

2025 PARTICIPANT GUIDE



WEEKEND RACE GUIDE

SATURDAY MAY 24 - SUNDAY MAY 25, 2025



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May 2025

Welcome to the 24th Annual Buffalo Marathon Weekend!

On behalf of our entire team, our dedicated board members, tireless planning committee, 1,500+ passionate volunteers, and steadfast sponsors - we are thrilled to welcome you to this exciting event!

With less than a month to go until race day, we're proud to share that regular registration for the Full Marathon, Half Marathon, 5K Run, Kids Run, Diaper Dash, Community Kids Mini, and Community Diaper Dash are now ***sold out!*** Limited spots remain in the Community Full and Half Marathon events, the Ruffalo Stampede Dog Walk/Run, and the free Plogging Walk/Run - so don't wait to secure your place. We're expecting a full sell-out before Buffalo Marathon Weekend begins!

This year, we're kicking off the weekend by celebrating the heart of our event—our volunteers! The 2025 volunteers will join us on **Friday, May 23rd, from 5:00 PM to 7:00 PM** for our Volunteer Appreciation Party. Volunteers, we simply couldn't do this without your time, energy, and enthusiasm - **thank you** for all that you do!

We're also excited to announce the return of the **Ruffalo Stampede Dog Walk/Run** and the fan-favorite **Bark Crawl!**

By popular demand, we're continuing some key participant perks: gear drop, early Sunday morning, last minute, bib pickup, and a race shirt exchange area at the Expo/Post-Race Party. Please note that bib pickup on Sunday morning will be **for bibs only**. Race shirts can be picked up at the exchange area **after the race** at the Expo/Post-Race Party location.

This year's event welcomes runners from **50 states and 15 countries**, including participants traveling from as far as **China, Germany, Spain, and Brazil**. The Buffalo Marathon Weekend continues to grow as a true celebration of global camaraderie, shared passion, and the power of sport.

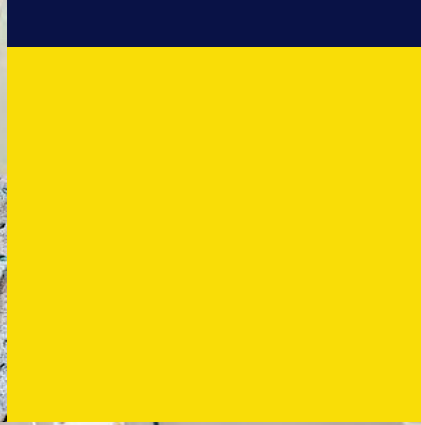
We are deeply grateful for your continued support. Happy training - and we can't wait to see you at the Start Line this May!

Warm regards,

Peggy Killion
Executive Race Director

Kim Fenter
Co-Race Director
Executive Director of Marketing
& Corporate Sponsorship

Alfredo Longo
Operations Director



 Kaleida Health
Foundation

FOR

everyone in our community.

Participation in Buffalo Marathon Weekend benefits your neighbors, friends, coworkers and family who receive care across our sites and services.

THANK YOU! [KaleidaFoundation.org](https://www.KaleidaFoundation.org)





STATE OF NEW YORK
EXECUTIVE CHAMBER
ALBANY 12224

KATHY HOCHUL
GOVERNOR

May 24, 2025

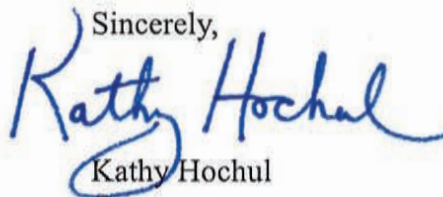
Dear Friends:

It is my pleasure to send greetings to everyone participating in the 2025 Buffalo Marathon Weekend.

This Marathon is a flagship event for Western New Yorkers who are passionate about fitness and athleticism. Each year, thousands of people and their loved ones take part in this annual summer kick-off of running through the city's historic downtown streets, parks, and waterfronts for the benefit of local charities and nonprofits. Every runner and spectator can take pride in knowing they are part of this cherished Memorial Day weekend tradition in Buffalo.

Today, you gather to celebrate the beginning of the 2025 Marathon Weekend, a culmination of many organizers and volunteers' dedicated work. I am grateful for the efforts of the Buffalo-Erie Marathon Association, Executive Race Director Peg Killion, the City of Buffalo, and all sponsors and supporters of the Marathon, and I extend my congratulations to your race directors, volunteers, and runners on another phenomenal event.

Best wishes for great running weather!

Sincerely,

Kathy Hochul
Governor

CHAIR
PROCUREMENT AND CONTRACTS

COMMITTEES
CITIES 2
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AND SMALL BUSINESS
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AND RECREATION
LOCAL GOVERNMENT
VETERANS, HOMELAND SECURITY
AND MILITARY AFFAIRS
WOMEN'S ISSUES

THE SENATE
STATE OF NEW YORK



SENATOR APRIL N.M. BASKIN
63RD DISTRICT

ALBANY OFFICE
815 LEGISLATIVE OFFICE BUILDING
ALBANY, NEW YORK 12247
PHONE: 518-455-2426

DISTRICT OFFICE
37 FRANKLIN ST., SUITE 550
BUFFALO, NEW YORK 14202
PHONE: 716-826-2683

E-MAIL
baskin@nysenate.gov

Dear Buffalo Marathon Attendees,

Welcome to the 24th Annual Buffalo Marathon! Every year over 20,000 runners and their families come together in Western New York to celebrate this exciting weekend. Participants from nearly 40 states and 19 countries embody the true spirit of America, while we get the chance to showcase the warmth and hospitality that make Buffalo the City of Good Neighbors.

Over the years, the Buffalo Marathon has generously donated \$1,800,000 to more than 50 non-profit organizations across our region. These donations have been instrumental in supporting the incredible work they do within the community. In addition, the arrival of runners in our city significantly boosts our local economy, also benefiting our surrounding communities.

As one of your State Senators for this region, I could not be more proud to have the route for this race cut through my district. Buffalo Marathon Weekend is always a tremendous occasion that not only celebrates the accomplishments of the athletes involved, but also celebrates our community and our city. It is a truly special event for Buffalo to host every year. Congratulations to all the athletes, event organizers and volunteers, for once again putting together an outstanding event!

Sincerely,

A handwritten signature in black ink that reads "April N.M. Baskin". The signature is written in a cursive, flowing style.

April N.M. Baskin
New York State Senator
63rd District

TIMOTHY M. KENNEDY

26TH DISTRICT, NEW YORK

WASHINGTON OFFICE
2269 RAYBURN HOB
WASHINGTON, DC 20515
(202) 225-3306



DISTRICT OFFICES
726 EXCHANGE STREET, SUITE 601
BUFFALO, NY 14210
(716) 852-3501

800 MAIN STREET, SUITE 3C
NIAGARA FALLS, NY 14301
(716) 282-1274

Congress of the United States
House of Representatives
Washington, DC 20515

Dear Friends,

I am proud to support the 24th Anniversary of the Buffalo Marathon—a beloved tradition that showcases the strength, resilience, and generosity of our Western New York community.

