

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