

20TH ANNIVERSARY  
BUFFALO MARATHON  
WEEKEND™

***RACE WEEKEND GUIDE***

***2021***





# Gratitude: the greatest medicine.

2020 was a year full of challenges. But for the Kaleida Health family, it was also filled with reasons to be thankful.

For the commitment of our doctors, nurses and staff. The courage of our teams on the front lines. The unflinching support of our community.

We couldn't have brought Western New York exceptional care and compassion without our one-of-a-kind team and the people who make this region great. And no matter what lies ahead in 2021—we're ready.

[KaleidaHealth.org](https://www.KaleidaHealth.org)



Kaleida Health

Great Lakes  
Health System of WNY

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On behalf of the Buffalo Marathon Board, the committee, our thousands of volunteers and esteemed sponsors, I would like to take this opportunity to welcome you back to The Buffalo Marathon Weekend, our 20th anniversary.

It seems like forever that we postponed our celebration last year on March 23rd. None of us could have imagined what the next year would hold. We are writing this letter on what should be Marathon Weekend. Thankfully things are returning to normal and we only need to wait a few more days until you can toe the line.

We have worked tirelessly to gain approval for the race. On 2/1 we opened limited registration with 5,300 people already registered from 2020. With your help we were able to reduce our density to 3,500 which is far smaller than our normal 8,000+ participation. In March 3,500 participants still seemed too large to be able to hold an event, but working hand in hand with the state, county and city on 4/29 Governor Cuomo announced the return of Buffalo Marathon Weekend. We are honored to have gained the confidence and approval to be the first large road race coming back in New York and have become the prototype for the state.

With the opening of registration we made available 250 community slots to support our Heart-To-Heart fundraising to benefit the best-in-class cardiac programs at Buffalo General Medical Center/Gates Vascular Institute. As of today we have raised \$165,352 and have raised another \$7,425 to support John R. Oishei Children's Hospital. We have also budgeted \$50,000 to give to the volunteer groups that support you on race day. Our projected total to give back to the community should exceed \$225,000. The largest give back in our 20 year history. Not bad in a pandemic year.

The Buffalo Marathon is a non-profit, 501c3 charitable organization. Our goal is to make this a memorable weekend for everyone participating while giving back to the community. We would like to thank everyone who supports us to make this event possible and better and better every year.

We know how hard you prepare for this weekend. Our promise to you is to work equally hard and make the weekend insanely great and one you will never forget.

Once again we will have 18 aid stations supported by the Health Care Professionals from Kaleida Health. Please remember to thank them as well as the Police, First Responders and Volunteers who are working hard to keep all of you safe on race day.

We will see you at the start line!!!!

A handwritten signature in black ink that reads "Greg Weber".

Greg Weber  
Executive Director/Race Director

A handwritten signature in purple ink that reads "Rich Clark".

Rich Clark  
Operations Director/Assistant Race Director



STATE OF NEW YORK  
**EXECUTIVE CHAMBER**  
ALBANY 12224

**ANDREW M. CUOMO**  
GOVERNOR

June 26 – 27, 2021

Dear Friends:

It is a pleasure to send greetings to everyone participating in the 2021 Buffalo Marathon, Half Marathon, and 5K, celebrating the event's 20<sup>th</sup> Anniversary.

All New Yorkers recognize the importance of maintaining healthy lifestyles and the benefits of lifelong fitness and exercise for everyone. This weekend, you become part of an annual summer kick-off tradition of running 26.2, 13.1, or 3.1 miles through the beautiful and historic streets, parks, and waterfronts in Downtown Buffalo, for the benefit of local charities and critical endeavors like the cardiac research done by Kaleida Health and the care of young patients at the John R. Oishei Children's Hospital.

This year, the races are operating at roughly half capacity with additional health and safety protocols for runners, event staff, and volunteers, as we continue to reopen exciting events such as the Buffalo Marathon, but remain mindful that we are still combatting COVID-19. Visitors from near and far, local residents, elite runners and novices come together with social distancing rules in place, to enjoy the thrill and excitement of the race, while promoting the benefits of staying active, healthy, and physically fit. There is also a virtual component for those who could not register or who wish to keep a safer distance.

Much time and energy goes into an event of this magnitude and, on behalf of all New Yorkers, I commend the combined collaborative efforts of the Buffalo-Erie Marathon Association, Executive Director Greg Weber, the many additional sponsors, and the City of Buffalo. I congratulate your race directors, volunteers, runners, and supporters for their hard work, generosity, patience, and participation in this exceptional event.

With warmest regards and best wishes for great running weather!

Sincerely,

A handwritten signature in blue ink, appearing to read "Andrew M. Cuomo".

ANDREW M. CUOMO

**WE WORK FOR THE PEOPLE**  
PERFORMANCE ★ INTEGRITY ★ PRIDE



STATE OF NEW YORK  
**EXECUTIVE CHAMBER**  
ALBANY 12224

**KATHLEEN C. HOCHUL**  
LIEUTENANT GOVERNOR

June 26-27, 2021

Dear Runners, Staff and Volunteers:

I proudly welcome you to downtown Buffalo, New York for the 2021 Buffalo Marathon.

As a Western New York native, I know how integral the Buffalo Marathon is to the fabric of the City of Buffalo and our entire community. While this year's event is different from the past, it is a point of pride to be able to see the event return for its 20th Anniversary.

The last year has been difficult for all - far too many holidays and milestones that came and went without sharing them with others, including the loss of traditional events such as the Buffalo Marathon. For more than a year, New Yorkers, from Buffalo to Brooklyn, have stepped up to protect their family, friends and neighbors as we battled a global pandemic. Now, we can see the finish line.

This upcoming year will be dramatically different and for the better. New York State is reopening safely and on the move again. New York continued to invest in our communities, even during a pandemic, and we are building back better for a post-pandemic future. You can see the progress as you run - from the revitalized Seneca One Tower, to the new train station, to the ever-growing Canalside.

Congratulations to the Buffalo-Erie Marathon Association, Inc., Executive Director Greg Weber and the City of Buffalo for their tremendous efforts in making this event a reality and making sure it was done safely.

I wish you all good weather and a successful event. And please continue to stay safe - for yourself, your family, and for your community.

*Good Luck!!*

Sincerely,  
  
Kathleen C. Hochul  
Lieutenant Governor

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THE SENATE  
STATE OF NEW YORK



**TIMOTHY M. KENNEDY**  
SENATOR, 63<sup>RD</sup> DISTRICT

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TRANSPORTATION  
SELECT COMMITTEE ON  
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BUFFALO, NEW YORK 14202  
(716) 826-2683 OFFICE  
(716) 826-2793 FAX

E-MAIL ADDRESS:  
KENNEDY@NYSENATE.GOV

April 16, 2021

Dear Marathon Participant,

Welcome to the Kaleida Health Heart to Heart relay, presented by the Buffalo Marathon. The funds raised by your team, and the others participating today, will benefit the best-in-class cardiac programs at Buffalo General Medical Center and Gates Vascular Institute.

As a State Senator representing more than 300,000 Western New Yorkers, I am proud that so many step forward to benefit the work of great institutions like Buffalo General and Gates Vascular, while raising money and awareness for the important fight against heart disease. Heart disease accounts for one in every seven deaths in the United States and leaves more than 90 million Americans living with some form of cardiovascular disease. Here in Western New York, the percentage is even higher - raising the immediate need to support efforts to eradicate this disease.

