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RACE WEEKEND GUIDE

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May 2023

It is our great pleasure to welcome you all to the Buffalo Marathon Weekend 2023! With over 6,000 runners from 43 states and 10 countries, this event is shaping up to be one of our best yet. On behalf of the board, committee, volunteers, and sponsors, we would like to express our gratitude to everyone who has made this event possible.

We are excited to announce some new additions to this year's marathon, including a 5k walk and a free Friday night Plogging run to collect trash in the city. We also invite all participants to join us for the Friday Night Happy Hour on the street at Chippewa and Franklin. There will be drink specials, music by Strictly Hip, and a spectacular closing fireworks show at approximately 9:45 pm.

We would also like to take a moment to acknowledge and thank our Heart-To-Heart runners, who have shown an unwavering commitment to fighting heart disease in Western New York. Since its addition to the Buffalo Marathon Weekend in 2019, Heart-To-Heart runners have raised over \$500,000 to benefit the best-in-class cardiac programs at Buffalo General Medical Center/Gates Vascular Institute. We are truly grateful for their efforts and the difference they make in our community.

Finally, we would like to ask for your continued support of our sponsors throughout the year. Their commitment to the runners and the weekend has been invaluable in helping us make this event what it is today.

We wish all the runners the best of luck in their races and hope you all enjoy the weekend. Thank you once again to all participants, sponsors, volunteers, and committee members for your dedication and hard work in making the Buffalo Marathon Weekend 2023 a reality.

Sincerely

Greg Weber

Executive Director/Race Director

Greg Weber

Rich Clark

Operations Director/Assistant Race Director

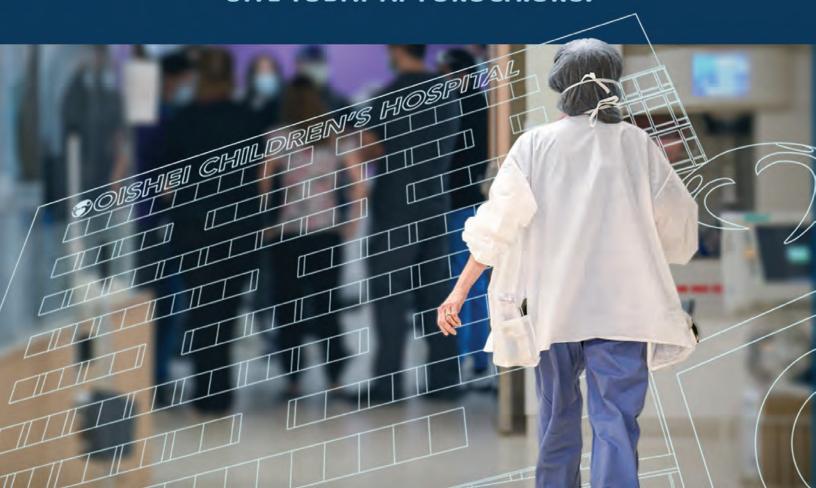




The Critical Care Team at Oishei Children's Hospital (OCH) is the only team of its kind for kids in the region, providing life-saving care to our friends, families and neighbors at the most crucial times.

Support the life-saving care happening at OCH.

GIVE TODAY AT FOROCH.ORG.





KATHY HOCHUL GOVERNOR

May 26 - 28, 2023

Dear Friends:

It is my pleasure to send greetings to everyone participating in the 2023 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 Downtown Buffalo, for the benefit of local charities and non-profits.

This year, visitors from near and far, local residents, elite runners and novices come together to enjoy the excitement and accomplishment of the full or half marathon, a 5K or relay, and lots of family-friendly activities, while promoting the concept of staying active, healthy, and physically fit.

Significant time and energy goes into an event of this magnitude and, on behalf of all New Yorkers, I am grateful for the 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 on another outstanding event.

Best wishes for great running weather!

Kathy Hochul

Governor

Sincerely

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E-MAIL ADDRESS: KENNEDY@NYSENATE.GOV

May 26-28, 2023

Dear Buffalo Marathon Participant,

Welcome to the Buffalo Marathon Weekend. The funds raised by this weekend's events 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 to this great project. As you race 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,

