freihoferstrun.com).