



# ATHLETE GUIDE 2026

FULL MARATHON | HALF MARATHON | 5K RUN | 5K WALK  
KID'S MINI MARATHON | DIAPER DASH | RUFFALO STAMPEDE

*EVERY MILE  
LEADS HERE.*

 MAY 23-24, 2026  
BUFFALO, NEW YORK

 [BUFFALOMARATHON.ORG](https://buffalomarathon.org)



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**May 2026**

**Welcome to the 25th 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, and 5K Run & Walk are **SOLD OUT!** The Heart-to-Heart Fundraisers for the Full Marathon, Half Marathon, and 5K Run & Walk (benefiting Kaleida Health's Gates Vascular Institute) remain open for registration. The Community Kids Mini-Marathon and Community Diaper Dash (benefiting Golisano Children's Hospital) are also open! Limited spots remain in the Buffalo Stampede Dog Walk/Run and the free Plogging Walk/Run—so don't wait to secure your place. We anticipate a full sell-out before Buffalo Marathon Weekend begins!

This year, we are thrilled to celebrate our **Silver Anniversary** alongside our athletes, their families and friends, sports enthusiasts, and the entire Buffalo community. The weekend is full of exciting moments! We kick things off by celebrating our "Herd" of volunteers on Friday, May 22nd. Now in its second year, this special event honors those who dedicate their time to making the Buffalo Marathon an unforgettable experience. To our volunteers: we simply couldn't do this without your time, energy, and enthusiasm—thank you for all that you do!

By popular demand, we are continuing several participant perks, including gear drop, early Sunday morning last-minute bib pickup, and a race shirt exchange area at the Expo/Post-Race Party. Please note that Sunday morning pickup will be for bibs only; race shirts can be collected at the exchange area after the race at the Expo/Post-Race Party location.

In addition, we are offering **day-of-registration for events that are not sold-out**. We are also excited to introduce a **VIP Experience** for the Full and Half Marathon registered participants. This premium offering includes access to a private lounge with exclusive amenities such as a separate packet pickup table, private recovery zone, changing area, gear check, dedicated restrooms, and pre-race and post-race breakfast/brunch.

This year's event welcomes runners from **48 states and 16 countries**, including participants traveling from as far as China, Sweden, Spain, Puerto Rico, and Brazil. Buffalo Marathon Weekend continues to grow as a celebration of global camaraderie, shared passion, and the unifying power of sport.

We are deeply grateful for your continued support. Happy training, 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



Participation in Buffalo Marathon Weekend benefits your neighbors, friends, coworkers and family who receive care across Kaleida Health's sites and services. **Thank you!**

**[KaleidaFoundation.org](http://KaleidaFoundation.org)**



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

**KATHY HOCHUL**  
GOVERNOR

May 23, 2026


Dear Friends:

It is my pleasure to send greetings to everyone participating in the 2026 Buffalo Marathon Weekend.

Each Memorial Day weekend, more than 10,000 runners and their families are welcomed to the community I proudly call home to compete in and celebrate this cherished local tradition. Joined by their loved ones and neighbors, runners from Western New York, across the nation, and around the world race through the city's historic downtown streets, parks, and along the waterfront for the benefit of local charities and nonprofits. Whether they're in the streets or cheering from the sidewalk, all of today's participants can take pride in their role in making this flagship event a success year after year.

Today, you gather to celebrate the beginning of the 25th annual Marathon Weekend, a culmination of many organizers and volunteers' dedicated work and commitment to showcasing the spirit of the "Queen City". 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 achieving this significant milestone in the Marathon's history.

Best wishes for great running weather!

Sincerely,  
  
Kathy Hochul  
Governor

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AND SMALL BUSINESS

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VETERANS, HOMELAND SECURITY  
AND MILITARY AFFAIRS  
WOMEN'S ISSUES

**THE SENATE  
STATE OF NEW YORK**



**SENATOR APRIL N.M. BASKIN**  
63<sup>RD</sup> DISTRICT

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

**DISTRICT OFFICE**  
40 LA RIVIERE DR., STE. 121  
BUFFALO, NEW YORK 14202  
PHONE: (716) 826-2683

**E-MAIL**  
baskin@nysenate.gov

April 17, 2026

Peg Killion, Executive Race Director  
Buffalo Erie Marathon Association Inc.  
PO Box 845  
Amherst, NY 14226

To Buffalo Marathon Staff, Participates, and Supporters:

As the New York State Senator for the 63rd District, I am writing to express my support for the Buffalo Marathon as it celebrates its 25th Anniversary this coming Memorial Day Weekend.

From May 22 to 24, 2026, the Buffalo Marathon will once again welcome more than 10,000 runners and their families to Western New York. This signature event showcases Buffalo on a national and international stage while generating meaningful economic and community impact.

Throughout the event's 25 years, the Buffalo Marathon has proudly donated more than \$1.8 million to over 45 local nonprofit organizations. In 2026, event proceeds will continue that legacy by supporting institutions that serve and strengthen communities throughout our region.

The marathon would not be possible without the dedication of more than 1,500 local volunteers, reflecting the strong community spirit that defines Buffalo. I am proud of the tradition, camaraderie, and positive effect that the Buffalo Marathon has created for the Buffalo area. I wish all of the runners and the people that make this event happen the best of luck. Congratulations again on the Buffalo Marathon's 25th Anniversary.

Sincerely,

A handwritten signature in black ink that reads "April N.M. Baskin". The signature is written in a cursive style with a large initial "A" and "B".

Senator April N.M. Baskin, NYS 63<sup>rd</sup> District

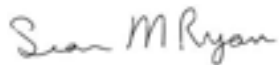
Dear Runners,

This year, the Buffalo Marathon is celebrating its 25<sup>th</sup> Anniversary. Whether you are here as a runner or a spectator, I know you will have a great time in the City of Good Neighbors. I would like to commend those participating in the Buffalo Marathon, Buffalo Half Marathon, Kids Mini Marathon, Diaper Dash, Buffalo Stampede and Buffalo Marathon 5K: best of luck with your races!

If this is your first race in Buffalo, you are in for a treat. Our courses are fast and mostly flat, and showcase some of the best Buffalo sights – lush Fredrick Law Olmsted parks, shorelines of Lake Erie and Buffalo River, two Frank Lloyd Wright houses, and historic Forest Lawn Cemetery. After the race and post-race party, I invite you to stick around and explore our beautiful city. From museums, to restaurants, to parks, Buffalo has something for everyone, and Buffalonians will provide you with a warm welcome during your visit.

As you run, you'll also be giving back to Buffalo. Over the past 25 years, the Buffalo Marathon has raised more than \$1.8 million, which has helped support over 50 nonprofits in the Western New York area. Heart To Heart fundraising events have contributed over \$600,000 to the cardiac programs at Buffalo General Medical Center/Gates Vascular Institute since their inception in 2019. Whether you are racing for a Boston Marathon qualifying time, a personal best, or fulfilling the dream of crossing a marathon finish line for the first time, we are so glad you are racing here in Buffalo!

Sincerely,

A handwritten signature in cursive script that reads "Sean M. Ryan".

Sean M. Ryan  
Mayor of The City of Buffalo



# COUNTY OF ERIE

**MARK C. POLONCARZ**

COUNTY EXECUTIVE

## **25<sup>th</sup> Anniversary of the Buffalo Marathon welcome letter**

I would like to wish a warm Buffalo welcome to all Marathon participants, families, and officials!

Thank you for taking part in this annual rite of springtime, a tradition now in its 25<sup>th</sup> year and one that has had a tremendously positive impact in our community, not only by supporting local nonprofit organizations but also by showcasing all our area has to offer.

Each year this event brings together running enthusiasts from across the country and around the world to celebrate the sport and the camaraderie that it brings. Over 1,500 dedicated local volunteers are working to help the race run smoothly, and I would like to thank these individuals for being such great ambassadors for Buffalo!

While you are here, please enjoy our great restaurants, waterfront, and entertainment. You'll find that there's world-class architecture, museums, and much more. We want you to enjoy your stay, explore what we have to offer and feel right at home here in Erie County.

Have a great race!

A handwritten signature in black ink that reads "Mark C. Poloncarz".

Erie County Executive Mark C. Poloncarz



# 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**

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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 22nd from 5:00 PM-7:00 PM, presented by Sport City Pub and Venus Greek & Mediterranean. Volunteers only, please! Our second year of celebrating the heart of our event by saying Thank you to our volunteers! - Thank you for your time, effort and enthusiasm!

