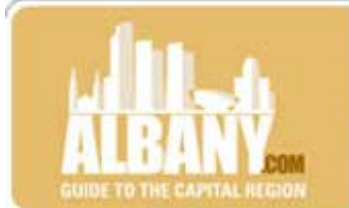


Summer Fun In The Capital Region

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Latest Articles On Albany.com



Giants Training Camp

Get a glimpse of the NFL Superbowl Champs as they train in Albany this summer at the UAlbany campus. [See the schedule >>](#)



Albany Swimming Pools

Cool off in one of the public swimming pools or spray pools in Albany this summer. It's free and fun! [Learn more >>](#)



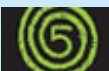
Couples Staycation Ideas

Thanks to everyone who sent in ideas! We now have a list of creative and fun ideas for couples planning an Albany staycation. [Check it out >>](#)



Staycation Ideas For KIDS

Save money by having a vacation at home with the family this summer. Albany.com offers creative ideas for a fun staycation in Albany. [Go >>](#)



Alive At Five

Don't miss these free summer concerts down by the river every Thursday night through August 14. [See who's playing this week >>](#)

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At The Plaza Food Festival Today!

Wednesday • August 6, 2008

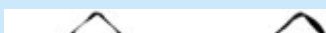


Don't miss this fun day of food, music and fun! Head to the Empire State Plaza today, August 6, from **11 am to 10 pm** for great food from over 70 vendors and live music from the best local bands in the Capital Region. [More info >>](#)

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Saratoga Race Track Giveaway

Sunday • August 10, 2008



This Sunday's giveaway at

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Upcoming Local Events

At The Plaza Food Festival - Free
August 6 | Empire State Plaza
[Learn More](#)

Alive At Five: Local Latin Night - Free
August 7 | Riverfront Park, Albany
[Learn More](#)

The Altamont Fair
August 12 - 16 | Altamont NY
[Learn More](#)

Alive At Five: Irish Night - Free
August 14 | Riverfront Park, Albany
[Learn More](#)



the Saratoga Race Track is a Saratoga themed stadium seat. It has the Saratoga umbrella on the front and the Daily Racing Form logo on the back.

There are only two more giveaways at the Track after

this one... [Learn more >>](#)

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[See All Upcoming Events](#)



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