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First race with elite just like old times

Freihofer's homecoming for Holy Names' Maloy

By [PETE IORIZZO](#), Staff writer

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Elizabeth Maloy is encouraging friends and family rooting for her in the Freihofer's Run for Women to show their support with signs and cowbells.

"I sent this mass e-mail to my extended family in the area telling them about it," she said.

A Loudonville native and Holy Names graduate, Maloy should feel more at home than anyone in the field of two dozen or so elite athletes competing Saturday.

Ironically, her first foray into international competition is happening just a few miles from her hometown.

The 24-year-old Maloy, a four-time All-American at Georgetown now in the infant stages of her professional running career, will be participating in her first road race against a world-class field.

"There are just so many good runners here," Maloy said after arriving in town Thursday from her home in the Washington, D.C., area.

"I definitely want to give myself a shot. I'm interested in how I do against the other women in the race."

Maloy can become the first American runner to win the Freihofer's since Marla Runyan in 2004, the final year before elite international runners were invited to the field.

No runner with local ties has won since Saratoga Springs native Cheri Goddard-Kenah in 1999.

Maloy's speed on the track -- her personal record in the 5,000-meter run is 15 minutes, 39 seconds -- but lack of experience on the road makes her a "dark horse," said John Tope, who recruited elite athletes to run in the Freihofer's.

"I think she could surprise some people," Tope said. "She's one of those people that the field isn't familiar with, and they don't know how to react to her. I think it comes down

to if she can handle the transition going from the track to the road."

Maloy, who graduated with a degree in psychology and master's in social and public policy, ran for six years at Georgetown after having been granted additional eligibility because of time missed with injuries.

She is now affiliated with the New York Athletic Club while working part-time for a nonprofit agency.

Other than the Troy Turkey Trot, this is her first competitive event near her hometown since high school, when she was a standout at Holy Names setting school records in the 600-, 800-, 1,000-, 1,500- and 3,000-meter runs.

"It's going to be really fun," said Maloy, whose younger sister, Catherine, is a freshman runner at Holy Names. (She also has a brother, John, who runs at Georgetown, and another, Brian, who swims for Notre Dame.)

"A lot of family is coming. My grandfather is going to come, and he hasn't seen me run since my senior year of high school."

Maloy never has done the Freihofer's, because the race always had conflicted with college and high school events.

So oddly enough, she's less familiar with the downtown Albany course than much of the elite field, including returning champion Teyba Erkesso and three-time winner Benita Willis.

"Maybe it'll be a good thing," Maloy said. "I'll just go out and maybe surprise myself. I'm kind of here for fun -- and to win."

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At a glance

What: Freihofer's Run for Women

When: 10 a.m. Saturday

Where: Madison Avenue at the State Museum, Albany

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Run the Freihofer's

Register for the race from noon to 8 p.m. today at the CapitalCare Health and Fitness Expo at Empire State Plaza.