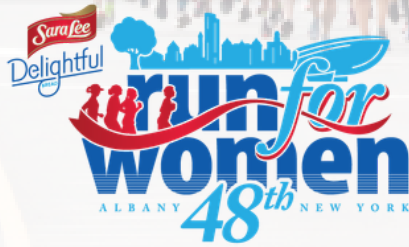


RUNNER'S GUIDE 2026



Welcome to the 48th Edition of the Delightful® Run for Women!

It's with great excitement that we host the 2026 Delightful® Run for Women presented by Sara Lee Delightful Bread, one of the finest all women's road races in the country. Once again, participants will start and finish the 5K on Washington Avenue adjacent to the magnificent New York State Capitol.

Please read this guide fully for a great experience on May 30, 2026!

Packet Pick-up, Last Chance Registration, Health and Fitness Expo



The Armory at Russell Sage College 130 New Scotland Avenue Albany, NY 12208

Please know your bib number when you come to packet pick-up. You will receive an email on Thursday morning with your bib number. Yes, 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. **No exchanges allowed at packet pick-up.** If there are shirts available after the event we will allow trades.

We are expecting approximately 2,700 participants in the 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.

Schedule of Events

Packet Pick-up, Last Chance registration, Health and Fitness Expo

The Armory at Russell Sage College

Thursday, May 284-8 PM
Friday, May 2912-7 PM

Race Day - May 30th

West Capitol Park & Washington Avenue

Last chance packet pick-up6:30 AM - 8 AM
5K Start 9 AM
5K Awards Ceremony 10:30 AM
Capital Kids 3K and Kids Run 11:00 AM
Capital Kids 3K Awards Ceremony 11:30 AM

About Your Bib

- The bib must be worn on your front, outermost layer, and be visible throughout the event.
- Thornton Wealth Management has sponsored RaceSnaps this year. Instead of safety pins you will receive a card with snaps that are reusable (better for the environment).
- Police reserve the right to remove you from the course if the bib is not visible.
- The start will be divided into seven corrals based upon your expected finish time. The corrals are denoted by yellow, light blue, red, green, and purple. 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.
- If using gear check, you must label the clear plastic bag you receive at packet pickup at the Whip My Butta booth with your number. You will not need the gear check stub for any purpose other than using gear check.
- The back of your bib has a thin sticker on it. This is your timing strip. Please do not bend nor modify it.
- Do not reproduce your bib or enable anyone else to do so.
- 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.

THORNTON WEALTH MANAGEMENT

CONGRATULATIONS, IT'S RACE DAY! You've logged the miles, braved the early morning chill, and pushed through every uphill battle. At Thornton Wealth Management, we believe your financial journey deserves the same discipline and expert coaching as training for race day.

Reach out to us today to get an individualized strategy to hit your financial goals.

Today's discipline equals tomorrow's freedom.

HOW TO ATTACH YOUR RaceSnaps
NO PINS. NO HOLES. NO HASSLE.

1 Place the front fastener on your bib
2 Align the back piece to the inside of your shirt
3 Press to snap together and you are ready to run!

front back

RUN EASY. STAY PIN-FREE.

Safety First

The Albany Police Department (APD), in conjunction with various local, state, and federal agencies place the following security measures for Saturday, May 30th for the 48th edition of the Delightful™ Run for Women (RFW):

For Participants and Spectators

- Backpacks/coolers/duffel bags will not be permitted at the race venue.
- Anything brought on-site, including runners' items for RFW Bag-check, must be transported in a clear plastic bag for easy inspection. Clear bags will be available at Packet Pickup/Expo for athletes.
- 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 AM

"The safety of race participants, spectators, Volunteers and residents remains our top priority," Albany Police Chief Brendan Cox.

The Albany Police Department is asking race participants, spectators and residents to be vigilant. Anyone who sees suspicious activity is asked to call the event's tip line at

518-300-0570.

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

The Washington Avenue Course Includes:

Wide Start Washington Avenue offers a wide start line with plenty of space in our colored corrals. 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 on both side of Washington.

Race Day - May 30th

Gear Check Area

You may check your gear at our gear check in the Packet Pickup area in West Capitol Park. 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. **Whip My Butta will have bags available at the Health and Fitness Expo and in West Capitol Park.** Neither the race sponsor, nor the 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 AM and closes at 11 AM. 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 N Hawk Street and at the intersection of Swan Street and State Street (see venue map).

