



BUFFALO MARATHON™



RACE WEEKEND GUIDE

Luxuryⁿ



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WELCOME

On behalf of the Buffalo Marathon Board, the Marathon Committee, our thousands of volunteers and esteemed sponsors, we would like to take this opportunity to welcome you to the 2018 Buffalo Marathon.

The Buffalo Marathon is a non-profit, 501C3 charitable event. In 2017, we were able to raise more than \$75,000 for the many charitable organizations that support us by providing us with volunteers. This brings our total to more than \$400,000 over the life of the Marathon, with \$300,000 of that being raised in just the last 4 years. Sincere thanks to all of you who have made that possible and please thank the volunteers and first responders who are out on the course supporting you. This weekend would not be possible without them.

New for 2018 is the Ruffalo Stampede, our 1k Dog (and owner) participation event which sold out in less than a month! Proceeds will go toward sponsoring the Buffalo Police Department's K9 program in honor of fallen K9 Officer Lt. Craig Lehner. The check presentation will be on Saturday, 5/26 at approximately 1:30pm at the finish line. Shield, Lt Lehner's K9 partner is scheduled to be in attendance with his new handler. The K9s are present at the Marathon every year keeping us safe and we cannot thank them enough. We also want to thank Northtown Automotive and Milk Bone for supporting the Ruffalo Stampede. Here is a link if you would like to donate to the Buffalo Police K9 program.

Fireworks return this year so be sure to look skyward during the national anthem just prior to the start of the race. We have also upped the ante and added them to the finish line as well, to celebrate the culmination of your training, discipline and sheer will.

We know how hard you prepare for this weekend. It's our goal to acknowledge that by providing you with a big-time race experience you will cherish for years to come. Most importantly, we want you to come back year-after-year, bringing your fellow runners from across the street and all over the world. Buffalo is the "City of Good Neighbors," and we hope you enjoy being here as much as we enjoy having you. Have a great race.

Greg Weber
Executive Director/Race Director

Rich Clark
Operations Director



***DOWNLOAD OUR APP FOR RACE WEEKEND
DETAILS AND LIVE RUNNER TRACKING!***



MAYOR BYRON W. BROWN

2018

Dear Runners,

Welcome to Buffalo! On May 26th and 27th, more than 7,000 athletes will take part in the Buffalo Marathon, Half Marathon and relays, the John Beishline Memorial 5k, and the first-annual Buffalo Stampede, a 1 Mile event for runners and their canine companions.

On this Memorial Day weekend, a special group of runners will honor our veterans and active military by participating in the Stars & Stripes Relay and the Team RWB Challenge, along the marathon course.

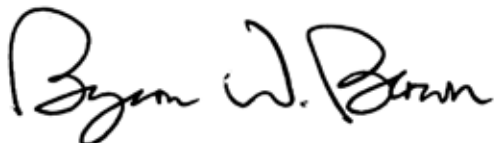
This year, 1,500 marathoners, and more than 3,500 half-marathoners, will hit the streets of Buffalo to achieve their individual goals. The race field includes runners from 42 states, including Alaska and Hawaii, plus the U.S. Territory of Puerto Rico, and nine countries, including Australia, Japan and Brazil.

If this is your first race in Buffalo, you are in for a treat. Our courses are fast and mostly flat, and will take you through lush Frederick Law Olmsted parks, along the shorelines of Lake Erie and Buffalo River, past two Frank Lloyd Wright houses, and through historic Forest Lawn Cemetery. Along the way, you'll receive cheers of encouragement from our Buffalo residents.

I know some of you are running to raise money for your favorite charities, but I want to thank all of you for contributing to programs which support health and wellness in our community. A portion of your race entry fee will be donated by race organizers to a variety of nonprofit organizations, including our City's Police Athletic League, which provides year-round recreational opportunities and mentoring, for our children, teens and young adults. In just the last four years, those donations have totaled over \$270,000.

Whether you are racing for prize money, a Boston Marathon qualifying time, a personal best, or fulfilling the dream of crossing a marathon finish line for the first time -- on behalf of the citizens of Buffalo, I wish you the best of luck and God speed!

Sincerely,



Byron W. Brown
Mayor





COUNTY OF ERIE

MARK C. POLONCARZ

COUNTY EXECUTIVE

May 27, 2018



Dear Friends,

As County Executive, I welcome you to Erie County for the 2018 Buffalo Marathon. Known as "The City of Good Neighbors", Buffalo is the heart of our region, offering a vibrant arts community that is recognized nationwide for its variety and depth. Erie County is also known for its first-rate restaurants, family entertainment activities, shopping and sporting events of all kinds.

Our close proximity to Niagara Falls, a must see natural wonder, guarantees a memorable experience for all visitors. Even more natural beauty is showcased in our extensive parks system and Buffalo's waterfront area. On behalf of my fellow residents, we hope that you will enjoy your visit and will take advantage of all that our area has to offer.

To the men, women and children participating in this year's Marathon, I welcome you to Erie County. There is a lot to see and do, and I would like to thank you for once again choosing to participate in the Buffalo Marathon. I am confident that you will enjoy your time here, leave with great memories, and look forward to your next visit to our region.

Sincerely yours,

A handwritten signature in blue ink that reads "Mark C. Poloncarz".

Mark C. Poloncarz
Erie County Executive

MCP/pi

MARATHON WEEKEND SCHEDULE

FRIDAY, MAY 25

Time	Activity	Location
6:00 PM	Friday Night Pedal Party (meet)	FREE EVENT
7:00 PM	Friday Night Pedal Party (ride) FREE EVENT	Lucky Day Whiskey Bar 320 Pearl Street
6:00 PM – 8:00 PM	Free Yoga (Weather Permitting)	Convention Center/ Finish Line

SATURDAY, MAY 26

John Beishline Memorial 5k

6:30 AM – 8:15 AM	5k Packet Pickup (No expo day registration)	Convention Center Lobby
8:30 AM	5k Start	ID REQUIRED Pearl Street Behind the Convention Center
8:45 AM – 10:30 AM	5k Post Race Party	Convention Center, Upstairs
9:45 AM	5k Awards	Convention Center, Upstairs

Kids Mini-Marathon

9:45 AM	Bib Pickup – No race day registration	Convention Center Lobby
10:30 AM	Start of 3 & Under	Franklin St. & Court St.
10:45 AM	Start of 4 & 5 year olds	Court St. & Niagara Square
11:00 AM	Start of 6 – 8 year olds	Genesee St., Near Timing Trailer

Ruffalo Stampede

11:30 AM	Ruffalo Stampede Packet Pickup	Front of convention center
12:30 AM	Ruffalo Stampede	
1:00 PM	Street Party	Osteria

Runner's Expo, Packet Pickup & Speakers Series

Convention Center, Upstairs

9:00 AM – 6:00 PM	Expo and Packet Pickup	ID REQUIRED Convention Center, Upstairs
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HEALTH & WELLNESS EXPO PRESENTED BY:



Speakers Series**Convention Center, Upstairs**

10:30 am	Melissa Kahn, half-marathon runner, triathlete	Convention Center, Upstairs
11:30 am	Tim Kaufman Buffalo Native, Finding The Road To Health	Convention Center, Upstairs
2:30 pm Upstairs	Fitz Koehler, Master's Degree in Exercise and Sport Science.	Convention Center,
3:45 pm	Greg Weber & Rich Clark, Race Operations Last minute question & answer session.	


Pasta Party**Conv. Center Ballroom, 1st Floor**

4:00 PM	Single seating and will be over at 6:00 PM	
5:00 PM - 6:00 PM	Jazz Band Playing	
6:00 - 8:00 PM	Free Yoga - Restorative Class	Room 103 Convention Center

SUNDAY, MAY 27—RACE DAY

5:30 AM – 6:15 AM	Last-chance Packet Pickup — No race day registration	Convention Center, Room 106
5:30 AM – 6:15 AM	Gear Drop, Must use the provided clear plastic bags and have your bib pull tab available	Convention Center, Room 106
5:30 AM – 6:15 AM	Race Shirt Exchange for Size	Convention Center, Room 106
6:30 AM	Marathon, Half Marathon, Marathon Relay Start	Delaware St. & Huron St.
8:15 AM	Post-Race Party Starts	Convention Center, Upstairs
8:15 AM*	Half-Marathon Awards, Male & Female Overall Winners	at the Finish Line, Franklin St.
9:00 AM	Beer is served – ID may be requested	Convention Center, Upstairs
9:45 AM*	Full-Marathon Awards, Male Overall Winners	at the Finish Line, Franklin St.
10:30 AM	Half-Marathon Course Closes	
10:45 PM*	Full-Marathon Awards Female Overall Winners	at the Finish Line, Franklin St.
12:30 PM	Finish Line Closes	
1:30 PM	Post-Race Party Closes	

MONDAY, MAY 28—MEMORIAL DAY

5:30 PM arrive	Memorial Day Slow Roll – Free event	Buffalo and Erie County Naval & Military Park
		
6:30 PM rolling	Memorial Day Slow Roll,	Buffalo and Erie County

*subject to change based on finishing times.

