



45th run for women



Welcome to the 45th Edition of the Freihofer's Run for Women!

You are part of one of the finest all women's road races in the country. It's with great excitement that we host the 2023 edition of the Freihofer's Run for Women. Once again, participants will start and finish the 5K on Washington Avenue adjacent to the magnificent New York State Capitol and directly in front of Albany City Hall.

Please read this guide fully for a great experience on June 3, 2023!

The Washington Avenue Course Includes:

Wide Start Washington Avenue offers a wide start line with plenty of space for social distancing if necessary. The road gradually rises to bring you into Washington Park and a nice downhill.

Easy Access The course can be reached with ease from four exits off I-787 South, including Colonie/Columbia Street, Clinton Avenue, Empire State Plaza and Madison Avenue, as well as off the Arbor Hill Exit on I-90. Greater entry points will reduce event traffic congestion.

Great Viewing For those heading downtown to cheer on loved ones, there will be easy access to the start/finish line.

Safety First

The Albany Police Department (APD), in conjunction with various local, state, and federal agencies place the following security measures for Saturday, June 3rd for the 45th edition of the Freihofer's Run for Women (FRW):


For Participants and Spectators

- ▲ Backpacks/coolers/duffel bags will not be permitted at the race venue.
- ▲ Anything brought on-site, including runners' items for FRW Bag-check, must be transported in a clear plastic bag for easy inspection. Clear bags will be available at Packet Pickup/Expo.
- ▲ No animals, dogs or domestic pets (with the exception of service dogs) will be allowed on-site.
- ▲ It is recommended that you arrive by 8:00 a.m.

We are expecting approximately 3,000 participants in the Freihofer's 5K event. It will be faster and less stressful to pick up your bib, shirt, cookies and bread at the Health and Fitness Expo on Thursday and Friday. The Health and Fitness Expo will feature local area businesses and nonprofits. It is a great place to shop, learn and even win. After visiting booths you will have a chance to win raffle prizes.

Last Chance Registration Freihofer's Run for Women Health and Fitness Expo


Thursday, June 1: 4–8 p.m.
Friday, June 2: 12–7 p.m.

 **RUSSELL SAGE COLLEGE**
ALBANY & TROY
The Armory at Russell Sage College
130 New Scotland Avenue
Albany, NY 12208

All Run/Walk Events Take Place on Washington Avenue

5K 9:00 a.m.
5K Awards Ceremony 10:30 a.m.
Junior 3K and Kids Runs 11:00 a.m.
Junior 3K Awards Ceremony 11:30 a.m.

Accommodations

 **The Hilton Garden Inn** - Albany Med has offered discount hotel rooms. Please email runninginfo@freihoferstrun.com for discount information (\$109/night).

For additional listings of Albany area hotels, visit the Albany County Convention and Visitors Bureau website www.albany.org or call 800-258-3582.

T-shirt and Bib Pick-Up/ Last Chance 5k Registration

Thursday June 1, from 4–8 p.m. at The Armory at Russell Sage College, 130 New Scotland Avenue, Albany, NY 12208.

Friday June 2, from 12–7 p.m. at The Armory at Russell Sage College, 130 New Scotland Avenue, Albany, NY 12208.

Saturday June 3, from 7–8:30 a.m. day of race Packet Pickup in East Capitol Park.

When you head to Packet Pickup please know your bib number. You will receive an email on Thursday morning with your bib number. Yes,

“The safety of race participants, spectators, volunteers, and residents remains our top priority,” Albany Police Chief Eric Hawkins.

Toward that end, the APD is asking race participants, spectators and residents to be vigilant and report any suspicious activity. Anyone who sees suspicious activity is asked to call the event's tips line at (518) 300-0570.

We appreciate everyone's understanding in helping to make this a safe and enjoyable event.

someone else can pick up your bib, shirt and cookies/bread. They must show the confirmation email you received with your bib number. You will be able to pick up the shirt size you requested during registration. If there are shirts available after the event we will allow trades.

Shoe Donations

Please bring gently worn (no holes) sneakers, with the shoelaces tied together, to the Health and Fitness Expo. Westmere Elementary School will be collecting to fundraise for a new playground.