Race Start

Runners will assemble 30 minutes before the 9 AM starting time on Washington Avenue. The opening ceremony will begin at 8:50 AM 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 gather in your designated color corral. Please be courteous to fellow runners/walkers at the start.

If you want your children to participate, enter them in either the Capital Kids Run, for boys and girls 3–10 or the Capital Kids 3K Run, for boys and girls 6-14. Both will take place immediately following the women’s 5K, at 11:00 AM on Washington Avenue. You can sign up your child at The Health and Fitness Expo on Thursday or Friday or in West Capitol Park at Kids Run registration on Saturday morning. 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 colored 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 your plan to change pace. Please do stop and grab water at the water stations. 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 and refreshments (**runners only**). If you need medical attention please let a volunteer know and they will help you.

Capital Kids 3K

The Capital Kids 3K is a 1.86 mile run on the closed Run for Women course. All kids age 6–14 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 un-timed 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.

Water Stations

There will be one Hannaford water station on the Run for Women Course. It is located just before mile 1 on a new stretch of the course. Stay to the right to get water. You will pass the water again around 2.5 miles. Please grab your water 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 in West Capitol Park. Finish water is provided by Adirondack Beverages.



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 Medical Tent is in West Capitol Park near the start/finish line. It will be staffed by Russell Sage faculty and nursing students.



RUSSELL SAGE COLLEGE
BE. KNOW. DO.

Awards

Everyone is invited to attend the 5K Awards Ceremony at 10:30 AM. The ceremony will take place at the steps in West Capitol Park. Awards will be presented to the top 10 overall, top 5 Masters, top 5 Age-graded, our athletes since 1979, 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 in West Capitol Park next to results look up. 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 Ed Center).....	Free
East Garage (corner of Eagle St. and Madison Ave.)	Free
Grand St. Surface Lot (45 Grand St./near Hamilton St.)	Free



Music

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



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.

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 West 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 will not be mailed. Go to runsignup.com for your 48th results.

Results

For a complete Official Results listing visit the event web site at <https://runsignup.com/Race/NY/Albany/DelightfulRunForWomen>.

Refreshments

Post-race refreshments will be available to **runners only**. Your complimentary loaf of Sara Lee Delightful Bread and box of Freihofer's Chocolate Chip Cookies will be given out at the Expo and Packet Pickup. Refreshments will be located at the **Finish line**.

Athletic Brewing will have samples of their non-alcoholic beer. Monster Energy and Electrolit will have product before and after. The beer tag on your bib will allow you a complimentary beer at any Recovery Room location until September 2026. Thank you to Adirondack Beverages for the finish line water. Garelick Farms has donated the chocolate milk!



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 sage green polos with the Delightful® 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.

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 48th Delightful Run for Women supports three local organizations. Your participation in this event supports 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. To live better, we must **live united**.



Russell Sage College At Russell Sage College, our close-knit community prepares you for professional success in an affordable, supportive environment where you'll be empowered to thrive. Broad, flexible academic programs offer caring faculty mentors, a focus on your well-being and countless opportunities for hands-on learning across our two campuses in Albany and Troy.



Press Truck

We thank the Department of General Services of the City of Albany for providing the press truck that leads the race. Members of the media will be watching the front of the race and cheering you all on.



Event Trucks

We thank Penske for supplying 3 trucks to ensure all the equipment/food/water needed to feed, inform and keep you safe is delivered around the race course.



Accommodations

The Hilton Garden Inn - Albany Medical Center has offered discounted hotels rooms for the event. Please email runninginfo@freihoferstrun.com.



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



2026 Health and Fitness Expo Vendors

Athletic Brewing Company
American Foundation for Suicide Prevention - NE NY Chapter
Back In Balance Therapeutic Massage, LLC
Baggage Claim by Jay-Anne
Bath Fitter
Bondi Band
CDPHP
Central Rock Gym Troy
EatGuiltFree LLC
Family Heart Foundation
FBI Albany
Fleet Feet Albany and Malta
Freddy's Rockin Lemonade LLC
Girls on the Run Capital Region
Helios Hot Yoga & Inferno Hot Pilates
iHeart Radio, 99.5 The River