Each year, this remarkable event unites more than 20,000 runners and their families, bringing a spirit of determination and camaraderie to the streets of the City of Good Neighbors. Beyond the athletic achievement, the Buffalo Marathon is a shining example of positive community impact, having contributed nearly \$1.8 million to more than 50 nonprofit organizations over the past two decades. This year's focus on supporting the best-in-class cardiac programs at Buffalo General Medical Center, Gates Vascular Institute, and Oishei Children's Hospital underscores the race's emphasis on health, wellness, and the well-being of our neighbors.

From the dedicated race organizers to the 1,500 volunteers who make this weekend possible, the Buffalo Marathon embodies the very best of our region—hard work, tenacity, and a shared commitment to a stronger, healthier community. This event is a remarkable opportunity to showcase Buffalo's vibrant culture and resilient spirit, drawing national and international participation that highlights our city's unique and authentic appeal.

I commend everyone involved in making the Buffalo Marathon a continued success, and I am honored to lend my support to this outstanding event. Best wishes to all participants, volunteers, and organizers for another safe, exciting, and impactful race weekend!

Sincerely,

A handwritten signature in black ink that reads "Timothy M. Kennedy".

Timothy M. Kennedy
Member of Congress (NY-26)



Run Pain-Free

We provide specialized Physical Therapy services for runners at any of our 13 locations. With runner-specific exercises and the region's only publicly accessible AlterG Anti-Gravity treadmill, we help patients get back to running faster and pain-free.

[Schedule Online](#)



NEW & NOTEWORTHY

This comprehensive guide contains all the essential information you need. However, we want to highlight some new and noteworthy items to ensure they catch your attention, even if you're just skimming through the pages.

FRIDAY

- **Volunteer Appreciation Party:** Friday, May 23rd 5:00 PM - 7:00 PM. Volunteers only, please! This is the time that we celebrate the heart of our event by saying, "Thank you for your time, effort and enthusiasm!".

SATURDAY

- **Food Drive:** Join us for the 4th annual Food Drive at the Expo! In the past three years, we've gathered an incredible 42,500+ pounds of food. Let's keep the momentum going! Bring your non-perishable items and deposit them in the bins located near Volunteer Check-in, in the lobby and the Health & Wellness Expo, on the second floor (near the information booth). Be a part of the difference we're making in our community.
- **Plogging:** Saturday, May 24th at 11:30 AM. Sign up for FREE, get a shirt, and join us in beautifying the city. Perfect for a short shake-out run or walk.
- **Saturday Night Pasta Dinner:** New 2025. We have partnered with a few downtown Buffalo restaurants to allow you to make a choice of where you would like to enjoy your pasta dinner! Please call ahead to make your reservation, let them know that you are a Buffalo Marathon participant. Gratuities are not included in the price of your pasta dinner.
- **Ruffalo Stampede:** IS BACK!! Saturday, May 24th at 12:30, starting at the corner of Court Street and Pearl Street. Immediately following, the Bark Crawl. A list of the locations will be available at the finish line!
- **Volunteer Check-In:** Downtown volunteers, please check in at the Convention Center in the Lobby. Look for the "Volunteer Check-in" banner. You will receive your tee shirt and volunteer location and a person to report to at the time of check-in.

SUNDAY

- **Late Bib Pickup:** Available from 5:30 AM to 6:30 AM Sunday morning in the BNCC lobby. Note: Shirts will be available at the Shirt Exchange during the post-race party, not during late bib pickup.
- **Gear Drop:** Available from 5:30 to 6:30 am Sunday morning only in the Convention Center Room 106. Gear must be in clear bags with your gear tab from your bib. Unclaimed items by 1 PM will be donated to charity.
- **Shirt Exchange:** Available at the post-race party for your convenience. Shirt exchanges are subject to availability.
- **Weekend Warrior:** Celebrate your achievement with Saranac's Weekend Warrior as the Official Beer of The Buffalo Marathon Weekend! Saranac's Weekend Warrior and Flying Bison's Buffalo will be served at the post-race celebration party.

*Rapid Energy
No Sugar Crash
Increases Concentration*



*Vitamin B Enhanced
Improves Performance
Stimulates Metabolism*



Feel the Rush.
4C Energy Rush. Sugar Free. Lightly Carbonated.

MARATHON WEEKEND SCHEDULE

FRIDAY MAY 23RD

Volunteer Appreciation Party

5:00 PM – 7:00 PM Volunteer Appreciation Party – Convention Center, Upstairs North Expo Floor

SATURDAY MAY 24TH

The Buffalo Marathon 5k Run and Walk Presented by Kaleida Health

6:30 AM – 7:45 AM 5k Packet Pickup – Convention Center, 1st Floor, Room 106

8:00 AM 5k Run Start – Pearl Street, near Court Street

8:05 AM 5k Walk Start – Pearl Street, near Court Street

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

9:45 AM Bib Pickup – No race day registration – Convention Center, 1st Floor, Room 106

10:30 AM Ages 3 & Under Start – Franklin Street & Court Street

10:45 AM Ages 4 & 5 Start – Court Street & Niagara Square

11:00 AM Ages 6 to 8 Start – Genesee Street, 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, 1st Floor, Room 106

11:30 AM Diaper Dash Start – Under Finish Arch

Plogging Presented by Pro Soccer

10:30 AM – 11:15 AM Plogging T-Shirt & Material Pickup – Pearl Street, near the Finish Line & alley near Convention Center

11:30 AM Plogging Start – Near W. Mohawk Street and Franklin Street

Ruffalo Stampede & Bark Crawl Presented by Orchard Park Veterinary Medical Center, Tito's Handmade Vodka, and Milkbone

11 AM – 12 PM Ruffalo Stampede Packet Pickup – No race day registration – Corner of Pearl Street & Court Street

12:30 PM – 1:30 PM Ruffalo Stampede Start – Corner of Pearl Street & Court Street

1:30 PM Bark Crawl Start – Pearl Street near Court Street

Marathon & Half Marathon Packet Pickup and Health & Wellness EXPO

8:00 AM – 6:00 PM Marathon & Half Marathon Packet Pickup – ID REQUIRED – Convention Center, Upstairs

8:00 AM – 6:00 PM Health & Wellness EXPO – Convention Center, Upstairs

Pasta Dinner

Various locations offered in Downtown Buffalo, see www.buffalomarathon.org or refer to the Weekend Race Guide for locations, menu, & price.

MARATHON WEEKEND SCHEDULE

SUNDAY MAY 25TH

Buffalo Marathon, Half Marathon, Health & Wellness EXPO, and Post-Race Party

5:30 AM – 6:30 AM	Late Bib Pickup – Convention Center, Lobby
5:30 AM – 1:30 PM	Gear Drop – Convention Center, Room 106
6:30 AM	Marathon & Half Marathon Start – Delaware Avenue & Huron Street
8:00 AM – 1:00 PM	Health & Wellness EXPO and Shirt Exchange – Convention Center, Upstairs
8:00 AM	Post-Race Party Start – Convention Center, Upstairs
9:00 AM	Beer is served – 21+ only, ID may be requested – Convention Center, Upstairs
10:00 AM	Half Marathon Course Closes
12:30 PM	Finish Line Closes
1:00 PM	Post-Race Party Closes
1:00 PM	Gear Drop Closes

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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.