### **SATURDAY**

- **Mascots, princesses and superheroes & face painting:** Saturday, May 23rd at 10:00 AM-12:00 PM. We have fun activities planned for the Kids-Mini Marathon and the Diaper Dash. Come meet the mascots, princesses and superheroes in the lobby of the Buffalo Convention Center. Don't miss the fun with the mascots and face painters!!
- **Snyder Track & Field:** Say hello to our new partners for the Kid's Mini-Marathon and Diaper Dash! A great new addition to our team!
- **Health & Wellness Expo:** New exhibitors and activities planned on Saturday, May 23rd, 8:00 AM-6:00 PM at the Buffalo Convention Center, 2nd floor.
- **Marathon, Half Marathon and VIP Experience Packet Pickup:** Saturday, May 23rd, 8:00 AM-6:00PM. Registered for the VIP Experience? Be sure to look for the banner designating "VIP Experience Packet Pickup"!
- **Plogging:** Saturday, May 23rd 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.
- **Fuel to the Finish line:** Second year replacing the Pasta Dinner. We have partnered with a few Buffalo restaurants to allow you to make a choice of where you would like to enjoy your \$25 pasta dinner! See the restaurants and the menu selections in the Weekend Race Guide. 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:** Saturday, May 23rd at 12:30 PM, starting at the corner of Court Street and Pearl Street. There is no Bark Crawl this year! Khalil and Sayler Shakir will be "kicking off" the event!
- **Volunteer Check-in:** Volunteers, please check in at the Convention Center. Enter the Buffalo Convention Center via the door located in the alley between the BCC and you will receive your tee shirt and volunteer location including a person to report to at the time of check-in.

### **SUNDAY**

- **VIP Experience:** 5:30 AM – 1:00 PM: VIP Experience Registered Full and Half-Marathon runners will enjoy separate gear check, changing area, bathrooms, hospitality and catering services, stretch zone and parking... plus lots of awesome surprises!
- **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.
- **Post Race Party:** Join us as we celebrate your achievement and our 25th Anniversary! NERD's GONE WILD will be kicking off our celebration, performing from 9:45am-12pm, sponsored by Brook's Running!
- **Big Ditch Brewing:** Celebrate your achievement during the Post Race Party with Big Ditch Brewing, the official craft beverage of the Buffalo Marathon Weekend!

## ***NEW & NOTEWORTHY***

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### **New for 2026: The VIP Experience Upgrade**

Enhance your race day with our exclusive VIP Experience package!

The VIP Experience includes:

- Priority packet pick-up
- Exclusive VIP location with private restrooms
- VIP parking
- Pre-race and post-race refreshment
- Private post-race recovery zone with amenities
- Special VIP swag
- VIP Exclusive gear check

A portion of the proceeds from the VIP package is donated to Kaleida's Gates Vascular Institute. LIMITED SPOTS ARE AVAILABLE, so we encourage you to add the VIP Experience when you complete your registration today

The cost for this amazing (non-refundable) upgrade is \$195 per registration.



## ***MARATHON WEEKEND SCHEDULE***

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### ***FRIDAY MAY 22<sup>ND</sup>***

#### **Volunteer Appreciation Party Presented by Sport City Pub and Venus**

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

### ***SATURDAY MAY 23<sup>RD</sup>***

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

6:30 AM – 7:45 AM 5k Packet Pickup – Convention Center, 1<sup>st</sup> 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, Snyder Track & Field & Golisano Children's Hospital**

9:45 AM Bib Pickup – Convention Center, 1<sup>st</sup> Floor, Room 106

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

10:45 AM Start of 4 & 5-year-olds – Court Street & Niagara Square

11:00 AM Start of 6 to 8-year-olds – Genesee Street, near Timing Trailer

#### **Diaper Dash Presented by Golisano Children's Hospital & Snyder Track & Field**

10:30 AM – 11:15 AM Diaper Dash Packet Pickup – Convention Center, 1<sup>st</sup> 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 Convention Center Loading Dock

11:30 AM Plogging Start – Pearl Street, near the Convention Center Loading Dock

#### **Ruffalo Stampede & Bark Crawl Presented by Orchard Park Veterinary Medical Center and Milkbone**

11 AM – 12 PM Ruffalo Stampede Packet Pickup – Corner of Pearl Street & Court Street

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

#### **Marathon & Half Marathon & VIP Experience Packet Pickup and Health & Wellness EXPO**

8:00 AM – 6:00 PM Marathon & Half Marathon Packet Pickup – ID REQUIRED – Convention Center, 2nd Floor

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

#### **Fuel to the Finish Line (formerly known as the Pasta Dinner)**

Various locations offered in Downtown Buffalo, see [www.buffalomarathon.org](http://www.buffalomarathon.org) or refer to the Weekend Race Guide for locations, menu, & pricing.

## ***MARATHON WEEKEND SCHEDULE***

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### ***SUNDAY MAY 24<sup>TH</sup>***

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

5:30 AM – 6:30 AM	Late Bib Pickup for Full/Half/VIP Marathon – Convention Center, Lobby
5:30 AM – 1:00 PM	VIP Experience Open – Convention Center 1st Floor, Room 101
5:30 AM – 1:30 PM	Gear Drop for Marathon, Half Marathon – Convention Center 1st Floor, Room 106
5:30 AM – 1:00 PM	Gear Drop for VIP Experience – Convention Center 1st Floor, Room 101
6:30 AM	Marathon & Half Marathon Start – Delaware & Huron St
8:00 AM – 12:00 PM	Health & Wellness EXPO and Shirt Exchange (Marathon/Half Marathon/VIP) - Convention Center, 2nd Floor
8:00 AM – 1:00 PM	Post Race Party featuring NERDS GONE WILD – Convention Center, 2nd Floor
9:00 AM	Beer is served - ID REQUIRED – Convention Center, 2nd Floor
10:00 AM	Half-Marathon Course Close
12:30 PM	Finish Line Close
1:00 PM	Post Race Party Close
1:00 PM	All Gear Drop Locations Close



Post Race Party Entertainment Presented by Brooks Running

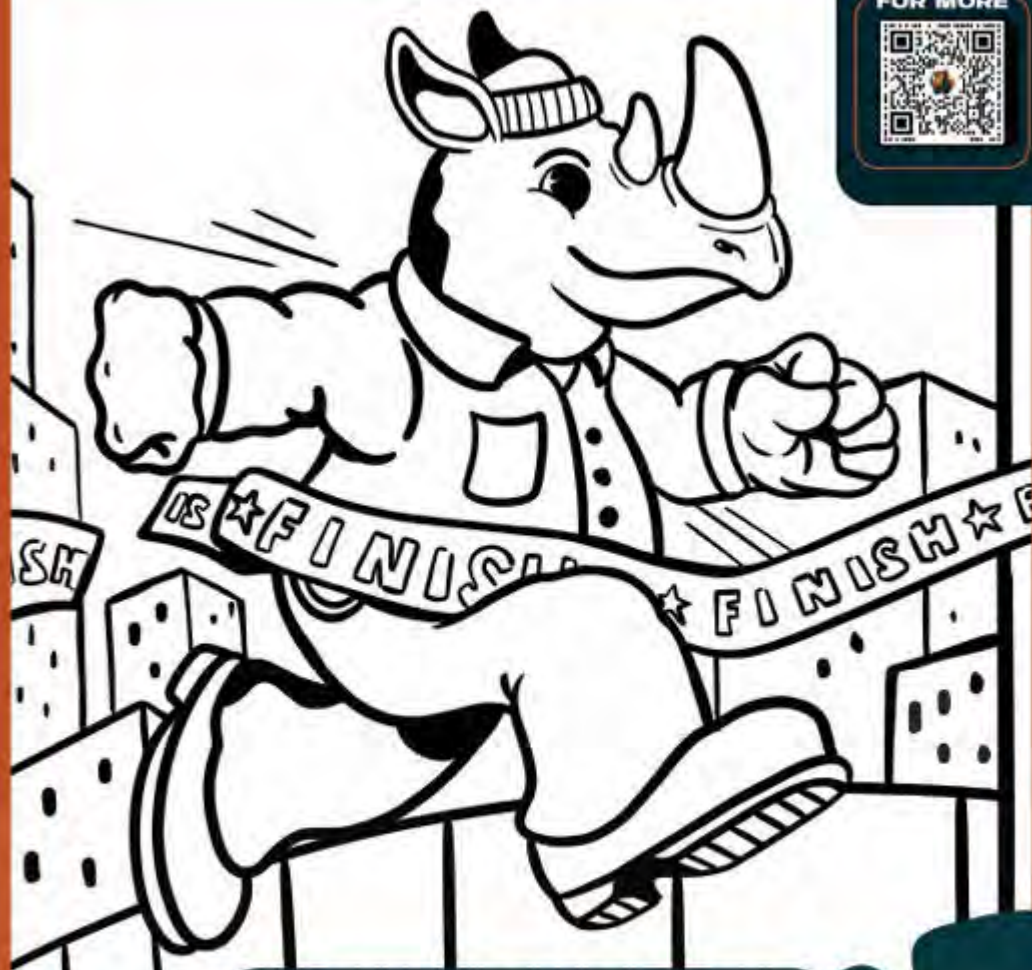
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## ***PARKING***

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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.