BUFFALO MARATHON FRIDAY NIGHT PEDAL PARTY

proudly presented by



FRIDAY MAY 25 2018

@ lucky day whiskey bar 320 pearl street

free for all ages meet at 6pm ride at 7pm
info and registration at slowrollbuffalo.org

**ROLLING WITH NEIGHBORHOODS
CONNECTING COMMUNITIES
TAKING THE LANE**



BUFFALO MARATHON PASTA PARTY - SAT, MAY 26TH 4 - 6PM

Tickets are \$20 Each - Purchase Online or at the Expo



JOIN YOGIS IN SERVICE AT THE BUFFALO MARATHON

Free Yoga Offerings to Buffalo Marathon
Athletes, Family Members, and Friends
Brought to You by Yogis in Service

Friday, May 25 6-8 p.m.
(Vigorous vinyasa flow, 6:30-7:30 p.m.)
Outside convention center at the Finish
Line, weather permitting
(or in Room 103 of the Buffalo Convention
Center)

Saturday, May 26 6-8 p.m.
(Restorative yoga class from 6:30 - 7:30 p.m.
- perfect for runners)
Room 103 of the Buffalo Convention
Center

Look for YIS at the Mile 12 waterstop on
Sunday

To learn more, please visit
yoginservice.org



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Bring In your Race Tag to any of our 5 Feel Rite Fresh Markets locations across WNY from **5/26/2018** to **06/09/2018** and receive **\$5.00** off a **\$20.00 (or more)** purchase of anything in our stores!

(One discount per racer tag)

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636-1000
Cafe & Organic Juice Bar

WEST SENECA
3521 SENECA ST
675-6620

HAMBURG
6000 S PARK AVE
649-6694

www.feel-rite.com



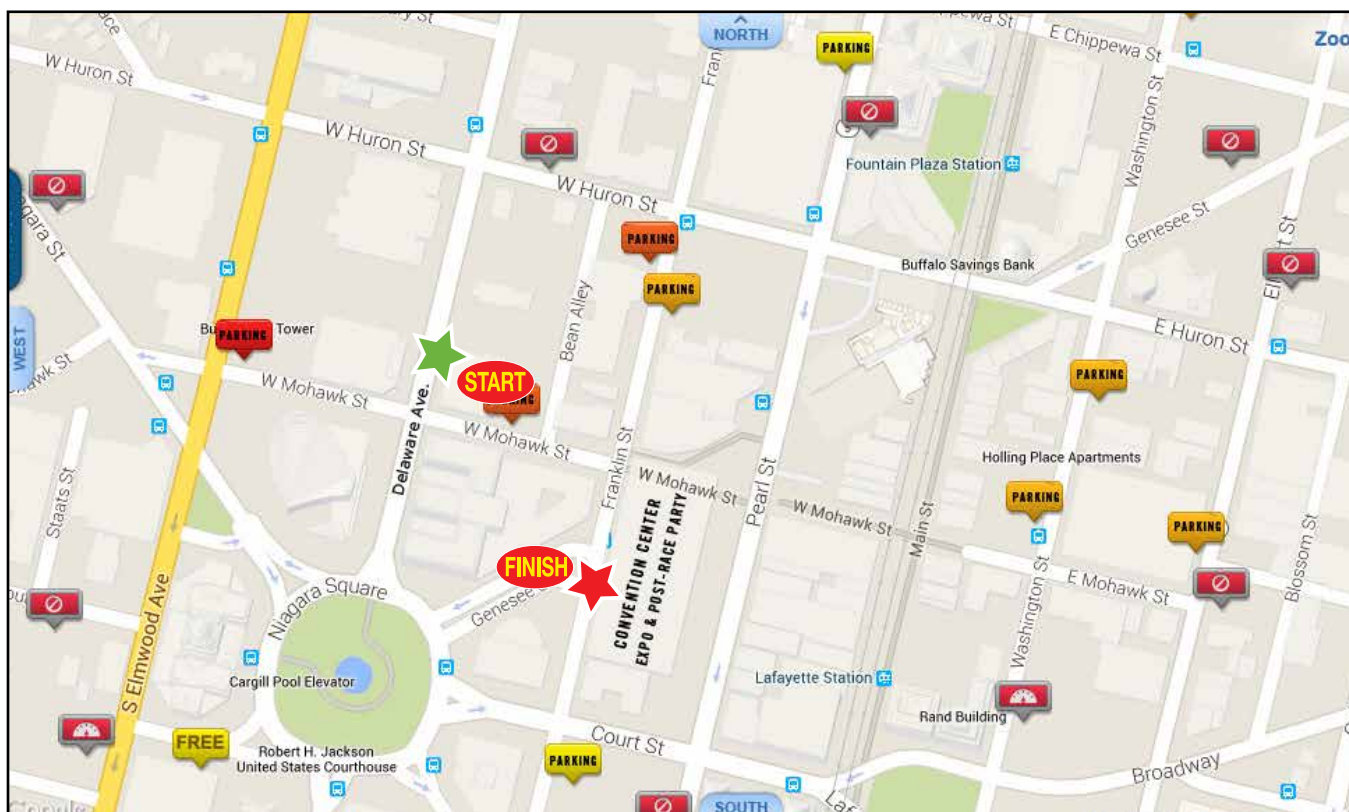
PARKING

WHERE AND HOW TO PARK FOR THE BUFFALO MARATHON

Have you ever had one of those running-related nightmares where you're trying to find a spot to park your car, only to hear the starting gun for the race go off in the distance? Here's all the information you'll need to not let that nightmare happen in real life!

The Buffalo Marathon is primarily held in Downtown Buffalo, North Buffalo, the West Side and Canalside Buffalo. The roads to the west of the route will be difficult to navigate throughout the duration of the race. If you choose to find on-street parking, we recommend parking anywhere EAST of the marathon route downtown. Streets like Ellicott and Washington, anywhere between Chippewa and Broadway, will put you within walking distance of the start and finish lines. (See highlighted area on map)

Parking east of the marathon route will also allow you to easily access the 190 expressway, which will take you to I-90. You will also be able to easily access the 33/Kensington Expressway, which will take you through the city and out to the airport, or back to I-90. There will be several parking lots available near the Buffalo Convention Center, marked on the map below.



Please note: these lots may require a fee during the weekend.

Please also see Detailed Road Closures for additional information. These are the streets that will be closed in a one-block radius around The Buffalo Niagara Convention Center race morning starting at 5 AM: Franklin, Pearl, Court, Huron, Niagara Square, Genesee, Mohawk and Delaware (Niagara square to Gates Circle).

On race morning, please drive carefully as you get near the race site – there will be countless runners in the streets making their way to the start and warming up.

JOHN BEISHLINE MEMORIAL 5K

The John Beishline Memorial 5K will be held on Saturday, May 26, the day before the Buffalo Marathon and Half Marathon, so even those registered to run on Sunday or their families and friends can take part in this great event!

DATE: SATURDAY, MAY 26

START TIME: 8:30AM SHARP!

PACKET PICKUP:

Only pre-registered runners may pick up their packets on race morning between 6:30AM – 8:15 AM in the lobby of the Buffalo Niagara Convention Center.

Please note: there will be no registration Saturday morning. Marathon and Half Marathon packets are NOT available to be picked up during the 5k packet pickup.

FULL/HALF PACKET PICKUP WILL BE AVAILABLE STARTING AT 9:00 AM WHEN THE EXPO OPENS.

Please see “Marathon Expo and Packet Pickup” for more details.



START DETAILS:

- The start is located on Pearl Street between Huron and Court Streets.
- Please arrive at least 15 minutes before the start.
- Entry into the starting corral will be from the BACK only. Please refer to the marathon/half marathon instructions for more detail about what is/isn't allowed into the starting corral on race morning.
- If warming up, please do so south of the chute on Pearl St. headed towards Court St..