Thank you for committing your time, energy, and support for this great project. As your team races to the finish line, keep in mind the hundreds of families who will benefit from your efforts here today! Your commitment and dedication to this important cause will not go unnoticed.

Best of luck to you and your teammates,

A handwritten signature in black ink that reads "Timothy M. Kennedy". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Timothy M. Kennedy  
New York State Senate, 63rd District



**CITY OF BUFFALO**  
**BYRON W. BROWN**  
**MAYOR**

June 2021

Dear Runners,

Welcome to Buffalo! The weekend of June 26<sup>th</sup> -27<sup>th</sup> will be a very special one for the City of Buffalo as the Buffalo Marathon celebrates its 20<sup>th</sup> Anniversary. We are happy to welcome participants in the Buffalo Marathon, Half Marathon, Heart to Heart Relay, John R. Oishei Children's Hospital 5k, Ruffalo Stampede Dog Run, Kids Mini Marathon, and Diaper Dash.

It's great to have race weekend return after 2020's COVID-19 hiatus. It's also noteworthy that the Buffalo Marathon and its associated races will be the first large-scale running event in New York State since the pandemic was proclaimed in March of last year. As you hit the streets of Buffalo to achieve your individual goals, you will also be running toward the post-COVID era.

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 a very warm welcome from residents of Buffalo.

As you run, you'll also be giving back to Buffalo! A portion of your race entry fee will be donated by the Buffalo Marathon Association 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. When this year's tally is complete, Buffalo Marathon weekend runners will have donated more than \$600,000 to Buffalo's nonprofit community!

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 residents of Buffalo, I wish you the best of luck and God speed!

Sincerely,

A handwritten signature in black ink that reads "Byron W. Brown".

Byron W. Brown  
Mayor



# COUNTY OF ERIE

**MARK C. POLONCARZ**

COUNTY EXECUTIVE

May 28, 2021



Dear Friends,

As County Executive, it is my pleasure to welcome back one of our region's biggest traditions, the Buffalo Marathon. Known as "The City of Good Neighbors", Buffalo is the heart of our region known for its historic neighborhoods, incredible architecture, beautiful parks system, and accessible waterfront, all of which are seen best at street level as you run through your chosen course this marathon weekend.

While you participate in the weekend's activities, please be mindful of all current health guidelines and recommendations for our community's safety, especially as it relates to COVID-19. If you have any questions, please visit [erie.gov/health](http://erie.gov/health) for the latest updates, news, and information.

To the men, women and children participating in this year's events, 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,

Mark C. Poloncarz  
Erie County Executive

MCP/jah

# #GOALS

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when you have a strong  
partner to count on.

Proud to sponsor the  
Buffalo Marathon.



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# **MARATHON WEEKEND SCHEDULE**

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## **WEDNESDAY, JUNE 23**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
7:00 PM	Buffalo Marathon Roundtable – Live! Pre-Race Questions	Facebook Live

## **FRIDAY, JUNE 25**

7:00 PM	Friday Night Pedal Party	Rec Room – 79 W Chippewa St
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## **SATURDAY, JUNE 26**

10:00 AM – 1:00 PM	Bib Replacement for the Full Marathon & Half Marathon	In front of the Convention Center
10:00 AM – 1:00 PM	Bib Pickup for Relay Teams	In front of the Convention Center

### **Buffalo Marathon 5k**

7:00 AM – 8:15 AM	Bib Replacement pickup 5k only	In front of the Convention Center
8:30 AM	5k Start	Pearl Street Behind the Convention Center

### **Kids Mini Marathon**

9:45 AM	Bib Pickup – No race day registration	Side of the Convention Center on Court St
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 & BARK Crawl**

11:30 AM	Ruffalo Stampede Packet Pickup	Drive Thru at the Hyatt Prior to Parking
12:25 PM	Group Photo at the Start Line	Pearl St. & Court St.
12:30 PM	Ruffalo Stampede Start	Pearl St. & Court St.
1:00 PM – 3:00 PM	BARK Crawl	Soho Buffalo – 64 W Chippewa St. Local Kitchen & Beer Bar – 88 W Chippewa St Sidelines Sports Bar & Grill – 189 Delaware Ave Frankie Primo +39 – 51 W Chippewa St

## **SUNDAY, JUNE 27 – RACE DAY**

5:00 AM	Corrals Open	Niagara Square
6:00 AM	Marathon, Half Marathon, Relay Start	Delaware & Huron St.
9:30 AM	Half-Marathon Course Closes	
12:30 PM	Finish Line Closes	

# **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.



## ***PARKING***

### **WHERE AND HOW TO PARK FOR THE BUFFALO MARATHON**

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.

### ***RIDE SHARING***

We encourage you to carpool or take ridesharing services like Uber on race morning. This will make your commute much easier and will allow you to remove the need to park or find parking on race morning.



**2021**  
Back to Basics

**BUFFALO MARATHON**  
**FRIDAY NIGHT PEDAL PARTY**  
WEAR A MASK · LIGHT YOUR BICYCLE  
BE PREPARED TO RIDE UPON ARRIVAL

**JUNE 25 7PM**  
**REC ROOM**

MORE INFO AND ANNUAL REGISTRATION AT  
**SLOWROLLBUFFALO.ORG**

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BUFFALO  
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<b>MILE</b>	<b>LOCATION</b>	<b>CLOSED (AM)</b>	<b>RE-OPENS (PM)</b>
<b>0.2</b>	Delaware / Tupper	4:00	1:30
<b>1</b>	Delaware /North	4:00	1:30
<b>1.5</b>	Delaware / W Utica — North bound s-curve of Delaware is closed	4:00	1:30
<b>2.1</b>	Delaware / Lafayette Gates Circle — South bound Delaware from North going south to Niagara Square	4:00	1:30
<b>2.2</b>	Chapin / Lafayette	4:00	1:00
<b>2.7</b>	Chapin / Lincoln	4:00	1:00
<b>3.1</b>	Lincoln / Delaware Park	4:00	1:00
<b>3.6</b>	Chapin/ Lincoln	4:00	1:00
<b>4</b>	Chapin/ Lincoln	4:00	1:00
<b>5</b>	Delaware/ Bryant	4:00	1:00
<b>5.3</b>	Delaware/ North	4:00	1:00
<b>6</b>	Delaware / Tupper	4:00	1:30
<b>6.5</b>	Rabin Terrace / Huron	4:00	1:30
<b>7</b>	Virginia / Maryland	4:00	10:00
<b>7.7</b>	Prospect/ Porter	5:00	10:00
<b>8</b>	Porter / 4th St	5:00	10:00
<b>9</b>	Niagara/ Carolina	5:00	10:00
<b>10</b>	Lakefront / Erie	5:00	10:30
<b>11</b>	Marina	5:00	10:30
<b>11.3</b>	Erie / Marine Dr.	5:00	10:45
<b>11.5</b>	Marine / Washington	5:00	11:00
<b>11.9</b>	Perry / Michigan	5:00	11:00
<b>12.3</b>	Marine / Washington	5:00	11:00
<b>12.6</b>	Exchange / Washington	5:00	11:00
<b>13</b>	Franklin / Swan	5:00	1:30
<b>13.2</b>	Pearl / W Huron — South bound lanes open. Athletes stay within cone lane running against traffic.	4:30	11:00
<b>13.7</b>	Franklin / W Tupper	5:00	11:00
<b>14.5</b>	Franklin/Linwood/North	5:00	12:00
<b>14.8</b>	Linwood / Barker	4:30	11:00
<b>15.1</b>	Linwood / Ferry	4:30	11:00
<b>15.7</b>	Linwood / W Delevan — Coned Lane	4:30	11:00
<b>16</b>	Delaware / Forest Lawn Cemetary – along side it — Coned Lane	4:30	11:00
<b>17</b>	Delaware / Ring Road	4:30	11:00
<b>18</b>	Ring Road / Jewett — Detour traffic or Zoo only	4:30	11:00
<b>18.6</b>	30K relay Near Crescent / Amherst	4:30	11:00
<b>19</b>	Starin	6:15	11:00
<b>19.3</b>	Hertel / Starin	6:15	11:30
<b>19.6</b>	Hertel / Wellington	6:15	11:30
<b>20</b>	Linden	6:15	11:30
<b>20.1</b>	Linden / Colvin	6:15	11:30
<b>20.5</b>	Colvin / Ring Road	4:00	11:00
<b>21</b>	Meadow / Middlesex	4:00	11:30
<b>21.8</b>	Elmwood / Middlesex	6:00	1:00
<b>22</b>	Elmwood / Iroquois	6:00	1:00
<b>22.5</b>	Soldier's Circle	6:00	1:00
<b>23</b>	Bidwell	6:00	1:00
<b>23.1</b>	Colonial Circle	6:00	1:00
<b>24</b>	Richmond / Bryant	6:00	1:00
<b>24.4</b>	Symphony Circle	6:00	1:00
<b>25</b>	Delaware / Allen	4:00	2:00
<b>26</b>	Niagara Square	4:00	2:00
<b>26.2</b>	Finish	4:00	2:00

