

SINCE 1913

Freihofer's 43rd run for women

BAKERY

Freihofer's Run for Women Elite Athlete Recruitment

OVERVIEW

Founded in 1979, the Freihofer's Run for Women is one of the nation's most prestigious all-women road races. Home to the Masters World Best & U.S. All-Comers record of 15:48 set in 2004 by Colleen DeReuck, the 5K features some of America's best long-distance runners and more than 3,000 women from 28 countries and 30 states who challenge themselves on our course which begins and ends at the New York State Capitol. From Olympians to recreational runners, it's an empowering blend of competition, participation and camaraderie. We invite you to become part of our elite field for our 43rd edition on Saturday, Sept. 25, 2021 at 9 a.m. in Albany, N.Y.!



ELITE ATHLETE INFORMATION



You can submit your 2021 elite athlete application through our registration page. To apply, go to the registration page at freihoferstrun.com and select elite athlete (by invitation only). Only applications submitted through the online elite application form will be considered. All athletes must have run on a certified course since Jan. 1, 2019. All applications must be approved by Event Director Kristen Hislop. If your application is accepted, you'll receive an e-mail with

a confirmation. Please note that it may take a few weeks after submitting an application to receive a response. All applications must be submitted no later than midnight on Sep 4, 2021.

Aug. 15, 2021. *An elite athlete application does not guarantee an entry into the 2021 Freihofer's Run for Women.*



freihoferstrun.com

THERE ARE TWO ELITE CATEGORIES FOR THE 2021 FREIHOFFER'S RUN FOR WOMEN, ELITE AND MASTERS. ALL ELITE RUNNERS RECEIVE:

- Complimentary entry
- High-performance women's commemorative t-shirt, Freihofer's product, chip timing, live results, printable finisher certificates, and post-race refreshments courtesy of Price Chopper Supermarkets
- Complimentary dinner on Friday night
- Complimentary race day parking pass
- Complimentary VIP wrist band



Hotel accommodations, mileage/travel reimbursement and meal stipends may be available for highly qualified applicants.

ELITE ENTRY STANDARDS

Qualifying Distance	Open Women	Masters Women
5K	17:30	19:45
10K	36:50	

PRIZE MONEY

	Open	Masters	Age Graded	USATF Individual - Adirondack Association	USATF Teams Open	USATF Teams 40+	USATF Teams 50+	
1	3000	1000	500	500	500	500	500	
2	2500	800	400	400	400	400	400	
3	2000	600	350	350	300	300	300	
4	1500	400	300	300	200	200	200	
5	1250	200	250	250	100	100	100	
6	1000							
7	750							
8	500							
9	250							
10	200							
Total	12950	3000	1800	1800	1500	1500	1500	\$24,050

For more information, please email Event Director Kristen Hislop at khislop@freihoferstrun.com or call (518) 577-5889. You can also visit freihoferstrun.com