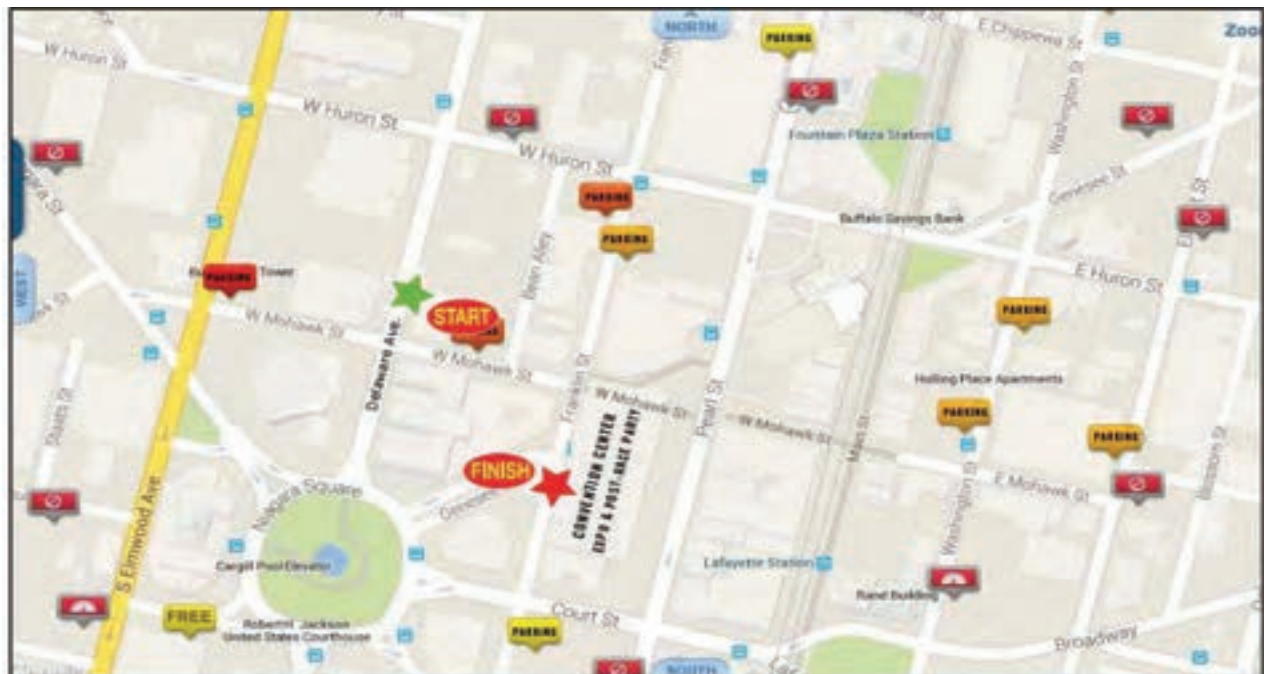
If you choose to find on-street parking, we recommend parking anywhere EAST of the marathon route downtown.

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.



## ***PARKING***

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

Please note: these lots may require a fee during the weekend.

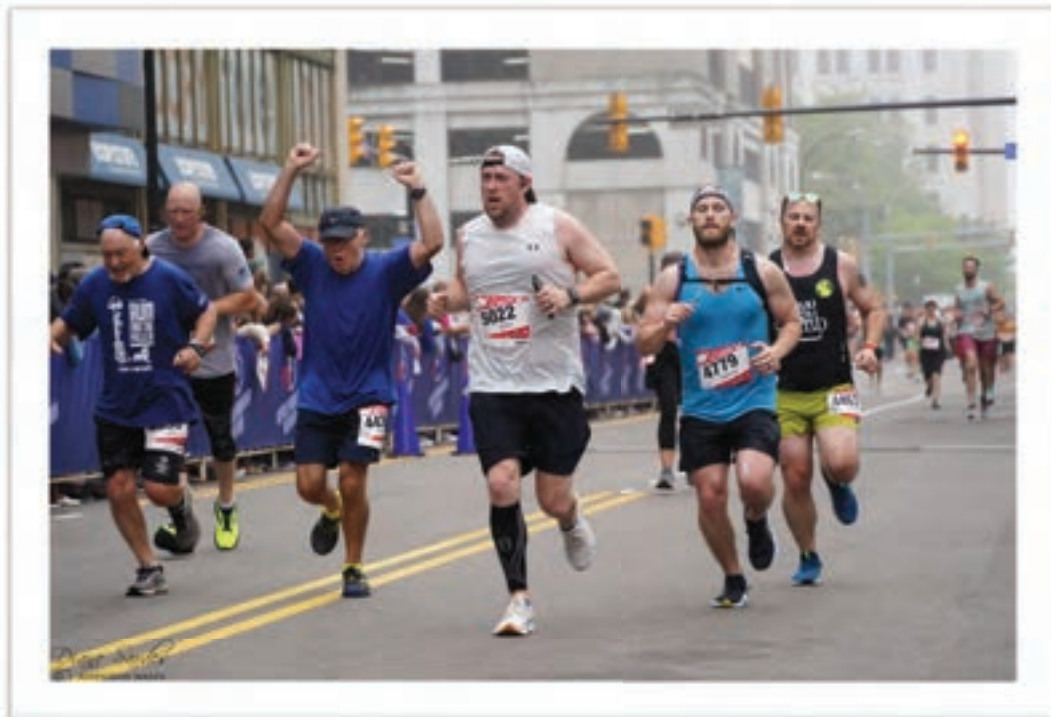
Please also see **Detailed Road Closures** for additional information.

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

## 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.



*Get your bib # here. Available race week.*

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 "**Fuel to the Finish Line**" 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.





*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*



## 2026 BUFFALO MARATHON

"FUEL TO THE FINISH LINE"

Saturday, May 22, 2026



### AMICI RISTORANTE

**Any Pasta for \$25:**

Alfredo, Arrabbiata, Bolo, Olive Pasta,  
Short Rib Ragu, Vodka, Lasagna, Ravioli  
And Pasta Your Way!



### BIG DITCH BREWING COMPANY

**\$25**

Salad: Side Salad

Entrée: Creamy Lemon Pasta with  
Chicken or Shrimp

**ALL RUNNER MEALS ARE \$25 BEFORE TAX AND GRATUITY!  
RUNNERS AND FAMILIES MUST SHOW PROOF OF REGISTRATION.  
DON'T FORGET TO TIP YOUR SERVER!**



### CHEF'S

**\$25**

Salad: Chef Salad

Bread

Entrée: Choice of one:

Large Spaghetti with 1 meatball  
OR

Large Spaghetti Parm



### FRANKIE PRIMO'S (both locations)

**\$25**

Salad: 1/2 portion Verdi Salad

Entrée: Full portion Spaghetti Pomodoro

Soda (Refills \$1)

Option: Purchase a protein



### INDIA GATE

Locations: 1264 Hertel Avenue, Buffalo

1116 Elmwood Avenue, Buffalo

**\$25**

Bread: Garlic Naan

Entrée: Chicken Curry with Rice

Drink: Mango Juice

**ALL RUNNER MEALS ARE \$25 BEFORE TAX AND GRATUITY!  
RUNNERS AND FAMILIES MUST SHOW PROOF OF REGISTRATION.  
DON'T FORGET TO TIP YOUR SERVER!**

SEAFOOD  
**PERLA**  
BISTRO

PERLA SEAFOOD BISTRO

**\$25**

Salad: Choice of one:

House Salad OR Caesar Salad

Entrée: Choice of one:

The Bolo

Shrimp Scampi

Salmon Cakes

Chicken Milanese



SOHO

**\$25**

Entrée:

Buffalo Rolls (2), Fries and Mini Sliders

**V E N U S**  
GREEK &  
MEDITERRANEAN

VENUS GREEK & MEDITERRANEAN

Locations: 3500 Main Street, Amherst

2164 Grand Island Blvd, Grand Isl.

1930 Military Road, Niagara Falls

**\$25**

Entrée:

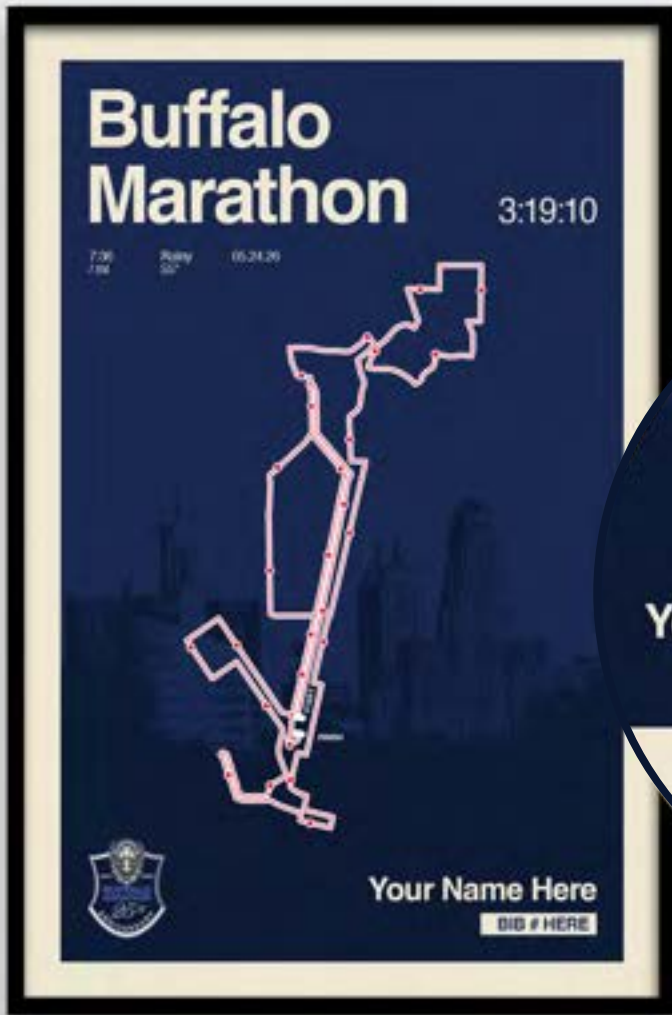
Chicken Souvlaki Bowls:

served with rice, salad and chicken

**ALL RUNNER MEALS ARE \$25 BEFORE TAX AND GRATUITY!  
RUNNERS AND FAMILIES MUST SHOW PROOF OF REGISTRATION.  
DON'T FORGET TO TIP YOUR SERVER!**

# ***Your effort deserves a place on your wall.***

***Celebrate with Trackstar's personalized Buffalo Marathon finisher print***



- + 4 sizes options
- + 3 frame options
- + half & full marathon options
- + delivered in 7-10 days



***SCAN TO ENTER  
OUR GIVEAWAY (\$190 VALUE) →***



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

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### ***SATURDAY MAY 23***

#### ***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 1<sup>st</sup> 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



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

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**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.

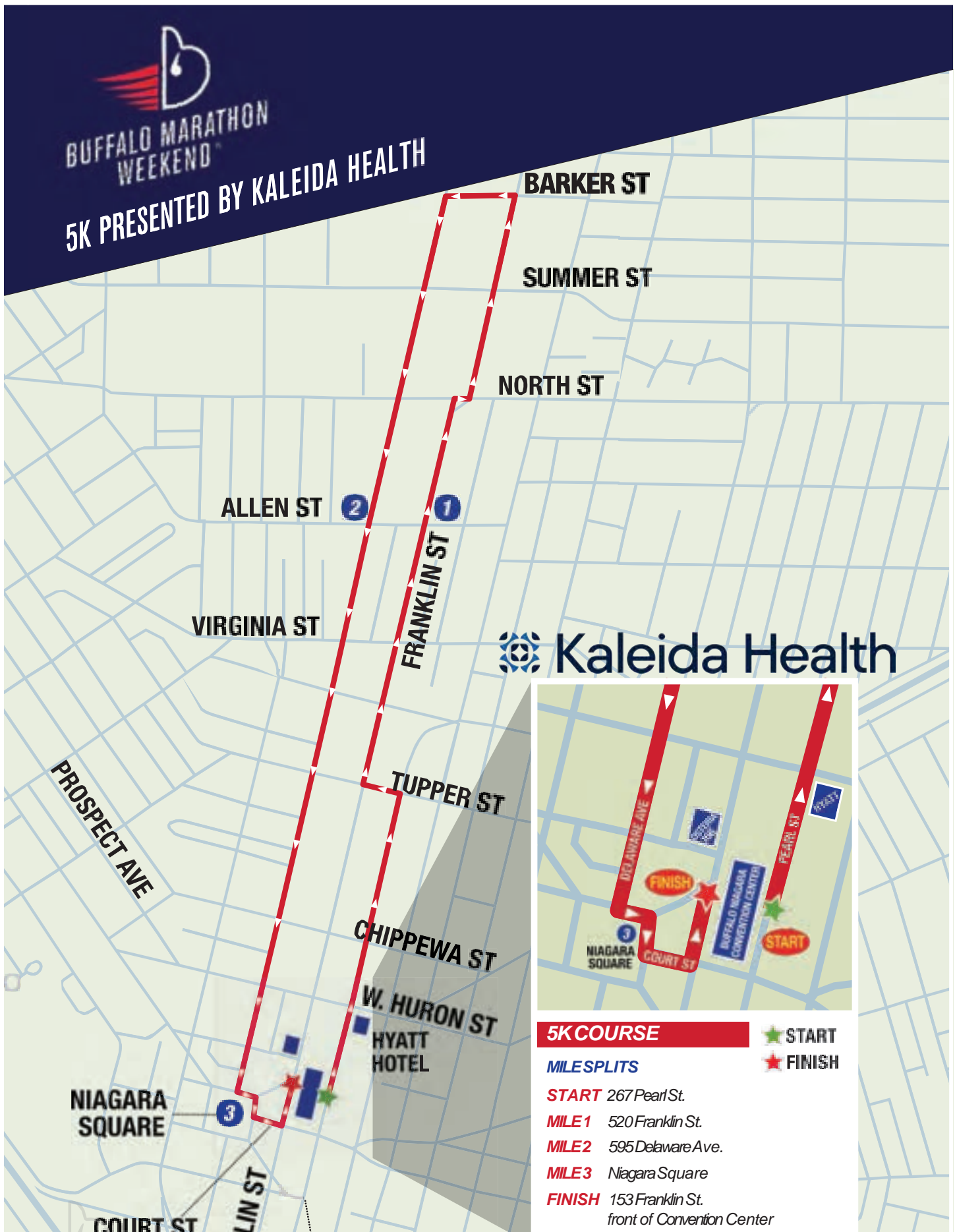
Several of The Buffalo Marathon Weekend events offer Heart-to-Heart fundraising options and follow the same course as their counterparts. Let's come together as a community to fight heart disease in Western New York—one step at a time.

***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 2<sup>nd</sup> 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**  
Gates Vascular Institute