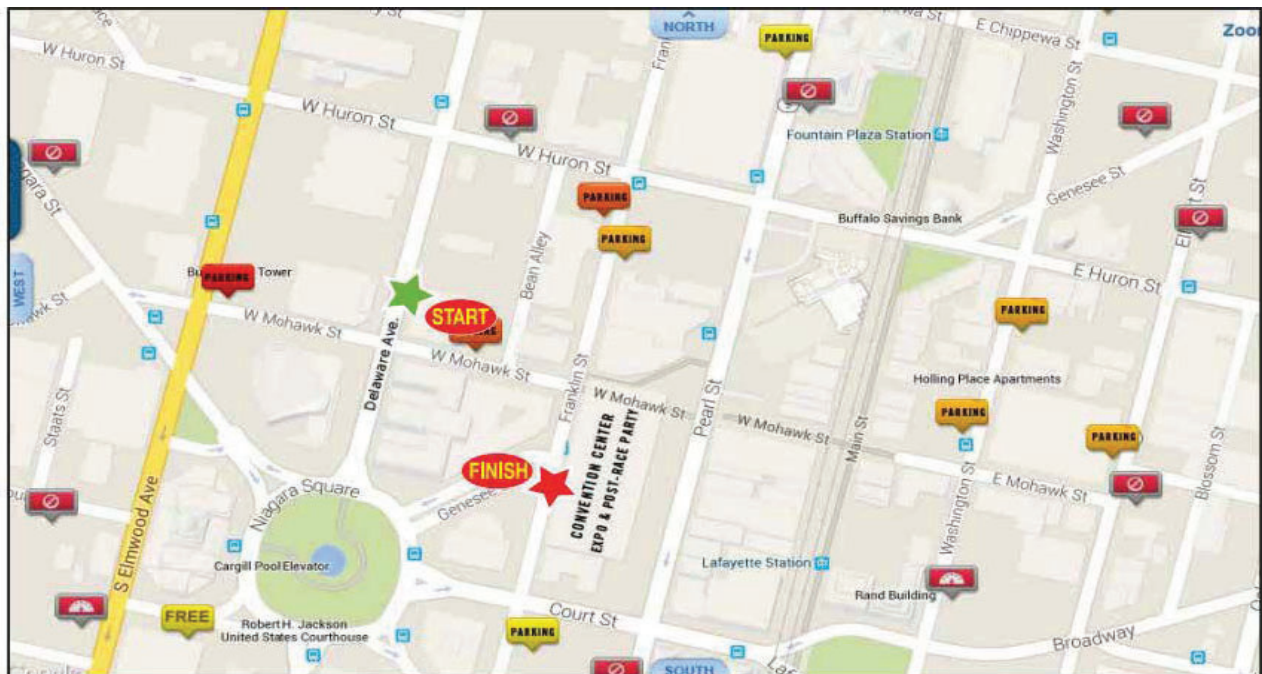
If you choose to find on-street parking, we recommend parking anywhere EAST of the marathon route downtown.

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.

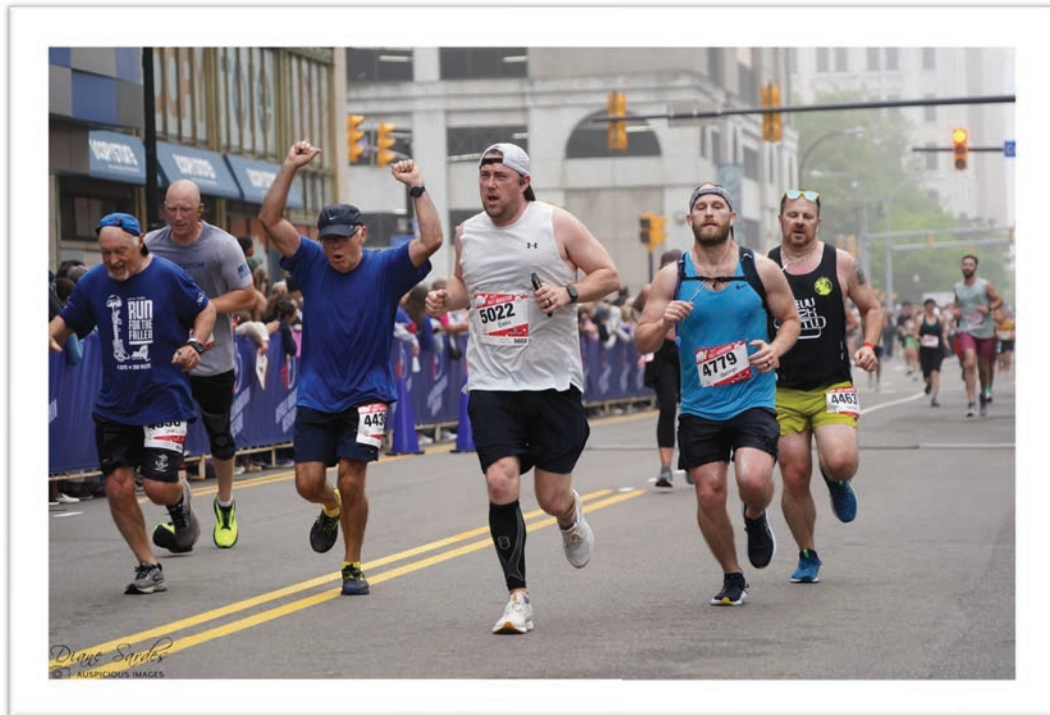
Please also see **Detailed Road Closures** for additional information.

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.



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	Virginia / 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	2:00 PM

RACE. REST. BLOODY MARY?

THE FINISH LINE IS AT HYATT REGENCY BUFFALO

Show your race bib at Genesee Public House
for half off cocktails on Sunday, May 25, 2025 from 1:00 - 3:00 PM.



**HYATT
REGENCY**
BUFFALO

Receive discounted
room rates for
Buffalo Marathon
participants.
Scan the QR code
to book today!



PACKET PICK UP & EXPO

ID & BIB # REQUIRED

During the on-site Packet Pickup, the Expo will feature over 40 exhibitors available to provide great deals on running attire as well as products and information on health, fitness, training, nutrition and more.

The Expo will be held at the Buffalo Niagara Convention Center, Main Exhibit Hall South, on Saturday preceding the Sunday race day from 8:00 AM until 6:00 PM.

Admission to the Expo is FREE and open to the general public!

Packet pickup for pre-registered runners will be held at the Buffalo Marathon Expo at the Buffalo Niagara Convention Center on the Saturday of race weekend from 8:00 AM – 6:00 PM.

- **ID & Bib # are required for packet pickup**
- 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.
- There is no onsite pre-race Pasta Party this year. Please refer to **Pasta Party Information** for the list of local restaurants offering a special Buffalo Marathon Pasta menu and pricing.
- Late Bib pickup is available from 5:30 AM to 6:30 AM Sunday morning in the BNCC lobby. Note: Shirts will be available at the Shirt Exchange during the post-race party, not during late bib pickup.



Get your bib # here. Available race week.





Tenacity

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

Good Luck Runners!

Optimism

Perseverance

Stamina



The Official Grocery Store of the Buffalo Marathon

PASTA PARTY

New for 2025: Pasta Dinner, Your Way!

