



# 2017 BUFFALO MARATHON

LAKE ERIE



- HALF/FIRST LEG OF FULL** ★ START
- SECOND LEG OF FULL** ★ FINISH
- ★ CLIF SHOTS
- + EMS BioFreeze, Vaseline, Tylenol
- 💧 WATER
- ✓ PORT-O-POTTY
- G GATORADE
- P PARKING

- RELAY EXCHANGES**
- ★ 1 278 Delaware Ave
  - ★ 2 Washington between Exchange & Scott
  - ★ 3 Mid curve of intersection of Crescent with Amherst