



The logo features the word "Freihofer's" in a red oval with a white outline, positioned above the number "30" in a large green font. Below "30" is the text "Run for Women" in a black, sans-serif font, with "Run" in a smaller size than "for Women".

Freihofer's Run for Women 5km ■ Albany, NY

Race Winners (29 runnings)

Date	Time	5K Champion	Time	10K Champion
02 June '07	15:22	Benita Johnson (AUS)		
03 June '06	15:27	Benita Johnson (AUS)		
04 June '05	15:18*	Asmae Leghzaoui (MOR)		
05 June '04	15:26	Marla Runyan (OR/USA) (nc)		
31 May '03	15:25	Marla Runyan (OR/USA) (nc)		
01 Jun '02	15:27	Marla Runyan (OR/USA) (nc)		
02 Jun '01	15:47	Collette Liss (IN/USA) (nc)		
03 Jun '00	15:35	Libbie Hickman (CO/USA) (nc)		
05 Jun '99	15:31	Cheri Kenah (USA) (nc)		
30 May '98	15:46	Lynn Jennings-8 (nc)		
31 May '97	15:29	Elva Dryer (CO/USA) (nc)		
01 Jun '96	15:21x	Lynn Jennings-7 (nc)		
03 Jun '95	15:24*	Lynn Jennings-6 (nc)		
04 Jun '94	15:37	Lynn Jennings-5 (nc)		
05 Jun '93	15:35	Lynn Jennings-4 (nc)		
06 Jun '92	15:39	Carmen deOliveira (BRA)		
04 May '91	15:41	Judi St Hilaire-2	38:06	Nancy Egerton (NY/USA)
05 May '90	15:31	Lynn Jennings-3 (nc)	36:25	Lisa Polzinetti (PA/USA)
03 Jun '89	15:25	Judi St Hilaire (MA/USA) (nc)	37:04	Laura Lemena (AZ/USA)
28 May '88	17:16	Pamela Crandall (NH/USA)	32:39	Lynn Jennings-2 (nc)
16 May '87	17:16	Denise Herman (NY/USA)	32:19	Lynn Jennings (NH/USA) (nc)
17 May '86	17:22	Marisa Sutera (NY/USA)	32:13	Betty Jo Geiger-2 (nc)
18 May '85	17:39	Patty Nelson (NY/USA)	32:14	Francie Larrieu (TX,USA) (nc)
08 Apr '84	18:06	Denise Herman (NY/USA)	32:51	Betty Jo Geiger (NC/USA)(nc)
10 Apr '83	18:08	Mary Herlihy (MA/USA)	33:35	Regina Joyce (WA/USA) (nc)
04 Apr '82	18:30	Diana Richburg (NY/USA)	34:51	Jacqueline Gareau (CAN) (nc)
29 Mar '81	18:50	Diana Richburg (NY/USA)	34:25	Nancy Conz (MA/USA)
30 Mar '80	17:35	Martha Swatt Johnson (NY/USA)	33:26	Dana Slater (NY/USA) (nc)
08 Apr '79	17:30	Martha Swatt (NY/USA)	34:26	Karin vonBerg (NY/USA) (nc)

Notes:

- 1979 was the inaugural year.
- 1991 was the last year the 10K was contested!
- "x" The 1996 course was validated at 4990.6 meters (short).
- (nc) => national championship
- Judi St Hilaire was the 1983 champion (33:43, 2nd place)
- Kathy Boyle was the 1982 champion (36:38, 2nd place)
- * Course record