AWARDS AND POST RACE PARTY:

A post race party will be held at 8:45 AM on the second floor of the Convention Center, and Age Group Awards will be given out at that time.



PACKET PICK UP & MARATHON EXPO PRESENTED BY EXCELSIOR ORTHOPAEDICS

EXPO HOURS

The Expo Presented by Excelsior will be held at the Convention Center on Saturday, May 27 from 9:00 AM – 6:00 PM

PACKET PICKUP

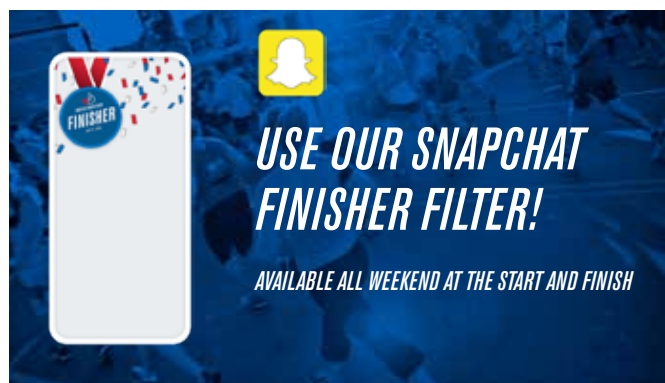
ID REQUIRED

Packet pickup for pre-registered runners will be held at the Buffalo Marathon Expo presented by Excelsior at the Buffalo Niagara Convention Center on Saturday, May 26, from 9 a.m. – 6 p.m.. ID will be required

- If you cannot pick up your packet, you may send a representative to do so.
- Any member of a relay team may pick up the team's packet – it's not necessary for all members of the relay team to be present for packet pickup. ID will be required.
- Race packets for the full and half marathon will be arranged according to bib number. Runners will receive an email in advance containing their bib numbers.
- Relay team packets will be organized alphabetically by the team's name.
- Runners wishing to exchange their race shirts for a different size may do so ONLY from 5:30 – 6:15 AM on Sunday, May 27 in room 106 at the Buffalo Niagara Convention Center.
- If you plan to attend the Pre-Race Pasta Party, you must obtain your ticket at the Pasta Party table during the Expo in the Packet Pickup area. Please note: Tokens will not be available for purchase at the EXPO.

RACE DAY

There will be NO REGISTRATION race day. Registered runners may pick up their packets on race day morning, Sunday, May 27, in room 106 at the Buffalo Niagara Convention Center ONLY from 5:30-6:15AM.



Congratulations Runners!

Present your race bib to receive 15% off your total purchase at Modern Nostalgia, May 28-30

Bri Klejdys-Long
Owner
Tel: 716-844-8435
Website: www.shopmodnos.com
Hertel: 1382 Hertel Avenue, Buffalo, NY 14213
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At Excelsior, we keep WNY running.



If you're a runner, Excelsior Orthopaedics and Sports Medicine is one of the most valuable resources in WNY. That's because we're uniquely positioned to meet all your athletic needs.

Excelsior Runners Program - STRIDES™

As WNY's premier injured runners program, the STRIDES team of sports medicine physicians, certified athletic trainers, physical therapists and sports performance experts specialize in the evaluation and treatment of injuries suffered by runners.

Physical Therapy

Excelsior is home to one of this area's top Physical Therapy programs - our outstanding team of therapists, state of the art facilities and equipment will get you moving again.

Urgent Orthopaedic Care - Excelsior Express

If you suffer a sprain, strain or break, skip the ER and get the immediate care you need from an orthopaedic expert.

We're proud to be the Health & Wellness Sponsor of the 2018 Buffalo Marathon

After the race, be sure to stop by the **Excelsior Stretch Zone**, where our team of physical therapists and certified athletic trainers will guide you through a dynamic post-race stretching routine that will help you cool down and recover.

The Excelsior Stretch Zone is located on the second floor of the Convention Center.

www.excelsiorortho.com • 716-250-9999
3925 Sheridan Drive, Amherst, NY 14226
3045 Southwestern Blvd., Suite 108, Orchard Park, NY 14127
10175 Niagara Falls Blvd., Suite 2, Niagara Falls, NY 14304



PRE-RACE PASTA PARTY

Come carbo-load and relax with your family and fellow runners at the Buffalo Marathon Pasta Party! This year's pasta party will be held in the Ballroom of the Buffalo Niagara Convention Center on Saturday, May 26 between 4-6PM. Tickets are \$20, and must be purchased online prior to the Expo or at the information table. Visit the Pasta Party table at the Expo on Saturday, May 26th between 9AM and 4PM to pick up your tickets. Please present your ticket at the ballroom door (first floor).

NOTE: Seating is limited, and there are NO REFUNDS on Pasta Party tickets. EVERYONE must have a ticket, including children.

DINNER INCLUDES:

- Penne rigate served with Alfredo sauce or basil marinara
- Meatballs or grilled chicken
- Rolls and butter
- Fresh garden green salad with Italian or ranch dressing
- Cookies
- Soda and water pitchers
- Our own Mile 27 Pilsner brewed locally by Flying Bison Brewery specially for the Buffalo Marathon. ID may be requested.



GENERAL BAGGAGE POLICY AND PRE-RACE GEAR CHECK

GENERAL BAGGAGE POLICY

As in past years, there will be a strictly enforced bag check policy for the 2018 Buffalo Marathon. We reserve the right to screen bags entering any Buffalo Marathon venue.

PRE-RACE GEAR CHECK

You may check a bag on the morning of the Buffalo Marathon if you would like to have a change of clothing available when you're done with your race.

- Pick up a gear-check bag at Packet Pick-up. The only bag that may be used will be the clear plastic bag, specifically intended for gear check, provided to you by the Buffalo Marathon at Packet Pick-up. For gear check, use the gear tag from your bib
- No other bags will be accepted.
- Runner should give bib tear off strip to volunteers with their bag. Volunteers will label your bag with your name and bib number so you may retrieve it after the race.
- Beginning at 5:30 am on race morning (Sunday, May 27), leave your gear check bag at the Gear Check Area located in room 106 of the Convention Center on the 1st floor.
- Retrieve your bag from the same Gear Check Area when you finish the race. The Gear Check Area will remain open until 1:00 PM race day.
- Bags that are not picked up will be donated to a local charitable organization.

Please be advised the Buffalo Marathon is not responsible for any lost or stolen items – any valuable items that you place in gear check bags, such as cell phones, are placed in bags at your own risk. If cell phones are left in bags, please be sure to turn them off.

OFFICIAL MERCHANDISE

BUFFALO MARATHON 2018

provided by **5K RACING**

Located At The Buffalo Convention Center
Saturday May 26th • 9am - 6pm
Sunday Race Morning May 27th • 7am - noon

The advertisement displays a variety of merchandise including two blue long-sleeved shirts, two black tank tops, two dark blue hoodies, four beanies (two red, two blue), and four baseball caps (two red, two blue). Each item features the Buffalo Marathon logo.

Nike Hoodies • Adidas Jackets • Quarter Zips • Tees • Glassware • Hats • Beanies • Decals • Magnets • & More!

MARATHON, HALF MARATHON AND RELAY STARTING PROCEDURES

START TIME: 6:30 AM SHARP!

CORRAL OPENING: 5:45 AM

START LINE FIREWORKS PRESENTED BY SKYLIGHTER FIREWORKS

The Marathon, Half Marathon and Relay start at 6:30 AM sharp, so please allow yourself enough time to get into the starting corral. The corral will open at approximately 5:45 AM

START LINE

The Start Line Is Located on Delaware Avenue between Huron & Mohawk Streets.

PORTA POTTIES

There will be 110 porta potties positioned between the start and finish lines on and around Franklin Street for your convenience. Additionally, there will also be numerous porta potties at every water station along the race course.

WARMING UP

Anyone wishing to warm up before the race may use Franklin Street and streets south of the Marathon start line.

WHAT'S ALLOWED IN THE STARTING CORRAL

ONLY RUNNERS may enter the starting corral, and only race essentials may be brought into the corral. Items brought into the corral may be inspected by volunteers when entering. Acceptable race essentials include:

- fuel belts
- fanny packs
- race nutrition
- camel packs
- water bottles less than a liter in size
- extra layers of clothing intended to be discarded
- American flags to be used for the annual Stars & Stripes Relay or by TeamRWB race participants.