This year, we're shaking things up! Instead of hosting a traditional pasta dinner at the Hyatt, we've partnered with a variety of local downtown restaurants to offer exclusive pasta menus for Buffalo Marathon participants. Choose your favorite spot, enjoy a hearty pre-race meal, and experience more of Buffalo's local flavor.

How it works:

- Browse the list of participating restaurants and special marathon pasta menus (below).
- Contact the restaurant directly to reserve your table *in advance*.
- Enjoy a delicious pasta dinner at the location of your choice!

Please note: Prices listed are per person and **do not include gratuity**.

Let's celebrate race weekend while supporting our downtown dining community - one plate of pasta at a time!



Bada Bing

\$22.95

Choice of Salad: Side Salad

Choice of Pasta:

- Spaghetti and meatballs
- Spaghetti Parm



Chef's Restaurant

\$30

Choice of Starter: Minestrone Soup or House Salad

Choice of Pasta:

- Large Spaghetti Parm
- Large Chicken Parm
- Large Fettuccine Alfredo
- Large Penne Special
- Large Stuffed Shells
- Large Past Broccoli
- Large Irv Special
- Lasagna

Dessert: Mini Cannoli (2)

Frankie Primo's

\$30

Choice of salad: Casa Pasquale or Verdi di Primavera

Choice of pasta:

- Pasta Arrabiata Fresh Rigatoni with spicy Arrabiatta Sauce
- Pasta Pomodor Hand rolled ricotta gnocchi /fresh tomato sauce/ricotta
- Crema Di Fungi fresh tagliatelle/ parmesan/truffle cream sauce with assorted mushrooms

Dessert: Scoop of Gelato

Hyatt Regency Buffalo/Genesee Public House

\$30

Salad: Mixed Green Salad with Fresh Garden Vegetables & Choice of Dressing (Ranch and Vinaigrette)

Choice of Pasta: Baked Ziti with Chorizo or Ziti with Vegetables (vegetarian)

Chef's Fresh Vegetable & Garlic Bread Stick

Choice of Dessert: Turtle or NY Cheesecake with Drizzle (for dietary issues)

Note: Gratuities and Drink not included.

Tappo Restaurant

\$30

Choice of salad: Caesar or Tossed

Choice of pasta:

Spaghetti with meatballs

Fettuccine Alfredo

Orecchiette with sausage and white beans

Glass of house wine (21+)

Reservations required. At time of registration, mention participation in the Buffalo Marathon.



THE BUFFALO MARATHON 5K RUN & WALK PRESENTED BY KALEIDA HEALTH

SATURDAY MAY 24

RUN START 8:00AM

We are proud that the 5K Run is presented by Kaleida Health. With an 8:00 AM start time, it makes for the perfect shake out run before attending the Expo (opening at 9 AM).

WALK START 8:05AM

The Buffalo Marathon 5K Walk, presented by Kaleida Health, is a family-friendly event designed to welcome walkers of all ages and abilities.

PACKET PICKUP

Runners with photo ID may pick up their packets on race morning between 6:30AM – 7:45 AM on the 1st 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 Street headed towards Court Street.

WALK START DETAILS

This event starts at 8:05 AM, 5 minutes after the 5k race begins Walkers will gather on Court Street near Pearl Street 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



Kaleida Health

THE BUFFALO MARATHON 5K RUN & WALK PRESENTED BY KALEIDA HEALTH



Help Us Go Heart-to-Heart

Buffalo Marathon 5K runners and walkers now have the opportunity to make an even greater impact by fundraising through our Heart-To-Heart initiative. Every dollar raised supports the lifesaving cardiac care programs at Buffalo General Medical Center and Gates Vascular Institute through the Kaleida Health Foundation.

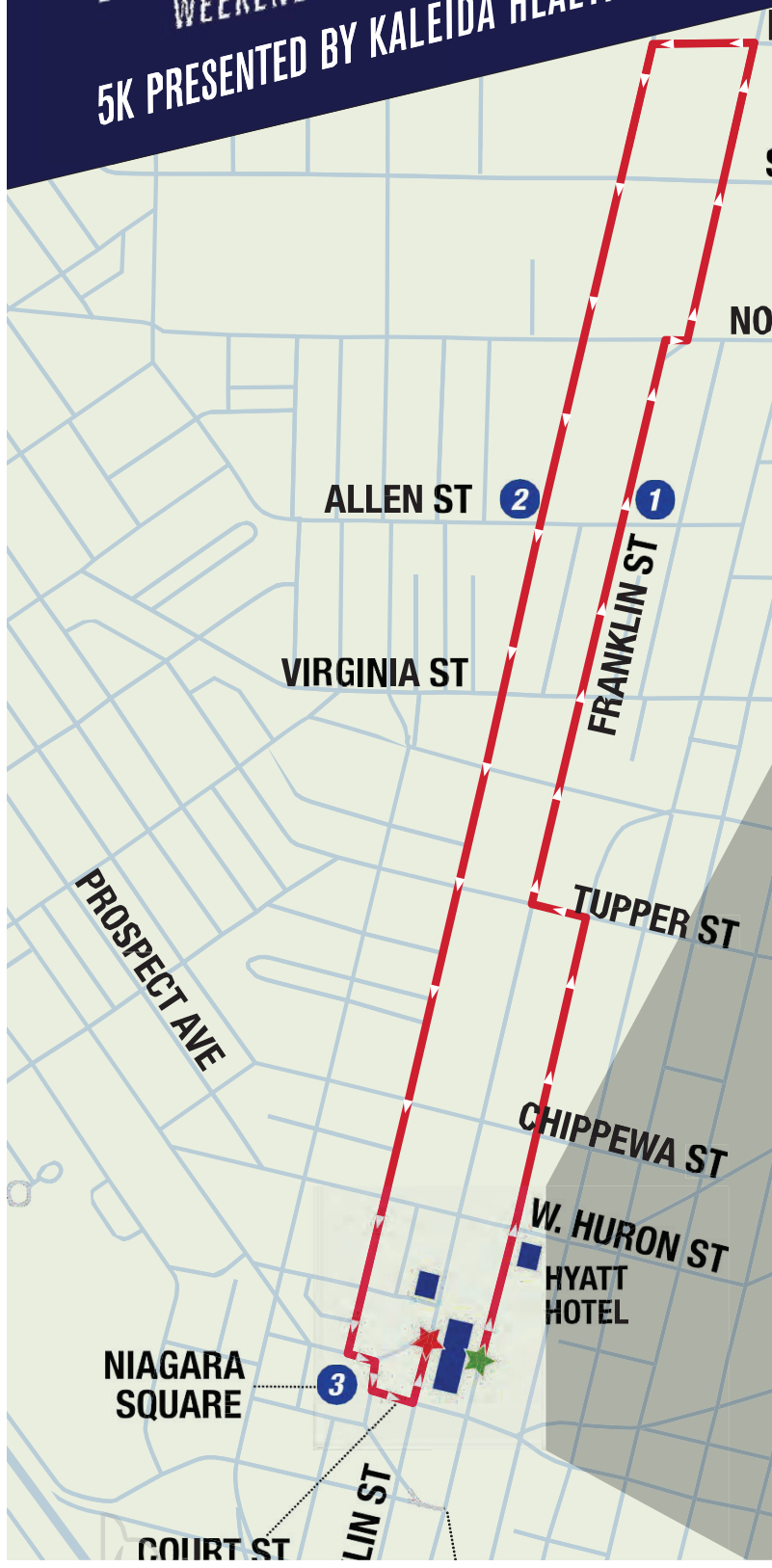
Several of The Buffalo Marathon Weekend events offer Heart-to-Heart fundraising options and follow the same course as their counterparts. Let's come together as a community to fight heart disease in Western New York—one step at a time.