## ***PACKET PICK UP & EXPO PRESENTED BY EXCELSIOR ORTHOPAEDICS***

### ***PACKET PICKUP***

The only in-person packet pickup this year will be for the following:

- All Relay Teams that have made their fundraising goal
- Heart-To-Heart Full and Half Marathon runners who made their fundraiser goal after June 1<sup>st</sup>
- Adjustments from the Full Marathon to the Half Marathon
- Bibs lost in the mail

Pick up for these individuals **ONLY** will be on Saturday June 26th from 9:00 AM – 1:00 PM in front of the BNCC.

All other packets have been mailed to the address you provided. If you did not receive your bib, please email [information@buffalomarathon.org](mailto:information@buffalomarathon.org).

## ***The Buffalo Marathon EXPO Presented by Excelsior Orthopedics will return in 2022!***

### ***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 2021 Buffalo Marathon. We reserve the right to screen bags entering any Buffalo Marathon venue.

#### ***PRE-RACE GEAR CHECK***

There will be no option for pre-race gear check this year





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## ***INTERACTIVE COURSE MAPS***

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Brand new to 2021 we are introducing interactive course maps. Click the icons below to check them out!



## ***LIVE RUNNER TRACKING***

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“Experience race day like never before! Know how you're doing at all times and receive encouraging motivational support from friends and family. RaceJoy is changing the race experience!”

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For additional information on how to utilize RaceJoy as both a participant and spectator please visit [www.racejoy.net](http://www.racejoy.net)



# ***BUFFALO MARATHON 5K***

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***DATE: SATURDAY, June 26***

The Buffalo Marathon 5k will be held on Saturday, June 26, the day before the Buffalo Marathon and Half Marathon, so even those registered to run on Sunday as well as their family and friends can all take part in this great event!

## ***PACKET PICKUP***

There is no in-person packet pickup for the 5k this year. All bibs will be mailed to the address you provided and will be delivered prior to the event. Missing bibs can be picked up from 7:30 AM – 8:15 in front of the Convention Center

Please note: there will be no registration Saturday morning

## ***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.

If warming up, please do so south of the chute on Pearl St. headed towards Court St.



# BUFFALO MARATHON 5K COURSE MAP

 **BUFFALO MARATHON**  
5K PRESENTED BY JOHN R. OISHEI CHILDRENS HOSPITAL



- 5K COURSE** ★ START ★ FINISH
- MILE SPLITS**
- START** 267 Pearl St.
  - MILE 1** 520 Franklin St.
  - MILE 2** 595 Delaware Ave.
  - MILE 3** Niagara Square
  - FINISH** 153 Franklin St.  
front of Convention Center

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[Excelsiorortho.com](http://Excelsiorortho.com) | 716.250.9999

East Amherst - 8750 Transit Rd | Amherst - 3925 Sheridan Dr  
Orchard Park - 260 Redtail Rd | Niagara Falls - 10175 Niagara Falls Blvd  
Downtown Buffalo - 438 Main St, Suite 103

# ***MARATHON, HALF MARATHON AND RELAY STARTING PROCEDURES***

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## ***START LINE FIREWORKS PRESENTED BY SKYLIGHTER FIREWORKS***

The Marathon, Half Marathon and Relay start at 6:00 AM sharp, so please allow yourself enough time to get into the starting corral. The corral will open at approximately 5:00 AM.

**New for 2021 Entrances to the starting corral will be at Niagara Square**

## ***START LINE***

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

## ***PORTA POTTIES***

There will be 118 porta potties positioned in Niagara Square for your convenience. Additionally, there will also be numerous porta potties at every water station along the racecourse.

## ***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

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 Niagara Square. 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.

## ***MARATHON, HALF MARATHON AND RELAY STARTING PROCEDURES***

### ***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 per-mile
- 8:25 per-mile
- 9:30 per-mile
- 10:40 per mile

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.

## ***HEART TO HEART MARATHON RELAY TEAM PROCEDURES AND LOCATIONS***

### ***RELAY TEAM PROCEDURES***

- 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.
- You may change the order of the registered runners without changing it online.
- 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.\*\*\*

# ***HEART TO HEART MARATHON RELAY TEAM PROCEDURES AND LOCATIONS***

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## ***RELAY BUS TRANSPORTATION INFORMATION***

- Relay team transportation will be provided on buses to the 30k exchange zone 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.
- Buses will begin boarding as follows:
  - 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.
  - 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.
  - Please note there are no 10K or 20k buses:
    - The 10k relay exchange zone is 2 blocks from the Hyatt Hotel
    - The 20K is a short walk up Franklin to Lower Terrace to Exchange to Washington.

## ***MARATHON RELAY EXCHANGE ZONES***

- Start – Delaware Avenue between Huron & Mohawk Streets (with full and half marathoners).
- 10K – Delaware Avenue between West Tupper and West Chippewa Street
- 20K – Washington Street at the Buffalo News building
- 30K – 1 Fountain Plaza
- Relay team Finish - On Franklin Street just north of Court Street.