Timothy M. Kennedy

New York State Senator, 63rd District

6

WHATS NEW THIS YEAR

- 0.0k Happy Hour on Chippewa from 5pm To 10pm
 - The Strictly Hip Will be Performing 6:30 to 9:45
 - Spectacular Fireworks To Kickoff Summer at 9:45pm
 - The Shopper Chopper will be on display as well
- 5k Run/walk Packet Pickup is from 6:30am to 7:45am
- 5k Run Starts 30 minutes early at 8:00am near Pearl & Court
- 5k Walk starts at 8:15am near Pearl & Court
- Free Yoga at the Expo
- · Learn CPR at the Expo Hands Only CPR Training
- · Ruffalo Stampede Packet Pickup in the Convention Center Plaza at Pearl And Court
- · Ruffalo BARk Crawl will be on the Street At Chippewa
- Team Noisy Happy Hour At Hyatt Bar From 5:30pm to 8:30pm on Saturday 5/27.
- Registration will Open on 6/1 and will be 2023 prices until 9/1
- · No 5k Post Race Party. Food Will be Handed out at the Finish Line
- No Race Day Packet Pickup on Race Day Morning
- No Gear Drop On Sunday Race Morning
- No Sunday Street Party on Chippewa
- No Friday Night Pedal Party.







MARATHON WEEKEND AUCTION MAY 27 5 28

BUFFALO DIACARA CODUEDTION CENTER

TOTAL SPORTS BUFFALO

OFFICIAL PARTNERS OF







MARATHON WEEKEND SCHEDULE

TUESDAY MAY 23RD

7:00 PM Buffalo Marathon Roundtable – Live!

Pre-Race Questions with the Race Directors and Fitz Koehler on Facebook Live

FRIDAY MAY 26TH

5:00 PM - 10:00 PM 0.0k Kick Off Summer Happy Hour on Chippewa

6:30 PM - 9:45 PM The Strictly Hip

9:45 PM Fireworks Presented By Skylighters Fireworks

SATURDAY MAY 27TH

The Buffalo Marathon 5k Run & Walk Presented By John R. Oishei Children's Hospital

6:30 AM – 7:45 AM

5k Packet Pickup – Convention Center 1st Floor
8:00 AM

5k Run Start – Pearl Street Near Court Street
8:15 AM

5k Walk Start – Pearl Street Near Court Street

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

9:45 AM Bib-Pickup – No race day registration – Convention Center, First Floor

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

Diaper Dash Presented by John R. Oishei Children's Hospital

10:30 AM – 11:15 AM Diaper Dash Packet Pickup - No race day registration – Convention Center, First Floor

11:30 AM Diaper Dash – Under Finish Arch

Ruffalo Stampede & BARk Crawl Presented by Tito's

11:30 AM – 12:15 PM Ruffalo Stampede Packet Pickup – Convention Center Plaza at Pearl And Court

12:30 PM Ruffalo Stampede – Court & Pearl Street 1:00 PM BARk Crawl – See page ## for locations

Health and Wellness EXPO and Packet Pickup

9:00 AM – 6:00 PM Expo and Packet Pickup ID REQUIRED – Convention Center, Upstairs 9:30 AM – 12:15 PM Free Yoga At the Expo Presented By LuLu Lemon - Register Online.

1st class: 9:30am-10:15am 2nd class: 10:30am-11:15am

2nd class: 10:30am-11:15am 3rd class: 11:30am-12:15pm

2:00 PM – 2:45 PM Free Afternoon Stretch with YogaSix at the Buffalo Marathon Expo!

Participation in the Marathon is not required to attend yoga at the expo, all are welcome!

