



**** MEDIA ADVISORY ****

WHAT: 30th annual Freihofer's Run for Women "Media Hour"

WHEN: Friday, May 30 from 1:30-2:30 p.m.

WHERE: Woodward Room, 2nd Floor, 74 State Street Hotel, Albany, NY
Free valet parking is available to all members of the media!

WHO:

- **Elite athletes, including five Olympians, representing eight nations and more than 20 states.**

(View all elite bios at: http://www.freihofersrun.com/elite_athlete_bios.htm)

- **Members of the "Fab 5" — a group of Capital Region women who've yet to miss a Freihofer's Run for Women since its inception in 1979**

(<http://www.freihofersrun.com/080521.htm>)

- **Kathryn West, a 97-year-old participant from Cape Porpoise, ME who is this year's oldest competitor**

(<http://www.freihofersrun.com/images/pdf/articles/SlowSteadyStillaWinner.pdf>)

- **Former Queensbury native Emily McCabe, the top American finisher at last year's race and a contender in the open division**

(<http://www.freihofersrun.com/images/pdf/articles/McCabeSetforFRW.pdf>)

- **Teresa Vaill, 2004 USA Olympic Race Walker, a competitor in the USATF National Race Walk 10K Open and Junior Championships (set to take place at 7:45 a.m. Saturday on the Empire State Plaza)**

- **City of Albany Mayor Gerald D. Jennings; representatives from the Charles Freihofer Baking Company; and, Freihofer's Run for Women Event Director George Regan**

WHY: Saturday, May 31 marks the 30th running of this prestigious all-women's road race in New York's capital city. More than 3,200 women are expected to toe the line on Madison Avenue at 9:15 a.m. Included in the field will be two-time defending champion Benita Johnson (AUS); Millicent Gathoni (KEN), winner of Monday's Bolder Boulder 10K; and, American long distance running legend Joan



Benoit Samuelson (USA), winner of the 1984 Olympic marathon gold medal.

MEDIA CREDENTIALS:

Please notify Edward Parham at (518) 446-1091 if you need media credentials or press truck passes. Media credentials and press truck passes will be available at Friday's "Media Hour," as well as in the Press Tent on Madison Avenue on race day.

MORE INFORMATION:

For more information, call Edward Parham, director of public relations, at (518) 446-1091. The event's complete press kit can be viewed online at:

<http://www.freihofersrun.com/media.htm>