



SCHEDULE OF EVENTS

FRIDAY MAY 29, 2009

CapitalCare Health & Fitness Expo

Athlete Registration and Packet Pick-up

Noon to 8:00 p.m., Concourse Level, Empire State Plaza

Come pick up your chip/packet and check out the CapitalCare Health & Fitness Expo at the same time! Find hands-on health and fitness exhibits from all over the country, health seminars, and great bargains on running and fitness gear.

SATURDAY MAY 30, 2009

21st Annual Freihofer's Community Walk

6:30 a.m. to 7:00 a.m., non-profit check-in (on the west side of the NYS Museum on Madison Ave.)

7:00 a.m. to 8:00 a.m., walker check-in (on the west side of the NYS Museum on Madison Ave.)

8:00 a.m. to 9:30 a.m., Community Walk (Course TBD)

Join thousands of walkers taking part in raising money for over 70 local charities - or join in just for the health of it! Last year over \$36,000 was raised for Capital Region non-profits.

USA Open and Junior 10km Race Walk Championships

7:45 a.m. to 9:30 a.m., Empire State Plaza

Come see America's best Race Walkers.

CapitalCare Health & Fitness Expo

8:00 a.m. to 3:00 p.m., Concourse Level, Empire State Plaza

Find hands-on health and fitness exhibits from all over the country, health seminars, and great bargains on running and fitness gear. Spectators, volunteers and runners are all welcome to join the fun! Admission is free.

Chip & Packet pick-up

8:00 a.m. to 10:00 a.m., Concourse Level, Empire State Plaza

Chip and packet pickup continues.

31st Annual Freihofer's Run for Women 5km Fitness Run

10:15 a.m. to 11:15 a.m., Madison Avenue

Join over 3,000 women - recreational joggers to Olympians - in this the **31st annual** event.

Awards Ceremony

11:30 a.m. to 12:30 a.m., Outdoor Stage, Empire State Plaza

22nd Annual Freihofer's Kids' Run

11:20 a.m. to 1:30 p.m., Madison Avenue

There is no entry fee, but all runners must be registered and will receive a cool kids' t-shirt just for participating, while supplies last. For kids ages 3-13.

SportWalk Clinic

12:30 p.m., place TBD

The unique style and techniques of race walking will be demonstrated through a "See it, Feel it, Experience it" free clinic.



2km SportWalk

1:30 p.m., place TBD

Time to "experience it" by entering your first non-judged 2km SportWalk.

Entertainment

10:00 a.m. to 3:00 p.m., Empire State Plaza