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RACE WEEKEND GUIDE

Buffalo 5/14 Survivors Fund

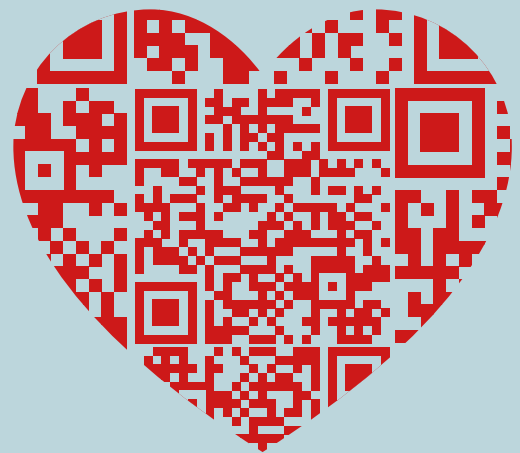
100% of donations—
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On behalf of the Buffalo Marathon Board, the committee, our 1,500+ volunteers, and esteemed sponsors, we would like to welcome you to the return to normal at this the 21st Buffalo Marathon Weekend.

New in 2020 and going forward, we added cancellation coverage to help protect registration fees. While pandemics were/are excluded we felt the investment was worth the cost to add additional protection to the participants registration fees.

New for 2021 and going forward we purchased medals made entirely in the USA. For the race giveaway this year we were concerned with supply chain problems, knowing other races have gone without medals and giveaways for items produced offshore. To solve this, we partnered with Tervis Tumblers to provide a customized high quality give away to commemorate the participant's accomplishment. The 16oz double wall tumbler being given away for the 5k is made in the USA. The 20z double wall stainless steel tumbler is manufactured offshore but fully decorated in FL. Tervis has tens of thousands of these in their Florida warehouse guarantying they will be here on race weekend.

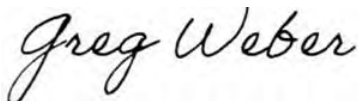
If you did not notice, new for 2022 we instituted a "what you see is what you pay" policy. We are now covering all credit card and admin fees associated with registration. This means participants will pay whatever the registration fee is when they register. We also removed all shipping and handling fees when purchasing swag. The only extra fees you will now pay is sales tax when required.

Our continued goal is to support the Buffalo Community and Western New York and since 2001 we have given back over \$1,100,000 to more than 40 different Not for Profits.

In 2021 during the pandemic we raised \$212,000 to benefit the best-in-class cardiac programs at Buffalo General Medical Center/Gates Vascular Institute Another \$7,500 was given to support The John R. Oishei Children's Hospital. We also support the 1,500+ volunteers that come out on race weekend to help make it all happen. Many of these volunteers come from Not For Profit Groups that we gave over \$40,000 to.

This year's goal through our Heart-To-Heart initiative is to raise \$350,000 to replace the 21 monitors at Buffalo General and Gates Vascular Institute. . Over 655,000 people die every year from heart disease and there is no vaccine. We are working to help ensure Kaleida Health, our premier sponsor, has the resources they need to care for you, your family or friends if the need arises. Donations can be made here.

None of this is possible without you, the runners. Thank you for your continued support and belief in us. We will see you at the start line where it promises to be insanely great!!!



Greg Weber
Executive Director/Race Director



Rich Clark
Operations Director/Assistant Race Director

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
[GiveToKaleida.com](https://www.givetokaleida.com)



STATE OF NEW YORK
EXECUTIVE CHAMBER
ALBANY 12224

KATHY HOCHUL
GOVERNOR

May 28 – 29, 2022

Dear Friends:

It is my pleasure to send greetings to everyone participating in the 2022 Buffalo Marathon Weekend.

New Yorkers recognize the importance of maintaining healthy lifestyles and the benefits of lifelong fitness and exercise for everyone. This Memorial Day weekend, you become part of an annual summer kick-off tradition of running 26.2, 13.1, or 3.1 miles through the historic streets, parks, and waterfronts of Buffalo, for the benefit of local charities and non-profits.

Now in its 21st year, this event is a great way to welcome the season with friends, neighbors, and other running enthusiasts. I appreciate the Buffalo-Erie Marathon Association and Executive Director Greg Weber for their hard work and dedication to making this weekend a success, and thank the many sponsors who reflect the spirit of the City of Buffalo. I also congratulate your race directors, volunteers, runners, and supporters for their contributions and participation in this exciting event.

Best wishes for great running weather!

Sincerely,

Kathy Hochul
Governor

THE SENATE
STATE OF NEW YORK



TIMOTHY M. KENNEDY
SENATOR, 63RD DISTRICT

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BUFFALO, NEW YORK 14202
(716) 826-2683 OFFICE
(716) 826-2793 FAX

E-MAIL ADDRESS:
KENNEDY@NYSENATE.GOV

May 28, 2022

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 Medical Center and Gates Vascular Institute, 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 blue 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
OFFICE OF THE MAYOR

BYRON W. BROWN
MAYOR

Dear Runners,

Welcome to Buffalo! The weekend of May 28-29 will be a very special one for the City of Buffalo as the 21st Buffalo Marathon and related races will bring more than 7,000 runners to our community.

We are happy to welcome participants in the Buffalo Marathon, Half Marathon, Heart to Heart Relay, John R. Oishei Children's Hospital 5k, Buffalo Stampede Dog Run, Kids Mini Marathon, and Diaper Dash.

If this is your first marathon or half-marathon in Buffalo, you are in for a visual treat. Our courses are fast and mostly flat, and will take you through historic neighborhoods, a revitalized waterfront along the Lake Erie, and the Niagara and Buffalo River shorelines.