# COURSE MAP



**HALF MARATHON**  
**MARATHON**

- GEL-SHOT
- HYDRATION
- PORT-O-POTTY
- EMS

**RELAY EXCHANGES**

- 1 278 Delaware Ave
- 2 Washington St & Buffalo News
- 3 1 Fountain Plaza

LAKE ERIE



**When you do it for love,  
you do it **for life.****

**Get 25% off InsideTracker**

## ***COURSE ENTERTAINMENT***

### ***LIVE MUSIC THROUGHOUT THE COURSE!***

Live bands will be performing a variety of music on the race course. Runners will be serenaded by a variety of music from classical to classic rock, punk rock to jazz, and everything in between will be performed by local artists

<b><i>MILE</i></b>	<b><i>BAND</i></b>
1, 14, 24.8	Tom Stahl & the Dangerfields
7	The Knight Crew
11	No Vacancy
17	Creek Bend
19.8	Patrick Clay
21.5	Dana
23	Water Dogs



**ALL NATURAL**



**10-30 CALORIES**



**VEGAN**

[WWW.DRINKPARTAKE.COM](http://WWW.DRINKPARTAKE.COM)

## ***SUPPORT ON THE COURSE + PACE TEAMS***

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### ***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 118 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, Orange, Glacier Freeze and Fruit Punch.

This year we have partnered with ClifBar to provide on-course support at various mile markers. ClifShots will be available in the following flavors: Citrus, Mocha, Vanilla and Raz.

## ***Buffalo Marathon Pace Teams Sponsored by Runner's Roost will Return in 2022!***

---

**ENTER FOR A  
CHANCE TO WIN  
\$100 RUNNER'S ROOST GIFT CARD**

COMPLIMENTS OF T-MOBILE



SCAN TO ENTER  
OR VISIT  
[bit.ly/2Qb6uAa](https://bit.ly/2Qb6uAa)

**T-Mobile**



No purch. nec. US/DC/PR 18+. 6/25/21 to 6/27/21. Rules: <https://bit.ly/2Qb6uAa>.



Runner's Roost

Runner's Roost has been supporting Buffalo's running, walking, and trail running community since 1978. We carry a broad range of popular brands like Brooks, Saucony, New Balance, HOKA ONE ONE, Mizuno, ON and more.

Whether you just started walking during the pandemic, your a seasoned mileage veteran or somewhere in between, Runner's Roost is your destination for anything running.

We work hard so your feet don't have to!

4190 North Buffalo Rd, Orchard Park, NY - 716 662 1331 or [therunersroost.com](http://therunersroost.com)



## ***COURSE CLOSURE POLICY***

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### ***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 hours, closing at 9:30 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:

<b><i>MILE</i></b>	<b><i>TIME</i></b>
2	7:08 AM
4	7:46 AM
6	8:18 AM
8	8:50 AM
10	9:22 AM
11.5	9:46 AM
13	9:55 AM
15	10:10 AM

<b><i>MILE</i></b>	<b><i>TIME</i></b>
17	10:34 AM
18	10:47 AM
19	10:59 AM
21	11:25 AM
22	11:37 AM
23	11:50 AM
24	12:03 PM
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 sidewalk as the course will be open to traffic. NOTE: the aid stations close at the cut off times.



# RUN WITH ENDURANCE

## THE RACE THAT IS SET BEFORE US.

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CATALYST FITNESS IS PROUD TO BE THE **OFFICIAL HEALTH CLUB** OF THE BUFFALO MARATHON



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

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## ***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.

## ***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.



Hodgson Russ  
is proud to support  
the Heart-to-Heart Relay  
and Kaleida Health's work  
to fight heart disease in WNY.



Albany | Buffalo | Hackensack | New York City | Palm Beach | Rochester | Saratoga Springs | Toronto  
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## ***CANCELLATION POLICY***

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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 FOR 2021 AND BEYOND***

***We love our runners. We want to protect your investment in the Marathon. That's why we have purchased an event cancellation insurance policy. Should the we be forced to cancel the Marathon for an insurable cause, our intention is to refund your entry fees.***

## ***TEXT ALERT SYSTEM FOR ATHLETES***

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Please take advantage of our text alert system for important messages like weather and traffic. You can opt in by texting 2021BuffaloMarathon to 33222



The graphic features the Buffalo Marathon logo at the top left. The main title is "CONDITION ALERT SYSTEM" in large, bold, white letters. Below this, there are five colored boxes representing different alert levels, each with a corresponding description of the conditions and runner instructions. The background is a blue-tinted image of a runner.

Alert Level	Description
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.

## 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?

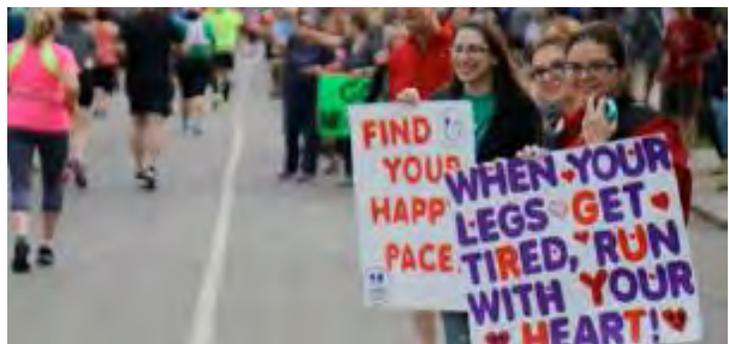
No problem. Check out [gobikebuffalo.org/lets-ride/bike-rentals/](http://gobikebuffalo.org/lets-ride/bike-rentals/) to find information on bike rentals! Click on the RESOURCES tab and then the BIKE RENTALS option from the drop-down menu. There are several places to rent bikes.

**\*\*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 6:00 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!



# HOW TO SEE YOUR RUNNER

## 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.





*Tenacity*

*“What seems hard now  
will one day be your warm-up.”*

Good Luck Runners!

*Optimism*

*Perseverance*

*Stamina*



*We're proud to support the Buffalo Marathon*

## ***RETURNING IN 2022***

---

***EXPO Presented by Excelsior Orthopedics***  
***Pre-Race Pasta Party Presented by Chef's***  
***Buffalo Marathon Pace Teams***  
***Diaper Dash***  
***Pre-Race Gear Check***  
***Post Party***  
***Awards Ceremony***

## ***MILE 27 PILSNER***

---

Flying Bison Brewing Company is brewing the custom Buffalo Marathon Pilsner, Mile 27, to be released at the listed restaurants a week before the race.



***Colter Bay***

561 Delaware Ave

***Coles***

1104 Elmwood Ave

***Allen Burger Venture***

175 Allen Street

***Sidelines Sports Bar & Grill***

189 Delaware Ave

***Fat Bob's Smokehouse***

41 Virginia Place

***Local Kitchen & Beer Bar***

88 W Chippewa Street

***Buffalo Tap House***

85 W Chippewa Street

***Del Denby Tavern***

1553 Hertel Ave

***Mr. Goodbar***

1110 Elmwood Ave

***Bada Bing***

42 W Chippewa St

# Congratulations

Buffalo Marathon participants  
from your friends at the Buffalo Zoo!



buffalozoo

Reserve tickets at [BuffaloZoo.org](http://BuffaloZoo.org)



**FOR 2021 WE HAVE RAISED OVER 190,000 DOLLARS BRINGING OUR TOTAL TO MORE THAN 270,000 DOLLARS TO BENEFIT THE BEST-IN-CLASS CARDIAC PROGRAMS AT BUFFALO GENREAL MEDICAL CENTER/GATES VASCULAR INSTITUTE!**

**Heart Disease Affects So Many**

- Approximately 647,000 Americans die from heart disease each year – that’s 1 in every 4 deaths.
- One person dies every 37 seconds in the US from cardiovascular disease.
- 92.1 million American adults are living with some form of cardiovascular disease.
- Western New York has even higher rates of heart disease.
- Heart Disease is the #1 cause of death in most WNY counties.
- Heart Disease is the 2nd leading cause of premature death in all of WNY.