***KIDS MINI-MARATHON PRESENTED BY DICK'S SPORTING GOODS, SNYDER TRACK & FIELD, AND GOLISANO CHILDREN'S HOSPITAL***

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***SATURDAY MAY 23***

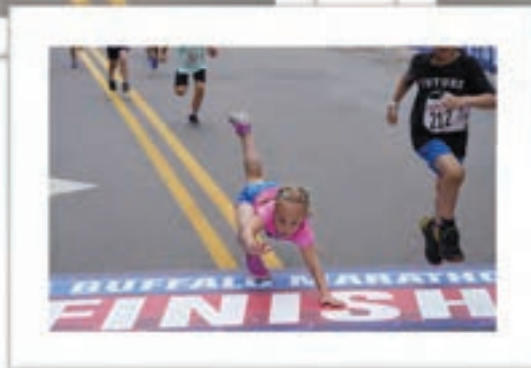
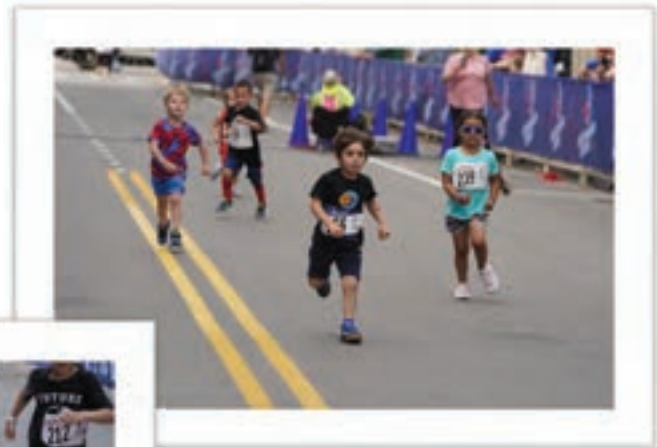
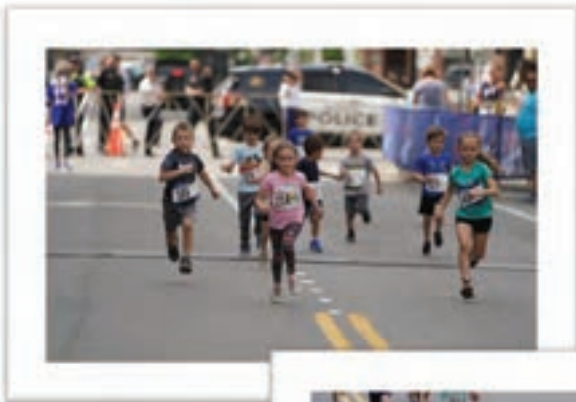
A fun run will be held on Saturday of Race Weekend for kids ages 2-8 beginning at 10:30 AM in front of the Convention Center:

- 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

All proceeds go to Golisano Children's Hospital.



## ***DIAPER DASH PRESENTED BY GOLISANO CHILDREN'S HOSPITAL***

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### ***SATURDAY MAY 23***

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



All proceeds go to Golisanos Children's Hospital.



# KIDS RACE & DIAPER DASH COURSE MAP





# LET'S RUN THIS B.

Before you pin that bib, **hit play.**

We broke down the Buffalo Marathon course – mile by mile – so you know exactly what's coming before the gun goes off.



**Episode Airs May 19, 2026.**

Scan QR code or visit [runsmartapp.com/buff-course](https://runsmartapp.com/buff-course)

RunSmart is the official training partner  
of Buffalo Marathon Weekend.

# ***PLOGGING RUN & WALK PRESENTED BY BUFFALO PRO SOCCER***

***SATURDAY MAY 23***

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 PRESENTED BY ORCHARD PARK VETERINARY MEDICAL CENTER & MILKBONE***

## ***SATURDAY MAY 23***

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.

- 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!)

All proceeds benefit Awesome Paws Rescue and the City of Buffalo Animal Shelter. Let's bark, stroll, and celebrate together in Buffalo's most paws-itively fun event of the weekend!



# RUFFALO STAMPEDE MAP



**Buffalo Marathon**  
**Offers valid 1/12/2026 - 12/31/2026**

Buffalo Marathon  
 Valid 1/12/2026 - 12/31/2026

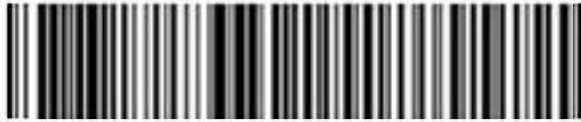


— VALID IN-STORE ONLY —

**TAKE**  
**\$10 OFF**

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

LIMIT ONE COUPON PER CUSTOMER PER PURCHASE. EXCLUDES: SALES, PRIOR PURCHASES, DIT CARDS, EXTENDED WARRANTIES, AS WELL AS THE No Sweat PROTECTION PLAN. CANNOT BE COMBINED WITH OTHER OFFERS OR EXCLUDED ITEMS DETAILLED IN STORE OR AT DICK'S CORPORATE LOCATIONS. CANNOT BE COMBINED WITH OTHER OFFERS. NO REPRODUCTIONS OR FALSIFICATION ACCEPTED. ONLY VALID AT DICK'S SPORTING GOODS AND DICK'S HOUSE OF SPORT LOCATIONS.



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Buffalo Marathon  
 Valid 1/12/2026 - 12/31/2026

Buffalo Marathon  
 Valid 1/12/2026 - 12/31/2026

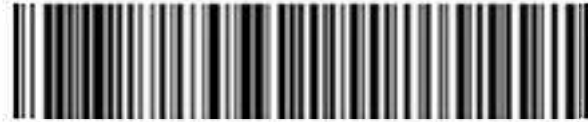


— VALID IN-STORE ONLY —

**TAKE**  
**\$10 OFF**

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

LIMIT ONE COUPON PER CUSTOMER. MINIMUM PURCHASE CALCULATED AFTER OTHER DISCOUNTS AND BEFORE TAXES. EXCLUDES: SALES, PRIOR PURCHASES, DIT CARDS, EXTENDED WARRANTIES, AS WELL AS THE No Sweat PROTECTION PLAN. CANNOT BE COMBINED WITH OTHER OFFERS OR EXCLUDED ITEMS DETAILLED IN-STORE OR AT DICK'S CORPORATE LOCATIONS. CANNOT BE COMBINED WITH OTHER OFFERS. NO REPRODUCTIONS OR FALSIFICATION ACCEPTED. ONLY VALID AT DICK'S SPORTING GOODS AND DICK'S HOUSE OF SPORT LOCATIONS.



P00053683O241FH8V

Buffalo Marathon  
 Valid 1/12/2026 - 12/31/2026

Buffalo Marathon  
 Valid 1/12/2026 - 12/31/2026



— VALID IN-STORE ONLY —

**TAKE**  
**20% OFF**

**AN ATHLETIC OR OUTDOOR CLOTHING ITEM**

LIMIT ONE COUPON PER CUSTOMER PER PURCHASE. EXCLUDES: SALES, PRIOR PURCHASES, DIT CARDS, EXTENDED WARRANTIES, AS WELL AS THE No Sweat PROTECTION PLAN. CANNOT BE COMBINED WITH OTHER OFFERS OR EXCLUDED ITEMS DETAILLED IN-STORE OR AT DICK'S CORPORATE LOCATIONS. CANNOT BE COMBINED WITH OTHER OFFERS. NO REPRODUCTIONS OR FALSIFICATION ACCEPTED. ONLY VALID AT DICK'S SPORTING GOODS AND DICK'S HOUSE OF SPORT LOCATIONS.



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— 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: SALES, PRIOR PURCHASES, DIT CARDS, EXTENDED WARRANTIES, AS WELL AS THE No Sweat PROTECTION PLAN. CANNOT BE COMBINED WITH OTHER OFFERS OR EXCLUDED ITEMS DETAILLED IN-STORE OR AT DICK'S CORPORATE LOCATIONS. CANNOT BE COMBINED WITH OTHER OFFERS. NO REPRODUCTIONS OR FALSIFICATION ACCEPTED. ONLY VALID AT DICK'S SPORTING GOODS AND DICK'S HOUSE OF SPORT LOCATIONS.



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**EVERY KID DESERVES  
 A CHANCE TO PLAY**



**DICK'S**  
 FOUNDATION  
**SPORTS MATTER**

# TRANSPORTATION LOGISTICS WAREHOUSING



Congratulations to  
all participants!

[www.sonwil.com](http://www.sonwil.com)



## ***MARATHON AND HALF MARATHON STARTING PROCEDURES***

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***START LINE FIREWORKS PRESENTED BY***



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***

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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.