The full marathon course winds through the Frederick Law Olmsted-designed Delaware Park, past the Frank Lloyd Wright-designed Darwin Martin House, and through historic Forest Lawn Cemetery.

Whatever distance you're running, you'll receive a very warm welcome and be cheered on by the great 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 \$1.1 million 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 a great time in our City.

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

Mayor Byron W. Brown



COUNTY OF ERIE

MARK C. POLONCARZ

COUNTY EXECUTIVE

February 1, 2022



Dear Friends,

As County Executive, it is my pleasure to welcome you to 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 follow Erie County on social media for the latest updates, news, and information for our region by going to facebook.com/ErieCounty or twitter.com/ErieCountyNY.

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,

A handwritten signature in blue ink that reads "Mark C. Poloncarz". The signature is fluid and cursive, with a long horizontal stroke at the end.

Mark C. Poloncarz
Erie County Executive

MCP/jah



BUFFALO MARATHON WEEKEND™

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BUFFALOMARATHON.ORG

MARATHON WEEKEND SCHEDULE

TUESDAY MAY 24TH

TIME	ACTIVITY	LOCATION
7:00PM	Buffalo Marathon Roundtable – Live! Pre-Race Questions with the Race Directors and Fitz Koehler	Facebook Live

FRIDAY MAY 27TH

5:00PM – 9:00PM	0.0k Happy Hour	Chippewa
7:00PM	Buffalo Marathon Peddle Party	OSB Ciderworks, 517 Main St

SATURDAY MAY 28TH

The Buffalo Marathon 5k Presented By John R. Oishei Children’s Hospital

7:00AM - 8:15AM	5k Packet Pickup (No expo day registration)	Convention Center, First Floor
8:30AM	5k Start	Pearl Street Near Court Street
8:45AM – 10:15AM	5k Post Race Party	Convention Center, Upstairs
9:45AM	5k Awards	Convention Center, Upstairs

Kids Mini-Marathon Presented By Dicks Sporting Goods & John R. Oishei Children’s Hospital

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

Diaper Dash Presented By John R. Oishei Children’s Hospital

10:30AM – 11:15AM	Diaper Dash Packet Pickup	Convention Center, First Floor
11:30AM	Diaper Dash	Under Finish Arch

Ruffalo Stampede & BARK Crawl Presented by Tito’s

11:30AM – 12:15PM	Ruffalo Stampede Packet Pickup	Court & Pearl Street
12:30PM	Ruffalo Stampede	Franklin & Huron
1:00PM	BARK Crawl	See page 28 for locations

Health and Wellness EXPO and Packet Pickup

9:00AM – 6:00PM	Expo and Packet Pickup ID REQUIRED	Convention Center, Upstairs
2:30PM	Free Yoga – Restorative Class	At the Finish Line

Pasta Party with Keynote Speaker Fitz Koehler

3:30PM – 6:00PM	Pasta Dinner Party	Hyatt Ball Room, Pearl & Huron
5:00PM – 6:00PM	Fitz Koehler Keynote Speech	

SUNDAY MAY 29th

RACE DAY

5:30AM – 6:15AM	Last-chance Packet Pickup No Race Day Registration No Gear Drop	Convention Center, First Floor
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6:30AM	Marathon, Half Marathon, Marathon Relay Start	Delaware & Huron St
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8:15AM	Post-Race Party Starts	Convention Center, Upstairs
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8:15AM	Half-Marathon Awards, Male & Female Overall Winners	At the Finish Line, Franklin St.
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9:00AM	Beer is served – ID may be requested	Convention Center, Upstairs
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9:45AM	Full-Marathon Awards, Male Overall Winners	At the Finish Line, Franklin St.
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10:00AM	Half-Marathon Course Closes	
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10:45AM	Full-Marathon Awards Female Overall Winners	At the Finish Line, Franklin St.
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12:30PM	Finish Line Closes	
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1:30PM	Post-Race Party Closes	
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Closing Celebration - Live Music – Free Event! **21+ ID REQUIRED**