**PROUDLY SPONSORED BY**





# THANK YOU FOR SUPPORTING OUR BEST-IN- CLASS CARDIAC PROGRAMS

and supporting our mission to advance the health of our community - your family, friends and neighbors.

 Kaleida Health  
 Foundation  
[GiftToHealth.com](http://GiftToHealth.com)



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

**DATE: Saturday, June 26**

A **FREE** fun run will be held on Saturday, June 26 for kids ages 2-8! Packet pickup starts at 9:45 AM outside of the Convention Center. **THERE WILL BE NO RACE DAY REGISTRATION!** All Finishers will receive a custom Buffalo finisher's medal!

## SCHEDULE

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

Buffalo Marathon  
Valid 2/19/2021 - 1/31/2022

**DICK'S**

**TAKE \$10 OFF**

**A PAIR OF ATHLETIC FOOTWEAR OR CLEATS \$59.99 OR MORE**

LIMIT ONE COUPON PER CUSTOMER. EXCLUDES TAXES, OTHER PURCHASES, GIFT CARDS, INTERNATIONAL, LICENSES, STORE CREDIT, SERVICES OR SERVICES. SEE STORE FOR EXCLUSIONS. CANNOT BE COMBINED WITH OTHER OFFERS. NO REPRODUCTION OR FURTHER DISTRIBUTION. OFFER NOT ACCEPTED AT DICK'S WORLDWIDE SALES OR LICENSEE OUTLET LOCATIONS.



P0004502602419SQD

Buffalo Marathon  
Valid 2/19/2021 - 1/31/2022

**DICK'S**

**TAKE \$10 OFF**

**YOUR PURCHASE OF \$50 OR MORE**

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Buffalo Marathon  
Valid 2/19/2021 - 1/31/2022

**DICK'S**

**TAKE 20% OFF**

**AN ATHLETIC OR OUTDOOR APPAREL ITEM**

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P0004502902419SQD

Buffalo Marathon  
Valid 2/19/2021 - 1/31/2022

**DICK'S**

**TAKE \$20 OFF**

**YOUR PURCHASE OF \$100 OR MORE**

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P0004502602419SQD



AMR PROUDLY SERVES THE WESTERN  
NEW YORK COMMUNITY

# AMR IS THE OFFICIAL AMBULANCE PROVIDER FOR THE BUFFALO MARATHON

*Thank You to All the Frontline Workers*



## 911 Emergency and Non-Emergency Medical Transportation

AMR's experienced EMS professionals and caregivers are ready to help you in an emergency 24/7 or safely move patients from one healthcare facility to another.



## Community Impact

At the height of the pandemic, our teams were in New York providing support where it was needed most ensuring that emergency services continued without interruption.



## Earn While you Learn

Train today to save a life tomorrow by enrolling in AMR Academy, with full-time employment, to become and a NY certified EMT Basic.

For more information, contact [wnyacademy@amr.net](mailto:wnyacademy@amr.net).

*Good Luck Runners!*



 A Global Medical Response Solution

## **RUFFALO STAMPEDE DOG RACE/WALK**

---

**DATE: Saturday, June 26**

The Ruffalo Stampede is designed to allow our dogs to participate in the weekend. The 1k course is flat, fast and great for dogs of all sizes and capabilities. Every dog must be accompanied by their owner/coach and must be kept on a leash at all times.

Each athlete will receive a custom Ruffalo medal, bandanna and the handler will receive custom poop bags and **MUST** clean up after their athlete.

### **PROUDLY SPONSORED BY**



## **BARk CRAWL**

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### **HOW IT WORKS**

Ruffalo Participants ( two legged and four legged) can visit each stop at anytime between 1:00 pm and 3:00 pm. Each location will have treats for both people and their pets.

Local Animal Rescue groups will be on site at each BARk Crawl stop to welcome participants. A traveling team will be selling 50/50 tickets. The 50/50 will be split evenly between all participating rescues.

### **BARk CRAWL STOPS**

Soho Buffalo	64 W Chippewa St	Nickel City Canine Rescue
Local Kitchen & Beer Bar	88 W Chippewa St	WNY's Furtastic Adopt-A-Thon
Sidelines Sports Bar & Grill	189 Delaware Ave	Buddy's Second Chance
Frankie Primo +39	51 W Chippewa St	Pets Alive WNY

### **50/50 Drawing**

Grand Prize will be drawn at 3:00 PM and the winner will be notified by phone

# RUFFALO STAMPEDE COURSE MAP



# ***BIKE SUPPORT***

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## ***SUPPORT ON 2 WHEELS***

Bike Support has always been well-received by the runners and race management. This will be the fifth year that a team of experienced cyclists will be on the route to provide support for runners and the event, in general.

Equipped with 2-way radios and circulating in zones, the bike support team can easily navigate the venue to help as needed or to radio in requests for extraordinary assistance. All the members of the team are long-time volunteer committee members for Ride for Roswell and/or American Diabetes Association's Tour de Cure.

Outfitted in recognizable jerseys, the Bike Support team is there to help keep the event safe and enjoyable. If one of the team members ask how you are doing, a simple thumbs-up, lets us know you are doing fine.

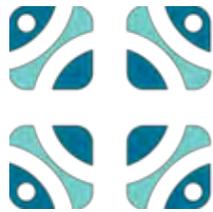


## **SPONSORS**

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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.***

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# Kaleida Health

***PREMIER SPONSOR OF THE BUFFALO MARATHON***

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JOHN R. OISHEI  
Children's  
Hospital

Presenter of The Buffalo Marathon 5k & The Diaper Dash

EVERY SEASON STARTS AT



Presenter of The Kids Mini Marathon

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The Official Grocery Store of The Buffalo Marathon

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***COURSE MEDICAL TEAM***



Provider of On Course Medical Services



Provider of Finish Line Medical Services



Provider of Ambulance Services



Official Health Club



Official Race Day Apparel Provider



Official Cellular Provider



Presenter of The Health & Wellness Expo & Post Race Stretch Zone



Post Race Grab-N-Go Food Supporters

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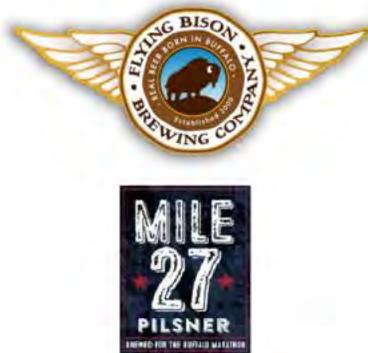
Official Dog Snack of the Ruffalo Stampede

Sponsors Of The Bark Crawl

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Official Surgery Providers

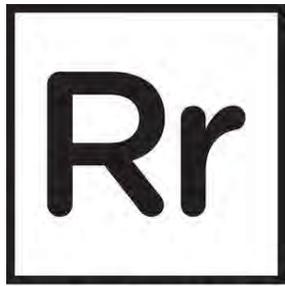


MILE 27 Created By Flying Bison



Heart-To-Heart Supporter

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Runner's Roost

Presenter of the Pace Team



*from hire to higher*

Provider of Staffing Services

**CONTRIBUTING SPONSORS**





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# T Mobile™

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## THE BUFFALO MARATHON IS PROUD TO SUPPORT 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.

