

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

It's with great excitement that we host the 2026 edition of the Delightful Run® for Women presented by Sara Lee Delightful™ Bread. We have created this guide for you, our spectators. The start and finish of the 5K are on Washington Avenue, adjacent to the magnificent New York State Capitol, with viewing from the steps of the State Education building and West Capitol Park. Or maybe you will want to venture into Washington Park and watch from the sidelines of the course. This guide will give you all the information you need. You are part of one of the finest women's road races in the country. Spectators aka 'Cheer Team' are an important part of this event.

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 presented by Sara Lee Delightful Bread (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.
- No animals, dogs or domestic pets (with the exception of service dogs) will be allowed on-site.

Schedule of Events

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

The Armory at Russell Sage College

Thursday, May 28	4-8 PM
Friday, May 29.....	12-7 PM



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

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.

Race Day - May 30th

All Run/Walk Events Take Place at West Capital Park & Washington Avenue, Albany NY

Last chance packet pick-up	6:30AM - 8AM
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

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. Please encourage your athlete to enter the corral and relax for the opening ceremony!

We are expecting approximately 2,700 participants in the 5K event. For the safety of all runners and spectators alike, we ask that you allow your athlete to head to the start corrals while you get into your cheer spot. There will be **runners only** in the start/finish area.

If you want your children to participate, enter them in the Kids' Runs, it's free for boys and girls 3-10. The Capital Kids 3K Run will take place immediately following the women's 5K, at 11:00 AM on Washington Avenue and costs \$25. You can sign up your child at the Health and Fitness Expo on Thursday, May 28 or Friday, May 29 or in West Capital Park at Kids Run registration on Saturday morning. The Capital Kids 3K is for It is 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. The course is clearly marked and marshaled. Mile markers and time clocks are located at each mile. You can certainly hang out in the parks and wait for your athlete to finish. You might also want to walk up Washington Avenue a bit once they head into the corral. That way you can see them as they run by after the start and before they hit the final push to the finish line. You can also head up to the park. Really any place in the park is great viewing, but if you want to see them twice the best spot is Washington and Sprague Place.

Capital Kids 3K

The Capital Kids 3K is a 1.86 mile run on the closed RFW 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’ Runs

The Kids’ Runs are a series of free runs from 50 meters up to 1 mile. These are all run on Washington Ave., 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.

Medical Tent



The Albany Fire Department will provide the EMS Services at the finish of this year’s 5K, 3K and Kids’ Run. Additionally, Albany Fire Paramedic mobile units will be stationed around the courses. If you or your athlete needs attention please flag down any volunteer for help. The Medical Tent, staffed by Russell Sage faculty and nursing students is in West Capitol Park and is clearly marked. We thank Russell Sage for staffing the tent.

The Finish

A time clock at the finish will give athletes an approximation of their finish time. **This is not their official time.** Unofficial results can be viewed at the Results Lookup Tent in West Capitol Park. Go to freihoferstrun.com for the 48th results.

As a spectator you cannot go into the finish area. Have no fear, we have a team taking photos of your athlete. They will get an email and be able to download photos for free courtesy of Albany Braces. Once they cross the line we will direct them to water, give them a medal and then send them to you for hugs and high fives. It is a good idea to set a meeting place before the start. We suggest the steps of the Education building, but feel free to choose your own spot.



Results

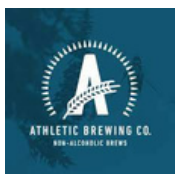
For a complete Official Results listing and your finish certificate, visit freihoferstrun.com.

Refreshments

Post-race refreshments will be available to **participants only**. A 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 in the finish area.

Spectators can sample **Athletic Brewing** non-alcoholic beer and **Monster Energy** drinks in West Capital Park.

The beer tag on your runner’s bib will allow them a complimentary beer at any **Recovery Sports Grill** location until September 2026. Thank you to **Adirondack Beverages** for the finish line water. **Garelick Farms** has donated the chocolate milk!



Awards

Everyone is invited to attend the **5K Awards Ceremony** at 10:30 a.m. The ceremony will take place at the steps in West Capitol Park. 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 results lookup tent. Team awards will also be available in the tent. **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 and others you must pay. Please refer to www.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 Delightful Run for Women Health and Fitness Expo on Friday, May 29, 2026. Merchandise will also be available in the USA Racing tent on race day in West Capitol Park. Limited quantities available on-site and sold first come, first served.

Nonprofit Partners

The Delightful 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.**



RUSSELL SAGE COLLEGE
BE. KNOW. DO.

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.