WHERE THE MONEY GOES

All donations and proceeds from the event will go to the best-in-class cardiac programs at Buffalo General Medical Center/Gates Vascular Institute.

HEART DISEASE AFFECTS SO MANY

- Approximately 650,000 Americans die from heart disease each year – that's 1 in every 4 deaths.
- One person dies every 37 seconds in the US from cardiovascular disease.
- 91.1 million American adults are living with some form of cardiovascular disease.
- Western New York has even higher rates of heart disease.
- Heart Disease is the #1 cause of death in most WNY counties.
- Heart Disease is the 2nd leading cause of premature death in all of WNY



5K COURSE **START**
FINISH

- MILESPLITS**
- 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

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



LEARN MORE:
kaleidahealth.org/giving

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

SATURDAY MAY 24

A fun run will be held on Saturday of Race Weekend for kids ages 2-8 beginning at 10:30 AM in front of the Convention Center:

- 10:30 AM – 3 and under
- 10:45 AM – 4 & 5 year olds
- 11:00 AM – 6 – 8 year olds

All finishers will get:

- a keepsake Buffalo medal
- a special prize provided by Dick's Sporting Goods
- a snack and a drink



The first 350 registrants can register for free.

When we reach capacity another 50 kids can register for this event for \$10 under **Community Kids Mini- Marathon**. 100% of the \$10 goes to John R. Oishei Children's Hospital. You may register for the Community event before we hit capacity of 350 and your fee will benefit the Hospital.



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

SATURDAY MAY 24

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 2 and Under athletes.

For the crawler's safety, we will put down carpeting to protect kiddos hands & knees. In the event of rain, this event will move inside of 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! Have your cameras ready as your little one makes their way to their first finish line.

All Finishers Receive:

- Custom Race Bib
- A Keepsake Buffalo Medal



The first 100 kids can register for free.

When we reach capacity, another 25 kids can register for the \$10 **Community Diaper Dash**.

100% of the \$10 goes to John R. Oishei Children's Hospital. You may register for the Community event before we hit capacity, and your fee will benefit the Hospital.



KIDS RACE & DIAPER DASH COURSE MAP



PLOGGING RUN & WALK PRESENTED BY BUFFALO PRO SOCCER

SATURDAY MAY 24

Join us Saturday morning for a fun, feel-good event that combines jogging (or walking) with litter pickup - because every step counts toward a cleaner Buffalo! Plogging is a great way to warm up for race weekend while giving back to the community.

Whether you're a runner or a casual stroller, all are welcome to participate. We'll supply the gear - you bring the good vibes and helping hands.

Event Schedule:

- 10:30 AM – 11:15 AM: Plogging Tee Pickup + Supplies (Pearl Street, near Finish Line & alley along Convention Center)
- 11:30 AM: Plogging Begins (Same location)

All participants will receive:

- Plogging T-Shirt
- Cleanup materials



Let's make an impact – one piece of litter at a time!

Registration is FREE for this event.



RUFFALO STAMPEDE & BARK CRAWL ***PRESENTED BY TITO'S HANDMADE VODKA AND MILKBONE***

SATURDAY MAY 24

New for 2025, the Ruffalo Stampede invites our four-legged friends to join the Buffalo Marathon Weekend fun! This untimed, 1K participation walk/run is perfect for dogs of all sizes and energy levels. Owners and pups will enjoy a flat, scenic course through downtown Buffalo – no racing necessary, just tail-wagging good vibes.

Details:

- Open to participants 21+ only
- All dogs must be leashed and accompanied by their owner
- Limited space available—register early!
- Packet Pick-Up: Begins at 11:30AM at Court & Pearl Street

Each registered pup receives:

- Custom Ruffalo Stampede Medal
- Commemorative Bandana
- Collapsible Water Bowl (courtesy of Tops Friendly Markets)
- Custom Poop Bag Holder (please clean up after your pet!)

Let's bark, stroll, and celebrate together in Buffalo's most paws-itively fun event of the weekend!



BARK CRAWL DESTINATIONS

Grab your leash and your drinking buddy – furry or otherwise – and join us for the Bark Crawl, a dog-friendly bar crawl through downtown Buffalo! Participants will visit 5 local bars and celebrate with fellow pet lovers. It's the perfect way to unwind and wag your tail during Marathon Weekend. *Please enjoy responsibly!*

DEEP SOUTH TACO
291 Ellicott St, Buffalo, NY 14203

SPORTS CITY PUB
1407 Niagara St, Buffalo, NY 14213

BELTLINE BREWERY
545 Swan St, Buffalo, NY 14204

FLYING BISON
840 Seneca St, Buffalo, NY 14210

SKOOPS VILLAGE GRILLE
50 Central Ave, Lancaster, NY 14086





AS THE VODKA FOR DOG PEOPLE TITO'S IS EXCITED TO SUPPORT RUFFALO STAMPEDE



TAG YOUR PETS ON INSTAGRAM

@VODKAFORDOGPEOPLE VODKAFORDOGPEOPLE.COM

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Buffalo Marathon
Valid 1/3/2025 - 12/31/2025



— VALID IN-STORE ONLY —

TAKE
\$10 OFF

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

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Only valid at DICK'S Sporting Goods and DICK'S House of Sport locations.



P00051979O241DQK7

Buffalo Marathon
Valid 1/3/2025 - 12/31/2025



— VALID IN-STORE ONLY —

TAKE
20% OFF

AN ATHLETIC OR OUTDOOR CLOTHING ITEM

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Only valid at DICK'S Sporting Goods and DICK'S House of Sport locations.



P00051975O241DQK7

Buffalo Marathon
Valid 1/3/2025 - 12/31/2025



— VALID IN-STORE ONLY —

TAKE
\$10 OFF

YOUR PURCHASE OF \$50 OR MORE

Limit one coupon per customer. Minimum purchase calculated after other discounts and before taxes. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Only valid at DICK'S Sporting Goods and DICK'S House of Sport locations.



P00051977O241DQK7

Buffalo Marathon
Valid 1/3/2025 - 12/31/2025



— VALID IN-STORE ONLY —

TAKE
\$20 OFF

YOUR PURCHASE OF \$100 OR MORE

Limit one coupon per customer. Minimum purchase calculated after other discounts and before taxes. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Only valid at DICK'S Sporting Goods and DICK'S House of Sport locations.



P00051978O241DQK7

TRANSPORTATION LOGISTICS WAREHOUSING



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Congratulations to
all participants!

www.sonwil.com



MARATHON AND HALF MARATHON STARTING PROCEDURES

START LINE FIREWORKS PRESENTED BY ZABELLI 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 numerous 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 IS NOT ALLOWED IN THE STARTING CORRAL OR ON THE RECOURSE CORRAL ENTRY

- 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.