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### ***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!

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### ***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.

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### ***HOSPICE & PALLIATIVE CARE BUFFALO***

Hospice & Palliative Care Buffalo (HPCB) cares for individuals suffering from serious illness, as well as their families and caregivers. We provide an integrative, holistic (physical, emotional, social, and spiritual) approach to care that focuses on the whole person rather than on individual symptoms. We are here through a continuum of care, spanning the course of the disease through bereavement. Our knowledgeable, compassionate staff helps patients make choices about their care, support those who are grieving, and educate the professional and lay communities on optimum end-of-life experiences. Earning Hospice Honors Elite status for the past 3 years, HPCB is one of the largest and well-respected non-profit hospice and palliative care organizations in the nation, caring for approximately 1000 patients daily, regardless of age, race, gender, setting, diagnosis, or ability to pay. At Hospice & Palliative Care Buffalo, we're here through any long-term or life-limiting illness, providing care for them, and comfort for you. Our Mission is to provide care, support, advocacy and education to people in Erie County impacted by serious illness and loss.

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### ***CHECKERS ATHLETIC CLUB***

Checkers Athletic Club promotes a positive, healthy physical and mental well-being primarily through the sport of running. Members consist of runners and walkers of all ages and abilities, who interact athletically and socially to achieve their personal goals.

<http://www.checkersac.org>

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### ***THE BUFFALO ZOO***

The Buffalo Zoo promotes wildlife conservation through up-close animal encounters, engaging educational experiences, and participation in regional and international programs for endangered species.

The Buffalo Marathon is proud to sponsor the Bisons in the Buffalo Zoo.

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### ***ALZHEIMER'S ASSOCIATION, WNY***

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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### ***THE BUFFALO EQUESTRIAN CENTER***

The Buffalo Equestrian Center is a member organization. The center provides education of both horses and riders at all levels and creates opportunities to improve horsemanship skills.

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### ***BUTTERFLY MOON***

Mission Statement : On a small but meaningful scale we want to make a difference and have an impact in easing the pain of families who are faced with the tragedy of the loss of a child. Borrowing from our own experiences, we see where there are needs or where improvements can be made to help the healing processes of families. Our goal is to provide groups, hospital's and families the necessary tools to help them on their journey of grief.

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### ***SPCA***

The mission of the SPCA is to create a caring and kind community that encourages fair and humane treatment of all creatures. Our knowledgeable, caring, and open-minded team of staff and volunteers achieves that mission through proactive efforts to address the current status of animals in our community, education of adults and children, rescue and sheltering of animals in need, and placement of animals into appropriate homes.

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### ***NOVEMBER PROJECT***

Win the morning. Win the day

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## **The Engineering Society of Buffalo, Inc.**

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### ***THE ENGINEERING SOCIETY OF BUFFALO***

The objectives of the Society (among others): The advancement of engineering knowledge and practice. To administer a fund to use the income or principal for the provision of scholarships.

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### ***THE GEOFF RICHTER PERFORMING ARTS AWARD***

The Geoff Richter Performing Arts Award is dedicated to assisting college students from Western New York jump-start their careers in the performing arts. Through hard work and determination, dreams do come true!

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### ***THE 11 DAY POWER PLAY***

The Corporation is formed for the charitable purpose of organizing, developing, and completing community events and activities in order to raise and dispense funds to deserving persons, organizations, and entities.

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### ***KEVIN GUEST HOUSE***

Our mission is to provide a comfortable and supportive home away from home for patients and their families. As America's first healthcare hospitality house, our vision is to set the standard for compassionate guest care.



### ***RESTORATION SOCIETY, INC.***

Illuminating pathways toward opportunity, possibility, wellness and independence.



### ***MAKE-A-WISH***

Together, we create life-changing wishes for children with critical illnesses.



### ***YOGIS IN SERVICE***

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. Through these tools, Yogis in Service believes that we are empowering, inspiring, and developing our communities.



### ***KIDS ESCAPING DRUGS***

Empowering adolescents and families to live a life free from the disease of addiction through community outreach, education and early intervention.



### ***THE GOW SCHOOL***

A leader and innovator in dyslexia education with a commitment to the values of kindness, respect, honesty and hard work, since 1926 The Gow School has been helping students with language-based learning differences develop the skills and confidence to succeed in higher education and beyond as creative, compassionate adults and engaged citizens.



### ***UJIMA***

Ujima is a community asset, a true model of collective creativity, innovative collaboration, and cultural relevance. Their mission – to preserve, perpetuate and perform work in the African-American canon – has been a pillar of Buffalo's theater community since 1978. This new black box theater marks a new chapter of opportunities, and with this fantastic new production, makes a statement of survival.



### **BUFFALO SKATING CLUB**

The Buffalo Skating Club is committed to promoting and encouraging all levels of interest in the sport of figure skating.



### **Saints Peter & Paul School**

5480 Main Street, Williamsville, New York 14221 | 716.632.6146

### **SAINTS PETER & PAUL SCHOOL**

Our Tradition: An Education For The Future, Values For Life. Inspired by our founder and first teacher, St. John Neumann, Saints Peter and Paul School educates children of all faiths in a Catholic, Christ-centered tradition. Since 1836, dedication to our core values - academic excellence, living faith, serving God and others - has provided our students a strong foundation for live. For Information on our 5k visit our website.



## ***WEEKEND IN BUFFALO GUIDE***

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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 Spots for . . .***

#### ***THE SHOPPER (JUST A FEW FROM EACH STREET-THERE ARE MANY MORE!)***

1. Hertel Avenue: Modern Nostalgia, room, Revolver Records, New Buffalo Graphics
2. Elmwood Avenue: Anna Grace, Buffalo Shop Craft, Pasteurized Tees, TreeHouse, Half & Half, Visualey, Watson's Chocolates
3. South Buffalo: Tara Gift Shoppe, Park Edge Candies
4. Allen Street/Allentown: Allen St. Dress Shop, Rick Cycle, El Buen Amigo, Hyatt's, Antique Man, PineApple & Co., Freshly Dipped
5. Downtown: WNY Book Arts Center, New Era Cap, Groom Service, 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. Caffeology: 23 Allen St.
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](http://openairbuffalo.org)
4. Lake Erie Ship Canal: Tifft 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. Five Points Bakery: 44 Brayton Street
4. Two Wheels Bakery and Café (Gluten-free): 435 Ellicott St.
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. Tifft Nature Preserve: 1200 Fuhrmann Boulevard

## ***FAMILIES***

1. Buffalo Museum of Science: 1020 Humboldt Parkway
2. Outer Harbor Playground: Fuhrmann Boulevard
3. Purrfect Cat Café and Gallery: 1507 Hertel Ave.
4. Buffalo & Erie County Naval and Military Park: 1 Naval Park Cove
5. Explore and More Children's Museum: Canalside

## ***ALL THINGS BUFFALO***

1. Buffalo Pedal Tours: 347 Ellicott Street (716) 984-3834
2. Buffalo River Works: 359 Ganson Street (716) 342-2292
3. Hotel Henry/HH Richardson Complex: Rockwell Rd and Cleveland Circle
4. Canalside Buffalo: 44 Prime Street
5. First Niagara Center/Sabres Store: 1 Seymour Knox III Plaza