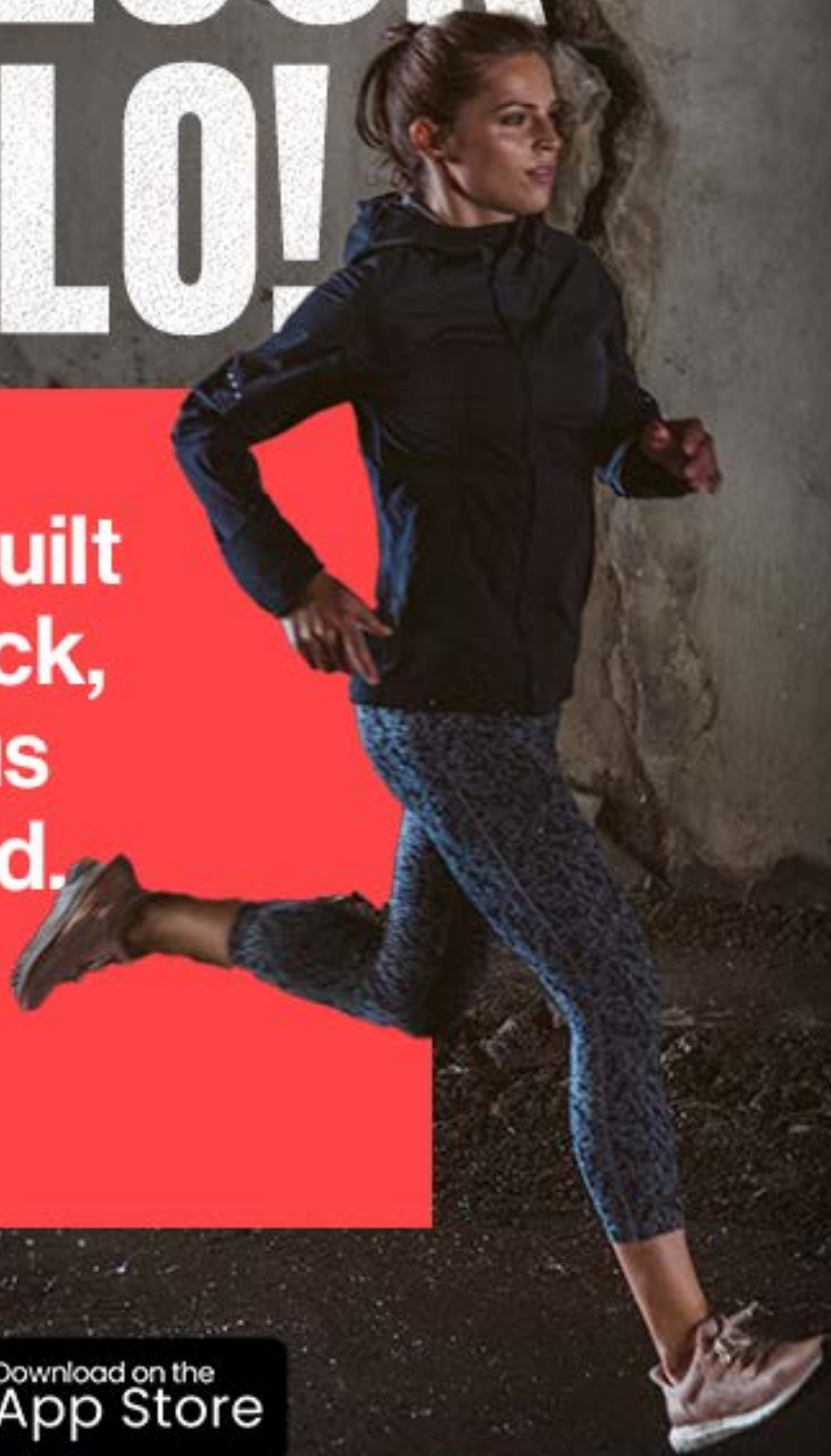
Also remember, you must wear your bib (which contains your chip) on the front of your shirt to get an official race time.



# GOOD LUCK BUFFALO!

RunBuddy is built  
to have your back,  
so you can focus  
on the run ahead.

Stay Safe.  
Stay Connected.



GET IT ON  
Google Play



Download on the  
App Store

# Lawley

INSURANCE | EMPLOYEE BENEFITS

WITH YOU FOR  
**26.2 MILES**  
AND BEYOND

*PROACTIVE PROTECTION  
HEALTHCARE SOLUTIONS*



**BUFFALO MARATHON  
WEEKEND™**

[lawleyinsurance.com](http://lawleyinsurance.com)

## ***INTERACTIVE COURSE MAPS***

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

Maps included are below



## ***LIVE RUNNER TRACKING***

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

### ***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](http://www.racejoy.net)



## **TEXT ALERT SYSTEM FOR ATHLETES**

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If you registered with a cell phone number, you will receive messages and updates throughout race weekend. Opt In to receive text alerts from race management by texting: **Buffalo** to **844-868-9995** (normal data rates apply)



The graphic features a blue background with a silhouette of a runner. On the left, a vertical stack of five colored boxes contains the alert levels: EXTREME (black), HIGH (red), MODERATE (yellow), LOW (green), and EXTREME (white). To the right of these boxes, corresponding descriptions are provided in white text. The Buffalo Marathon logo is in the top left corner.

**BUFFALO MARATHON**

# CONDITION ALERT SYSTEM

**EXTREME**  
*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.*

**HIGH**  
*EXTREME CAUTION. Runners are asked to slow to a walk or withdraw.*

**MODERATE**  
*CAUTION. Runners are warned of heat and asked to slow down or withdraw.*

**LOW**  
*GOOD CONDITIONS: Enjoy the day!*

**EXTREME**  
*EXTREME COLD. Race may be canceled or halted. Seek shelter and follow instructions from race staff, volunteers, and first responders.*

Course condition values are based on the American College of Sports Medicine guidelines for WBGT (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 as 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

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

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### ***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.

### ***BUFFALO MARATHON PACE TEAMS SUPPORTED BY RUNNER'S ROOST***

The Buffalo Marathon will have official Pace Teams (two runners taking 1st & 2<sup>nd</sup> 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 **bright green/yellow** 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](mailto:pacers@buffalomarathon.org) and will be responded to promptly right up until an hour before race time.

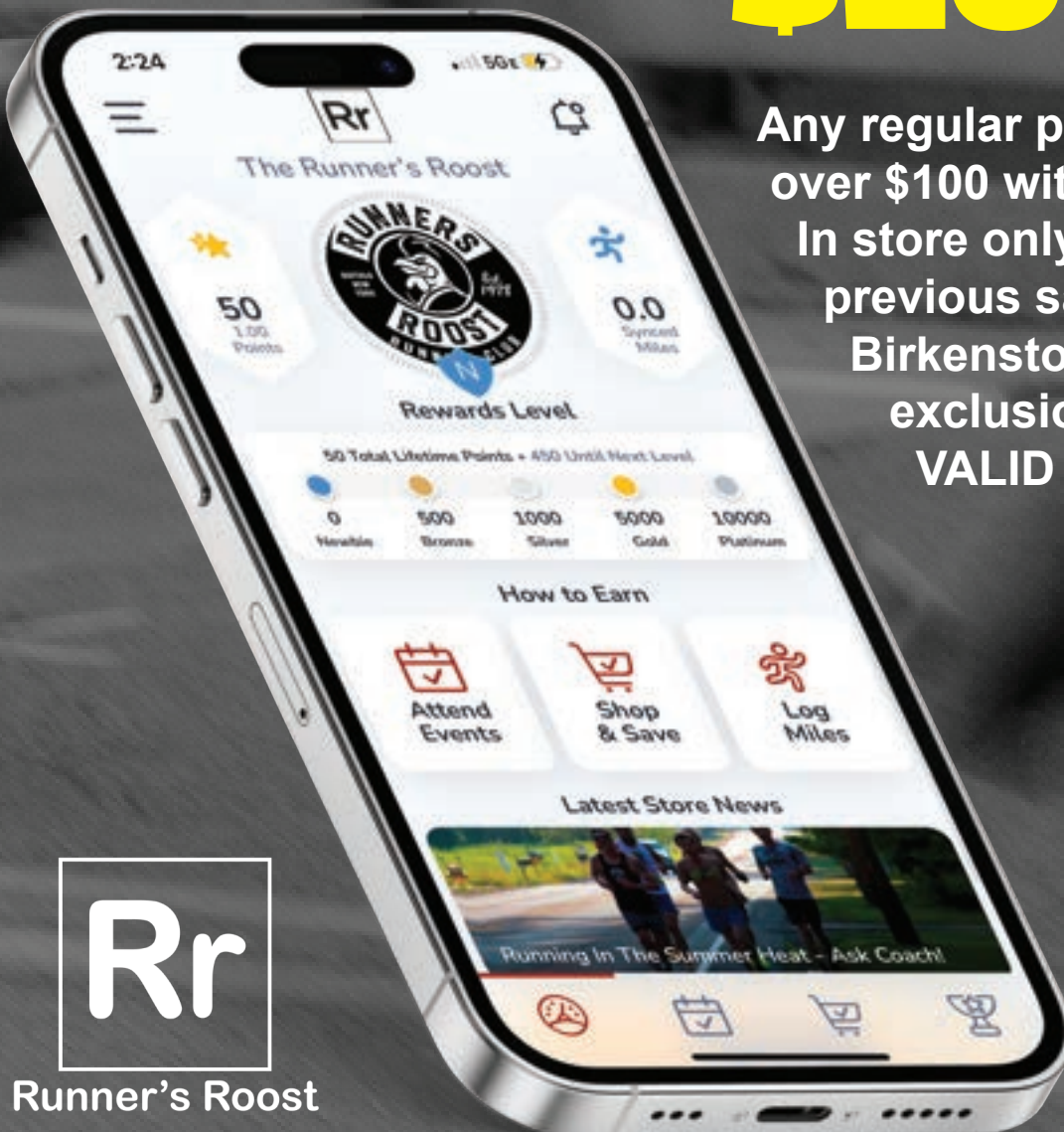
# JOIN THE CLUB!

