



2008 MEDIA SCHEDULE OF EVENTS*

Thursday, May 29

9:00 a.m.	Melissa White <i>Athlete Visitation Program</i>	Chatham Middle School Contact: Carol Hargis, 929-1397 cell
9:30 a.m.	Benita Johnson <i>Athlete Visitation Program</i>	Hamagrael Elementary (Bethlehem) Contact: Dave Ksanznak, 439-4905
9:30 a.m.	Dot McMahon <i>Athlete Visitation Program</i>	Southgate Elementary (Loudonville) Kristen Lubin, 785-6607 x 4211
10 a.m.	Yolanda Flamino <i>Athlete Visitation Program</i>	Roessleville Elementary (S. Colonie) Suzanne Moore, 459-2157
10 a.m.	Desiree Davila <i>Athlete Visitation Program</i>	Farnsworth Middle School Jeannie Quattrocchi, 456-6010
1 p.m.	Dot McMahon <i>Athlete Visitation Program</i>	Vanderheyden Hall (Troy) Paul Winston, 283-6500 x 276
12:30 p.m.	Benita Johnson <i>Athlete Visitation Program</i>	Guilderland Elementary School Colleen Mickle, 869-0293
1:30 p.m.	Melissa White <i>Athlete Visitation Program</i>	Maple Hill (Schodack) Tracy Arno, 732-7736
2 p.m.	Desiree Davila <i>Athlete Visitation Program</i>	Brown School (Schenectady) Kim Cooper, 370-0366

Friday, May 30

8:45 a.m.	Yolanda Flamino <i>Athlete Visitation Program</i>	Golding Middle School (Cobleskill) Cathy DeWitt, 234-3533 x 5209
8:45 a.m.	Carmen Troncoso <i>Athlete Visitation Program</i>	Walter B. Howard (New Lebanon) Frank Healy, 794-8554
9:30 p.m.	Benita Johnson <i>Athlete Visitation Program</i>	Green Meadow Elementary School Bobbi Hammond, 477-6422
9:30 a.m.	Melissa White <i>Athlete Visitation Program</i>	Slingerlands Elementary Robin Young



9:30 a.m.	Dot McMahon <i>Athlete Visitation Program</i>	Thomas O'Brien Academy (Albany) Rachelle Salerno, 462-7263
9:30 a.m.	Kathy Butler <i>Athlete Visitation Program</i>	Elsmere Elementary (Bethlehem) Kate Kloss
12 p.m.	Joan Benoit <i>Athlete Visitation Program</i>	Catholic Central High School (Troy) Jake Kearney
Noon-8 p.m.	Chip & Packet Pickup	Empire State Plaza, Concourse
Noon-8 p.m.	Last Chance Registration	Empire State Plaza, Concourse
Noon-8 p.m.	CapitalCare Expo	Empire State Plaza, Concourse
1:30-2:30 p.m.	Media Hour	74 State Hotel
5-8 p.m.	Pasta Party (runners/general public) Empire State Plaza (Plaza Level) Healthy Food Demonstrations/Vendors/Entertainment	

Saturday, May 31

7:45-9:30 a.m.	USA Open/Junior 10 km Race Walk Champs Empire State Plaza	
8-10 a.m.	5k Chip & Packet Pick Up	Empire State Plaza, Concourse
8 a.m.-3 p.m	CapitalCare Health & Fitness Expo Empire State Plaza	
8:55 a.m.	Press Truck Boards	Corner of S. Swan and Madison
9:10 a.m.	5K Opening Ceremonies	Start Line, Madison Avenue
9:13 a.m.	National Anthem	Start Line, Madison Avenue
9:15 a.m.	30 th FRW	Start Line, Madison Avenue
10:30 a.m.-11:30 p.m.	5K Awards Ceremony	Empire State Plaza, Outdoor Stage
10:30 a.m.-12:45 p.m.	21st Freihofers' Kids' Run	Empire State Plaza, Outdoor Plaza
11-11:30 a.m.	Community Walk Non-Profit Check-In Empire State Plaza, Plaza Level	



Saturday, May 31 Cont.

11:30 a.m.-12:30 p.m. Community Walk Walker Check-In Empire State Plaza, Plaza Level

11:30 a.m. to 12:30 p.m. Race Walk Clinic Empire State Plaza, Plaza Level

12:15-12:45 p.m. Try It 2 k SportWalk Empire State Plaza, Plaza Level

1-2:45 p.m. 20th Freihofer's Community Walk Start Line, Madison Avenue

1-3 p.m. Entertainment Empire State Plaza, Outdoor Stage

3-6 p.m. Spirit on the Course (Final) Empire State Plaza, Outdoor Stage

6-9 p.m. Post-Race Party Hart Theater Lounge in The Egg

**** This information is subject to change.***