When discarding clothing, please place items in the clothing donation bins located in the corral, or on the barricades, and not in the road. Clothing discarded in the first mile will be collected and donated to a local charitable organization.

WHAT'S NOT ALLOWED IN THE STARTING CORRAL OR ON THE RACE COURSE

- Backpacks, any similar item carried over the shoulder, or bags of any size
- Dogs
- Baby strollers
- Glass containers
- Props of any sort, including any sporting equipment, military gear, or weaponry
- Roller blades/roller skates
- Runners may not be accompanied by family or friends on bicycles at any point along the course

CORRAL ENTRY

You may enter from the BACK of the starting corral at Mohawk Street & Delaware Avenue, or from one of the barricade openings on EITHER SIDE of the starting corral on Delaware Avenue. You WILL NOT be allowed to enter the corral from the FRONT at Delaware Avenue & Huron Street.

Runners must show their bib number to be allowed into the starting corral.

A tall, ornate building, likely a skyscraper, is the central focus of the image. It is illuminated with warm lights, and its top section is lit up in green. The building is surrounded by a dense crowd of people on the streets below. In the background, other city buildings and lights are visible. The sky is filled with numerous fireworks exploding in various colors, including red, green, and white. The overall atmosphere is festive and celebratory.

Official Fireworks Provider

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skylightersfireworks.com



STARTING LOCATION WITHIN THE CORRAL

15 foot flags with anticipated pace times will be posted at the openings along the barricades so you may line up accordingly.

Flags will be posted for the following anticipated per-mile paces: 7:15, 8:25, 9:30, and 10:40. Runners planning to run at a pace over 10:00/mile should enter the start corral from the back.



GETTING AN OFFICIAL TIME

Please be aware that this is a chip-timed race – your time starts ONLY when you cross the starting mat located under the starting arch. You will not be at a disadvantage by lining up further back in the corral according to your appropriate anticipated pace.

Also remember, you must wear your bib (which contains your chip) on the front of your shirt to get an official race time.

MARATHON RELAY TEAM PROCEDURES AND LOCATIONS

RELAY TEAM PROCEDURES

- Each team must have four runners, and each team member must run his or her leg carrying an American Flag of approved size.
- The first three runners on a team each run 10K, while the last runner finishes with 12K.
- The first runner lines up with the marathon and half marathon starters.
- Each relay runner will tag off to his/her team member in the 10K exchange zones.
- Each team will receive a fifth bib with a chip already attached to the back on a race belt. Each runner will be required to wear this around his/her waist.
- Additionally, each team member must wear a smaller “RELAY” bib on the back of his/her shirt. These “RELAY” bibs are provided in the team’s race packet.
- Each runner will be required to pass the race belt to his/her respective teammate within the relay exchange zone after the timing mats.
- Your team will get its split times as you pass your race belt after each exchange zone timing mat.
- The final runner MUST be wearing the race belt as he/she crosses the finish line in order for your relay team to receive an official race time.
- VERY IMPORTANT: ONLY THE LAST RUNNER MAY CROSS THE FINISH LINE. Please do not plan for your entire relay team to cross the finish, since this causes confusion with the chip timing process. Relay teams that cross with all 4 team members may not be eligible for awards at the sole discretion of the race director. Relay runners crossing in fours, arm in arm, pose a safety hazard and ruin other finishers pictures, please be considerate.
- The first relay team carrying the flag the entire way through the city gets the award

*** In order to be eligible for the first place trophies, teams must carry the flag of approved size for the entire race course and into the finish line.**

RELAY BUS TRANSPORTATION INFORMATION

- Relay team transportation will be provided on buses departing on Huron Street, next to the Hyatt Hotel.
- Busses will leave as soon as they are filled. There will be multiple busses leaving for the relay exchange zones.
- Only outbound transportation (to the relay exchange zone) will be provided.

- Buses will be marked with signage indicating their destinations. Buses will begin boarding as follows:
 - » The first bus to the 20k relay exchange zone leaves as soon as the first bus is filled, and the last bus leaves at 6:30 AM.
 - » The first bus to the 30k relay exchange zone leaves as soon as the first bus is filled, and the last bus leaves at 7:00 AM.
 - » Please note there is no 10K bus, as the 10k relay exchange zone is 2 blocks from the Hyatt Hotel. Relay team members running the second leg beginning at 10K are expected to walk to this relay exchange zone.
 - » Busses will shuttle between the bus stop at 1600 Amherst Street and Washington & Huron Streets until 10:30 AM. There is no set schedule for these shuttle trips – busses will depart as soon as convenient for the runners on board, with the aim of being as flexible as possible.
 - » Do not plan to leave any gear on the bus.

MARATHON RELAY EXCHANGE ZONES

- Start – Delaware Avenue between Huron & Mohawk Streets (with full and half marathoners).
- 10K – Delaware Avenue near Huron
- 20K – Washington Street just south of the 1-90
- 30K – Crescent Avenue near Amherst Street
- Relay team Finish - On Franklin Street just north of W. Mohawk Street
(finish is on left side of the road)



COURSE ENTERTAINMENT

MILE	LOCATION	BAND	GENRE	TIME
.75	Delaware & North	Wise Alex	Blues	7:00–11:00 AM
3	Albright Knox Art Gallery	Lost Connections	Alternative Rock	8:00–12:00 PM
7	Maryland & Niagara	Hintz of Thunder	Contemporary Country	8:30–10:30 AM
9	Band Shelter on Amvets Drive in LaSalle	The Water Dogs	Alternative-Folk	8:30–10:30 AM
11	The Hatch in the Marina	The Fredtown Stompers	Jazz	7:00–9:00 AM
11.8	Scott & Washington	Tom Stahl & The Dangerfields	Rock	7:30–9:30 AM
17	Askers in Delaware Park	Porcelain Train	Folk	7:30–9:30 AM
17.5	Meadow in Delaware Park	Buffalo Bagpipe Band Club	Bagpipe	8:00–10:00 AM
23.2	Colonial Circle	Dark Road Duo	Folk/Blues	8:00–10:00 AM
24.4	Symphony Circle	Penny Whiskey	Folk	8:00–10:00 AM
25.5	Tupper & Delaware	Nathan Pitorff	Elvis Tribute	9:00–11:00 AM





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CONGRATULATIONS TO ALL PARTICIPANTS.**

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SUPPORT ON THE COURSE + PACE TEAMS

PORTA POTTIES

For your pre-race convenience, porta potties will be available near the start north of the corner of Chippewa Street on Pearl Street. There will be 110 porta potties positioned between the start and finish lines on and around Franklin Street.

During the race, numerous porta potties are available at every relay checkpoint, at every aid station, and after exiting the finish area.

ON-COURSE SUPPORT

Gatorade Flavor: Lemon Lime. This year we have partnered with ClifBar to provide on-course support at various mile markers. ClifShots will be available.

BUFFALO MARATHON PACE TEAMS SPONSORED BY RUNNER'S ROOST

The Buffalo Marathon will have official Pace Teams (two runners taking 1st and 2nd leg half marathon distances each, or one runner taking the full marathon distance) that will assist runners in keeping their desired marathon or half marathon pace times. We are planning to have pacers to meet marathon goal times of 3:00 - 5:00 (in ten-minute increments) and half marathon times of 1:30 - 2:30 (in five-minute increments.)

Official Pace Team members will be easily identified at the start of the race as they will be wearing black Buffalo Marathon singlets with "PACER" clearly printed on the front and back. In addition, each pacer will be holding a pacer sign specifying a half marathon finishing time and a corresponding marathon finishing time. At the start of the race, please look for the pacer that has the marathon or half marathon finishing time that you desire.

Come and meet your pacers at the Runners Expo on Saturday, and later that evening at the pasta party!

Questions regarding pacing should be directed topacers@buffalomarathon.com and will be responded to promptly right up until an hour before race time.

MARATHON FOTO

Don't forget to smile for the cameras! Marathon Foto will be on the course to capture the memories from this special day.



CANCELLATION POLICY

BEMA's first goal and priority is runner, volunteer and spectator safety. The decision to cancel the event prior to or halt it during the event is at the discretion of race management and public safety officials.

Items taken into consideration include, but are not limited to:

- Acts of terrorism.
- Lightning. BEMA is in contact with the National Weather service to determine the potential for lightning on the course footprint. The presence of lightning during the event or during event preparation and setup can be considered for cancellation.
- Extreme ice.
- Extreme cold/heat.