Earn reward points for online and in store purchase, get special promos, earn badges for miles, get points for checking into events, and more!

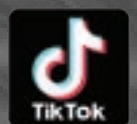
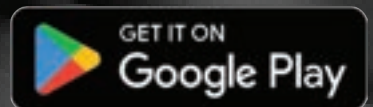


# \$20 OFF

Any regular priced purchase over \$100 with app download. In store only. Excludes sales, previous sales, UGG, Birkenstocks & other exclusions may apply  
**VALID 7/31/26**



Runner's Roost



## HOW TO SEE YOUR RUNNER

The Buffalo Marathon is an extremely spectator-friendly course, and we'd like to give you some extra help in getting around the city. We've provided many different options to see your runner, two, three, four, or more times.

Half Marathon and Marathon points are included.

One of the easiest ways to get to various points on the course is to ride your bicycle. No bike?

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

**\*\*PLEASE NOTE:** The marathon course is **CLOSED** to bicyclists! You **MAY NOT** ride along with your runner, or anyone else, while the race is in progress. **PLEASE** use bike routes or other streets to safely get from point-to-point.

If you are driving, there will be many roads and major arteries closed for the morning of the race. If you want to see your runner multiple times, Main Street is a very good option to get to many different points along the course. You may have to park and walk a few blocks, but we're here to help you see your runner as many times as possible!

### 1. THE DOWNTOWNER

If you don't want to travel around too much, you can stay downtown and still see your half-marathoner or marathoner multiple times. Grab a cup of coffee from SPOT COFFEE and settle in for the day! Position yourself at the corner of Chippewa and Delaware for the 6:00 AM start and watch the entire race go by. Stay in your spot to see the runners just past Mile 6. Make your way back south down Franklin (one block east) and wait for the half marathon finish, or head to Chippewa and Franklin for Mile 13.5. Then head back to the Buffalo Niagara Convention Center to cheer your runner across the finish line!



## HOW TO SEE YOUR RUNNER

### 2. MUSEUM DISTRICT

If you find yourself in the neighborhood of the Olmsted Parkway system, you're in perfect position to see your half-marathoner and marathoner several times. You might have to do a little walking between points, but luckily it's a gorgeous neighborhood and a nice little walk.

Start off at the corner of either Delaware and Lafayette Avenue (Gates Circle), or Chapin Parkway and Delavan Street. Runners in the half and full marathon will pass by twice, as they run up and down Chapin and Lincoln Parkways. You could also position yourself at Soldiers' Circle (the intersection of Chapin, Bidwell and Lincoln Parkways). You'll only need to go to the opposite corner of the parkway to see your runner twice here. While you're waiting in between cheering, why not grab a cup of coffee or pastry from CAFFE AROMA at Bidwell and Elmwood?



### 3. DELAWARE PARK

If you plan to position yourself in gorgeous Delaware Park, you will easily see your runner twice in a relatively short period of time.

Runners for the full marathon enter the park at Nottingham and Meadow near the Mile 17 marker. They will pass by this same point just before Mile 21. Parking in and around the park itself will be challenging if not impossible, so we recommend finding a parking spot west of Delaware on Nottingham Road. Spectators can access this street via the 33/198 from downtown, then take the 198 East to Main Street to head back downtown to meet their runner at the finish.





YOUR SUPPORT IS

FOR



getting kids back to being kids.

Participation in Buffalo Marathon Weekend benefits the moms, kids and babies at Golisano Children's Hospital of Buffalo. Thank you!

[GCHBuffaloFORKids.org](http://GCHBuffaloFORKids.org)

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

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### **FOR RUNNERS:**

- The marathon and half marathon finish line is in front of the Buffalo Niagara Convention Center on Franklin St.
- Only officially registered race participants are allowed to cross the finish line. You may not cross the finish line with children or other family members or friends.
- Runners who cross the finish line with any non-registered runner risk having their times removed from the official results.
- Runners who have already finished the race and have exited the finishing area **MAY NOT** cross the finish line again with another runner.
- Relay teams: only the last runner on the team may cross the finish line. Relay teams that cross with all 4 team members may not be eligible for awards at the sole discretion of the race director. Runners crossing in fours arm in arm cause a safety hazard, while also ruining individual finishers' opportunity for a finishing picture.
- **NO ONE** other than registered runners or official race volunteers are allowed in the barricaded finishing area.
- If you need medical attention, please tell a volunteer. We have a medical tent and trained staff on site if the need arises.
- There will also be a massage tent located at the end of the chute, complimentary for your use.
- Once you exit the finishing area, you will not be permitted to re-enter.

### **FOR SPECTATORS:**

Hooray! Your runner finished the Buffalo Marathon or Half Marathon, and now you can't wait to deliver a huge high five. But how do you find your runner?

- The Official Family Reunion Area is located at the corner of Franklin and Huron Streets. The Finishers' Chute empties out into this area. Spectators, however, are **NOT ALLOWED** in the Finishers' Chute, and runners should **NOT** walk back down the secured area to the Finish Line to get to the Convention Center.
- For the security and safety of everyone involved, only properly credentialed people are allowed to enter the finishers' chute. Once an athlete exits the chute he or she will not be allowed to re-enter. Here are a few tricks for getting to your runner as quickly as possible!
- When you see your runner finish and you are standing on the **WEST** side of Franklin (nearest to Delaware), walk north on Delaware to Huron and turn right. Walk one block to the Family Reunion Area. There also will be a crossing about 50 feet south of Court and Franklin spectators may use to get to the Convention Center or Family Reunion Area.
- When you see your runner finish and you are on the **EAST** side of Franklin (same side as Convention Center), follow the race finish north along the sidewalk on Franklin Street. You will find yourself at the Family Reunion Area at the corner.

## ***COURSE CLOSURE POLICY***

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### ***MARATHON COURSE***

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

### ***HALF-MARATHON COURSE***

The half marathon course will remain officially open for 3.5 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:

<b><i>MILE</i></b>	<b><i>TIME</i></b>	<b><i>MILE</i></b>	<b><i>TIME</i></b>
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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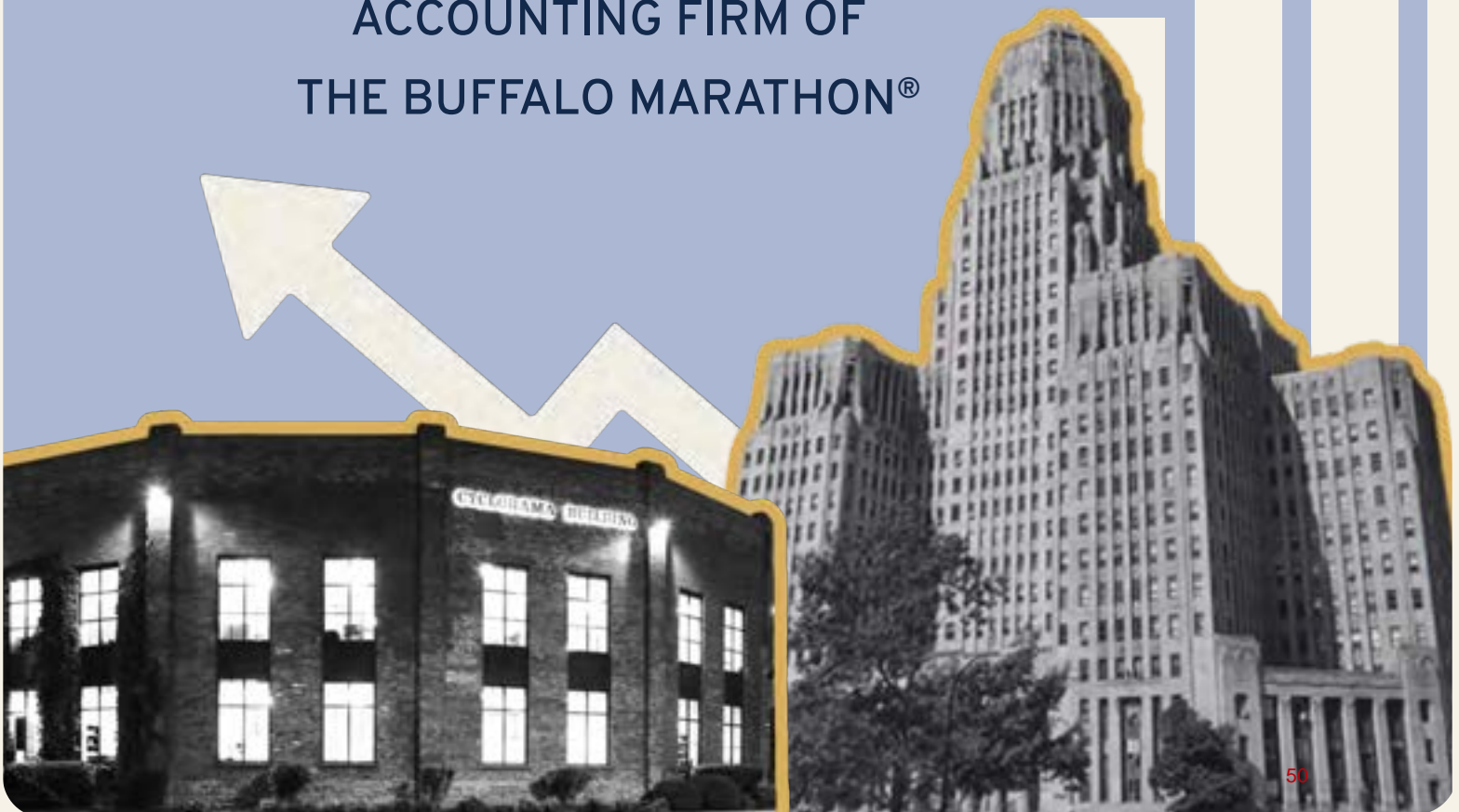
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**Kids Mini-Marathon**