Pasta Party with Keynote Speakers Jennifer Donato, and Fitz Kohler

3:30 PM – 6:00 PM Pasta Dinner Party – Hyatt Ball Room, Pearl & Huron

5:00 PM - 6:00 PM Keynote Speech

Team Noisy Happy Hour

6:00 PM – 7:00 PM Hyatt Atrium Bar Pearl & Huron

SUNDAY MAY 28TH

Buffalo Marathon, Half Marathon & Marathon Relay

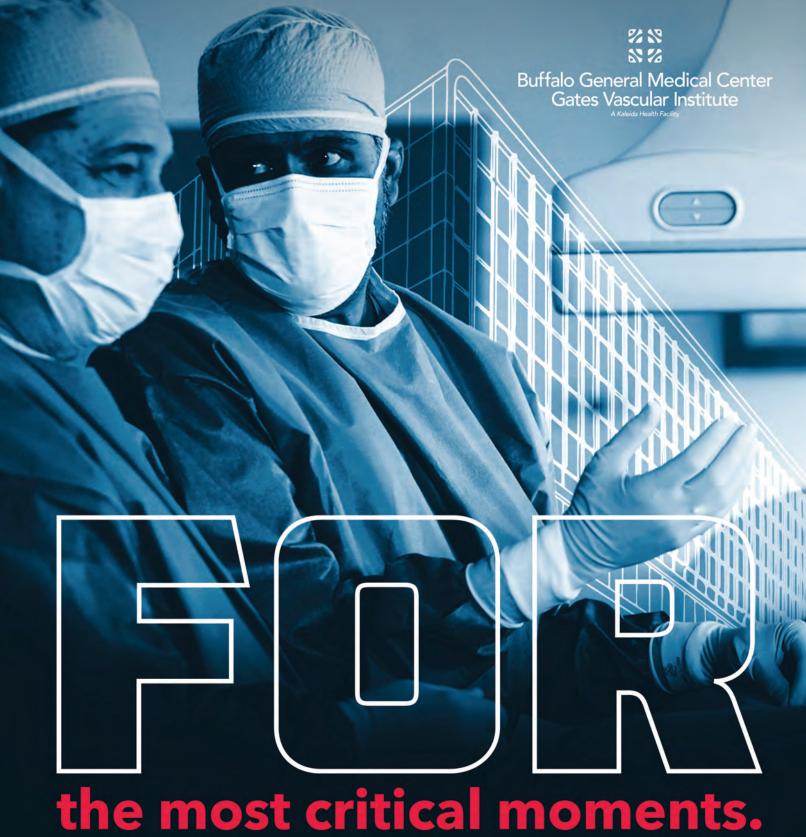
6:30 AM Marathon, Half Marathon, Marathon Relay Start – Delaware & Huron St

8:15 AM Post-Race Party Starts – Convention Center, Upstairs

9:00 AM Beer is served – ID may be requested – Convention Center, Upstairs

10:00 AM Half-Marathon Course Closes

12:30 PM Finish Line Closes1:30 PM Post-Race Party Closes



Showcasing a unique collaboration of cardiac, vascular, and neuroendovascular procedures, the best-in-class care offered at Gates Vascular Institute (GVI) is unlike any other in the world.

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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.





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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Also catch us at packet-pickup and the post-race party.

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PACKET PICK UP & EXPO

EXPO HOURS

The Expo will be held at the Convention Center on Saturday, May 27 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 27, 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 for the Pasta Party at the information booth.
- The Expo in the Packet Pickup area. Please note: Tokens will not be available for purchase at the EXPO.

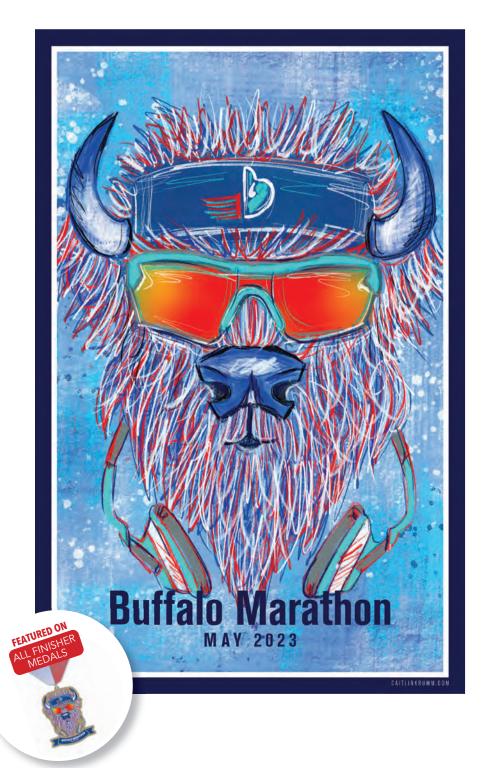
RACE DAY

THERE IS NO RACE DAY PACKET PICKUP - PACKETS MUST BE PICKED UP ON SATURDAY PRIOR TO RACE DAY



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A MESSAGE FROM JENNIFER

Hello there! It's a pleasure to introduce myself - I'm Jennifer Donato, a teacher and passionate runner hailing from WNY. I am honored to have been named the Buffalo Marathon Ambassador for a second time. Running has been an integral part of my life for over a decade now, and it has enriched my life in countless ways, both mentally and physically.

I have had the privilege of running 41 marathons to date, with the majority of them being a part of the Abbott World Major Marathon series. As the second woman in the world to earn three Abbott Six Star Finishers Medals, I feel incredibly proud of my achievements. Among my greatest accomplishments are running the Tokyo, Boston, London, Berlin, Chicago, and New York City Marathons, and they are the driving force behind my motivation and inspiration to give my all each day.

While I am committed to continuing to participate in these major marathons by qualifying until I choose to retire from running, I also cherish the opportunity to be a part of smaller races, especially the Buffalo Marathon, which is right up there with the best of them. Last year, I ran a personal best of 3:19 at the Detroit Marathon, which reminded me that it's never too late to dream another dream or to reach a new goal!

For me, life is all about valuing each day and living it to the fullest. Being a part of the running community has allowed me to build countless meaningful friendships and inspire others to believe in themselves and pursue their dreams. I'm excited to meet all of you at the Buffalo Marathon, and I look forward to sharing stories of our running adventures. So, let's lace up those shoes and hit the road!

