



FACT SHEET

WHAT: The 31st annual Freihofer's Run for Women, a 3.1-mile road race featuring a 5k Fitness Run

WHEN: Saturday, May 30 2009 at 10:15 a.m.

WHERE: Madison Avenue at the NYS Museum

WHO: Around 4,000 recreational and elite runners from 28 states and 11 countries

5K ROAD RECORDS:

- Run for Women Course Record — 15:18, Asmae Leghzaoui, '05
- World & U.S. All-Comers — 14:46, Meseret Defar (Carlsbad '0
- U.S. — 14:54, Deena Kastor (Carlsbad '02)
- Masters World & U.S. All-Comers — 15:48, Colleen DeReuck, (FRW '04)

MOST WINS: 8, Lynn Jennings (USA), 1987-88,1990,1993-96,1998

NATIONAL RECORDS: Carmen deOliveira (BRA), 15:39 (1992)

YOUNGEST/ OLDEST COMPETITORS:

- Tess Fitzmaurice, 6, Greenville, NY
- Doris Schlamowitz, 79, Albany, N

TEAMS: 156 mother/daughter and 70 sister/sister will compete

RECENT FIELDS: 2003: 3,616 registrants (record field); 3,293 finishers
2004: 3,500 registrants; 3,224 finishers
2005: 3,510 registrants; 3,222 finishers
2006: 3,144 registrants; 2,680 finishers
2007: 3,123 registrants; 2,887 finishers
2008: 3,387 registrants; 3099 finishers

PRIZE MONEY: \$27,000 will be paid out to the top finishers in the open, teams and masters divisions (see separate sheet in press kit for break down.)

RESULTS: Complete race results will be available on the Freihofer's Run for Women Web page at freihoferstrun.com after 5 p.m. on Saturday, May 30th. The Times Union will also provide complete results of the 5k race in its Sunday, May 31 edition.