## ***RACE ANNOUNCER BIOGRAPHY – STEVE FLECK***

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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.



### ***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.



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## ***COURSE SIGHTS***

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

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



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

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



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

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



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

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



## ***COURSE SIGHTS***

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

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



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

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



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

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



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

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



## ***COURSE SIGHTS***

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

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



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

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



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

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



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

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



## ***COURSE SIGHTS***

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

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



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

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



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

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



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

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



## ***COURSE SIGHTS***

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

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



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

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



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

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



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

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



## ***COURSE SIGHTS***

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

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



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

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



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

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***

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

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



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

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



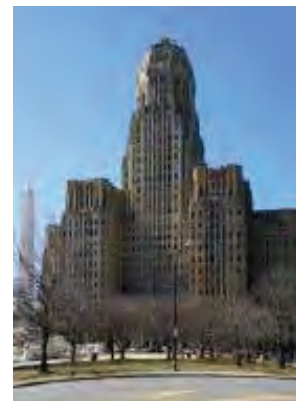
### ***Mile 26: McKinley Monument***

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



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

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



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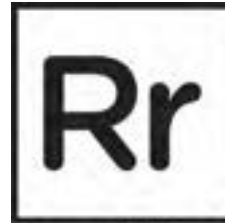
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# Kaleida Health

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 Golisano's Children's Hospital of Buffalo. Through the generosity of individuals, foundations, employees and corporations, the Foundation is able to help Golisano's Children's Hospital of Buffalo 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  
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The American Red Cross prevents and eases 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 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.

## ALZHEIMER'S ASSOCIATION

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction, early detection, and maximizing quality care and support. We serve all communities and demographics – from those living with the disease to those caregiving for loved ones and those wanting to know the early signs of dementia.



Our mission 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 medial 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.



Provide structure, knowledge, and community to persons looking to discover for their personal bests in running.



The India Association of Buffalo (IAB), founded in 1981, is a non-profit organization representing over 1,000 South Asian families in Western New York. IAB promotes Indian culture, arts, and heritage through community events, festivals, and charity drives. As a volunteer-led organization, it fosters cultural exchange and serves the local community, while promoting inclusion and social integration.



Ionraic: Gaelic adj. Honest, sincere. With integrity. IITC is open and inclusive of all levels of Triathlon or multisport athletes; if your interest is just one of three sports, that is fine with us too!



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The primary mission of Friends of CBAS is to raise funds and financially support the shelter, including: Critical and preventive veterinary care, subsidized services for senior and special needs animals. In addition: Pet foster care; hospice and palliative care; management of the volunteer program; promotion of adoption of shelter animals; community outreach and education.



Awesome Paws Rescue is a volunteer-based rescue focused on saving dogs from overcrowded shelters and those at risk of euthanasia. Our mission is to rescue, rehabilitate, and rehome dogs in need, providing them with a second chance at life. We rely solely on monetary and In-Kind donations from our community to help us provide medical care, food, and necessary supplies to provide the best care to the dogs we take into our rescue.



The mission of WNY Heroes is to provide veterans, members of the armed services, the widows and children of deceased veterans with access to essential services, financial assistance, and resources that support their lives and sustain their dignity.



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.



Provide a safe place for all runners to train and participate in the running community.



Trinity Episcopal Church has a pantry which is open to our surrounding communities. We provide canned goods, fresh eggs, pasta, pasta sauces, cereals, frozen foods, coffee, tea, toothpaste, shampoo, cleaning products, dishwashing liquid, and laundry detergent. We are open 3 days a week to help those in need of food.



Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy. Zonta International envisions a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men. In such a world, no woman lives in fear of violence. Founded in 1919 in Buffalo, New York, Zonta International has grown to include more than 1,200 clubs in 66 countries with more than 31,000 members.



Grassroots Gardens WNY is a dedicated group of community gardeners and activists. Our mission is to share knowledge, power and resources to grow and healthy food, heal systemic harm, and strengthen neighborhood connections through community gardens.



Our mission is to honor veterans, active military, and military families; educate about the history and values of service and sacrifice in defense of freedom; inspire a sense of patriotism and appreciation in protecting the right to liberty and justice for all; and to preserve the military artifacts entrusted to our care. Our goal is to foster a community of reverence and appreciation of the U.S. Armed Forces.



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.



The West Side Rowing Club is a non-profit organization whose purpose is the advancement of the physical, mental, and moral well-being of the youth in the City of Buffalo, New York, and surrounding communities by education, training, instruction, and participation in the art of rowing and other athletic pursuits.



We are a church in Williamsville, New York. Our mission is to serve our community and encourage the younger generation to be active participants within it. Our youth participate in a national fine arts festival every year. This allows them to enhance their gifts and talents.



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.



Laurel's grief center is a non-profit offering free Peer support and grief services to families, children, and individuals in the WNY community. Our groups are free to all. We "HEAL HEARTS THROUGH THE HEALING ARTS". Our non-profit educates the community about healthy grieving because grief that is not expressed or represented goes inward and causes disease. Possible addictions, divorce, mental health/emotional issues, job loss, learning disruption, and school dropouts.



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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.



Buffalo Bison Hockey Association was started in 1959. We are a youth hockey organization that serves over 300 kids. The kids range from age 3 to 19. We provide funds for families who cannot meet the financial requirements.



The Geoff Richter Performing Arts Award provides financial assistance annually to a local college student who is studying in the area of Vocal or Instrumental Music, Dance, or Theatre.



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.



PTA is a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for the education and well-being of every child. Anyone in the community (parent, faculty and staff members, grandparents, neighbors) can be a member. Our organization supports Maple West Elementary and the Williamsville School District.



The mission of St. Amelia School is to provide a quality Catholic education that instills in students the spirit of Jesus Christ in a positive, caring environment and which allows students to achieve excellence and become responsible citizens in our community.

Saint Amelia School endeavors to educate our students academically, spiritually, socially, and physically. Our school community, composed of students, employees, parents, parishioners, and visitors, is expected to conduct themselves in a Christ-like manner demonstrating respect and dignity towards each other.

We are called to “Live as Jesus Did,” striving to be co-workers with one another, supportive of each other, respectful towards one another, and guardians of each other’s dignity.



For the last 35 years The Board of Block Clubs of Buffalo and Erie County has provided leadership, as well as fostered and promote. The BOBC serves as a vehicle whereby all entities can network together to accomplish a common goal. Block clubs promote unity within their community; they are also the backbone of our communities. Block Clubs host events and activities that beautify their neighborhoods and create security with crime prevention.



Hope Chest is a wellness organization for Breast Cancer Survivors. We offer free exercise and Nutrition classes. We also have a Dragon Boat Team, which has been documented as excellent exercise for Breast Cancer patients. There is also the mental well-being of just being together with others who have experienced Breast Cancer.





**THANK YOU FOR YOUR PARTICIPATION!**

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