BEMA uses the heat alert system set forth by the American College of Sports Medicine guidelines for wet bulb globe temperatures (WBGTs) as a guide. The WBGT is determined by measuring ambient air temp, humidity, wind and solar radiation.

NEW TEXT ALERT SYSTEM FOR ATHLETES

We've rolled out a new text alert system for important messages like weather and traffic.

You can opt in by texting 2018BuffaloMarathon to 33222



The graphic features a blue background with a blurred image of runners. On the left, a vertical stack of five colored bars represents the alert levels: black (EXTREME), red (HIGH), yellow (MODERATE), green (LOW), and white (EXTREME). To the right of these bars, corresponding text describes the conditions and runner instructions. At the bottom, a disclaimer explains the basis for the color coding.

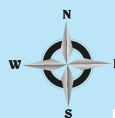
BUFFALO MARATHON

CONDITION ALERT SYSTEM

EXTREME	<i>EXTREME HEAT. Race may be canceled or halted. Runners are asked to walk or withdraw and follow instructions from race staff, volunteers, and first responders.</i>
HIGH	<i>EXTREME CAUTION. Runners are asked to slow to a walk or withdraw.</i>
MODERATE	<i>CAUTION. Runners are warned of heat and asked to slow down or withdraw.</i>
LOW	<i>GOOD CONDITIONS: Enjoy the day!</i>
EXTREME	<i>EXTREME COLD. Race may be canceled or halted. Seek shelter and follow instructions from race staff, volunteers, and first responders.</i>

Course condition colors are based on the American College of Sports Medicine guidelines for WBGTs (wet bulb globe temperatures). BEMA will monitor the WBGT at different course locations. Flag color will be determined by the lowest reading of the three temperatures. Aid stations will be notified and relay information on changing conditions throughout the event.

2018 BUFFALO MARATHON™



LAKE
ERIE

Buffalo State
College

Albright-Knox
Art Gallery

Delaware
Park

Delaware
Park

Forest Lawn
Cemetery

Buffalo
Zoological
Gardens

START

FINISH

NIAGARA
SQUARE

BUFFALO NIAGARA
CONVENTION CENTER

P 26

P 13

HALF/FIRST LEG OF FULL

SECOND LEG OF FULL

CLIF SHOTS

WATER

GATORADE

EMS

PORT-O-POTTY

PARKING

RELAY EXCHANGES

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

COURSE CLOSURE POLICY

MARATHON COURSE

The marathon course will officially remain open for 6 hours, closing at 12:30 PM. Runners who have not made it to the halfway point by 9:45 AM will be asked to leave the course, or if they choose, finish the marathon on the sidewalks.

HALF-MARATHON COURSE

The half marathon course will remain officially open for 3.5 hours, closing at 10:00 AM

COURSE CLOSURE GENERALLY

The course will progressively be open to vehicular traffic, and water stops will be progressively shut down, according to the following schedule

<i>MILE</i>	<i>TIME</i>	<i>MILE</i>	<i>TIME</i>
2	7:08 AM	17	10:34 AM
4	7:46 AM	18	10:47 AM
6	8:18 AM	19	10:59 AM
8	8:50 AM	21	11:25 AM
10	9:22 AM	22	11:37 AM
11.5	9:46 AM	23	11:50 AM
13	9:55 AM	24	12:03 PM
15	10:10 AM	25	12:15 PM

If you fail to meet the above cutoff times and still wish to complete the race, we will provide second half course maps with narratives to help you navigate your way to the finish. We will also ask that you move to the side walk as the course will be open to traffic. NOTE: the aid stations close at the cut off times.



THE INS AND OUTS OF THE FINISH LINE OF THE BUFFALO MARATHON

FOR RUNNERS:

The marathon and half marathon finish line is in front of the Buffalo Niagara Convention Center on Franklin St.

- Only officially registered race participants are allowed to cross the finish line. You may not cross the finish line with children or other family members or friends.
- Runners who cross the finish line with any non-registered runner risk having their times removed from the official results.
- Runners who have already finished the race and have exited the finishing area MAY NOT cross the finish line again with another runner.
- Relay teams: only the last runner on the team may cross the finish line. Relay teams that cross with all 4 team members may not be eligible for awards at the sole discretion of the race director. Runners crossing in fours arm in arm cause a safety hazard, while also ruining individual finishers' opportunity for a finishing picture.
- NO ONE other than registered runners or official race volunteers are allowed in the barricaded finishing area.
- If you need medical attention please tell a volunteer. We have a medical tent and trained staff on site if the need arises.
- There will also be a massage tent located at the end of the chute, complimentary for your use.
- Once you exit the finishing area, you will not be permitted to re-enter.
- Remember, there is a Post-Race Party with food and beverages upstairs at the Buffalo Niagara Convention Center beginning as soon as YOU finish!

FOR SPECTATORS:

Hooray! Your runner finished the Buffalo Marathon or Half Marathon, and now you can't wait to deliver a huge high five. But how do you find your runner?

The Official Family Reunion Area is located at the corner of Franklin and Huron Streets. The Finishers' Chute empties out into this area. Spectators, however, are NOT ALLOWED in the Finishers' Chute, and runners should NOT walk back down the secured area to the Finish Line to get to the Convention Center.

For the security and safety of everyone involved, only properly credentialed people are allowed to enter the finishers' chute. Once an athlete exits the chute he or she will not be allowed to re-enter.

Here are a few tricks for getting to your runner as quickly as possible!

When you see your runner finish and you are standing on the WEST side of Franklin (nearest to Delaware), walk north on Delaware to Huron and turn right. Walk one block to the Family Reunion Area. There also will be a crossing about 50 feet south of Court and Franklin spectators may use to get to the Convention Center or Family Reunion Area.

When you see your runner finish and you are on the EAST side of Franklin (same side as Convention Center), follow the race finish north along the sidewalk on Franklin Street. You will find yourself at the Family Reunion Area at the corner.

Once you meet your runner, head back down Franklin to the Convention Center.

So, to recap:

- Meet your runner at the Official Family Reunion Area.
- Head down Franklin to Convention Center.
- PARTY

HOW TO SEE YOUR RUNNER!

The Buffalo Marathon is an extremely spectator-friendly course, and we'd like to give you some extra help in getting around the city. We've provided many different options to see your runner, two, three, four, or more times. Half Marathon and Marathon points are included.

One of the easiest ways to get to various points on the course is to ride your bicycle. No bike?

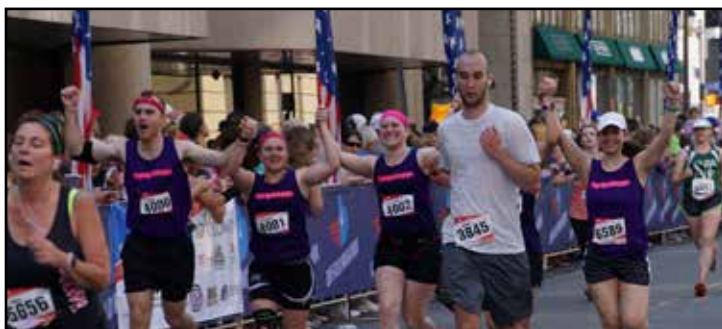
No problem. Check out gobikebuffalo.org/lets-ride/bike-rentals/ to find information on bike rentals! Click on the RESOURCES tab and then the BIKE RENTALS option from the drop-down menu. There are several places to rent bikes.

****PLEASE NOTE:** The marathon course is CLOSED to bicyclists! You MAY NOT ride along with your runner, or anyone else, while the race is in progress. PLEASE use bike routes or other streets to safely get from point-to-point.

If you are driving, there will be many roads and major arteries closed for the morning of the race. If you want to see your runner multiple times, Main Street is a very good option to get to many different points along the course. You may have to park and walk a few blocks, but we're here to help you see your runner as many times as possible!

1. THE DOWNTOWNER:

If you don't want to travel around too much, you can stay downtown and still see your half-marathoner or marathoner multiple times. Grab a cup of coffee from SPOT COFFEE and settle in for the day! Position yourself at the corner of Chippewa and Delaware for the 6:30 AM start and watch the entire race go by. Stay in your spot to see the runners just past Mile 6. Make your way back south down Franklin (one block east) and wait for the half marathon finish, or head to Chippewa and Franklin for Mile 13.5. Then head back to the Buffalo Niagara Convention Center to cheer your runner across the finish line!