About Your Bib

1. This bib must be worn on your front, outermost layer, and be visible throughout the event.
2. Police reserve the right to remove you from the course if the bib is not visible.
3. The start will be divided into seven corrals based upon your expected finish time. The corrals are denoted by yellow, light blue, red, green, purple, dark blue, and magenta. This color appears distinctly on your bib. You may not enter a corral ahead of the one on your bib. Moving backwards is acceptable and can be done at your discretion.
4. All bibs have a gear check stub at the bottom. If using gear check, you must attach this stub to the clear plastic bag you receive at packet pickup.
5. You will not need the gear check stub for any purpose other than using gear check.
6. The back has a thin sticker on it. This is your timing strip. Please do not bend nor modify it.
7. Do not reproduce your bib or enable anyone else to do so.
8. You are the only person allowed to wear your bib. If you are unable to participate, it is impermissible to give it to someone else. Doing so will result in permanent future disqualification from this event.

Baggage Check Area

You may check your baggage at our baggage check in the Packet Pickup area. **Do not** leave valuables in your bags! Bag check-in is a courtesy to the runners only. All items for bag check must be in a clear plastic bag. We will have bags available at the Health and Fitness Expo and in East Capitol Park. Neither the race sponsor, nor the baggage volunteers, nor any other entity associated with the race, is responsible for lost, misplaced or stolen valuables. Runners please be advised that the bag check area will be open Saturday, at 7:00 a.m. and closes at 11 a.m. After that time, your bags will no longer be attended.

Water/Restrooms

Water will be located at the Start & Finish Line. Restrooms are located on Hawk Street and at the intersection of Eagle Street and Washington Avenue on both sides of the road (see venue map).

Race Start

Runners will assemble **30 minutes before the 9 a.m. starting time** on Washington Avenue. The opening ceremony will begin at 8:50 a.m.

There will be a color coded start based on your anticipated finishing time. On race day, line up in the start section that matches your bib color at the time indicated. You can begin filling your section as soon as your section is called.

For the safety of all runners and spectators alike, we ask that you line up at your anticipated finishing time sections. Please be courteous to fellow runners at the start and do not use baby joggers. If you want your children to participate, enter them in the Freihofer's Kids' Run, it's free for boys and girls 3–10. The Freihofer's Jr. 3K Run will take place immediately following the women's 5K, at 11:00 a.m. on Washington Avenue and costs \$25. You can sign up your child at The Health and Fitness Expo on Thursday or Friday or in Lafayette Park at Kids' Run registration on Saturday morning. The Freihofer's Jr. 3K is for boys and girls ages 7–14.

It is recommended that 3K participants have had proper training.

The Course

The Albany Police Department, Division of Traffic Safety, will close the course to vehicular traffic. Study the course map prior to the race. The course is clearly marked and marshaled. Mile markers and time clocks are located at each mile.

Running Etiquette

The 5K course offers wide roads with a beautiful run through the park. We have set up the corral system to ensure a smooth flow of athletes onto the course. You may move back to a corral behind your starting position to run with friends. If you are doing a run/walk or need to walk during the event we ask that you pull to the side of the road. This way you don't inhibit the progress of other athletes who may not know you plan to change pace. Please do stop and grab water at the water stations. We will offer water first followed by UCAN Hydrate. If you would like to walk and drink please stay to the side of the road and keep moving so that others can also get hydration. As you come to the finish line we know the excitement is high! You can cross the line the full width of the road (you don't have to follow everyone staying to the right). After you cross the line please keep moving. You will have others following you closely behind. Our amazing volunteers will direct you to water, medals, refreshments and the beer garden. If you need medical attention please let a volunteer know and they will help you.

Music

Raven Events is providing and sponsoring the music you will hear at the start/finish and throughout the park.



Junior 3K

The Junior 3K is a 1.86 mile run on the closed Freihofer's Run for Women course. All kids age 7–14 are welcome to participate in this timed event. Everyone receives a shirt and a box of Freihofer's Chocolate Chip Cookies. Age group awards are given to the top 3 in both Boys and Girls 10 & under, 11–12, and 12+.

Kids Run

The Kids Runs are a series of free runs from 50 meters up to 1 mile. These are all run on Washington, which is closed from traffic by Albany Police Department. This untimed series starts with the mile and offers a variety of distances. All kids receive a t-shirt and a box of Freihofer's Chocolate Chip Cookies.

OrthoNY Medical Tent

The Albany Fire Department will provide the EMS Services at the finish of this year's 3K, 5K and Kids' Run. Additionally, Albany Fire Paramedic mobile units will be stationed around the courses. The OrthoNY Medical Tent is in Lafayette Park near the start/finish line. We thank the OrthoNY team for their sponsorship.

Water Stations

There will be two water stations on the Freihofer's Run for Women Course. The first will be located just past the mile point past the Washington Park Lakehouse. The second will be just West of Sprague Place past the two-mile point. Both stations will offer water first and UCAN Hydrate second. Please grab your water or UCAN Hydrate and keep moving. If you stop, move over to the right so that other athletes can continue on the course. There will be water available in the start and finish area and at participant refreshment area in East Capitol Park. All water is provided by Price Chopper/Market 32. UCAN is providing the electrolyte drink Hydrate.