## ***SWEET EATS***

1. Fairy Cakes Cupcakes: 289 Parkside Avenue (716) 688-0361
2. Blackbird Sweets: 1547 Hertel Avenue
3. Park Edge Sweet Shop: 325 Abbott Road
4. Mundy Cakes: 220 Allen Street
5. Parkside Candy: 3208 Main Street

## ***LIVE MUSIC:***

1. Colored Musicians Club: 145 Broadway
2. Nietzsche's: 248 Allen Street
3. Sportsmen's Tavern: 326 Amherst Street
4. Pausa Art House: 19 Wadsworth Street



The Children's Hospital  
of Buffalo Foundation



JOHN R. OISHEI

Children's Hospital



**Your donations to The Children's Hospital of Buffalo Foundation are FOR kids like Hailee.**

"It's incredible to see Hailee's development. Every time she has a surgery, she advances just that bit more. **Oishei Children's Hospital is nothing short of amazing**" - Hailee's Mom, Kierra

**Donate today at [FOROCH.org](https://FOROCH.org)**



## ***COURSE SIGHTS***

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### ***Start: New Era Cap Global Headquarters.***

Formerly a Federal Reserve Bank branch, renovations began in 2006 to house the new world headquarters for New Era Cap. Inside, bank vaults are still fully intact; and New Era's influence continues to grow globally as the only brand in sports to have exclusive on-field, sideline and on-court headwear rights for all three major sports leagues simultaneously: the NFL, NBA and MLB.



### ***Mile 1: Babeville.***

This Gothic Revival-style church was slated for demolition until Buffalo-born musician Ani DiFranco took on the massive \$10 million renovation project in 1995. Today it's a stunning multi-use arts hub housing Asbury Hall, a 1,200 capacity performance and event space; Hallwells Contemporary Art Center; and a subterranean bar.



### ***Mile 2: Saturn Club***

Launched as the less conservative alternative to the Buffalo Club in 1885, the Saturn Club was originally a men's club devoted to card-playing and drinking, but stands today as one of Buffalo's premier private social clubs for men and women both. The Tudor Revival style building, built in 1922, is a labyrinth of beautifully appointed rooms that includes a formal dining hall, dining room, library, bowling alley and beautiful enclosed courtyard.



### ***Mile 3: Marcy Casino on Hoyt Lake***

Originally called the Delaware Park Casino, then renamed for the city councilman who saved the building, the Marcy Casino was built by famed architect E.B. Green in 1901, timed for the Pan-American Exposition. The building has undergone significant renovations in recent years and now houses a restaurant on the upper floor, with weddings and special events taking place regularly on the first floor.



## ***COURSE SIGHTS***

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### ***Mile 4: Frederick Law Olmsted Parkway system***

In 1868, visionary landscape architect Frederick Law Olmsted came up with a concept that was the first of its kind in the nation: a series of six municipal parks connected by parkways and circles, connecting the city from the north, south, east and west. The development of major urban roads and highways mid-century diminished Olmsted's original vision, but the parks are undergoing concerted preservation and restoration efforts today through the oversight of the Buffalo Olmsted Parks conservancy.



### ***Mile 5: Delaware North***

The 12-story, glass-walled 540,000 square-foot structure was completed in 2015 as the world headquarters of Delaware North, a 100+-year-old hospitality company with oversight of food and beverage concessions, lodging, entertainment venues and sports franchises around the world. Built with a focus on energy conservation, look inside for WNY's largest "living wall."



### ***Mile 6: Twentieth Century Club***

Designed in 1894 by E.B. Green, 595 Delaware Avenue is the site of Buffalo's oldest women's club (and one of the nation's first) which is still in operation today. The building is listed on the National Register of Historic Places.



### ***Mile 7: Avenida San Juan/Hispanic Heritage District***

This area of Buffalo's lower West Side is coming back to life as the city's Hispanic Heritage District, with beautiful public art murals and newly forged steel fabricated signs welcoming visitors to the neighborhood. Look for a major mural at the corner of Niagara and Jersey streets, and micro murals along Niagara Street.



## ***COURSE SIGHTS***

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### ***Mile 8: Front Park / Peace Bridge***

Completed in 1927, the Peace Bridge remains one of the busiest and most commercially relevant border crossings in North America, connecting Buffalo to Fort Erie, Canada. Nearby Front Park is part of Frederick Law Olmsted's original parkway system conceived in the late 1800s.



### ***Mile 9: Avenida San Juan/Hispanic Heritage District***

This area of Buffalo's lower West Side is coming back to life as the city's Hispanic Heritage District, with beautiful public art murals and newly forged steel fabricated signs welcoming visitors to the neighborhood. Look for a major mural at the corner of Niagara and Jersey streets, and micro murals along Niagara Street.



### ***Mile 10: Erie Basin Marina***

Protected by a long breakwall, Erie Basin Marina is one of Buffalo's most popular recreational boating launch sites. The large public area includes a garden; multiple restaurants; and an observation tower. Legend has it that the marina is designed in the shape of a Buffalo when observed from above.



### ***Mile 11: Buffalo & Erie County Naval & Military Park***

Home to former war ships the USS Little Rock and the USS The Sullivans, visitors can tour the ships and discover memorials and exhibits throughout the waterfront park.



## ***COURSE SIGHTS***

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### ***Mile 12: Key Bank Center***

Key Bank Center is Buffalo's largest indoor arena, seating more than 19,000 fans. It opened in 1996, becoming the new home of the Buffalo Sabres and replacing the former Buffalo Memorial Auditorium. The arena also hosts the Buffalo Bandits lacrosse and major concerts and events throughout the year.



### ***Mile 13: The Buffalo News***

The brutalist-style Buffalo News building was designed by Edward Durell Stone, the architect who also designed the Museum of Modern Art in New York City and the Kennedy Center in Washington, D.C. It stands as a piece of architectural history and as the ongoing home to Buffalo's sole remaining daily newspaper.



### ***Mile 14: Oldest tree in Buffalo***

On Franklin Street, just north of Edward, stands Buffalo's oldest tree. A plaque commemorating its longevity states the tree was planted in 1690, which puts its age at 320+ years.



### ***Mile 15: Allentown***

Characterized by noteworthy historical brick and Victorian homes intermixed with a walkable, concentrated collection of restaurants, bars and retailers, Allentown is one of Buffalo's oldest and most distinct urban neighborhoods.



## ***COURSE SIGHTS***

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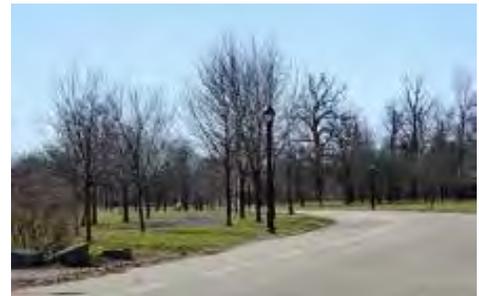
### ***Mile 16: Forest Lawn Cemetery***

Beautifully pastoral Forest Lawn was founded in 1849 and covers 269 acres of land in central Buffalo. It's the final home to former president Millard Fillmore, Dr. Roswell Park and Rick James, among many other notable Buffalonians. Its stunning sculptures, memorials and mausoleums and natural beauty make it a popular destination for runners, bikers and organized tours.