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

DATE: SATURDAY, MAY 27TH

WE HAVE ADDED A WALK IN 2023 TO MAKE IT EASIER FOR WALKERS AND THOSE WHO WANT TO WALK WITH STROLLERS TO PARTICIPATE IN THE WEEKENDS ACTIVITIES! ©

RUN START 8:00AM -- WALK START 8:15AM

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.

PACKET PICKUP

Runners/Walkers with photo ID may pick up their packets on race morning between 6:30AM - 7:45 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.

RUN START DETAILS

The run start is located on Pearl Street near Court Street.

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.

WALK START DETAILS

This event starts at 8:15am, 15 minutes after the 5k race. Walkers will gather on court street near pearl until the 5k starts.

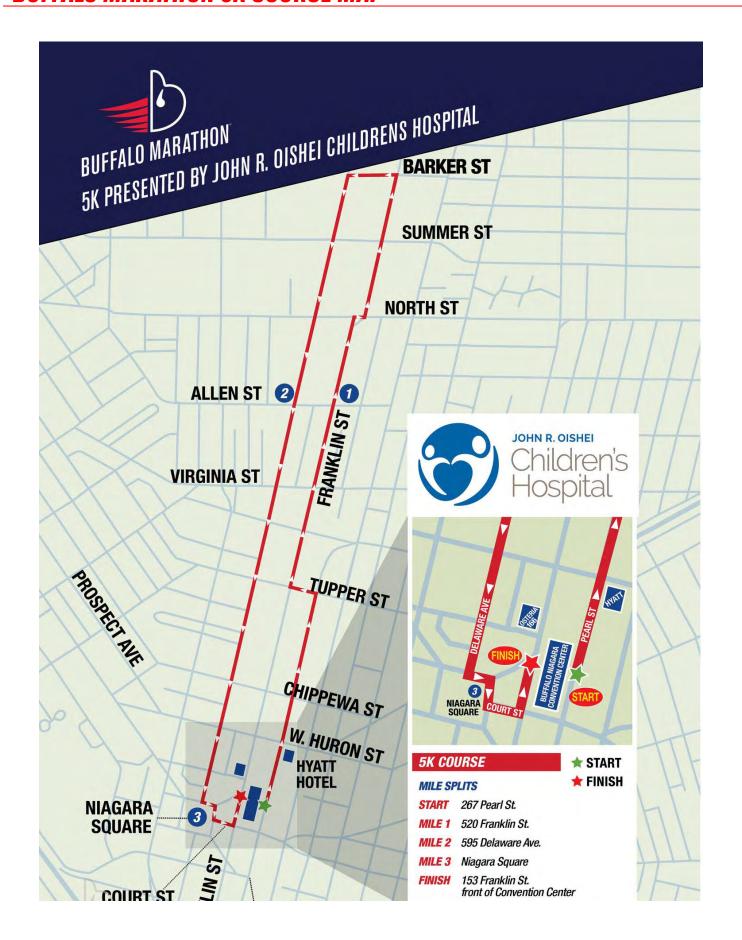
ALL 5K RUNNERS WILL RECEIVE

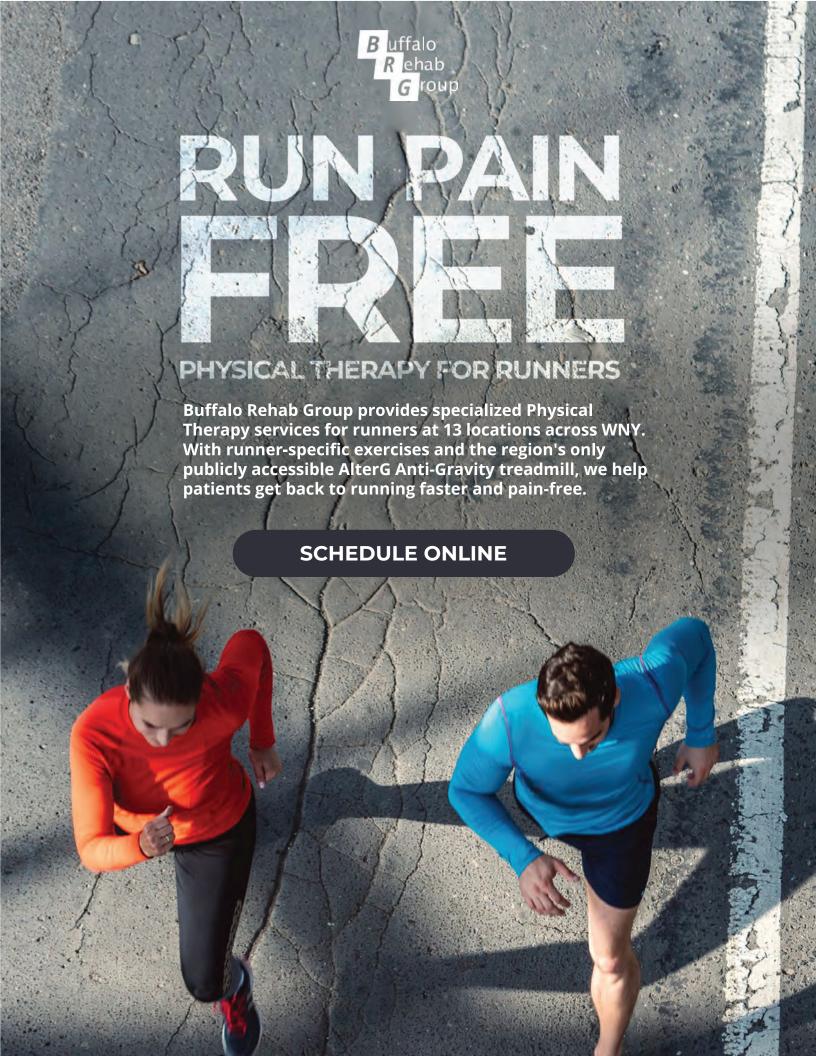
- Finisher Tech Shirt
- Finisher Medal for completing the event
- · Grab & Go food and drink at the finish line
- Age Group Awards

ALL 5K WALKERS WILL RECEIVE

- Finisher Tech Shirt