2:00PM	Gates Open – DJ TBA	Chippewa
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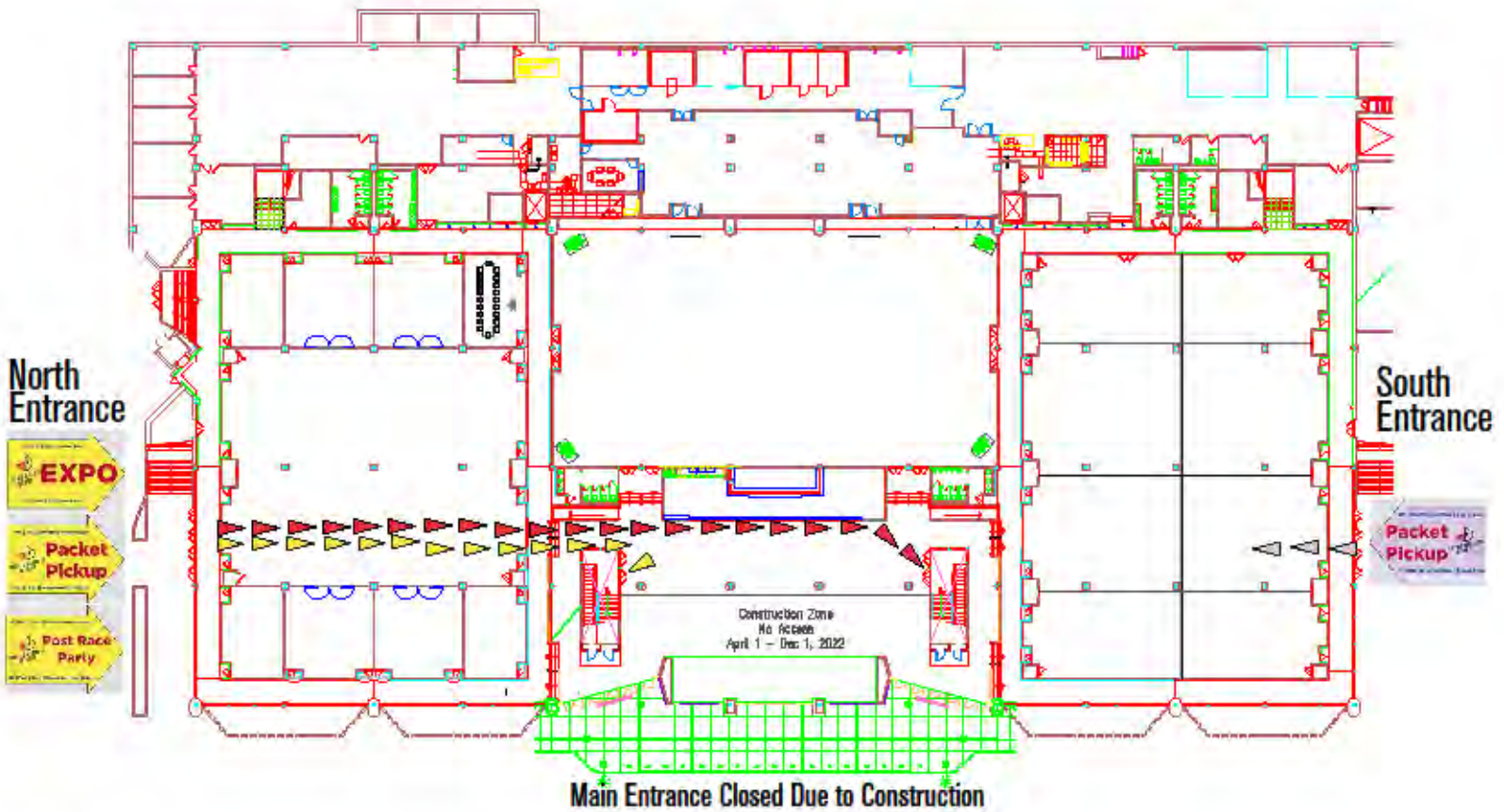
3:30PM – 5:30PM	XOXO Pop Band	Chippewa
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6:00PM – 9:00PM	Nerds Gone Wild	Chippewa
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Due to the current construction taking place at the Buffalo Convention Center the main entrances are closed. Please see the map on the next page for side entrances.

ALTERNATE ENTRANCES DUE TO CONSTRUCTION MAP



North Entrance

North	Saturday - Expo Packet Pickup: Full, Half, Relay
North	Saturday - 5k Post Race Party
North	Sunday - Post Race Party

South Entrance

South	Saturday - Packet Pickup - Buffalo Marathon 5k
South	Saturday - Packet Pickup - Kids MiniMarathon
South	Saturday - Packet Pickup - Diaper Dash
South	Sunday - Late Packet Pickup: Full, Half, Relay

Note - Saturday - Buffalo Stampede Packet Pickup - Start Line on Pearl St closest to Court St.

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East Amherst - 8750 Transit Rd | Amherst - 3925 Sheridan Dr
Orchard Park - 260 Redtail Rd & 3670 S. Benzing Rd
Niagara Falls - 10175 Niagara Falls Blvd | Downtown Buffalo - 438 Main St

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.





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Pediatric Surgery, Surgical Critical Care, Surgical Oncology, Thoracic Surgery, Transplant Surgery,
Trauma Surgery, Vascular Surgery, Wound Care.

PACKET PICK UP & EXPO

EXPO HOURS

The Expo will be held at the Convention Center on Saturday, May 28 from 9:00AM – 6:00PM

PACKET PICKUP

ID REQUIRED

Packet pickup for pre-registered runners will be held at the Buffalo Marathon Expo at the Buffalo Niagara Convention Center on Saturday, May 28, from 9:00AM – 6:00PM.

- ID is required for packet pickup
- 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.
- 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 29, on the first floor of the Convention Center **5:30AM - 6:15AM**.



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**Marathon
Photos
Live**

THE BUFFALO MARATHON 5K

PRESENTED BY JOHN R. OISHEI CHILDRENS HOSPITAL

DATE: SATURDAY, MAY 28TH @ 8:30AM

We are proud to announce that the 5k is presented by the John R. Oishei Children's Hospital. This is a family friendly event, and we hope everyone will take part. With an 8:30am start time it makes for the perfect shake out run before attending the expo which opens at 9:00am.

PACKET PICKUP

Only pre-registered runners may pick up their packets on race morning between 7:00AM - 8:15 AM on the first floor 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.

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

ALL 5K RUNNERS WILL RECEIVE

- Commemorative Tumbler
- Finisher Medal for completing the event
- Post Race Party Immediately Following
- Age Group Awards



JOSHUA VACANTI TO SING NATIONAL ANTHEM

Joshua Vacanti is an American singer and recording artist from Lockport, NY. Most notably, Joshua was a contestant on season 21 of NBC's The Voice where he placed in the top eight representing coach John Legend. Legend used his only block of the season against fellow coach Ariana Grande to secure Vacanti on his team.

Joshua's sound blends elements of pop and musical theater with his Christian contemporary roots. His musical influences include Ben Platt, Lauren Daigle and Jordan Smith.