MARATHON AND HALF MARATHON STARTING PROCEDURES

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.

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.



Lawley

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26.2 MILES
AND BEYOND**

**PROACTIVE PROTECTION
HEALTHCARE SOLUTIONS**




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INTERACTIVE COURSE MAPS

Please click [here](#) to view our interactive course maps!

Maps included are below

- | | |
|---|---|
|  FULL MARATHON |  HYDRATION |
|  HALF MARATHON |  PORT-O-POTTY |
|  5K RACE |  EMS |
|  KIDS RACE & DIAPER DASH |  GEL SHOT |
|  RUFFALO STAMPEDE & BARK CRAWL |  LIVE MUSIC |
| |  POINT OF INTEREST |

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!”

AVAILABLE ON APPLE AND ANDROID DEVICES

Click the logo of your device to download now!

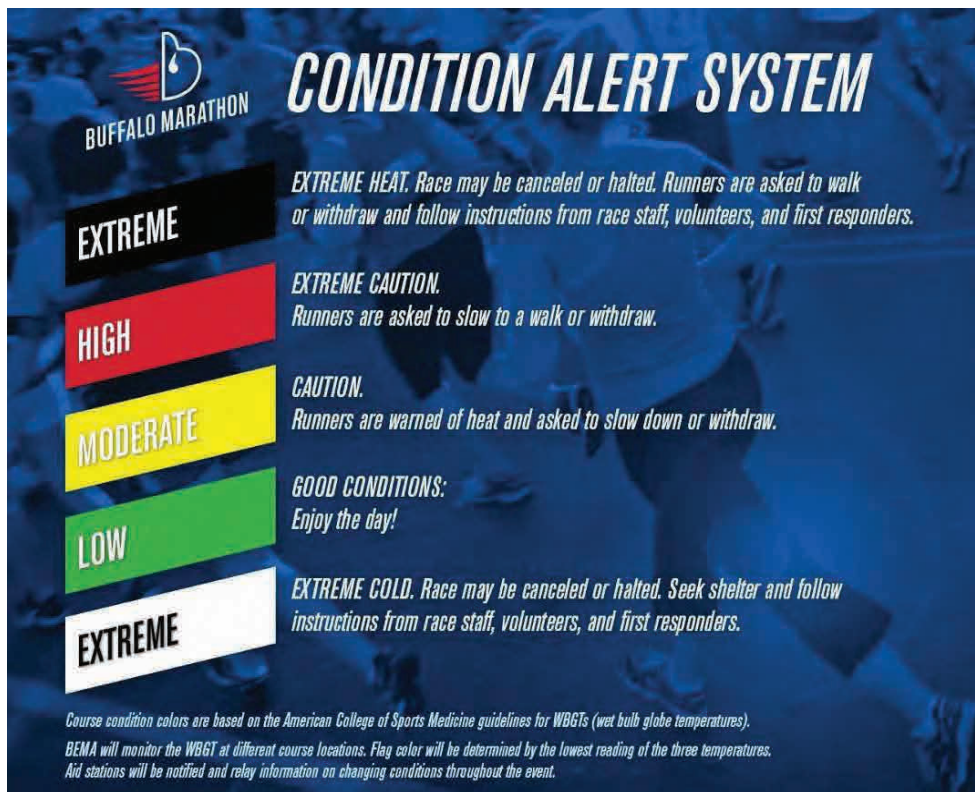


For additional information on how to utilize RaceJoy as both a participant and spectator please visit www.racejoy.net



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)

A graphic titled "CONDITION ALERT SYSTEM" for the Buffalo Marathon. It features a vertical stack of five colored boxes on the left, each with a condition name. To the right of each box is a corresponding description of the condition. The background is a blue-tinted image of a runner.

BUFFALO MARATHON

CONDITION ALERT SYSTEM

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

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

BUFFALO MARATHON AND HALF MARATHON COURSE MAP

COURSE MAP



HALF MARATHON

MARATHON

☀️ GEL-SHOT 💧 HYDRATION

🚻 PORT-O-POTTY 🚑 EMS

RELAY EXCHANGES

- ★ 1 278 Delaware Ave
- ★ 2 Washington St & Buffalo News
- ★ 3 Crescent Ave & Amherst St

COMPLEX PROBLEMS, SPECIALIZED SOLUTIONS



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 Flavors: Lemon Lime, Grape, Orange & Fruit Punch

GU Energy Gel Flavors: Vanilla Bean, Chocolate Outrage & Strawberry Banana

BUFFALO MARATHON PACE TEAMS SUPPORTED BY RUNNER'S ROOST

The Buffalo Marathon will have official Pace Teams (two runners taking 1st & 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 working to finalize the pace teams now and are planning to have pacers to meet marathon goal



times of 3:00 - 5:00 (in ten-minute increments) and half marathon times of 1:30 - 2:30 (in five-minute increments).



Official Pace Team members will be easily identified at the start of the race as they will be wearing **blue** Buffalo Marathon singlets with “PACER” clearly printed on the 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!

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



Runner's Roost

**You Made It!
Enjoy the Race
and \$20 off any
purchase over \$100.**

(some conditions apply, expires 7/31/25)



Orchard Park

4190 North Buffalo Road
Orchard Park, New York. 14127
716 662 1331

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

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
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 every couple of miles on the course. Make sure those dancing...we mean running...shoes are laced up nice and tight. 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.

THIS YEAR'S PERFORMERS AND LOCATIONS

Miles 1, 24.8: Terry

Mile 3.1: Porcelain Train

Mile 7: Mike Reardon

Mile 11: The Water Dogs

Mile 11.8: StringPipe Band Mile 17:

Creek Bend

Mile 19.8: Patrick Clay

Mile 23: Paul Enderle

Mile 24.4: Buffalo Philharmonic



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?

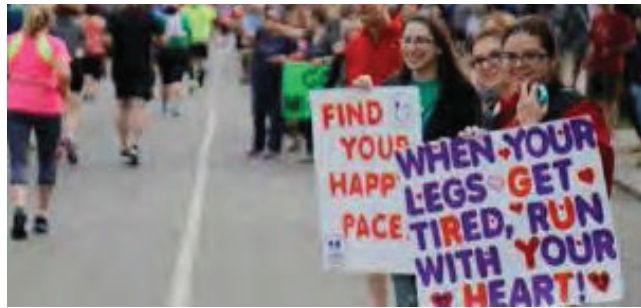
No problem. Check out gobikebuffalo.org/lets-ride/bike-rentals/ to find information on bike rentals! Click on the RESOURCES tab and then the BIKE RENTALS option from the drop-down menu. There are several places to rent bikes.