- Finisher Medal for completing the event
- · Grab & Go food and drink at the finish line







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

DATE: SATURDAY MAY 27TH

A fun run will be held on Saturday, May 27th 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 keep sake buffalo medal, a special prize provided by Dick's Sporting Goods, a snack and a drink.





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







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

DATE: SATURDAY MAY 27TH @ 11:30 AM

Our Diaper Dash will be held Saturday morning of race weekend at 11:30 am. This 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

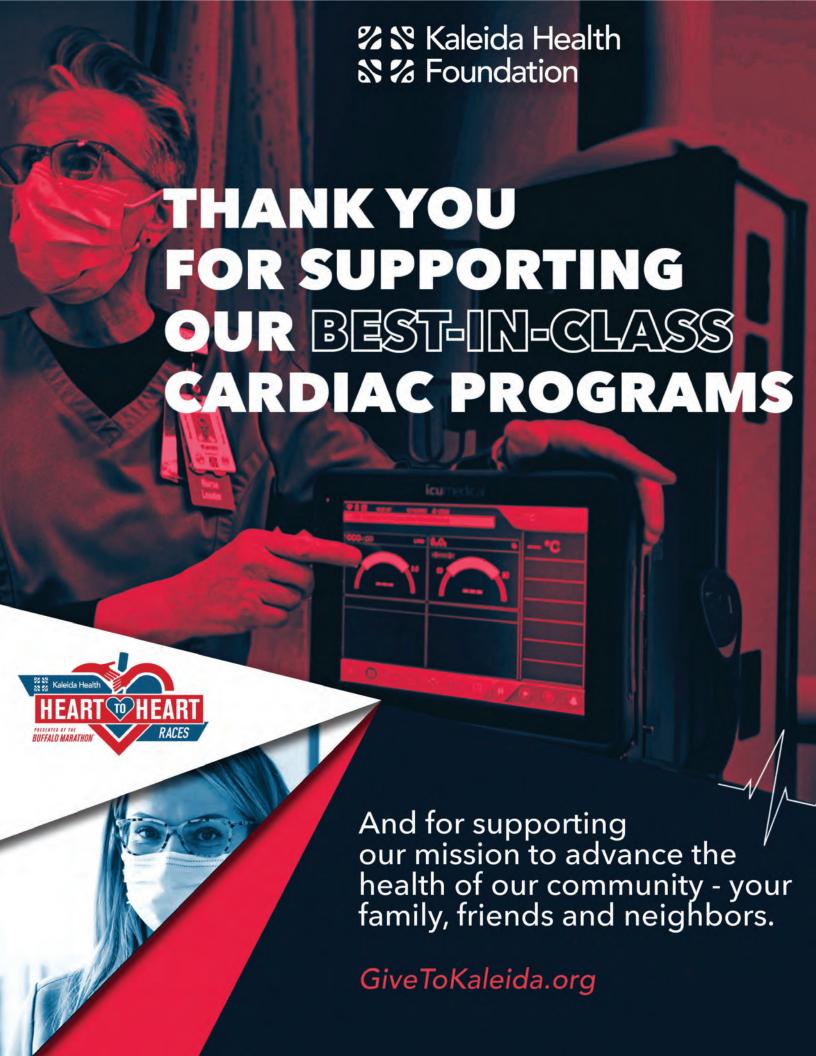












RUFFALO STAMPEDE & BARK CRAWL PRESENTED BY TITO'S

RUFFALO STAMPEDE SATURDAY MAY 27TH @ 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 on Court Street near 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 Rec Room (79 W. Chippewa St.) - Hamburg Mutts For Freedom Sidelines Sports Bar & Grill (189 Delaware Ave) – 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