Photos



You will see a lot of cameras on the course. Keep those smiles and waves coming. Thanks to Albany Braces you will be able to download free photos after the event. You will receive an email after the event. The photos are tagged with your bib number, so make sure it is visible as you cover the course. Download your photos and share on social media. Let's all celebrate your accomplishment.



As you head up Washington after the start make sure to wave to the camera up on the boom lift. We thank MAC Equipment for providing the boom lift as well as a forklift for the event.

The Finish

A time clock at the finish will give you an approximation of your finish time. **This is not your official time.** Unofficial results will be posted at the Awards Tent in East Capitol Park. ARE Event Productions will have your time available via your bib. Head over to the results tent to check your time. If you received an age group award please check in at the awards tent. Age group awards - sterling silver jewelry - will not be mailed. Go to freihofersrun.com for your 45th results

Results

The Times Union will publish a complete set of unofficial results on Sunday June 4th. For a complete Official Results listing and your finish certificate, visit the Freihofer's web site at freihofersrun.com.

Refreshments

Post-race refreshments are provided by Price Chopper/Market 32 and will be available to runners only. Your complimentary loaf of Freihofer's Italian Lite Bread and box of Freihofer's Chocolate Chip Cookies will be given out at the Expo and Packet Pickup. Refreshments will be located in East Capitol Park. Athletic Brewing will have samples of their non-alcoholic beer in East Capitol Park. The beer tag on your bib will allow you a complimentary beer at any Recovery Room location until September 2023.

You will also receive a coupon for a free beer at Fort Orange Brewing when you pick up your packet. Head over for a celebration!



Awards

Everyone is invited to attend the 5K **Awards Ceremony** at 10:30 a.m. The ceremony will take place at the Awards Tent in East Capitol Park. Awards will be presented to the top 10 overall, top 5 Masters, top 5 Age-graded and the top teams. Age group award winners can pick up their award as soon as results are posted. Awards will be available at the tent next to the Awards Tent. Team awards will also be available in the tent, if not picked up at the Awards Ceremony. **Please check results as awards will not be mailed.**

Parking

More than 5,300 parking spaces are available to runners within a five-minute walk of the start line. Among the available lots are Sheridan Hollow, Lower Sheridan, Swan & Elk, Hilton Albany garage, as well as Empire State Plaza (P-3 and V-Lots), the East Garage, and the MVP Center. We recommend those that still need to pick up a race bib Saturday morning park in the Sheridan lots or on surface parking on Swan and Elk. Please note that most of the lots are free. Please refer to parkalbany.com for more information.

Sheridan Hollow (98 Sheridan Ave.)**Free**
Lower Sheridan (80 Sheridan Ave.)**Free**
Elk St. Surface Lot (corner of S. Swan St. & Elk St.,
and off Spruce St., east of Lark St.)**Free**
Madison Ave. Lot (located on Madison Ave. above

the Cultural Education Center)**Free**
East Garage (corner of Eagle St. and Madison Ave.)**Free**
Grand St. Surface Lot (45 Grand St./near Hamilton St.)**Free**
Empire State Plaza (P-3 and V-Lots).... **\$5 charge on entry credit cards only**

Event Merchandise

Merchandise will be available for purchase at the Health and Fitness Expo on Friday. Merchandise will also be available in the USA Racing tent on race day. Limited quantities available on-site and sold first come, first served.

Nonprofit Partners

The 45th Freihofer's Run for Women supports three local organizations. Your participation in this event allows us to help our community.



At **Girls on the Run** we inspire girls to be joyful, healthy & confident using a fun, experience-based curriculum which creatively integrates running. Girls on the Run Capital Region is a 501(c)(3) nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Girls on the Run Capital Region, Inc. was founded in Fall 2013 as an independent, 501(c)(3) council of Girls on the Run International. We serve girls in grades 3–8 in Albany, Rensselaer Saratoga and Schenectady counties of New York State.



United Way of the Greater Capital Region (UWGCR) is a local organization that brings individuals and groups together in a community wide effort to help people.

United, we fight for the health, education, and financial stability of every person in the Greater Capital Region. To drive positive change, UWGCR evaluates our community's diverse needs, mobilizes the caring power of the community, and directs resources to the areas that will have the most positive impact.

