

FRIENDS OF RECOVERY  
New York

ONE COMMUNITY  
ONE VOICE

# 15TH ANNUAL STAND UP FOR RECOVERY DAY



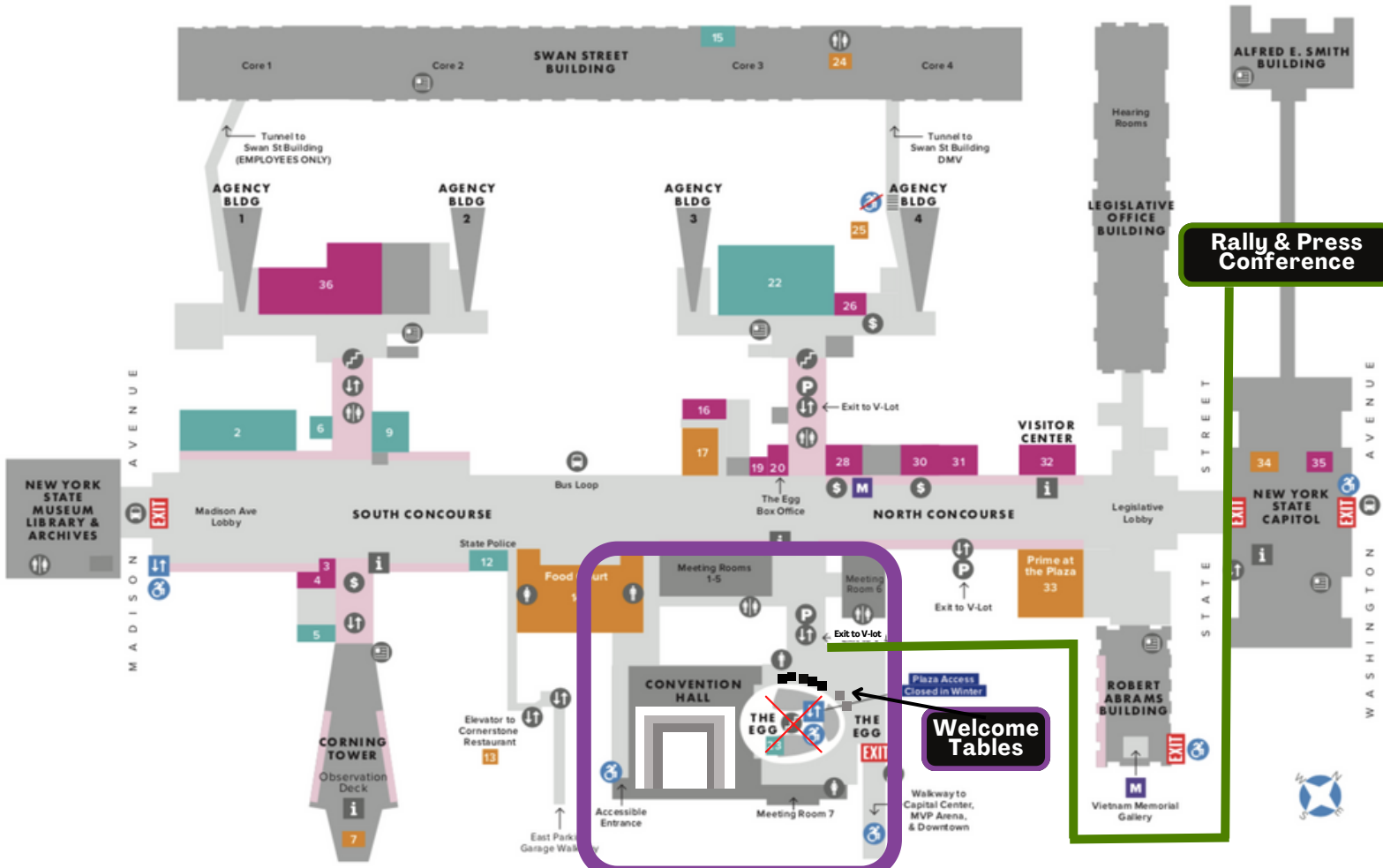
## MAP OF EMPIRE PLAZA CONCOURSE LEVEL



Event Area



March Route



### Map Key

- i** Information
- \$** ATM
- ⤴** Exit to Plaza
- ⤵** Elevator
- ⤵** Elevator to Plaza Level **♿** Accessible
- P** Parking (use elevators)
- 🚌** CDTA Bus Stop
- 📰** Newsstand Convenience Store
- M** Memorials  
Martin Luther King, Jr. Memorial  
Vietnam Memorial Gallery
- 🎨** Empire State Plaza Art Collection

### Food

- 7 B-Rads Executive Bistro  
ID or Visitor Pass required
- 13 Cornerstone at the Plaza  
Plaza Level
- 14 Food Court  
Au Bon Pain | Auntie Anne's | Bombers  
Honest Weight | Kuma Ani | McDonald's  
PBD Kitchen | Pho Yum
- 17 Logan's Deli and Market
- 24 Swan Street Cafeteria  
WV Pizza
- 25 B-Rad's Express  
Plaza Level
- 33 Prime at the Plaza Café
- 34 Dunkin Donuts

### Services

- 3 Just Jewelry Repair
- 4 Post Office
- 16 American Red Cross
- 19 Patsy's Barber Shop
- 20 The Egg Box Office
- 26 Emblem Health Family Dental
- 28 KeyBank
- 30 SEFCU
- 31 SUNY Administration
- 32 Visitor Center & Gift Shop
- 35 Post Office
- 36 Retro Fitness

### State Offices

- 2 Media Services Room #146
- 5 Conference Room #125
- 6 Parking Management  
Room #144
- 9 Plaza Operations Room #130
- 12 NY State Police Room #115-1
- 15 Department of Motor Vehicles
- 22 Convention & Cultural Events,  
Curatorial Services Room #120
- 23 Convention Center Office



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## DIRECTIONS

<https://empirestateplaza.ny.gov/directions>

**GPS Coordinates:** N=42.650674 / W=73.7600

**From the North:** South (Exit 6A)

Take I-87 South (Northway) to I-90 East (Exit 1E). Take I-90 East to 787. Take 787 South to Exit 3A for the Empire State Plaza.

**From the South:**

Take I-87 North (NYS Thruway) to Exit 23. Follow signs for 787 North toward downtown Albany. Take Exit 3 for the Empire State Plaza.

**From the East:**

Take I-90 West to Exit B1. Continue I-90 West toward 787 South. Take 787 South to Exit 3A for the Empire State Plaza.

**From the West:**

Take I-90 East (NYS Thruway) to Exit 24 for Albany. Continue I-90 East to 787 South (Exit 6A). Take 787 South to Exit 3A for the Empire State Plaza.

Once you have parked your vehicle, please take the elevators up one level to the Concourse (button is marked "C").

## PARKING

Office of General Services operates several, pay by the day, visitor parking areas in and around the Empire State Plaza in downtown Albany, NY.

For more information on parking for visitors, please visit:  
<https://empirestateplaza.ny.gov/parking>

### V-Lot Parking

The Empire State Plaza V-Lot (Visitors Lot) is the primary lot for visitors, located beneath the Empire State Plaza and accessed through I-787 Empire State Plaza exit.

\$10.00 Flat Fee (parkers staying past 3:00 a.m. will be charged for next day parking) 90 minutes or less, no charge at Exit Gate

Parking is pay on EXIT and Cash is NOT accepted.