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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 coral 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 star ting 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 service stop located at 1600 Amherst Street (Crescent and Amherst Street at the Service Shop is where the bus will be parked) 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.









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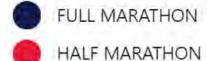
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START MY FREE TRIAL



INTERACTIVE COURSE MAPS

Click the icons below to check out our Interactive Maps!



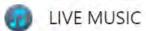
5K RACE

KIDS RACE & DIAPER DASH

RUFFALO STAMPEDE & BARK CRAWL

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RELAY EXCHANGES



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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 and additional flavors

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, Strawberry, Citrus, Double Expresso w/ Caffeine.

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.





Welcome to the 2023 Race Season.

Runner's Roost has been serving runners, walkers and trail runners of all levels since 1978. We carry a broad range of neutral and stability shoes from most of the popular brands. Let us help make your season a good one. Come visit us in Orchard Park or East Amherst for all your running/walking needs.



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Orchard Park

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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

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	DJ Darkmatter
3.1	Porcelain Train
7	Capo II
11	Dana
11.8	Joe and the Shmoes
17	Creek Bend
18	JT & Jon Law
19.8	Patrick Clay



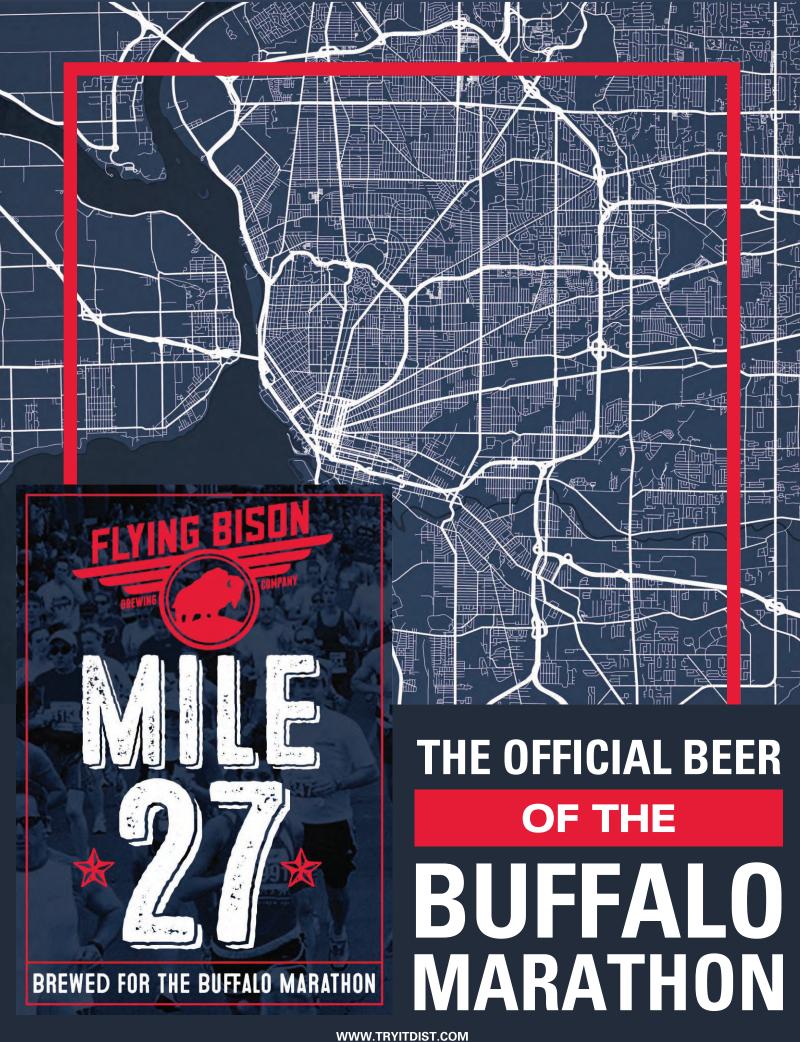












HOW TO SEE YOUR RUNNER

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

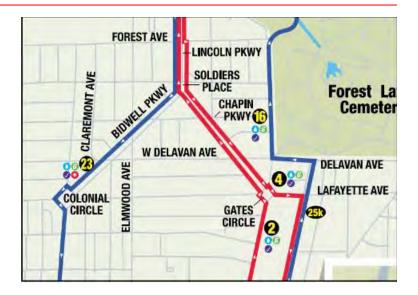
If you don't want to travel around too much, you can stay downtown and still see your half- marathoner or marathoner multiple times. Grab a cup of coffee from SPOT COFFEE and settle in for the day! Position yourself at the corner of Chippewa and Delaware for the 6:00 AM start and watch the entire race 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!