2. MUSEUM DISTRICT:

If you find yourself in the neighborhood of the Olmsted Parkway system, you're in perfect position to see your half-marathoner and marathoner several times. You might have to do a little walking between points, but luckily it's a gorgeous neighborhood and a nice little walk. Start off at the corner of either Delaware and Lafayette Avenue (Gates Circle), or Chapin Parkway and Delavan Street. Runners in the half and full marathon will pass by twice, as they run up and down Chapin and Lincoln Parkways. You could also position yourself at Soldiers' Circle (the intersection of Chapin, Bidwell and Lincoln Parkways). You'll only need to go to the opposite corner of the parkway to see your runner twice here. While you're waiting in between cheering, why not grab a cup of coffee or pastry from CAFFE AROMA at Bidwell and Elmwood?



3. DELAWARE PARK:

If you plan to position yourself in gorgeous Delaware Park, you will easily see your runner twice in a relatively short period of time. Runners for the full marathon enter the park at Nottingham and Meadow near the Mile 17 marker. They will pass by this same point just before Mile 21. Parking in and around the park itself will be challenging if not impossible, so we recommend finding a parking spot west of Delaware on Nottingham Road. Spectators can access this street via the 33/198 from downtown, then take the 198 East to Main Street to head back downtown to meet their runner at the finish.



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If you're a runner, Excelsior Orthopaedics and Sports Medicine is one of the most valuable resources in WNY. That's because we're uniquely positioned to meet all your athletic needs.

Excelsior Runners Program - STRIDES™

As WNY's premier injured runners program, the STRIDES team of sports medicine physicians, certified athletic trainers, physical therapists and sports performance experts specialize in the evaluation and treatment of injuries suffered by runners.

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Excelsior is home to one of this area's top Physical Therapy programs - our outstanding team of therapists, state of the art facilities and equipment will get you moving again.

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If you suffer a sprain, strain or break, skip the ER and get the immediate care you need from an orthopaedic expert.

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After the race, be sure to stop by the
Excelsior Stretch Zone, where our team of
physical therapists and certified athletic trainers
will guide you through a dynamic post-race
stretching routine that will help you cool down
and recover.

*The Excelsior Stretch Zone is located on the
second floor of the Convention Center.*

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3045 Southwestern Blvd., Suite 108, Orchard Park, NY 14127
10175 Niagara Falls Blvd., Suite 2, Niagara Falls, NY 14304



POST-RACE PARTY & AWARDS

BUFFALO MARATHON AND HALF MARATHON

After you've collected your Buffalo Marathon or Half Marathon Finisher's Medal, be sure to stick around for our post race party featuring food, beverages and music! This celebration will be held from 8:15 AM to 1:30 PM on the 2nd floor of the Buffalo Niagara Convention Center, which is located next to the finish line.

PLEASE NOTE: Our specially-brewed MILE 27 PILSNER from Flying Bison will be served starting at 9:00 AM.
ID Required

- Overall winners in the Marathon and Half Marathon for both open and Masters Divisions, will receive awards at the Awards Ceremony at the Finish Line on Franklin.
- Age group awards are running hats which will be mailed after the race

Mile 27 Created By Flying Bison



WEEKEND IN BUFFALO GUIDE

There's so much to do in Buffalo! Here are our Top Five activities for just about anyone.
All activities and establishments on this list are located within the City of Buffalo, unless noted.

**Phone numbers and/or websites have been included for activities and businesses that require advance planning,
or have irregular business hours.**

The Top Five Buffalo Activities for . . .

THE SHOPPER (JUST A FEW SHOPS FROM EACH STREET/AREA—THERE ARE MANY MORE!)

1. Hertel Avenue: Modern Nostalgia, room, Revolver Records, New Buffalo Graphics
2. Elmwood Avenue: Anna Grace, Fern + Arrow, Pasteurized Tees, TreeHouse
3. Shops at Harborcenter: Clayton's, Red Siren, Fowler's
4. Allen Street: Allen St. Dress Shop, Freshly Dipped, It's a Mod Mod World
5. Downtown: Sarah Danielle, WNY Book Arts Center, New Era Cap, Abino Mills



A CAFFEINE FIX

1. Caffe Aroma: 957 Elmwood Avenue
2. Spot Coffee: 765 Elmwood Avenue or 1408 Hertel Avenue or 227 Delaware Avenue
3. Sweetness 7 Cafe: 220 Grant Street
4. The Daily Planet: 1862 Hertel Avenue
5. Tipico Coffee: 128 Fargo Avenue



MORE COFFEE (IT'S RACE WEEKEND. YOU'RE GOING TO NEED IT!)

1. Rowhouse Bakery: 483 Delaware Avenue
2. Remedy House: 429 Rhode Island Street
3. Public Espresso + Coffee: 391 Washington Street (Hotel Lafayette)
4. Em Tea Coffee Cup Cafe: 80 Oakgrove Ave.
5. Undergrounds Coffee House: 580 South Park Avenue



LIBATIONS

1. Flying Bison Brewery—Our Race Partner and Brewer of Mile 27 Beer!: 840 Seneca Street
2. Big Ditch Brewery: 55 East Huron Street
3. Lockhouse Distillery and Bar: 41 Columbia Street (Cobblestone District)
4. Resurgence Brewery: 1250 Niagara Street
5. Community Beer Works: 15 Lafayette Avenue, (716) 759-4677



THE HISTORY AND ARCHITECTURE BUFF

1. Frank Lloyd Wright's Darwin Martin House: 125 Jewett Parkway, (716) 856-3858
2. Explore Buffalo Tours: 1 Symphony Circle, (716) 245-3032
3. Open-Air Bus Tour: openairbuffalo.org

4. Lake Erie Ship Canal: Tift Street/Fuhrmann Boulevard
5. Silo City: The Waterfront, Buffalo, (347) 687-6545

A REFINED BUFFALO TOUR

1. Albright-Knox Art Gallery: 1285 Elmwood Avenue, (716) 882-8700
2. Burchfield-Penney Art Gallery: 1300 Elmwood Avenue, (716) 878-6011
3. Kleinhans Music Hall: 3 Symphony Circle, (716) 883-3560
4. Buffalo History Museum: One Museum Court (Elmwood and Nottingham), (716) 873-9644
5. Starlight Studio and Art Gallery: 340 Delaware Avenue, (716) 842-1525

CARBOHYDRATES

1. Bread Hive: 402 Connecticut St. (716) 980-5623
2. Brick Oven Bistro: 904 Abbott Road (716) 844-8496
3. Fairy Cakes Cupcakes: 289 Parkside Avenue (716) 688-0361
4. Joe's Deli: 1322 Hertel Avenue or 524 Elmwood Avenue
5. Hydraulic Hearth: 716 Swan Street (716) 248-2216

AROUND THE WORLD DINING

1. Ru's Pierogi (Polish): 295 Niagara St, Buffalo, NY 14201
2. Parker's Proper (British Fish N Chips, across from Solar City: 1216 South Park Avenue, (716) 292-2012
3. Sun (Burmese/Thai): 1989 Niagara Street, (716) 447-0202
4. La Kueva (Puerto Rican): 1260 Hertel Avenue, (716) 936-4933
5. Sabor De Mi Tierra (Colombian/Cuban): 247 Niagara Street (716) 322-7179

EXPLORING THE OUTDOORS

1. Niagara Falls/Goat Island
2. Chestnut Ridge Park/Eternal Flame Falls: 6121 Chestnut Ridge Road, Orchard Park 14217
3. Delaware Park: 84 Parkside Avenue
4. Outer Harbor/Times Beach/Wilkenson Point: 2 Fuhrmann Boulevard
5. Tift Nature Preserve: 1200 Fuhrmann Boulevard

FAMILIES

1. Buffalo Museum of Science: 1020 Humboldt Parkway
2. Outer Harbor Playground: Fuhrmann Boulevard
3. The Spirit of Buffalo: 44 Prime Street, (716) 796-7210
4. Buffalo & Erie County Naval and Military Park: 1 Naval Park Cove
5. Erie Basin Marina: 329 Erie Street

ALL THINGS BUFFALO

1. Buffalo Pedal Tours: 347 Ellicott Street, (716) 984-3834
2. Buffalo River Works: 359 Ganson Street, (716) 342-2292
3. The Mahony/Fairmont Creamery: 199 Scott Street, (716) 783-8009
4. Canalside Buffalo: 44 Prime Street



MILE 27 PILSNER

We are excited to announce that Flying Bison Brewing Company is brewing a custom Buffalo Marathon Pilsner, Mile 27, to be released for a limited time in May. It will be a light, clean beer served at the Pre-Race Pasta Party, at the Post Race Party, and at select local establishments.