Donate now runsignup.com/Race/Donate/NY/Albany/DelightfulRunforWomen

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
 Heart Radio 99.5 The River
 I'm N.O.T. Gonna Get Ticked
 LivFit 413 LLC

Volunteers

We cannot host this event without the help of hundreds of volunteers. These wonderful people are taking time to support your athlete. 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.

**Thank you for coming to support your athlete.
Spectating is a tough job!**



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

Friday, May 29 from noon-7pm

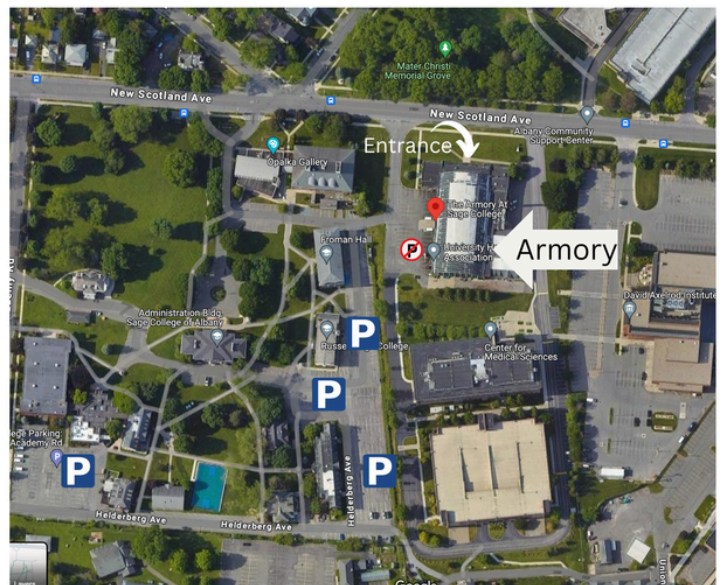
FREE and Open to the public

Russell Sage Armory

130 New Scotland Avenue

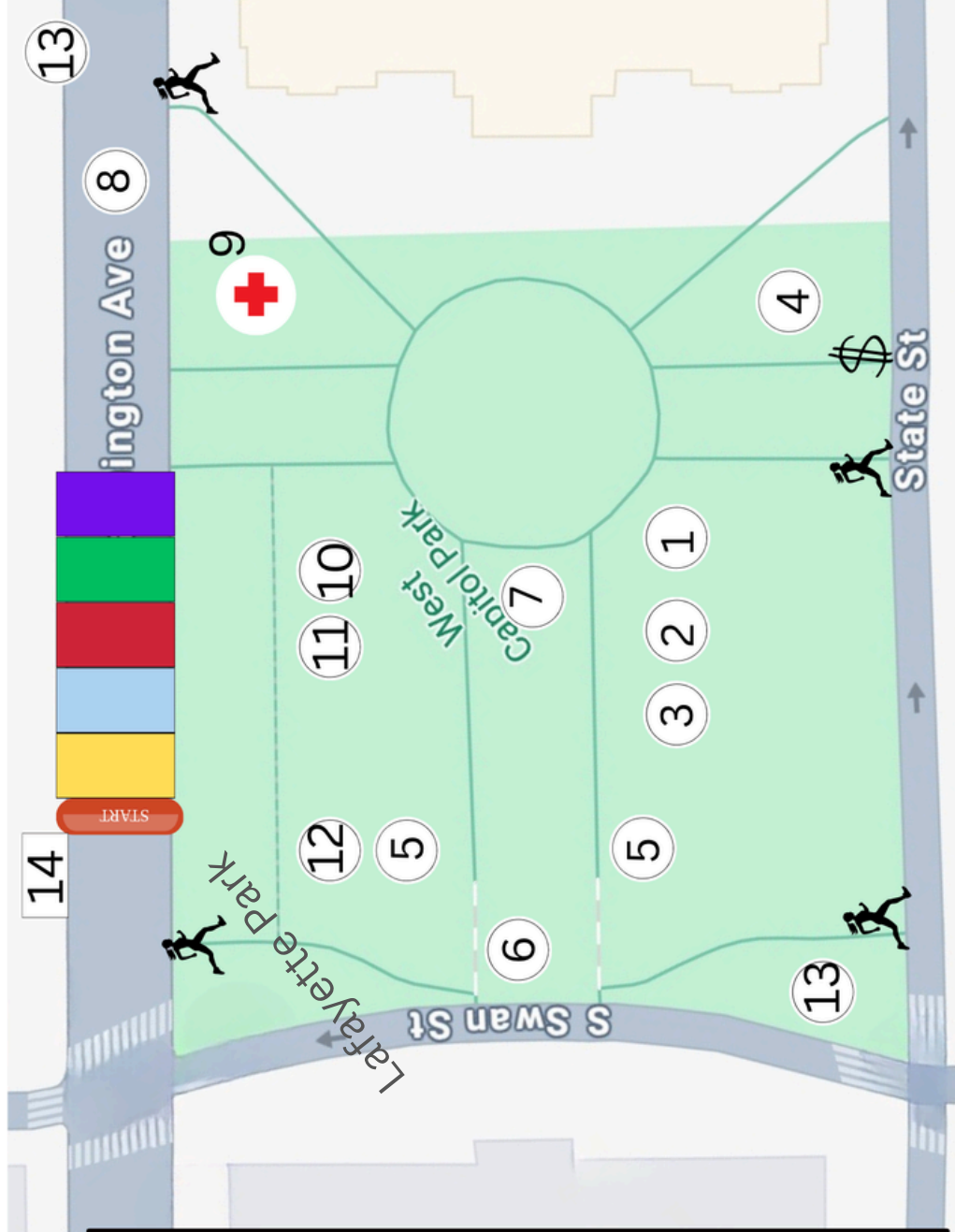
Albany NY 12208

*clear plastic backpacks 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

- event entry