****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!

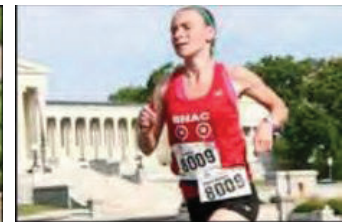
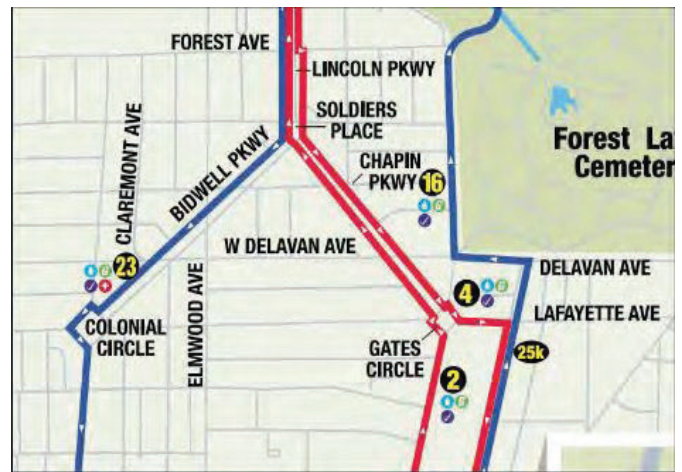


HOW TO SEE YOUR RUNNER

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.





JOHN R. OISHEI
Children's
Hospital

YOUR SUPPORT IS

FOR



getting kids back to being kids.

Participation in Buffalo Marathon Weekend benefits the moms, kids and babies at Oishei Children's Hospital.

Thank you! **FOROCH.org**

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

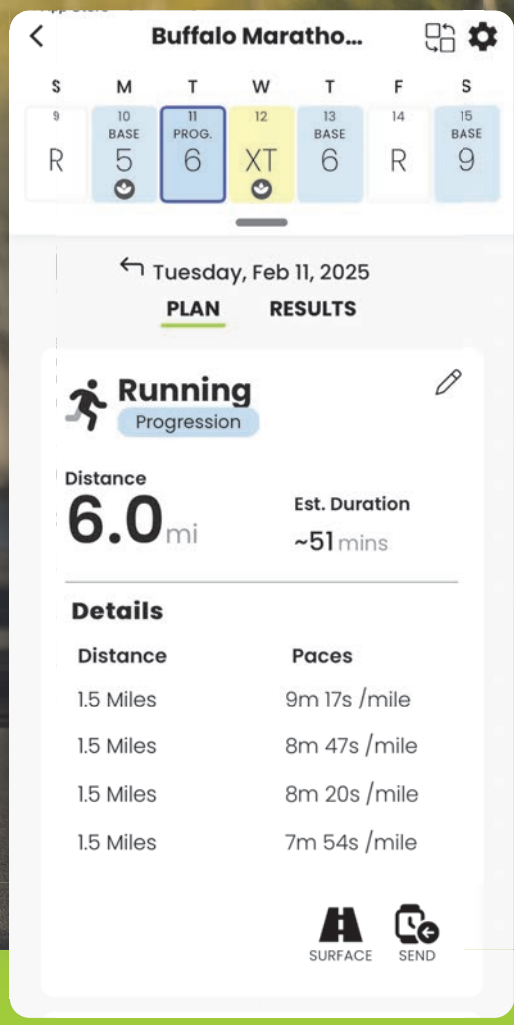
FOR RUNNERS:

- 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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✔ No credit card required

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GET IT ON **Google Play**

★ Proud to Power Runners on Buffalo Marathon Weekend

COURSE CLOSURE POLICY

MARATHON COURSE

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

HALF-MARATHON COURSE

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

COURSE CLOSURE GENERALLY

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

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

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



Best wishes to
all the runners
in the Buffalo
Marathon!



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2025 PARTI



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Mid Strength

3%
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...THE RIGHT STRENGTH



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PANT GUIDE

Lumsden 
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CERTIFIED PUBLIC ACCOUNTANTS

FROM START TO FINISH, WE'VE GOT THE NUMBERS COVERED!

CHEERING YOU ON EVERY STEP OF THE WAY!

PROUD TO BE THE OFFICIAL
ACCOUNTING FIRM OF
THE BUFFALO MARATHON®



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To Get Notifications When Your Photos
Are Ready For Viewing On Your Smartphone**



**Marathon 5K
& Ruffalo
Stampede**

Marathon & Half-Marathon

Kids Mini-Marathon



RACE ANNOUNCER BIOGRAPHY – STEVE FLECK

Steve Fleck is one of the leading Endurance Sports Race/Event Live Announcers & Commentators in North America for cycling, running, track & field, and triathlon races and events. It's a natural extension of life spent running, cycling, and racing triathlons since his mid-teens and wearing multiple hats in and around the Business of Endurance Sports in Sales, Business Development, Marketing, and Communications. He lives in Aurora, Ontario with his wife, Paolina.



NATIONAL ANTHEM SINGER BIOS

BUFFALO MARATHON & HALF MARATHON – JOSHUA VICANTI

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.



COURSE SIGHTS

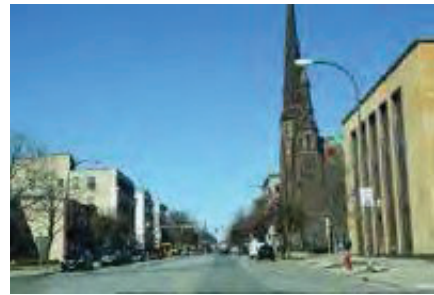
Start: New Era Cap Global Headquarters.

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

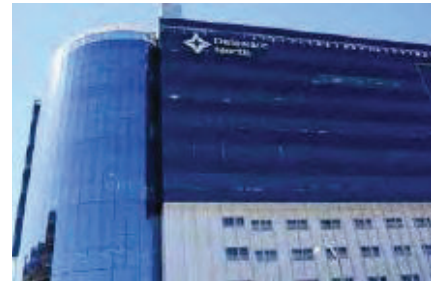
Mile 4: Frederick Law Olmsted Parkway system

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

Runners will pass the iconic Albright-Knox Art Gallery, a cornerstone of Buffalo's cultural scene. Known for its striking neoclassical architecture and world-renowned modern and contemporary art collection, the museum has been a creative hub since 1905. Its outdoor sculptures and historic presence make it one of the most visually engaging spots along the course.



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.



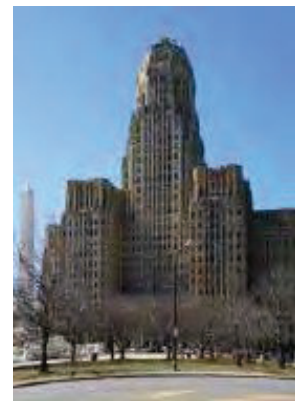
Mile 26: McKinley Monument

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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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.



**American
Red Cross**

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.



Our passion is swimming and we know it changes lives. These are the principles that help guide our passion. **Mission:** Empower adults to improve their lives through swimming. **Vision:** Foster a nationwide adult swimming community through lifelong fitness, competition, and education. **Values:** Fitness, Camaraderie, Inclusion, Learning, Excellence, Competition, Fairness. **Strategic Priorities:** Club Development, Events Development, Community Development, Local Focus and Support, Independent Swimmer Support



To provide care, support, advocacy and education to people in Erie County impacted by serious illness and loss.



Checkers Athletic Club promotes 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 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



The mission of the SPCA is to create a more humane community through education, rescuing, protecting, and enhancing the lives of animals; and nurturing the bond between animals and people.

NOVEMBER PROJECT

November Project is lowering intimidation of fitness with fun through organized free weekly workouts that are open to people of all abilities and all walks of life.