I'm N.O.T. Gonna Get Ticked
LivFit 413 LLC
Mighty Sweet Baking Co.
Monster Energy
North Node Coaching
Public Partnerships, LLC (PPL)
Real Time Pain Relief
Repsher Physical Therapy
Sore+Tired®
The Apex at Crossgates + Hamilton Parc
To Life!
TRIGGER-PiN! LLC (DBA: T-PiN! Muscle Therapy)
USA Racing
Vista Home Improvement
Whip My Butta Organics *
WildPlay Thacher
YMCA CAMP GORHAM

2026 Health and Fitness Expo

Thursday, May 28 from 4-8pm and Friday, May 29 from noon-7pm

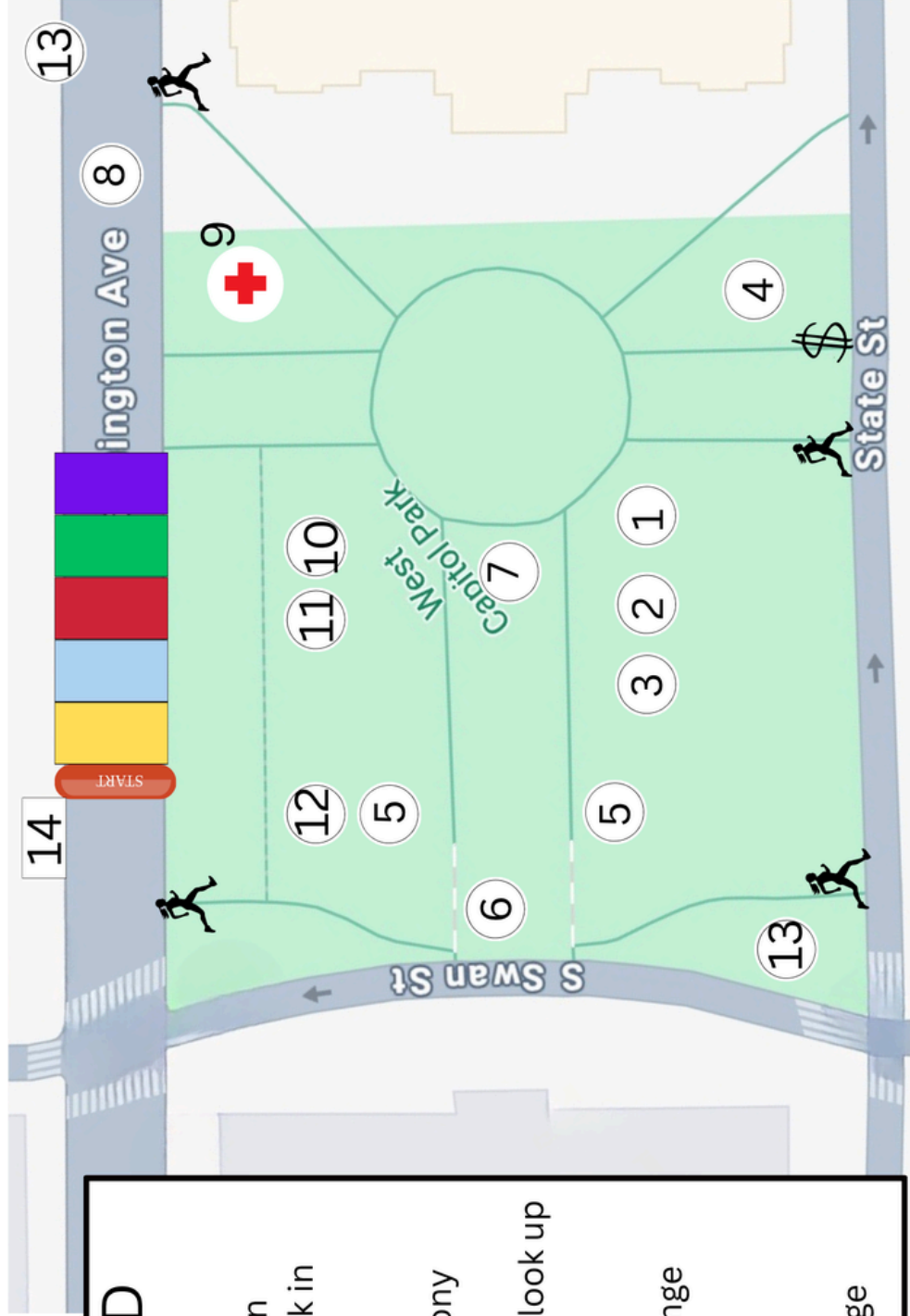
FREE and Open to the public
Russell Sage Armory
130 New Scotland Avenue
Albany NY 12208