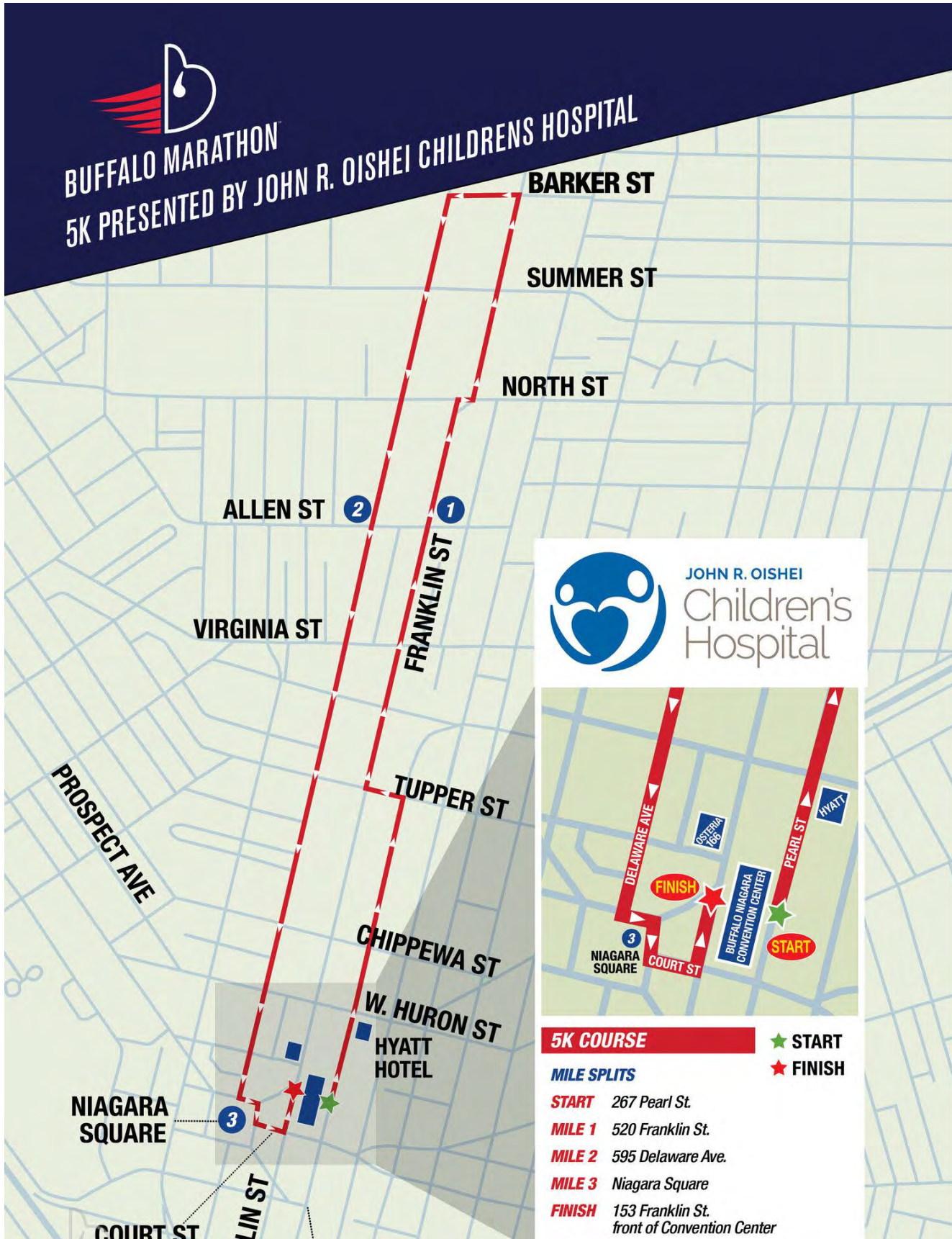
Joshua studied vocal performance and minored in musical theater at SUNY Buffalo State College. Joshua also leads worship regularly in his community and is passionate about bringing Christian and gospel music to mainstream audiences.

Joshua actively uses his platform to raise awareness for anti-bullying. After undergoing immense bullying, himself during grade school, Joshua found community and support in music and musical theater. Joshua hopes to be the person he wishes had when he was younger and encourages everyone to embrace their uniqueness.



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

the **BUFFALO NEWS** store

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KIDS MINI-MARATHON PRESENTED BY DICKS SPORTING GOODS & JOHN R. OISHEI CHILDREN'S HOSPITAL

DATE: SATURDAY MAY 28TH

A **FREE** fun run presented by Dick's Sporting Goods & John R. Oishei Children's Hospital will be held on Saturday, May 28 for kids ages 2-8! Packet pickup starts at 9:45 AM on the first floor of the Convention Center. **THERE WILL BE NO RACE DAY REGISTRATION!** All Finishers will receive a custom Buffalo finisher's medal and goodie bag!

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





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AT [DICKS.COM/THEPROS](https://www.dicks.com/thepros)

DIAPER DASH PRESENTED BY JOHN R. OISHEI CHILDREN'S HOSPITAL

DATE: SATURDAY MAY 28TH @ 11:30 AM

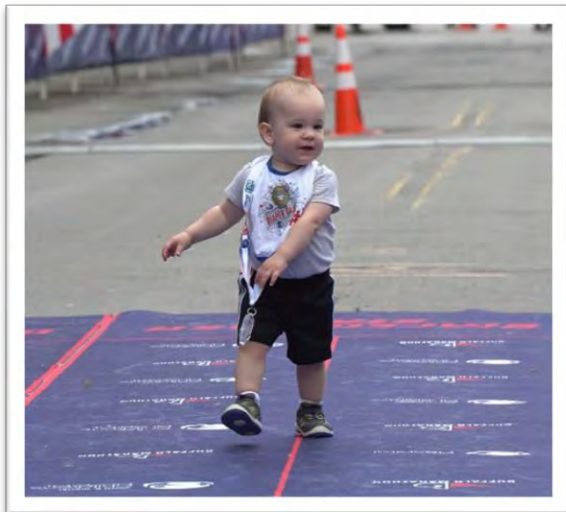
Our Diaper Dash will be held Saturday morning of race weekend at 11:30 am. This **FREE** crawl/walk will be 26.2 feet and is specially designed for our two and under athletes.