The Engineering Society's Mission is the promotion and advancement of the engineering field in Buffalo. We are a tax exempt organization that awards college scholarships to local high school who will attend local colleges and universities in engineering majors.



Kevin Guest House was founded by Claudia and Cyril Garvey, whose son, Kevin Garvey, passed away in January 1972 at the age of 13 after an eighteen-month fight against Leukemia. During his treatment at Roswell Park Memorial Hospital, the Garvey's became aware of many other families, traveling for the care of a child, that were unable to find affordable lodging. Shortly before Kevin's death, Mr. and Mrs. Garvey purchased the property located at 782 Ellicott Street, formed a 501©(3) nonprofit organization and with the help of Roswell Park, renovated the house with the support of volunteers and donations from the community. Kevin Guest House welcomed their first guest on July 26, 1972; just six months after Kevin lost his battle.

In addition to our main house, we offer four transplant recovery apartments, the only of their kind in Buffalo, for patients and their caregivers. These fully functional apartments allow blood & marrow and other transplant patients an environmentally safe place to recover that is within the required distance to their medical facility. In many cases these patients are required to stay 100 days or more within 30 minutes of their medical facility for monitoring and testing.

With the help of our generous community of donors and supporters, we are able to continue our mission of serving those in need.



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.



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-with language-based learning differences developing the skills and confidence to succeed in higher education and beyond as creative, compassionate adults and engaged citizens.



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.



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.



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



Team RWB's mission is to enrich veterans' lives. We do that by forging America's leading health and wellness community for Veterans.



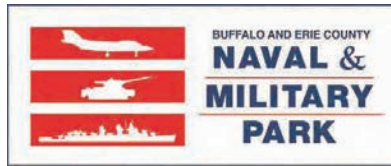
The Greater Buffalo Track Club's (GBTC) primary purpose is to provide runners with opportunities to run and train with others of comparable interests and abilities. The club is open to anyone interested in running and related athletic activities - runners of all skill levels are welcome.



We provide fresh fruits, vegetables and eggs to the Operation Good Neighbor Pantries in North Evans and Angola twice a month throughout the entire year. Our church also maintains an in-house pantry stocked with a wide variety of foods to be used by the working poor within our church community. We also partner with Buffalo Peace House (refugees seeking asylum) to provide them with fresh produce and access to our food pantry.



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.



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.



This is an adult team for all levels of rowing. We accept adults 21 years old and up from beginner to experienced. Our team is a mix of competitive and recreational rowers. Buffalo River Rowing Club Masters is a 501(c)3 nonprofit and is an associate organization member under the Buffalo Scholastic Rowing Association (BSRA) umbrella.



Our mission is to provide leadership, as well as foster and promote concepts of unity. The BOBC serves as a vehicle whereby all entities can network together to accomplish a common goal.



The Buffalo Swimkins are a local synchronized swimming team and include athletes from all over Western NY. The grant will help us provide training and coaching for our athletes and it will also help us recruit new swimmers by supporting the community and encouraging the runners. Our athletes learn the importance of training, perseverance and positive encouragement. It also helps our athletes know the importance of giving back to the community. Our athletes and families work together to put this off and it emphasizes the importance of teamwork.



Laurels Grief Center supports children, families, and adults with Peer support services through support groups Art. To help people navigate their grief and loss.



We embrace the transformative power of sports, recognizing that a single coach, teammate, practice or game can profoundly shape a child's life for the better. Admst the rapid growth of lacrosse nationwide we remain steadfast in our commitment to overcoming funding challenges, providing top-tier athletic programs, and essential academic support to empower student - athletes. Join us in shaping a bright future, where every child can thrive on and off the field.



The Mission of the CoHST is to provide an innovative, culturally diverse, high-quality education that prepares students for leadership roles in the experience economy by promoting professionalism and integrating technology, international opportunities, and experiential learning.



Bison hockey association is a nonprofit organization that began in buffalo, New York in 1959. Today we are a youth hockey association that has over 380 kids participating in the program. Our kids range in ages from 3 to 19 years old. We have an active program for both boys & girls. At our youngest ages we teach children how to skate. Our goal is to share our love for the game and introduce families to the great game of ice hockey. Over 100 skaters participated in our initiation program. Our instructional staff of trained professionals provides weekly skill development sessions for all age groups, from September through march each season. As the kid's progress, we form travel teams. Typically, we have over 20 teams playing competitively across New York state and southern Ontario, Canada. Bison hockey offers financial aid support to any family requiring assistance each season. We believe in making youth hockey accessible to every family that wants their kids to participate. Our program principally operates in three rinks in the north buffalo area, the Nichols school rink, North Buffalo rink and buffalo state college arena. We also operate out of Fort Erie, Ontario when we host games in Canada. Over the years bison hockey teams have won 50 New York state championships at all age levels for both boys & girls' teams. In recent years, over 150 young women have graduated from bison hockey and gone on to play competitive college hockey in both the United States and Canada. Our girls' teams are founding members of the lower lakes female hockey league (LLFHL) of Ontario. Our boys' teams are original members of the western New York amateur hockey league (WNYAHL). Bison hockey is a proud member of USA hockey, which serves as our national governing body. Through USA hockey we provide general liability and accident (excess) insurance for all registered participants.



The Kidney Foundation of Western New York is dedicated to increasing awareness and improving the lives of those with kidney disease. We provide services ranging from screenings, patient assistance, and advocacy. We provide free health screenings, offer limited short-term assistance to people with kidney disease with acute emergency financial, nutritional or transportation needs. The Kidney Foundation of WNY advocates for the needs and interests of people with kidney disease – including those on dialysis and transplant patients – at the local, state, and national level. We serve Western New York, including Alleghany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, and Wyoming counties.

Team Buffalo is comprised of members of the Western New York transplant community who participate in the Transplant Games of America every other year. Team Buffalo works to bring together organ, eye, tissue, and bone marrow recipients; living donors; donor families; and donation and transplant professionals. The team celebrates the success of transplantation, honors the legacy of donors, and provides hope to those who continue to wait. Team Buffalo promotes donor registration through individual and team efforts and events.

Team Buffalo welcomes organ, cornea, tissue, and bone marrow transplant recipients, as well as living donors and donor families to join us as athletic competitors in the Transplant Games of America. The purpose of the Games is to highlight the critical importance of organ, eye, and tissue donation, while celebrating the lives of organ donors and recipients.



Journey's End Refugee Services' mission is to welcome refugees without regard to ethnic origin or creed and to assist them to become healthy, independent, contributing members of the community. We provide refugees and immigrants with the tools and resources to become independent and contributing members of the community. Our services include Employment, Education, Immigration Legal Services, Interpretation and Translation, mentoring and more. We work to build a welcoming community where refugees and immigrants thrive.



Build girls of courage, confidence and character who make the world a better place.



It is the PTA's mission to make every child's potential a reality by engaging and empowering families and communities to advocate for all children. It is the vision of the PTA to enrich learning in our children's classrooms as well as make school a fun and healthy environment.



Many Students at Evangel participate in an annual regional fine arts competition. Many also score high enough to advance to the national competition. This year's national competition will be held in Orlando Florida from August 4th-8th. The students need to raise funds in order to be able to go to the competition.



2025 PARTICIPANT GUIDE



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