



32nd run for women

2010 RUNNING SHORTS

COMING IN STRONG — Saturday's race features five of the top 10 finishers from last weekend's Boulder Bolder race: 1st Mamitu Daska, 2nd Amane Gobena, 3rd Emily Chebet, 4th Julliah Tinega, 6th Belainesh Zemedkun. Magdalena Lewy-Boulet came in 14th.

OLYMPIANS IN THE FIELD — There are five Olympians in the open field and three registered for the USA 10K Race Walk Championships that begin at 7:30 a.m. on the plaza.

BIGGEST LOSER — Saturday's field will also include Kelley Putman of Gloversville who shed 130 lbs to take part in the race, and had been diagnosed with congestive heart failure seven years ago. Although she has only been exercising for the past two months, Kelley will compete with her friend, Jamie, to celebrate her accomplishments!

MARATHON TRAVELS — Elite runner Edna Kiplagat completed a marathon trip to compete in Saturday's race. The 24-year-old Kenyan arrived in Albany at 11 p.m. Thursday having flown from Nairobi to Zurich to JFK and onto Albany. Kiplagat won this year's LA Marathon and completed the last mile in a blistering 5:10!

BIB NUMBERS -- Elite runners will be wearing a deep green bib. The masters will have an "M" on their backs. All elites will have their first name in big letters, followed underneath by their last in smaller letters. Underneath that will be their bib # flanked by their nation's flag.

NEW LOOK FINISH! — This year's Finish Line is brand new! The unique 40' wide x 12' high structure features the Freihofer's Run for Women logo at the center and also incorporates the graphics for the Kids' Run and Community Walk, the race's companion events. Leading toward the finish line — on either side of the road — are more than 100' of customized barricade sleeves with sponsors' logos, helping to tie together the new "look and feel" for our finishers!

BANDS ON THE RUN -- Also new this year ... the 5K course will feature an eclectic assortment of LIVE bands that runners will pass twice. **The Hillbilly Horns**, a brass-kicking seven piece country/rock band, will be located at the Buffalo Soldier Memorial as runners enter the park from Madison Ave. Look for **Acoustic Trauma**, a fiery progressive rock band led by **Paul Maceli**, on the median on Western Ave at Robin Street. Several local school bands will also rouse competitors and spectators along the course. Further, **Band of Gold**, will rock the Community Walk course with their inspiring mastery of rock, disco, country, soul and jazz standards. **Mike Dimin**, a masterful Jazz Bassist, will also perform on Eagle Street.

COMMUNITY WALK NUMBERS UP 52% — Signups for this year's 22nd Freihofer's Community Walk, a three-mile fundraiser for area non-profits, are up 52 % over last year. More than 78 charities (featuring 827 walkers) will participate. Last year, 51 non-profits (572 walkers) took part. The most charities to have walked the course were 84 in 1998. The walk steps off at 12:30 p.m. Saturday.