### ***Mile 17: Delaware Park***

The centerpiece and largest of Franklin Law Olmsted's original parkway system, Delaware Park provides an urban escape to its North Buffalo neighborhood with a golf course, tennis courts, Hoyt Lake, rose gardens and plenty of trees and open space.



### ***Mile 18: Darwin Martin House***

Considered one of architect Frank Lloyd Wright's most important achievements, the Darwin Martin House has become one of Buffalo's top cultural destinations in recent years, welcoming upwards of 40,000 visitors per year. The six-building complex has undergone an extensive restoration with a major landscape project still underway at the National Historic site.



### ***Mile 19: Gord Downie/Tragically Hip Mural***

At 1669 Hertel Avenue – near the corner of Wallace - look for an inspirational quote by Buffalo's favorite adopted artist, Gord Downie of the Tragically Hip, whose untimely passing in 2017 still has fans mourning.



## ***COURSE SIGHTS***

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### ***Mile 20: Buffalo Zoo***

The country's third oldest zoo, established in 1875, was originally conceived as a deer park to complement Franklin Law Olmsted's vision of Delaware Park. It quickly grew and expanded, undergoing multiple renovations including a major Works Progress Administration project in the late 1930s/early '40s that integrated classic period architecture. Most recently, the zoo added the popular rainforest and Artic Edge exhibits, and a new zoo entrance was unveiled in 2013.



### ***Mile 21: The Buffalo History Museum***

With more than 100,000 artifacts and 200,000 photographs chronicling the history of Western New York, the Buffalo History Museum's exhibits range from sports history to Buffalo's involvement in WWI to our region's native American history. The current building was designed and constructed for the Pan-Am Exposition in 1901.



### ***Mile 22: Albright-Knox Art Gallery***

The Albright-Knox gallery campus features two distinct buildings by renowned American architects: one neoclassical, designed by E.B. Green (1905), and a modern addition envisioned by Gordon Bunshaft (1962). With an internationally respected collection of modern art, the gallery will undergo an additional 25,000 square-foot expansion in the coming years.



### ***Mile 23: William Heath House***

Tucked into the residential neighborhood near Elmwood Avenue is another of Frank Lloyd Wright's architectural masterpieces, the William Heath House. Located at 76 Soldiers Place, it's smaller but similar to the Darwin Martin House in its prairie style design.



## ***COURSE SIGHTS***

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### ***Mile 24: Kleinhans Music Hall***

Yet another significant architectural gem sits at Symphony Circle: Kleinhans Music Hall. Opened in 1940 and distinctly designed by Eliel and Eero Saarinen, it is also considered one of the most acoustically perfect halls in the world.



### ***Mile 25: Theodore Roosevelt Inaugural Site***

When President McKinley was assassinated at the Pan-Am Exposition, time was of the essence to swear the new president into office. The inauguration of Theodore Roosevelt was quickly carried out at the home of Roosevelt's good friend, Ansley Wilcox. The room in which he took the oath of office has since been restored to its original state, and the attached museum, opened in 2009, shares the context of the times.



### ***Mile 26: McKinley Monument***

The 96-foot tall McKinley Monument is an obelisk-shaped structure in the center of Niagara Square, facing City Hall, erected to honor President William McKinley who was shot and killed while attending the Pan-Am Exposition in Buffalo in 1901.



### ***Mile 26: City Hall***

One of the largest (and costliest) municipal buildings ever built in the United States, Buffalo City Hall opened its doors in 1931. Murals, sculptures and beautiful architectural detail can be found throughout the building, and visitors can discover breathtaking views of Buffalo from the observation deck 28 floors up. The Art Deco masterpiece is listed on the National Register of Historic Places.



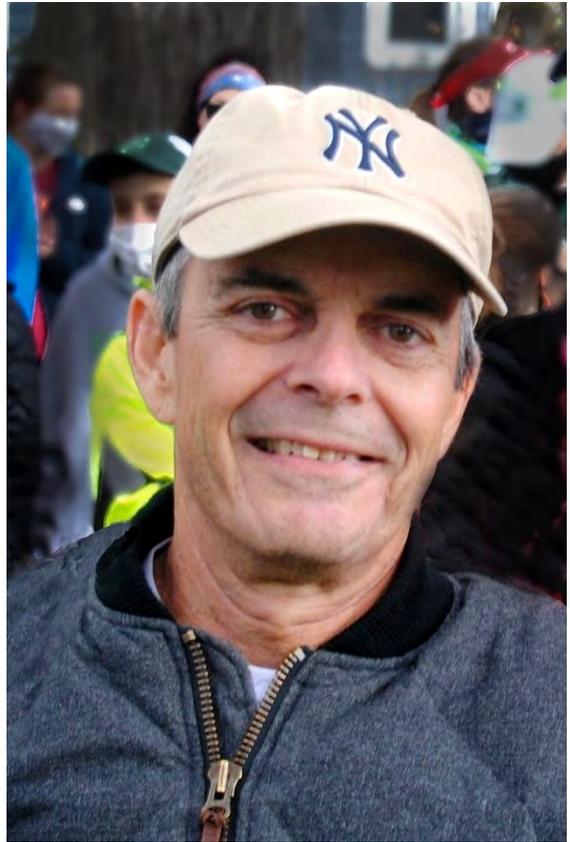
## ***A TRIBUTE TO TONY GARROW***

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Anthony “Tony” Garrow died on May 31, 2021, after a long and courageous battle with cancer.

When Tony was diagnosed with Multiple Myeloma in 2006 he was given 3-5 years to live. You can do the math, but we can all agree Tony showed cancer that strength, passion, and tenacity were the best “medicine”. It was also these qualities that made him an excellent firefighter and athlete.

He truly was an IRONMAN. He completed 15 IRONMAN events, numerous 70.3s, and loads of 5Ks. Tony was always active, even after his diagnosis. Tony always wanted to keep on moving and did 8 of his 15 IRONMAN races between two of his stem cell transplants. He absolutely loved racing. However, he was never one to brag about his accomplishments. The only time you would ever see Tony in an IRONMAN finisher shirt would be the week leading up to his next big event.



When he was not racing, he was giving back to the running and triathlon community. For many years he volunteered long hours at the finish line of the Buffalo Marathon making sure athletes crossed the finish line safely. He brought many people into the sport of running and triathlon. Tony served as an unofficial mentor for many athletes getting into the sport. He also served on the board of multiple local triathlon clubs with the goal of being inclusive and giving back to the community.

One of the most amazing things about Tony is you would have never known he had this terrible disease. He was always happy, outgoing, and willing to chat about almost anything while enjoying a cold beer with friends. He loved to travel and he often combined his passion for racing and traveling. Many of the trips he took in the continental United States, Hawaii, and Europe revolved around a race for someone he knew or, of course, himself.

Beyond his accomplishments as an athlete, he was also an excellent “Sherpa”. He was always there for his wife Diane. Sometimes helping her with her gear at her races or assisting her with her photography equipment that she would bring to almost every local race to take pictures and provide those images to athletes free of charge.

There is no doubt, as you read this, Tony is looking down upon us, holding a beer or whiskey in one hand, while shaking his fist in disgust at the subpar play of the New York Yankees with the other.

***This tribute was written with love by Jon Metz***



***THANK YOU  
FOR YOUR  
PARTICIPATION!***