For the crawler's safety we will put down carpeting to protect their hands and knees and in the event of rain we will move the event inside the Convention Center. We also ask for two adults to be present so your child can start and finish in the arms of a loved one.

Don't miss this fun event and have your cameras ready as your child / grandchild makes their way to their first finish line.

All Finishers Receive:

- Custom Race Bib
- A Keep Sake Buffalo Medal

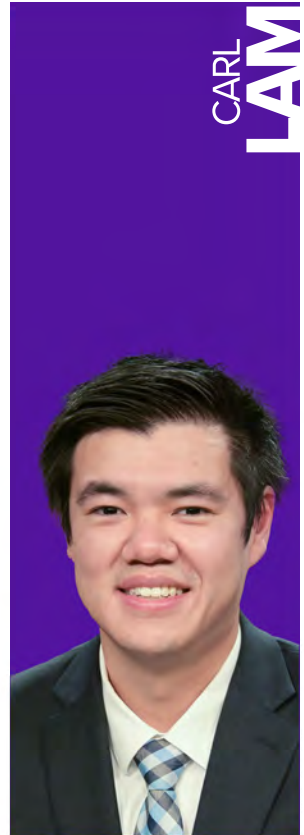


KIDS RACE & DIAPER DASH COURSE MAP









BEFORE YOU PLAN YOUR NEXT RUN

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STORM TEAM

wgrz.com       YouTube **ROKU** firetv

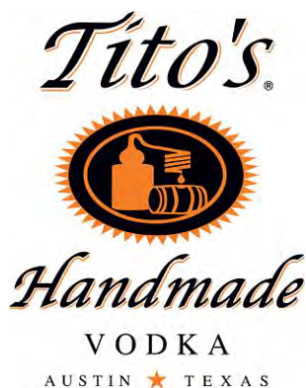
RUFFALO STAMPEDE & BARK CRAWL PRESENTED BY TITO'S

RUFFALO STAMPEDE SATURDAY MAY 28TH @ 12:30PM

The Ruffalo Stampede is designed to allow our four-legged friends to participate in the Buffalo Marathon Weekend. The 1k course is flat, fast and great for dogs of all sizes and capabilities. Participants and their pets are welcome to walk or run. This is a participation event and not a race. The event is limited in size. Every dog must be accompanied by their owner/coach and always kept on a leash. Packet Pick Up - 11:30am (267 Pearl Street)

Each Ruffalo Stampede Participant will receive:

Custom Ruffalo Medal. Commemorative Bandana. Milk Bone Gift bag with Milk Bone Product. Tops Friendly Markets Collapsible Water Bowl. Custom Poop Bag holder - please be sure to use them and clean up after your pet



BARK CRAWL

The BARK Crawl is the "second lap" of our event and will celebrate local rescues, shelters and their pet foster family heroes who work together to save the lives of homeless pets in our community. We will be inviting fosters from each participating rescues to attend, receive fun branded swag and encourage them to bring a friend to sign up to become a foster. The more fosters we have, the more lives we can save.

BARk Crawl Stops / Pet Rescue:

Buffalo Tap House (85 W. Chippewa St.) - Nickel City Canine Rescue
Frankie Primo +39 (51 W. Chippewa St.) - Queen City Pitties
Soho Buffalo(64 W. Chippewa St.) - City of Buffalo Animal Shelter
The Banshee Irish Pub (257 Franklin St.) - Buddy's Second Chance Rescue



RUFFALO STAMPEDE COURSE MAP



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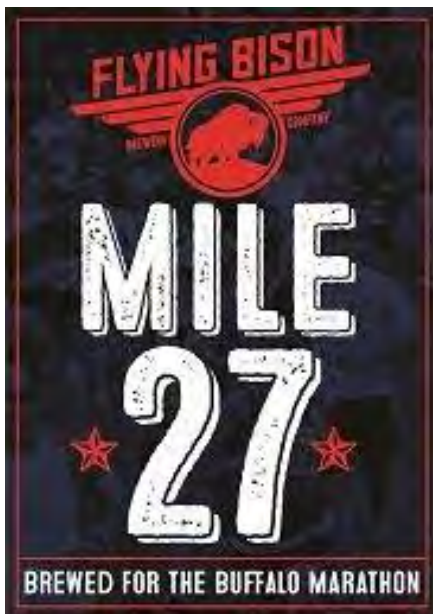
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MILE 27 PILSNER

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.