PREVIEW TOUR OF THE MARATHON COURSE IN THE OPEN-AIR AUTOBUS!

Sat. May 26, 2018. 2 pm. \$35 advance, \$40 at curb.

May 26 is your chance to relax, scout the Buffalo Marathon route and absorb the city's landmarks and lore. (The next day you'll be in too much of a hurry). You won't break a sweat, either! Check out the route for the next day's marathon aboard Buffalo's fabulous Open-Air Autobus, and get expert commentary the whole 26.2 miles.

Houses by Frank Lloyd Wright, mansions by McKim, Mead & White, parks by Frederick Law Olmsted, historic office buildings, towering grain elevators, picturesque neighborhoods: all seen and explained.

The Campaign for Greater Buffalo History, Architecture & Culture is the official tour provider for the Buffalo Marathon, and no one knows the city better than them. They have been chosen to lead runners, families, friends, and whoever wants a great tour and a great time, along a route known for its great architecture, absorbing history, and beautiful waterfront vistas.

Departs from Pearl and Huron Sts. (Hyatt Hotel) rain or shine.

Book now! Call or text (716) 854-3749 e-mail Tours@c4gb.org or visit <http://greaterbuffalo.blogs.com/OpenAirBuffalo/>



YOGA AT THE FINISH LINE

Donation Based Yoga Class presented by Yogis in Service (YIS)

Friday, May 25 and Saturday, May 26th at 6-8 PM

Flow to live music 6:00 – 8:00 p.m. Yoga, YIS merchandise for purchase. In the event of rain, we will move inside the convention center. The mission of Yogis in Service is to create connection by creating access to yoga and mindfulness as a set of self-care tools through community-based classes in schools, hospitals, universities, community centers, and treatment centers.

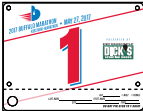




KIDS' MINI-MARATHON PRESENTED BY DICK'S SPORTING GOODS

A FREE fun run will be held on Saturday, May 26 for kids ages 2-8! Packet pickup starts at 9:45 AM in the Convention Center Lobby. THERE WILL BE NO RACE DAY REGISTRATION! Children will be treated to entertainment from Mr. No the Balloon Twister! This event includes refreshments and children will run different distances depending on their age. All finishers will receive a custom Buffalo finisher's medal! Bring your camera to capture the fun! Please see the schedule below for start times and locations.



Kids Mini-Marathon

9:45 AM	Bib Pickup – No race day registration	Convention Center Lobby
9:30 – 10:00 AM	Mr. No the Balloon Twister performs for the kids	Convention Center Lobby
10:30 AM	Start of 3 & Under	Franklin & Court
		
10:45 AM	Start of 4 & 5 year olds	Court & Niagara Square
		
11:00 AM	Start of 6 – 8 year olds	Genesee Near the Timing Trailer
		



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RUFFALO STAMPEDE DOG RUN/WALK

On May 26th at 12:30pm, hundreds of dogs will join us for the Ruffalo Stampede dog run. The 1K course is flat, fast and great for dogs off all sizes and capabilities and will provide a great photo opportunity as they finish through the arch. This is a participation event and is not a RACE.

Proceeds will go towards sponsoring a dog for the Buffalo Police K9 unit in memory of Office Lehner and in honor of Shield his partner. Officer Lehner perished on 10/13/2017 during a training exercise and is still missed by his partner Shield today.

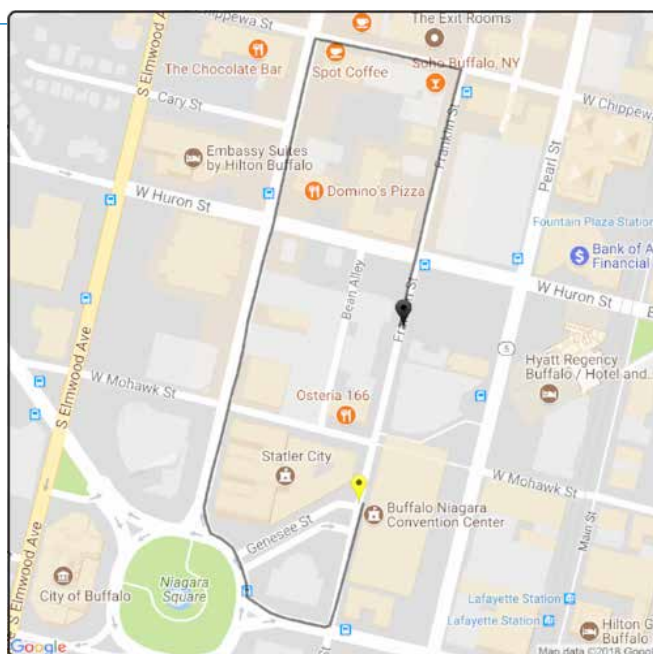
Every dog must be accompanied by their owner/coach and must be kept on a leash. Each dog will receive a custom Ruffalo Medal and Bandanna, the handler will receive custom poop bags and must clean up after their athlete.

Ruffalo Stampede - May 26th

11:30 AM	Ruffalo Stampede Packet Pickup	Front of convention center
12:30 AM	Ruffalo Stampede	
1:15 PM	Ruffalo Photo Opportunity and Check Presentation to BPD Finishers Chute	



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A HUGE THANK YOU TO THE FOLLOWING COMPANIES AND ORGANIZATIONS FOR PROVIDING THE GOODS AND SERVICES THAT ENHANCE THE RACE EXPERIENCE YOU HAVE COME TO KNOW AND LOVE AT THE BUFFALO MARATHON.

Provider of Course Medical Services & Medical Supplies



Provider of Finish Line Medical



*Excelsior Orthopaedics Presenter
of the Health & Wellness Expo
and Post Race Stretch Zone*



*Buffalo Marathon Start Line
Proudly Presented by
Feel-Rite Fresh Markets*



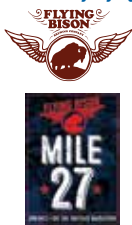
*Kids Race Presented By
Dick's Sporting Goods*



*Post Race Party Food
Provider*



Mile 27 Created By Flying Bison



*Chocolate Milk
Provider*



*Race Course Nutrition
Provided by Clif Bar*



Host Hotel



*Official Dog Snack of the
Buffalo Stampede*



Pace Team Presenter



Contributing Partners



CHARITIES

THE BUFFALO MARATHON IS PROUD TO ANNOUNCE THAT IT IS DONATING TO THE FOLLOWING CHARITIES



RUNNING FOR THOSE WHO CAN'T

To assist individuals with disabilities participate in the sports: running, cycling and swimming. This is accomplished by providing adaptive equipment, training opportunities, race support, guides/handlers and a triathlon club.

The 2017 RFTWC Youth Para Multi sport Camp will be held from August 21st to 25th in Lancaster, NY. The day camp will host 20 local youth athletes ranging in age from 10-15 years old. Athletes will learn techniques in running, cycling and swimming. Adaptive equipment will be provided for individuals to use if needed. Camp will culminate with a race for camp participants to showcase all their new skills. There will be a post race party and a camp awards ceremony. The multi-day clinic is USAT sanctioned and insured.



THE POLICE ATHLETIC LEAGUE

The Police Athletic League is a not-for-profit 501(c)(3) created to provide children with leadership, direction, and opportunity by affording them structured, supervised, and organized activities, opportunities, and programs in a climate which they can accomplish individual and common goals; enabling them to become responsible, successful adults.

The PAL, through open gym programs at seven Community Centers in Buffalo, provides neighborhood kids with the opportunity of interacting with other area youths in a safe and supervised venue. In addition to open gym and game room activities, Community Center Supervisors organize flag football, basketball, and other programs, set up arts and craft projects, schedule bowling and pool parties and other fun and educational excursion to sporting events, cultural attractions, or field trips to interesting and unique places.

Baseball and Basketball Leagues and Camps and Clinics are open to youth throughout Western New York and interaction between teams from all over Erie County and beyond offers a unique opportunity for some kids to build relationships and learn to get along with people outside of their own environment. Athletic enrichment is only one aspect of PAL programming. The larger issue is to help each child develop life skills in setting goals and working hard to achieve them therefore, PAL has placed a greater emphasis on educational programming to complement the athletic and recreational endeavors.