- vendors/elite athlete entry



5K Course



water stop



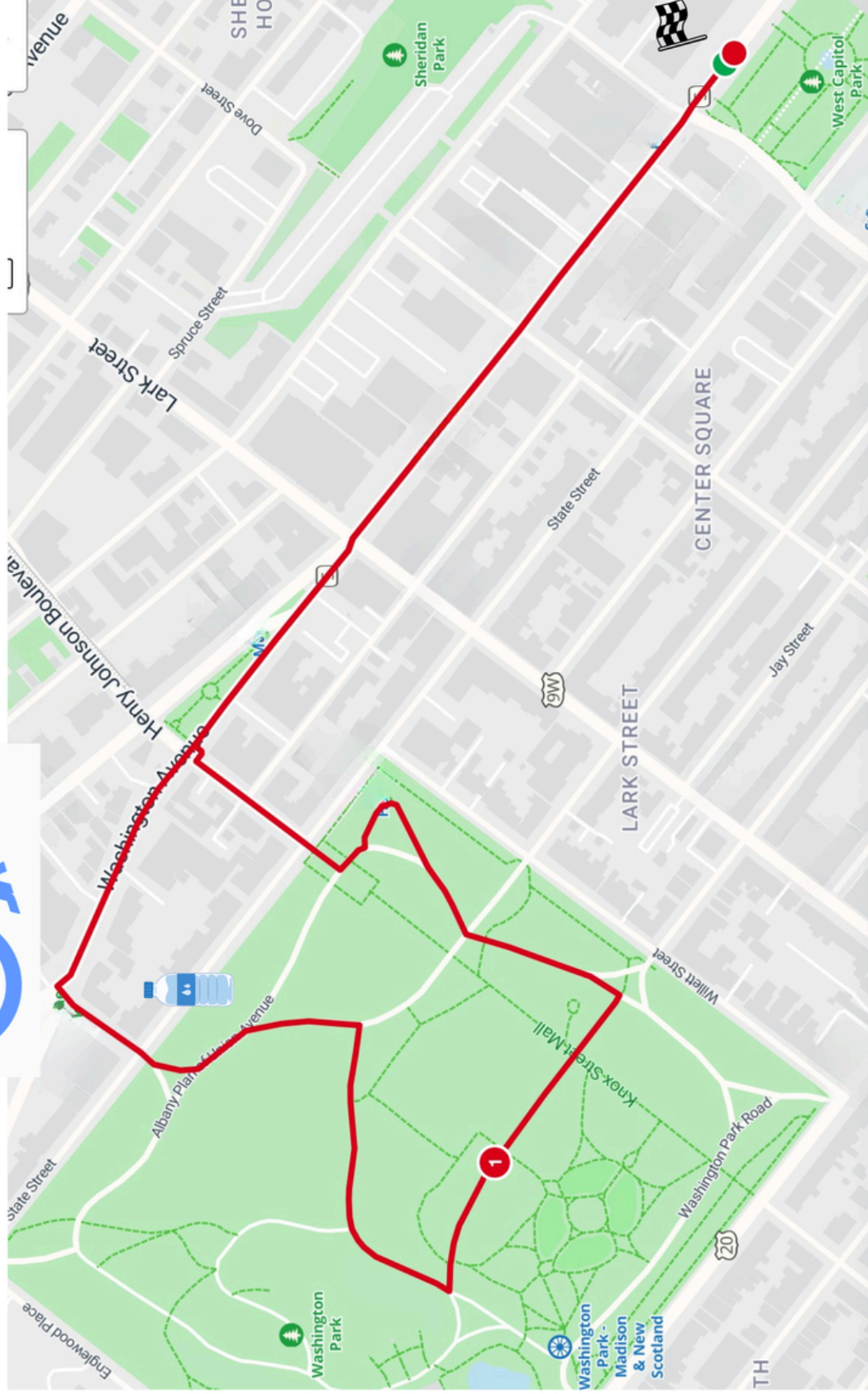
mile markers



start/finish



3K Course



water stop



mile markers



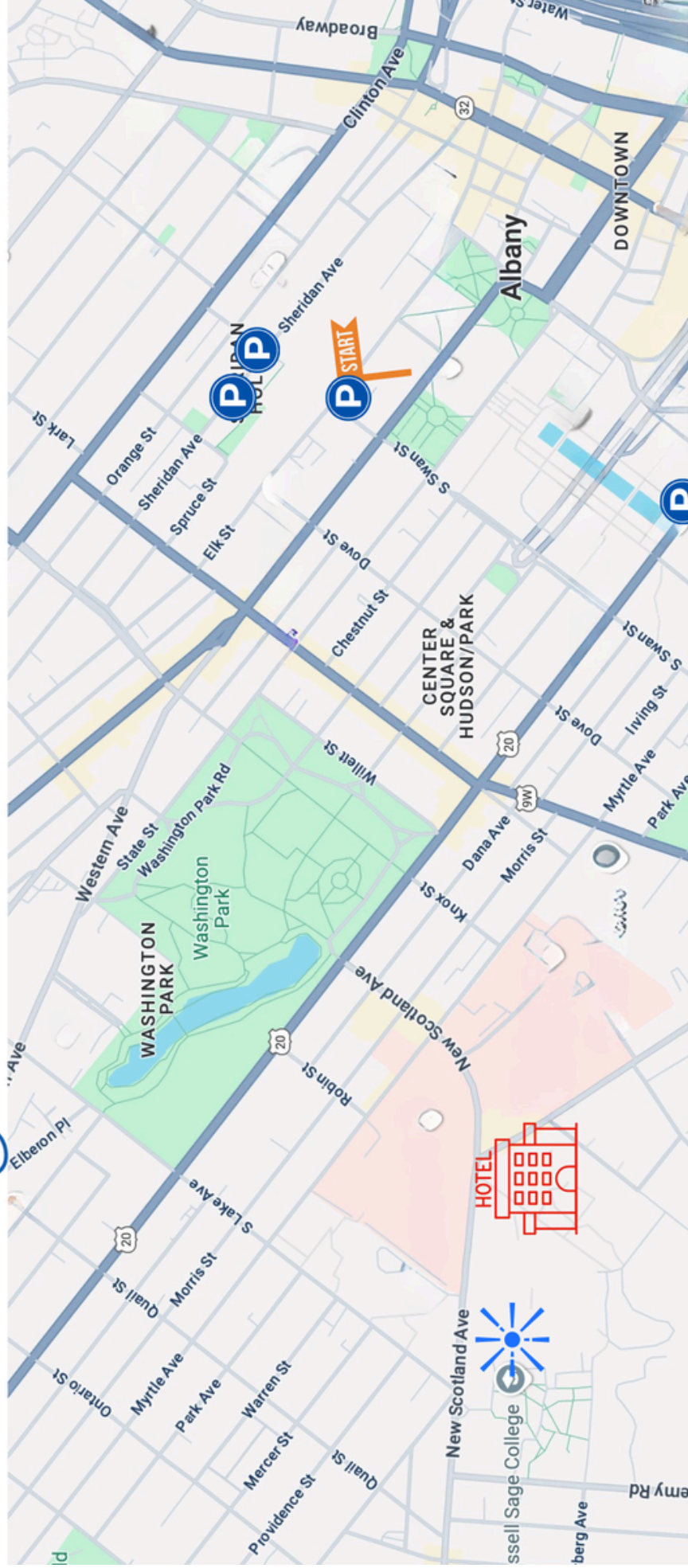
start/finish



Delightful



Albany, NY



Health & Fitness Expo

Hilton Garden Inn
Albany Medical



Start/Finish Line



Parking Lots
street parking available



48th



Thank you to our sponsors

