

2026 Advocacy Day: Driving Directions and Parking

Brain Injury Association of New York State Advocacy Day:

Date & Time

March 17, 10:00 am - 1:00 pm
Registration opens at 9:30 am and will remain open throughout the event

Location

Third Floor Terrace
Legislative Office Building (LOB)
198 State Street, Albany, NY
Located within the Empire Plaza complex.

Driving Directions

From the North (I-87 / Northway):

Take I-90 East to I-787 South. Take the **Empire State Plaza exit**.

From the South (I-87 / NYS Thruway):

Take Exit 23 to I-787 North. Take the **Empire State Plaza exit**.

From the East (I-90):

Cross the Hudson River, take I-787 South, then take the **Empire State Plaza exit**.

Parking

Underground Parking:

Visitor parking is available beneath the Legislative Office Building in the V-Lot or Madison Avenue garage. Take the elevator directly to the 3rd Floor Terrace.

Street Parking or Drop-Off:

Enter through the State Street entrance. This entrance brings you directly to the 3rd floor security area. Advocacy Day will be located just across from security on the terrace.

From the Empire State Plaza Concourse:

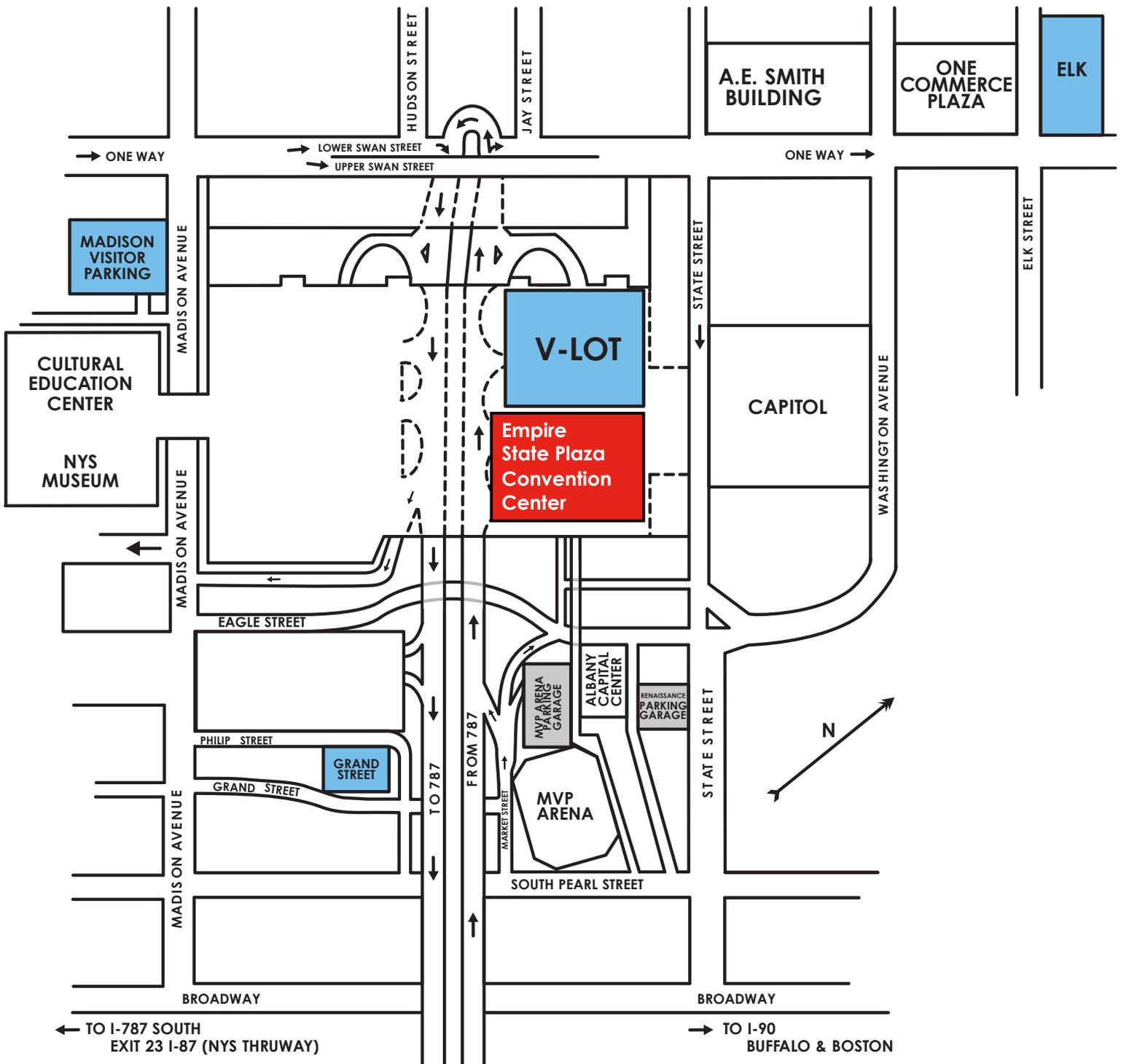
Enter through the concourse and follow signs to the Legislative Office Building elevators to the 3rd floor.

Parking at MVP Arena (formerly Times Union Center):

Use the covered walkway to the Empire State Plaza Concourse near The Egg, then follow signs to the Legislative Office Building.

Empire State Plaza Visitor Parking

parking.management@ogs.ny.gov
518-474-8118



The MVP Arena and Renaissance Hotel parking garages are not OGS-managed parking facilities. Fee upon entry applies.



Office of
General Services