Participating Bars

HYATT

Two Fountain Plaza

SOHO

64 W. Chippewa St

ALLEN BURGER VENTURE

175 Allen St.

COLTER BAY

561 Delaware Ave

MR. GOODBAR

1110 Elmwood Ave

Participation TBD

COLES

1104 Elmwood Ave

TAP HOUSE

85 W. Chippewa

FAT BOBS

41 Virginia Place

BANSHEE

257 Franklin

SIDELINES

189 Delaware Ave

Participation TBD

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Andruschat Law Firm proudly supports the Buffalo Marathon

Call Chad P. Hirsch, Esq. Associate Attorney &
Assistant Traffic Operations Director for the Buffalo
Marathon

MILE	LOCATION	CLOSED (AM)	RE-OPENS
0.2	Delaware / Tupper	4:30	1:30 PM
1	Delaware /North	4:30	1:30 PM
1.5	Delaware / W Utica —North bound s-curve of Delaware is closed	4:30	1:30 PM
2.1	Delaware / Lafayette Gates Circle —South bound Delaware from North going south to Niagara Square	4:30	1:30 PM
2.2	Chapin / Lafayette	4:30	1:00 PM
2.7	Chapin / Lincoln	4:30	1:00 PM
3.1	Lincoln / Delaware Park	4:30	1:00 PM
3.6	Chapin/ Lincoln	4:30	1:00 PM
4	Chapin/ Lincoln	4:30	1:00 PM
5	Delaware/ Bryant	4:30	1:00 PM
5.3	Delaware/ North	4:30	1:00 PM
6	Delaware / Tupper	4:30	1:30 PM
6.5	Rabin Terrace / Huron	4:30	1:30 PM
7	Virgina / Maryland	4:30	10:00 AM
7.7	Prospect/ Porter	4:30	10:00 AM
8	Porter / 4th St	4:30	10:00 AM
9	Niagara/ Carolina	4:30	10:00 AM
10	Lakefront / Erie	4:30	10:30 AM
11	Marina	4:30	10:30 AM
11.3	Erie / Marine Dr.	4:30	10:45 AM
11.5	Marine / Washington	4:30	11:00 AM
11.9	Perry / Michigan	4:30	11:00 AM
12.3	Marine / Washington	4:30	11:00 AM
12.6	Exchange / Washington	4:30	11:00 AM
13	Franklin / Swan	4:30	1:30 PM
13.1	Half Marathon Finish	4:00	2:00 PM
13.2	Pearl / W Huron —South bound lanes open. Athletes stay within cone lane running against traffic.	4:00	11:30 AM
13.7	Franklin / W Tupper	4:00	11:30 AM
14.5	Franklin/Linwood/North	4:00	11:30 AM
14.8	Linwood / Barker	4:00	11:30 AM
15.1	Linwood / Ferry	4:00	11:30 AM
15.7	Linwood / W Delevan —Coned Lane	4:00	11:30 AM
16	Delaware / Forest Lawn Cemetary – along side it —Coned Lane	4:00	11:30 AM
17	Delaware / Ring Road	4:00	11:30 AM
18	Ring Road / Jewett —Detour traffic or Zoo only	4:00	11:30 AM
18.6	30K relay Near Crescent / Amherst	4:00	11:30 AM
19	Starin	4:30	11:30 AM
19.3	Hertel / Starin	4:30	12:00 PM
19.6	Hertel / Wellington	4:30	12:00 PM
20	Linden	4:30	12:00 PM
20.1	Linden / Colvin	4:30	12:00 PM
20.5	Colvin / Ring Road	4:30	12:00 PM
21	Meadow / Middlesex	4:30	12:00 PM
21.8	Elmwood / Middlesex	4:30	12:30 PM
22	Elmwood / Iroquois	4:30	12:30 PM
22.5	Soldier's Circle	4:30	12:30 PM
23	Bidwell	4:30	12:30 PM
23.1	Colonial Circle	4:30	12:30 PM
24	Richmond / Bryant	4:30	1:30 PM
24.4	Symphony Circle	4:30	1:30 PM
25	Delaware / Allen	4:30	1:30 PM
26	Niagara Square	4:00	2:00 PM
26.2	Finish	4:00	3:00 PM



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MARATHON, HALF MARATHON AND RELAY STARTING PROCEDURES

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 5:30 AM.

***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 RACECOURSE

- 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

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.
- Buses will leave as soon as they are filled. There will be multiple buses 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.
 - Buses will shuttle between the bus stop at 1600 Amherst Street and Washington & Huron Streets until 11:00 AM. There is no set schedule for these shuttle trips – buses 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.





ON A MISSION TO RAISE FUNDS FOR BEST-IN-CLASS CARDIAC CARE HERE IN WNY

ABOUT THE RELAY

The Kaleida Health Heart-to-Heart Relay presented by the Buffalo Marathon is a four person marathon team relay where you and your relay team members each run a leg of the Buffalo Marathon course. To participate, each team must collectively raise a minimum of \$1,000 to benefit the best-in-class cardiac programs at Buffalo General Medical Center/Gates Vascular Institute. Each team is provided with custom team fundraising pages to help reach fundraising goals.

1/4

Approximately 647,000 Americans die from heart disease each year – about **25% of all US deaths.**

00:00:37

One person dies every 37 seconds in the United States from cardiovascular disease.

92.1 MILLION

92.1 million American adults are living with some form of cardiovascular disease.

#1

Heart disease is the **#1 cause of death** in all eight counties of Western New York.

benefiting

 Buffalo General Medical Center
 Gates Vascular Institute
A Kaleida Health Facility

 Kaleida Health Foundation

By participating in the Heart-to-Heart Relay, you will help raise funds to advance revolutionary neurological procedures, purchase the newest technologies available for complex cardiovascular care and contribute to the innovative medicine happening at Buffalo General Medical Center/Gates Vascular Institute.

Together, we will run faster, further and stronger than ever before in the fight against heart disease!


INTERACTIVE COURSE MAPS

Click the icons below to check out our Interactive Maps!