We're on a mission to build a stronger more resilient Capital Region - a region where all children have the opportunity to learn and thrive, where families are financially secure, and where people can live their lives to the fullest because they have the good health to do so - today and for generations to come.

Change doesn't happen alone. With you by our side, United, we know we can make this vision a reality. To live better, we must **live united.**



Albany Medical Center's Foundation works hand in hand with the hospital and college to ensure successes in each area of our mission: patient care, education and research. The Foundation supports these goals through community outreach and education, as well as by seeking philanthropic support from gifts, grants, and planned giving.

Volunteers

We cannot host this event without the help of hundreds of volunteers. These wonderful people are taking time to support you. Please give them a shout out and consider volunteering at another event.

Race Committee

You will see a team running around in navy polos with the Freihofer's Run for Women logo. These people have dedicated extra time and expertise to make this a world class event. They are passionate about the sport and creating a safe, fun, and empowering community event.

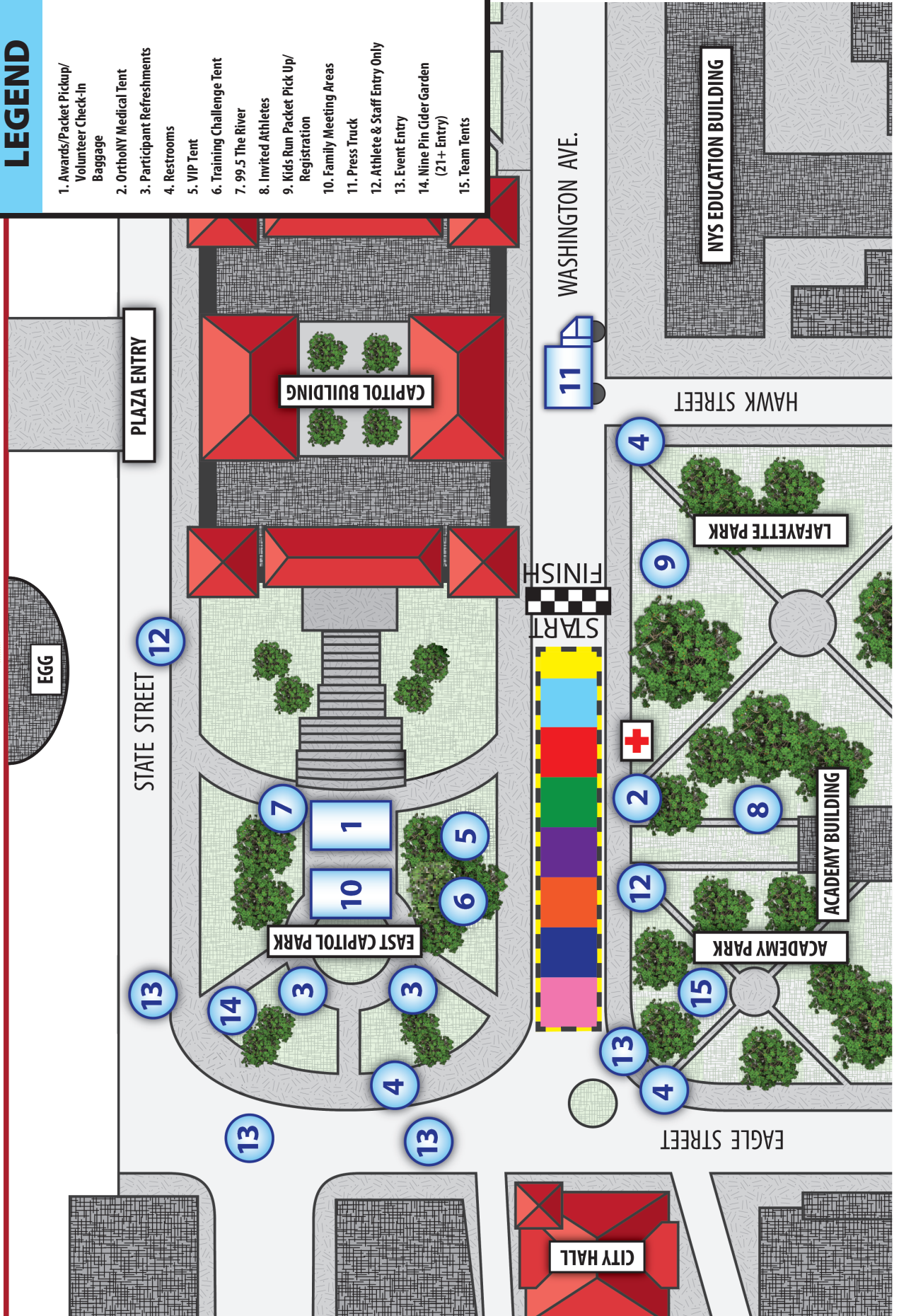


Staging Area Map

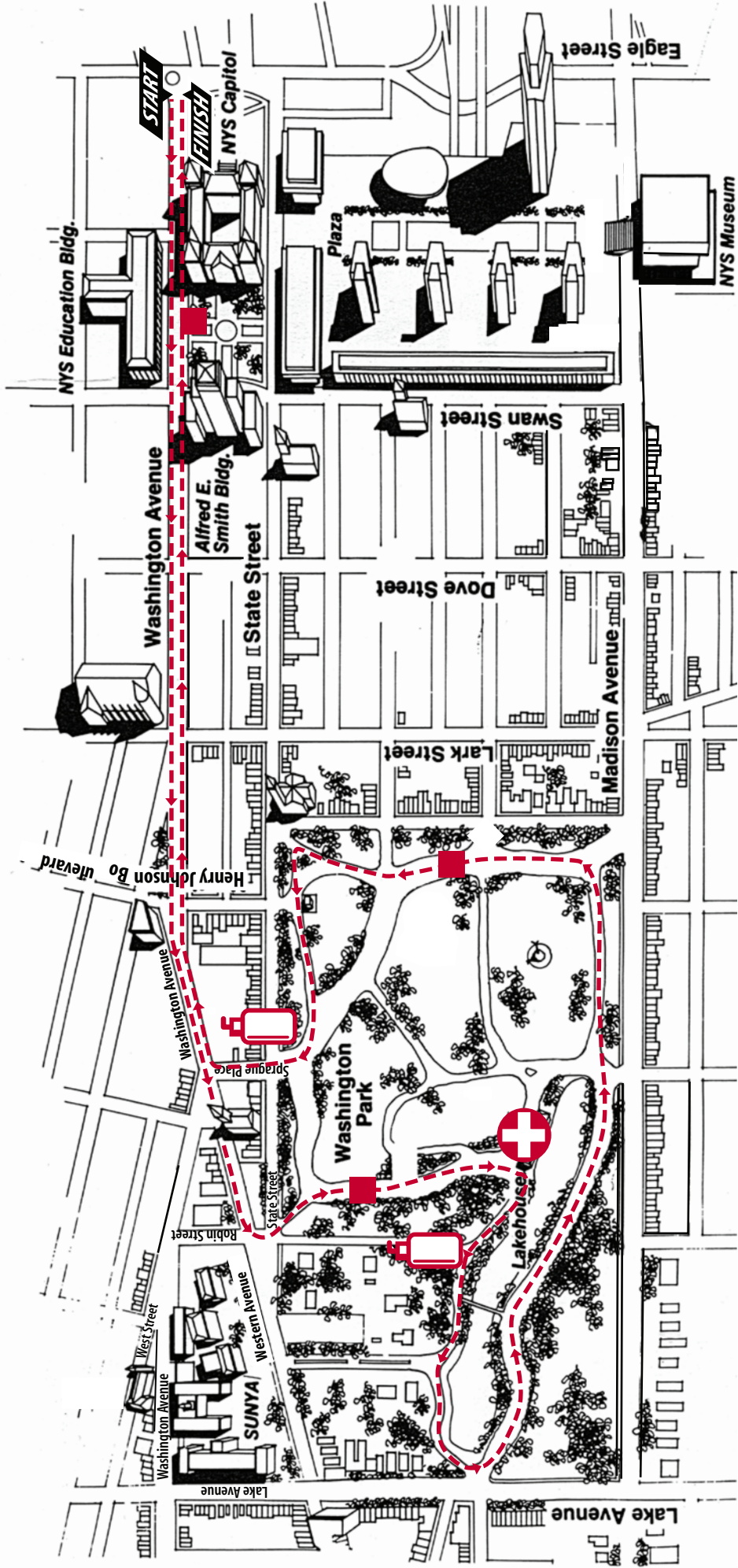


LEGEND

1. Awards/Package Pickup/Volunteer Check-in Baggage
2. OrthoNY Medical Tent
3. Participant Refreshments
4. Restrooms
5. VIP Tent
6. Training Challenge Tent
7. 99.5 The River
8. Invited Athletes
9. Kids Run Packet Pick Up/Registration
10. Family Meeting Areas
11. Press Truck
12. Athlete & Staff Entry Only
13. Event Entry
14. Nine Pin Cider Garden (21+ Entry)
15. Team Tents



run for women **5K** course map



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WATER
- 
FIRST AID
- 
MILE MARKER