***Clear plastic gear bags for athletes available at the expo while supplies last, sponsored by Whip My Butta Organics**





Venue Map



- LEGEND**
- 1. Packet pick up
 - 2. Kids registration
 - 3. Volunteer check in
 - 4. Elite Athletes
 - 5. Vendors
 - 6. Awards Ceremony
 - 7. Age group awards/results look up
 - 8. Refreshments
 - 9. Medical Tent
 - 10. Training Challenge
 - 11. VIP tent
 - 12. Team tents
 - 13. Porta potty
 - 14. Start/finish stage





5K Course



water stop



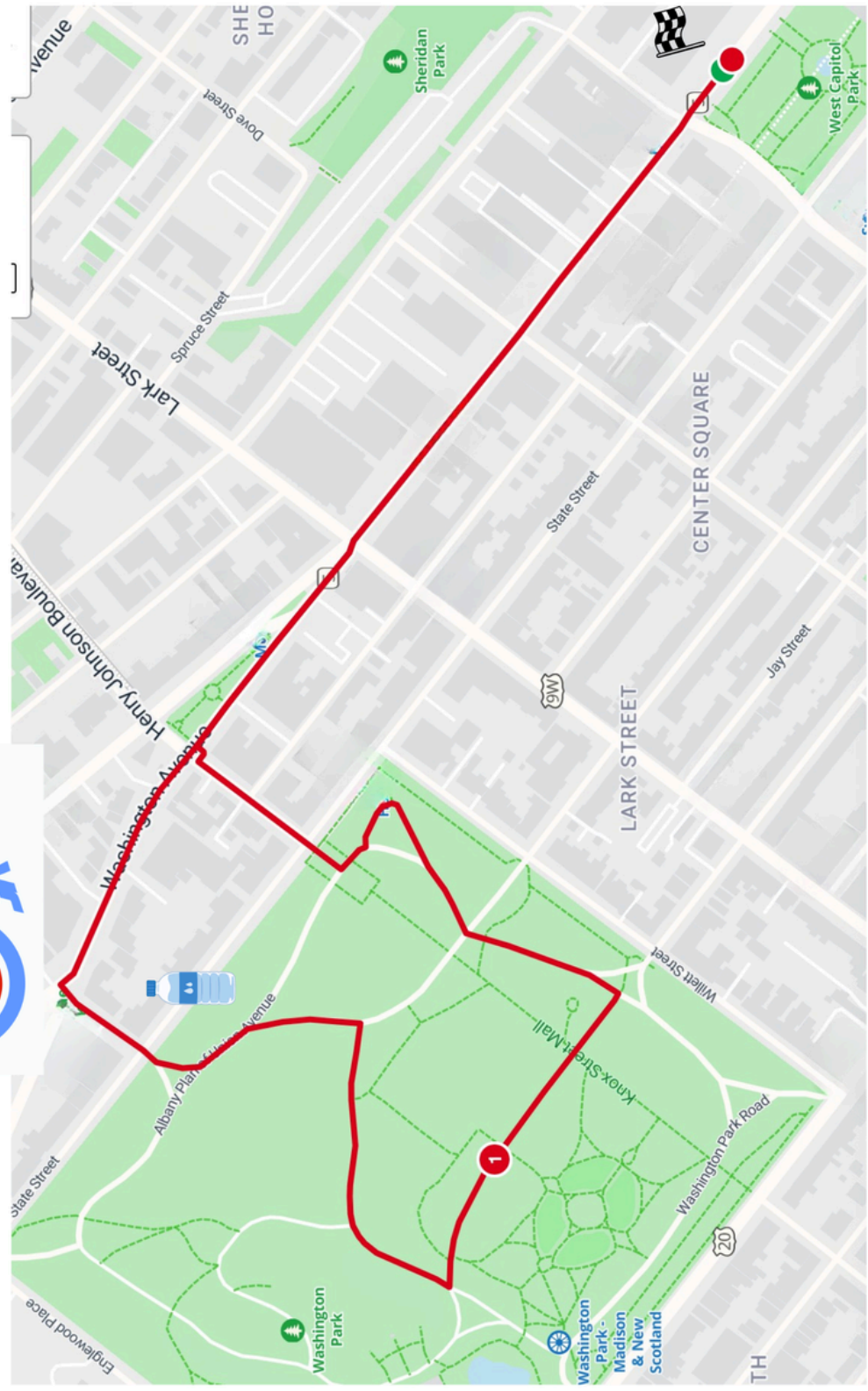
mile markers



start/finish



3K Course



start/finish



mile markers

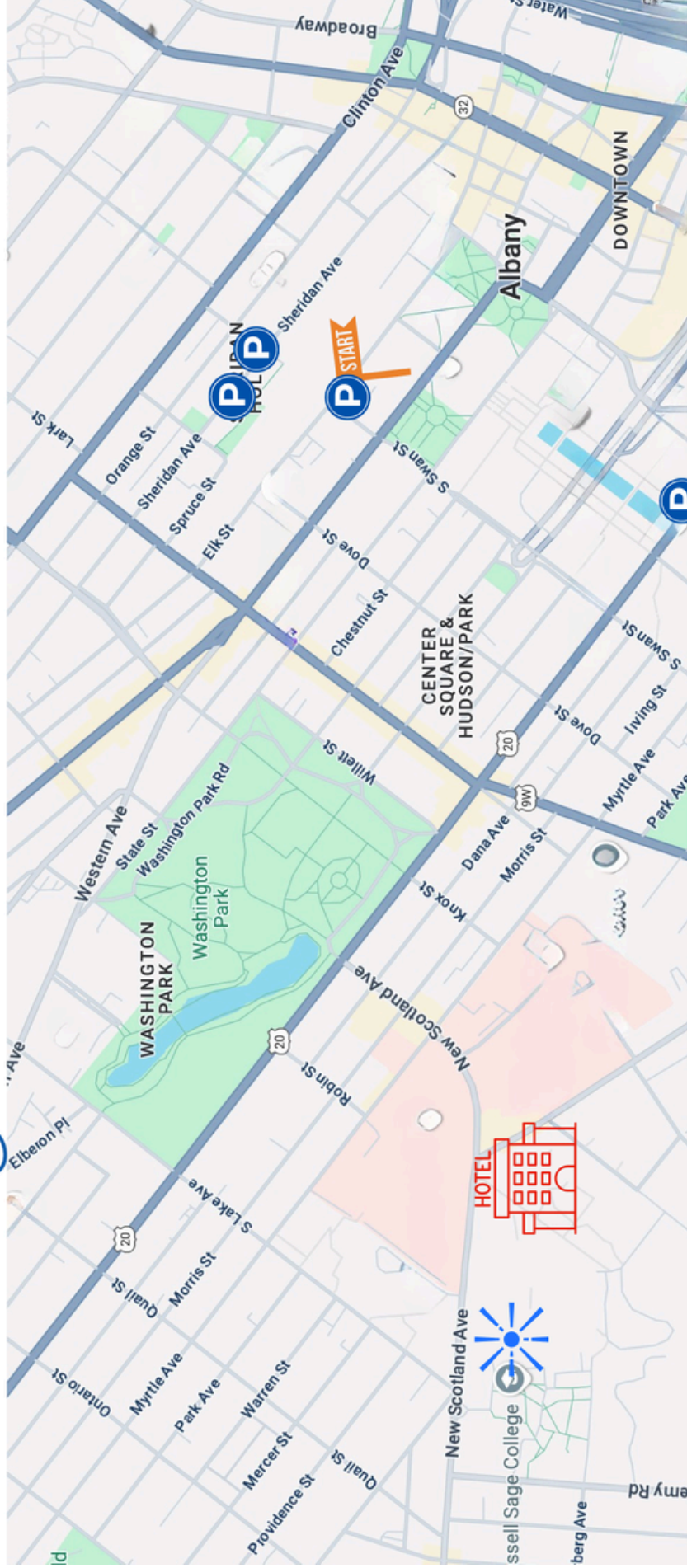


water stop





Albany, NY



Health & Fitness Expo



Hilton Garden Inn
Albany Medical



Start/Finish Line



Parking Lots
street parking available



48th



Thank you to our sponsors