NEUROFIBROMATOSIS NORTHEAST

Neurofibromatosis Northeast (NF Northeast) is a non-profit charity based in Boston, and covers the five New England states and NY. Their mission is to serve families with NF by giving them support and knowledge. They raise funds in all 6 states and use the money to sponsor research, spread awareness, cover operating expenses, provide scholarships, and send kids to an NF Camp in Virginia.

Many of you will recognize Leah Manth as the face of NF2 here in Western New York. Last year she participated in the Buffalo Half Marathon! Every year, Leah's family members and friends participate in the Buffalo Marathon or help with volunteering. The Buffalo Marathon is proud to give back NF2 again this year!



YOGIS IN SERVICE

Yogis in Service (YIS) is a nonprofit group dedicated to providing yoga, and the associated skills for stress management and cultivating well-being, to those who would not otherwise have access. Specifically, YIS's primary aim is to provide yoga instruction to Buffalo community members who do not have access to yoga. All of our classes are free of charge to participants. Our funding comes from donations, grants, and proceeds from sales of your YIS gear.



GIRLS ON THE RUN

Girls on the Run is an afterschool program for girl's ages 8-13 years old. We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Our program is offered throughout WNY every fall and spring. Running is used as an activity to inspire and motivate girls, encourage lifelong health and fitness and build confidence through accomplishment. At the end of each season, with the support from family, friends, coaches, running buddies and volunteers, the girls complete a celebratory, non-competitive 5K event. Girls on the Run of Buffalo is proud to support the John Beishline Memorial 5k as the official volunteer group. We fondly remember John Beishline and Tom Donnelly who guided the Girls on the Run 5k since its inception. We will be enthusiastically cheering everyone on in true Girls on the Run spirit...and remember the finish line is just the beginning!



TEAM RWB

Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Team Red, White, and Blue is a non-for-profit organization with a local chapter here in Buffalo, NY. Their chapters and communities deliver consistent local opportunities for veterans and the community. They host regular fitness activities, social gatherings, and participate in local races and events together. Veterans can also develop their leadership skills by serving as a volunteer leader in their local chapter. These programs are at the core of Team RWB's mission. The Buffalo, NY Chapter is comprised of more than 500 veterans, service men and women, as well as civilians. This year the Buffalo Marathon has created a special category, the "Stars and Stripes Relay," specifically for Team RWB. These four member teams must complete the 26.2 mile course while carrying our Nation's Flag. Team RWB is more than an organization, it is a family. Everyone supports one another with a commitment to honoring those that have served.



HOSPICE BUFFALO

Hospice Buffalo provides medical care, emotional and spiritual support services to assist patients and their families facing serious, progressive illness. We help patients and their families to maintain independence and comfort during a serious illness. Hospice Buffalo has a team of compassionate professionals who make home visits to assist in the care of your loved one. We also have hospice care available in more than 40 area nursing homes and assisted living facilities in Erie County. Clinical studies show that hospice patients, on average, live longer than similar patients who don't choose hospice care. All hospice care, and all medications and equipment related to the patient's hospice care, are fully covered by Medicare, Medicaid and most insurance plans. Donations raised through the Buffalo Marathon support patient care.



BOYS ON THE RIGHT TRACK

Boys on the Right Track, 501 (c) (3) hopes to inspire boys through fun games and activities and of course, running. They will learn how to be comfortable being themselves, how to build healthy relationships and to live an active lifestyle. Boys will learn how to communicate more effectively, how to handle peer pressure, celebrate diversity, conflict resolution and therefore will instill greater self-esteem and self-confidence. As a result, they will be empowered to choose healthier behaviors and assist those in the community.



KEVIN GUEST HOUSE

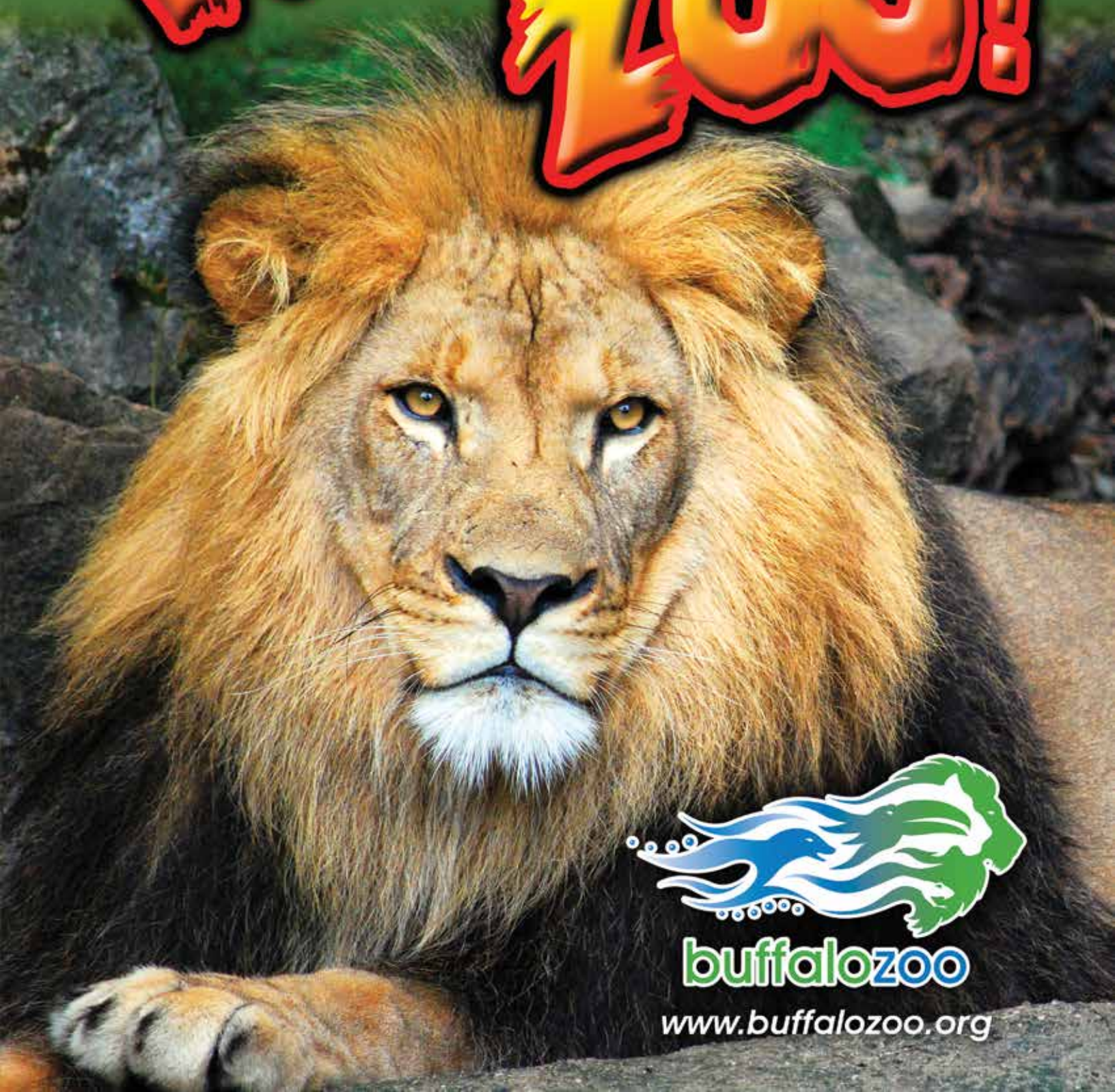
Kevin Guest House is America's first independent healthcare hospitality house, providing a comfortable and supportive home away from home for patients and families traveling to Buffalo for critical medical care. In their 45th year of service, they are in the midst of their first ever expansion campaign to double their occupancy and provide handicap accessibility for the first time. Hear directly from their guests in this short video: <https://vimeo.com/189401827>



ROSWELL PARK CANCER INSTITUTE

Roswell Park Cancer Institute, founded in 1898 by Dr. Roswell Park, is the nation's first cancer research, treatment and education center, and is the only comprehensive cancer center in WNY. When you support Roswell Park Cancer Institute, your gift has tremendous impact on cancer research and patient care. Roswell Park is home to world-class research and renowned physicians, and serves more than 30,000 patients each year. Your gift allows us to accelerate the start of new research needed to help save lives. Your gifts also help provide programs to assist patients through their cancer journey. Supporting Roswell Park also has an impact that reaches farther than ever: initial lab research fueled by your generosity allows every dollar donated to generate an additional thirteen dollars in new grant funding.

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