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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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.



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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:

MILE	TIME
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

MILE	TIME
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 pro-vide 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.

OFFICIALPHOTOGRAPHERS

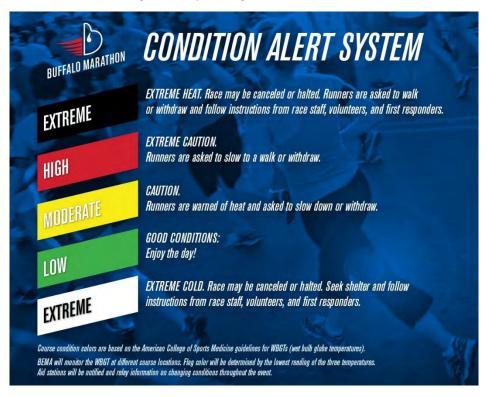
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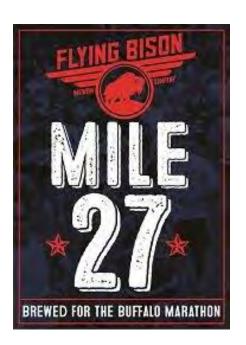
TEXT ALERT SYSTEM FOR ATHLETES

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)



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

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64 W. Chippewa St

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BUFFALO MARATHON 5k RUN & WALK - LILY CLARK



Lily Clark is a classically trained artist who has been involved in music since the age of 6. After starting with piano, guitar, and mandolin, she shifted her focus to trumpet and currently studies under Geoff Hardcastle of the BPO.

Lily, a junior in high school, is a member of the Mount St. Mary concert band, jazz ensemble, and marching band and is the Principal Trumpet in the Greater Buffalo Youth Orchestra. She was accepted to the prestigious Interlochen Arts Academy summer program two years in a row and has been selected to be a part of numerous competitive orchestra festivals including All County, Area and Conference All State.

Most recently, her talent landed her a spot in the Honors Symphonic Band at the Eastman Theater with high school juniors and seniors selected by audition from 12 eastern states. Lily has also spent time as the trumpet player in multiple pit bands for musicals with O'Connell and Company.

When she is not practicing, performing, or dreaming of being accepted into a renowned music conservatory, she enjoys spending her time with her cat, Charlie, and listening to Taylor Swift.

BUFFALO MARATHON, HALF MARTHON & MARATHON RELAY -- JOSHUA VACANTI

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.

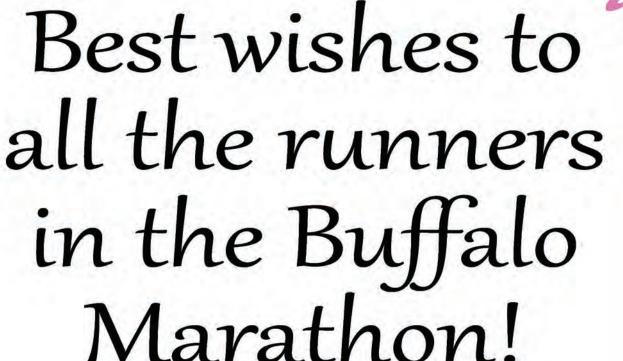
Joshua's sound blends elements of pop and musical theater with his Christian contemporary roots. His musical influences include Ben Platt, Lauren Daigle and Jordan Smith.

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 antibullying. 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.

















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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 oncourt 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.



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.



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.



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.



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.



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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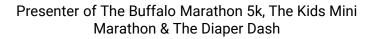


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The Children's Hospital of Buffalo Foundation supports the care, programs, education and equipment at John R. Oishei Children's Hospital. Through the generosity of individuals, foundations, employees and corporations, the Foundation is able to help 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 provide care, support, advocacy and education to people in Erie County impacted by serious illness and loss.



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.

ALZHEIMER'S ASSOCIATION, WNY

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia - by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Vison: A world without Alzheimer's and all other dementia.