 FULL MARATHON


 HALF MARATHON

 5K RACE

 KIDS RACE & DIAPER DASH

 RUFFALO STAMPEDE & BARK CRAWL

 POINT OF INTEREST


 RELAY EXCHANGES


 LIVE MUSIC

 HYDRATION

 GEL SHOT

 EMS

 AID STATION

 PORT-O-POTTY

LIVE RUNNER TRACKING

“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



BUFFALO MARATHON AND HALF MARATHON COURSE MAP



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SUPPORT ON THE COURSE + PACE TEAMS

PORTA POTTIES

For your pre-race convenience, porta potties will be available in Niagara Square. 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 in the following flavors: Mocha, Vanilla & Raspberry

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 - 6:00 (in ten-minute increments) and half marathon times of 1:30 - 3:00 (in five-minute increments.)



Official Pace Team members will be easily identified at the start of the race as they will be wearing 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 to pacers@buffalomarathon.org and will be responded to promptly right up until an hour before race time.





2022 Race Season is Finally Here!

Runner's Roost has been serving runners and walkers of all levels since 1978. Let us help make your season a good one. Come visit us in Orchard Park or East Amherst for all your running needs.

Orchard Park

4190 North Buffalo Road
Orchard Park, New York. 14127
716.662.1331

Monday – Friday: 10 am – 7 pm EST
Saturday: 10 am – 5 pm
Sunday: 12 pm - 4 pm



Runner's Roost

www.therunnersroost.com
info@therunnersroost.com

East Amherst

5841 Transit Road
East Amherst, New York. 14051
716.639.7231

Monday – Friday: 10 am – 7 pm EST
Saturday: 10 am – 5 pm
Sunday: 12 pm - 4 pm

COURSE ENTERTAINMENT

LIVE MUSIC THROUGHOUT THE COURSE!

Live bands will be performing a variety of music on the racecourse. 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



MILE	BAND
1, 14, 24.8	<u>DJ Jett</u>
7	<u>Ratchet Snax</u>
11	<u>Dana</u>
11.8	<u>Joe and the Shmoes</u>
17	<u>Buffalo Bluegrass AllStars</u>
19.8	Patrick Clay
24.4	<u>Nathan Pitorf</u>
17.5	<u>No Vacancy</u>
3.1, 24.4	<u>Porcelain Train</u>



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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!



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.



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OF THE BUFFALO MARATHON

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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.

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.

DUE TO CONVENTION CENTER CONSTRUCTION, YOU MAY NEED TO USE ACCESS FROM THE WEST SIDE OF FRANKLIN 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 Haliee.

"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**" - Haliee's Mom, Kierra

Donate today at FOROCH.org



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 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>
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

<i>MILE</i>	<i>TIME</i>
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.

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.

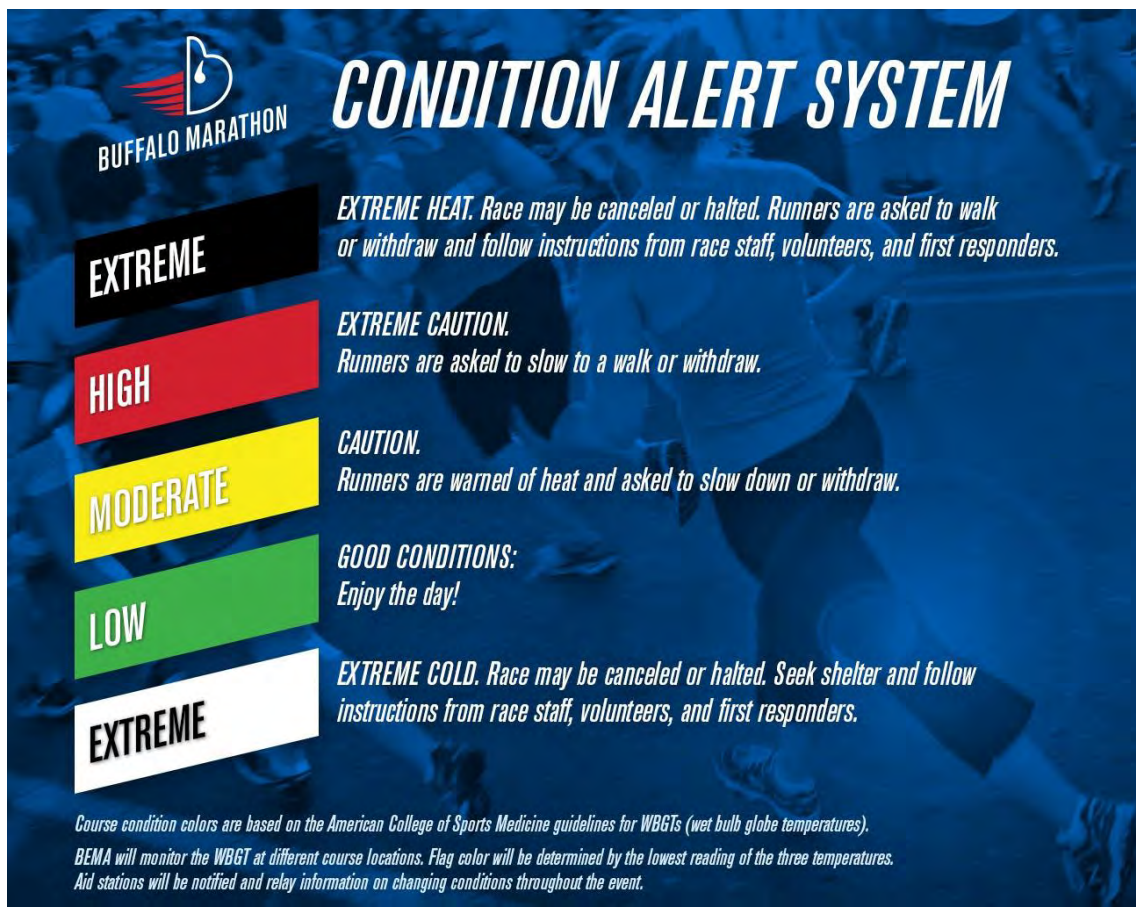
NEW FOR 2021 AND BEYOND

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

If you registered with a cell phone number, you will receive messages and updates throughout race weekend.

