



2018 MEDIA SCHEDULE OF EVENTS

WEDNESDAY, MAY 30-FRIDAY, JUNE 1

- Elite Athlete School Visitation Program (*See separate schedule*)

THURSDAY, MAY 31

- **Freihofer's Run Health & Fitness Expo** — 4-8 p.m. (The Sage College Armory, 130 New Scotland Ave., Albany N.Y.), featuring Last Chance Registration for 5K, Junior 3K and Bib Pick-up
- **Past Champions' Panel Discussion** — 6:30-7:30 p.m. (Renaissance Room at The Armory at Sage College, 130 New Scotland Ave, Albany). The panel will feature: Jacqueline Gareau (1982 winner) | Regina Joyce (1983 winner) | Elva Dryer (1997 winner and 2004 runner up) | Carmen Troncoso (Multiple masters race winner, top 10 finisher and age group winner) | Joan Benoit Samuelson (1984 Olympic Marathon gold medalist and FRW masters race winner) | Dave Oja, Moderator (Longtime FRW race announcer)

FRIDAY, JUNE 1

- **Freihofer's Run Health & Fitness Expo** — 12-7 p.m. (The Sage College Armory, 130 New Scotland Ave., Albany N.Y.), featuring Last Chance Registration for 5K, Junior 3K and Bib Pick-up
- **Media Hour** — 2-3 p.m. (Ballroom, Renaissance Albany Hotel)

SATURDAY, JUNE 2

- **Bib Pick Up for 5K & Jr. 3K & Kids Mile** — 6:30-8:30 a.m. (5K) and until 10:45 a.m. (Junior 3K and Kids' Run)
- **Press Truck Boards** — 8:15 a.m. (Corner of Washington Avenue and Hawk Street)
 - *All boarding the press truck must show FRW credentials!*
- **5K Opening Ceremonies** — 8:55 a.m. (Start Line, Washington Avenue)
- **5K Start** — 9 a.m. (Start Line, Washington Avenue)
- **5K Results** — 9:30 a.m. (Press Tent, East Capitol Park)
- **5K Awards Ceremony** — 10 a.m. (Awards Stage, East Capitol Park)
- **5th annual Freihofer's Junior 3K and Kids' Mile Start; Followed by 50m, 100m, 200m and 400m Kids' Run distances** — 11 a.m. to 12:15 p.m. (Start Line, Washington Avenue)
- **Post-Race Volunteer Party** — 1-3:30 p.m. (Renaissance Albany Hotel)