Our Impact:

- * The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research.
- * Care and Support: We work on a national and local level to provide care and support for all those affected by Alzheimer's and other dementias.
- * Research: As the largest nonprofit funder of Alzheimer's research, the Association is committed to advancing vital research toward methods of treatment, prevention and, ultimately, a cure.
 - * Advocacy: The Association is the leading voice for Alzheimer's disease advocacy, fighting for critical Alzheimer's research and care initiatives at the state and federal level.



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 is lowering intimidation of fitness with fun by organizing free weekly workouts that are open to people of all abilities and walks of life.



The Engineering Society of Buffalo, Inc. considers its mission to be the promotion and advancement of the engineering field in the Buffalo Area. Our primary function as a tax-exempt organization is awarding college scholarships to local high school students who will be furthering their education in the Engineering field at local colleges and Universities.



When you make the commitment to donate, volunteer or participate in The 11 Day Power Play, you're saving lives by supporting organizations dedicated to making a difference. The organizations we're currently supporting include Roswell Park®, Oishei Children's Cancer and Blood Disorders Program, Make-A-Wish® and Camp Good Days.



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.



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.



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.



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.



UB HEALS is a street medicine outreach initiative of the Jacobs School of Medicine and Biomedical Sciences at the University at Buffalo. Each Tuesday and Thursday we complete rounds at the local bus station and homeless shelters of Buffalo, NY to increase healthcare access for underserved patient populations.



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.



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.



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.



"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



The goal of the BRC is to support and promote the multisport community in Buffalo and Western New York



Team RWB's mission is to enrich the lives of Americas Veterans by connecting them to their community through physical and social activity.



The Greater Buffalo Track Club's (GBTC) primary purpose is to provide runners with opportunities to run and train with others of comparable interests and abilities. The club is open to anyone interested in running and related athletic activities - runners of all skill levels are welcome.



This ministry was begun with a grant from the WNY Episcopal Diocese. Boxed and canned food items, paper and other common household products are made available year-round to those in need. In addition, from May to December, we provide fresh fruit, vegetables and eggs to the Western New York food bank satellite locations in North Evans and Angola.



The Bunny Gang is, first and foremost, a team and family of competitive runners - from high school to ultra vets (70+). Age group runners curating as best they can a community for the outsiders, eccentrics, type As, queers, overachievers, lone wolfs, and underdogs that runners can often be. The Bunny Gang's organizational mission is to create and structure a space of success by bringing together and distributing the resources people need to be the best competitive runners they can be. We are a space for the committed - be it to achieving a 7:00 mile or a 2:45 marathon. With The Bunny Gang, you will find the tools you need to excel; an experienced running community, expertise in the sport, professional coaching, and access to an infrastructure designed for success.



The mission of the Buffalo & Erie County Naval & Military Park has four pillars: (1) Honor, (2) Educate, (3) Inspire, (4) Preserve, HONOR all veterans and active military; EDUCATE about the value of service to one's country and the sacrifices made by those that serve(d) in our Armed Forces, including their families; INSPIRE a sense of patriotic pride and an appreciation for those that fought to protect our rights and freedoms we enjoy as Americans; PRESERVE the military artifacts entrusted to our care.



We are a community-based, nonprofit organization whose mission is to deliver quality and affordable programs that provide age-appropriate technical and tactical training in a positive learning environment. The goal of our programs is to develop skills so players can ultimately play to the best of their ability. We focus on skill development, building positive attitudes, and creating a passion for the game. Sportsmanship and respect for other players and coaches are staples of the Grand Island Soccer Club experience. We welcome players of all ability levels who are looking for a soccer environment that offers training and flexibility with family schedules.



Our Mission is to share knowledge, power and resources to grow healthy food, heal systemic harm, and strengthen neighborhood connections through community gardens. We serve communities all across Buffalo & Niagara Falls with a focus on equity in underserved neighborhoods.



Hope Rises is a viral storytelling platform with a giveback mission of providing hope to the WNY community through continuous Give Hope campaigns - gifting hope, one kind act at a time.



Swimkins Synchronized Swim Team is an organization dedicated to developing athletes with a drive for excellence and a passion for synchronized swimming. Our coaches are committed to helping each athlete reach his or her full potential by developing athletic skills while fostering confidence, instilling responsibility and commitment, teaching the value of hard work, goal setting and goal achieving, the importance of time management, as well as the worth of a healthy lifestyle. Our swimmers also have a terrific amount of fun throughout the year at practices, competitions, and shows!



WEDI strengthens communities through a continuum of educational and financial resources, removing Systemic barriers to economic equity for all Western New Yorkers.



















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166 FRANKLIN STREET | 716.858.3118 | OSTERIABUFFALO.COM Friday, 12pm to 10pm | Saturday, 5pm to 10pm



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