



## 2016 MEDIA SCHEDULE OF EVENTS

### WEDNESDAY, JUNE 1 & THURSDAY, JUNE 2

- Elite Athlete School Visitation Program (*See schedule*)

### FRIDAY, JUNE 3

- **Freihofer's Run Health & Fitness Expo** — 12-7 p.m. (Convention Hall, Empire State Plaza), featuring Last Chance Registration for 5K, Junior 3K and Bib Pick-up
- **Media Hour** — 2-3 p.m. (Renaissance Albany Hotel)

### SATURDAY, JUNE 4

- **Bib Pick Up for 5K & Jr. 3K & Kids Mile** — 7 a.m.-11 a.m. (Convention Hall, Empire State Plaza)
- **Freihofer's Run 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 Hawk Street)
  - **All boarding the press truck must show FRW credentials!**
- **5K Opening Ceremonies** — 9:25 a.m. (Start Line, Washington Avenue)
- **5K Start** — 9:30 a.m. (Start Line, Washington Avenue)
- **5K Results** — 10 a.m. (Press Tent, East Capitol Park)
- **5K Awards Ceremony** — 10:30 a.m. (Awards Stage, East Capitol Park)
- **5th annual Freihofer's Junior 3K and Kids Miles Start; Followed by 50m, 100m, 200m and 400m Kids' Run distances** — 11:15 a.m. to 12:30 p.m. (Start Line, Washington Avenue)
- **Post-Race Volunteer Party** — 4:30-7 p.m. (Renaissance Albany Hotel)