



2015 MEDIA SCHEDULE OF EVENTS

FRIDAY, MAY 29

CapitalCare/CDPHP Health & Fitness Expo — 12-7 p.m. (Convention Hall, Empire State Plaza), featuring Last Chance Registration for 5K, Junior 3K and Bib Pick-up

Speakers/Clinics — Noon – 6:30 p.m. (Convention Hall, Empire State Plaza)

Media Hour — 3-4 p.m. (Taste, Penthouse Level, 30 South Pearl St., Enter on Beaver St.)

Autograph Signing With Three-Time FRW Champion Benita Willis (AUS) — 6-6:30 p.m. (Convention Hall, Empire State Plaza)

SATURDAY, MAY 30

Bib Pick Up for 5K & Jr. 3K & Kids Mile — 7 a.m. (Convention Hall, Empire State Plaza)

CapitalCare/CDPHP Health & Fitness Expo — 8 a.m.-1 p.m. (Convention Hall, Empire State Plaza)

Press Truck Boards — 8:45 a.m. (Corner of Washington Avenue and North Hawk Street)
All boarding the press truck must show FRW credentials.

5K Opening Ceremonies — 9:15 a.m. (Start Line, Washington Avenue)

5K Start — 9:30 a.m. (Start Line, Washington Avenue)

5K & 3K Awards Ceremony — 10:45 a.m. (Awards Stage, East Capitol Park)

Junior 3K Run (Ages 9 to 14) and Kids Mile — 11 a.m. (Start Line, Washington Avenue)

Freihofer's Community Walk — 11 a.m. (Start Line, Washington Avenue)

28th Annual Kids' Run (50m-400m) — Noon (Start Line, Washington Avenue)

Autograph Signing With Three-Time FRW Champion Benita Willis (AUS) — Noon (Convention Hall, Empire State Plaza)

Post-Race Volunteer Party — 4:30-7 p.m. (Taste, Penthouse Level, 45 Beaver Street)

SUNDAY, MAY 31

USA Open 5km Race Walk Championship — 9 a.m. (Corning Preserve's Jennings Landing)