Opt In to receive text alerts from race management by texting: **Buffalo** to **844-868-9995** (normal data rates apply)



The graphic features the Buffalo Marathon logo at the top left. The title "CONDITION ALERT SYSTEM" is prominently displayed in the upper right. Below this, five colored bars represent different alert levels, each with a corresponding description of the conditions and runner instructions. The background shows a blurred image of runners.

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.

COURSE SIGHTS

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.



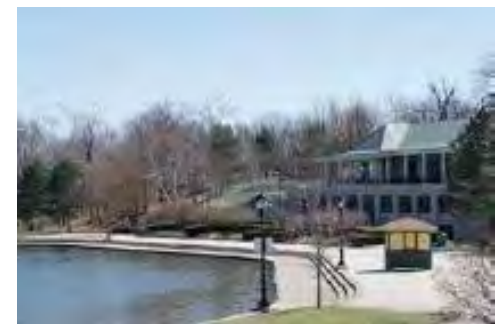
Mile 2: Saturn Club

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

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

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

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

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

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

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.



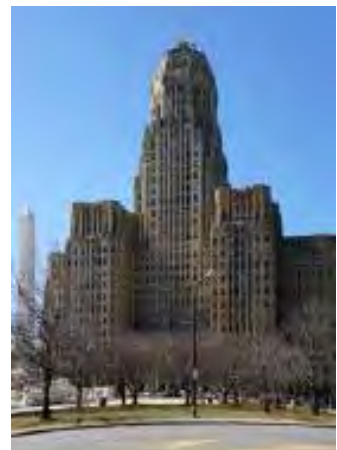
Mile 26: McKinley Monument

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.



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CHARITIES

THE BUFFALO MARATHON IS PROUD TO SUPPORT THE FOLLOWING CHARITIES



The Kaleida Health Foundation is a 501(C) (3) tax exempt New York not-for-profit operated for the charitable purposes of Kaleida Health and in support of other community charities. The Kaleida Health Foundation supports the care, programs, research, education and equipment at Kaleida Health hospitals, long-term care facilities and home care through Visiting Nursing Association of WNY, Inc. Through the generosity of individuals, employees and corporations, the Foundation is able to help Kaleida Health achieve best possible outcomes for patients, educate clinical experts and provide charity care for those in need.



The Children's Hospital of Buffalo Foundation supports the care, programs, education and equipment at John R. Oishei Children's Hospital. Through the generosity of individuals, foundations, employees and corporations, the Foundation is able to help John R. Oishei Children's Hospital achieve best possible outcomes for moms, children and babies in Western New York, provide charity care for those in need and educate clinical experts.



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 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.



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.

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.



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.



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.

NOVEMBER PROJECT

Win the morning. Win the day



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.

The Engineering Society of Buffalo, Inc.

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.



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



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.



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.



Mission statement: Our mission at the Center for Elder Law & Justice is to improve the quality of life for elderly, disabled and low-income persons in Western New York. We do so through the provision of free civil legal services, primarily to individuals aged sixty and over as defined by the federal Older Americans Act, but also to younger disabled and low-income individuals, as funding permits. Our primary goal is to use the legal system to assure that our clients may live independently and with dignity.



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.



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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UB HEALS (Homeless health, Education, Awareness, and Leadership in Street medicine) is a Jacobs School of Medicine and Biomedical Sciences (JSMBS) Street Medicine outreach initiative with the mission to increase access to health care among the homeless population of Buffalo, NY by directly improving their overall health and influencing medical education.

As a student-run project, we seek to address the unique medical and psychosocial needs of the homeless population while providing a valuable educational experience for medical students.

Medical students and faculty from JSMBS, in partnership with the Matt Urban Human Services of WNY, will participate in direct street outreach to the homeless population in an effort to bridge gaps between the homeless and the medical community. By building these key relationships and expanding trust between medical students and this important population, UB HEALS aims to make a major impact on healthcare in Buffalo, NY.



This non-profit assists families in the Sweet Home district through four food pantries, crisis services, and other services. The Sweet Home Education Foundation has resurrected the district's Weekend Backpack Program, a unique districtwide initiative that provides nutritious, non-perishable, easy-to-prepare food to district students, as well as their families, to ensure they get enough food on weekends and holidays to avoid hunger when they cannot depend on school meals.



Guided by evidence-based practice, we maximize life success for people facing developmental, social and behavioral challenges.



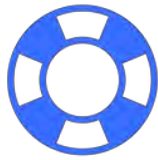
The Niagara University Sport Management Association (SMA) seeks to enhance and enrich the understanding of the sport industry of its respective members, often through insightful discussion related to the sport industry. SMA members receive a number of opportunities to network and gain experience in the industry. These connections will allow alumni to stand out from the competition, both in the Buffalo/Niagara sport community and beyond. SMA provides experiences through guest speakers, panels, trips, and Summit to gain experience interacting and learning from individuals in the sport and recreation field.



The Veterans One-stop Center of WNY brings people, resources, and organizations together to improve the quality of life for those who have served or are serving in the Armed Forces of the United States and their families.



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**American
Foundation
for Suicide
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Save Lives and Bring Hope to Those Affected by Suicide Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.



"St. Gregory the Great Catholic School, a ministry of St. Gregory the Great Roman Catholic Parish, invites students to discipleship through a quality education in harmony with the gospel values and teachings of Jesus Christ." - School Board Adopted, 10/31/2019





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