

2009 GREAT NOR'EASTER SITES AND DIRECTIONS

ALBANY ACADEMY FOR GIRLS

140 Academy Road

Albany, NY 12208

and

SAGE OF ALBANY

140 New Scotland Avenue

Albany, NY 12208

From the east: Take 1-90 to 1-787 south to the end. Go straight on Hoffman Avenue. Make a left on Second Avenue. Cross Delaware Avenue to Whitehall Road and stay left at the "V" Make a right on Marwill Street. Cross Hackett Boulevard and go straight up Academy Road. AAG is on the right. From the intersection of 1-90 and 1-787, it is approximately 7 miles. Sage of Albany is further down the street on the right hand side, park in the Kahl Campus Center Lot.

From the north: Take 1-87 (Northway) south to Western Avenue (Route 20 East) and make a left on Western. Make a right on South Manning Boulevard. Make a left on New Scotland Avenue. Make a right on Academy Road. Sage of Albany is on the corner of New Scotland and Academy Road – turn right on Academy Road and park in the Kahl Campus Center Lot. The Albany Academy for Girls campus is further down the street on the left. From the Northway, it is approximately 4 miles.

From the west: Take Western Avenue (Route 20 East). Make a right on South Manning Boulevard. Make a left on New Scotland Avenue. Make a right on Academy Road. Sage of Albany is on the corner of New Scotland and Academy Road – turn right on Academy Road and park in the Kahl Campus Center Lot. The Albany Academy for Girls campus is further down the street on the left. From the intersection of 1-87 and Western Avenue, it is approximately 5 miles.

From the south: Take the New York State Thruway to either Exit 23 or 24. From Exit 23: Make a left on Route 9W and follow around to second light. Make a right on Hoffman Avenue. Make a left on Second Avenue. Cross Delaware Avenue to Whitehall Road and stay left at the "V." Make a right on Marwill Street. Cross Hackett Boulevard and go straight up Academy Road. The east campus gyms are on the right. From Exit 23, it is approximately 2 miles. Sage of Albany is further down the street on the right. Park in the Kahl Campus Center Lot.

From exit 24: Make a right to Western Avenue (Route 20) exit 20. Make a left on Western Avenue (Route 20 East). Make a right on South Manning Boulevard. Make a left on New Scotland Avenue. Make a right on Academy Road. Sage of Albany is on the corner of New Scotland and Academy Road – turn right on Academy Road and park in the Kahl Campus Center Lot. The Albany Academy for Girls campus is further down the street on the left. From Exit 24, it is approximately 4 miles.

Sage of Albany to College of St. Rose: From Academy Road, turn right onto New Scotland Ave., then Left onto S. Lake Ave in 0.1 miles. In about 0.5 miles, turn left onto Madison Ave. In about 0.7 miles, turn right onto N. Main Ave, then a quick right onto Western Ave. The St. Rose athletic facility is on the right, and the LaSalle parking lot is on the left.

College of St. Rose to Sage of Albany: Head northwest on Western Ave and turn left onto N. Main Ave, then a left onto Madison Ave. After about 0.7 miles, turn right onto S.Lake Ave, then a right onto New Scotland Ave. At the next light, turn left onto Academy Road. Park in the Kahl Campus Center Lot.

THE COLLEGE OF ST. ROSE

432 Western Avenue

Albany, NY 12203

From the North: Take I-87/Northway to the end and make a left onto Western Avenue/Route 20. See From Western Avenue below.

From the South: Take the NYS Thruway (I-87) to exit 24. After the tollbooth take exit 1-S, Western Avenue/Route 20. See directions below From Western Avenue.

From the East: Take the Massachusetts Turnpike (I-90) to the NYS Thruway, get off at exit B-1 (I-90 west). Proceed on I-90 to exit 5, Everett Road. At the end of the exit ramp, turn left onto Everett Road. At the third light, turn left onto Route 5, Central Avenue. On Central Avenue, continue through four lights and then turn right onto North Main Avenue. Proceed on North Main for three traffic lights, then turn left onto Western Avenue. Look for the LaSalle parking lot on the right.

From the West: Take the NYS Thruway (I-90) to exit 24. After the tollbooth take exit 1-S, Western Avenue/Route 20. See directions below From Western Avenue.

From Western Avenue: Follow Western Avenue for approximately 2.7 miles to the corner of South Allen Street. There will be a sign that says to get in the right lane for Saint Rose, however, get in the left lane and bear left at the light down Western Ave instead and follow for another 0.3 miles (two traffic lights). Parking is available on the left at the LaSalle lot (415 Western Ave). The athletic facility is on the right side of Western Avenue just past the LaSalle parking lot. See the college website at http://www.strose.edu/Campus_Life/Campus_Safety_and_Parking/parking.asp

SKIDMORE COLLEGE

Sports and Recreation Center

815 N. Broadway

Saratoga Springs, NY 12866

From the south/north: Take I-87 (Northway) to Saratoga Springs exit 15. After the exit, follow Rte 50 toward Saratoga Springs. Turn right onto East Avenue. Make another right turn where East Avenue intersects with North Broadway and proceed north about a quarter of a mile to the College's main entrance.

From the west: (New York State Thruway), take Exit 24 to I-87 north.

From the east: Those approaching from the Massachusetts Turnpike should follow I-90 west by taking turnpike Exit B 1. Proceed west to Exit 1 for I-87 north.

See the College Campus Map for directions to the athletic facility:

<http://www.skidmore.edu/map3/index.php>

Gavin Park to Skidmore College: Exit Lewis Dr. (Gavin Park). Turn left onto Jones Rd, which turns into Gick Rd. Turn right onto Rt 50. Turn right onto East Ave. (light). Turn right onto Broadway. Turn left into Skidmore. At top of hill, turn left. Follow road around to gym and parking area.

Skidmore College to Gavin Park: Turn right out of Skidmore onto Broadway. Left onto East Av. Turn left onto Rt. 50(light). Turn left onto Gick Rd, which turns into Jones Rd. Turn right onto Lewis Dr. (entrance to Gavin Park).

The two sites are just a few miles apart

GAVIN PARK
10 Lewis Drive
Saratoga Springs, NY 12866

From the south: Take I-87 north to Saratoga Springs Exit 15. Take a left onto Rt. 50 heading toward Saratoga. At the second traffic light take right onto Gick Rd. Proceed approximately 2 miles and take a right onto Lewis Dr. Gavin Park is at the end of the street.

From the north: Take I-87 south to Saratoga Springs exit 15. Bear right heading towards Saratoga. At the first traffic light take a right at Gick Rd. Proceed approximately 2 miles and turn right onto Lewis Drive. Gavin Park is at the end of the street.

From the west: Take NYS Thruway East to Exit 27. Take a right off exit and follow Rt. 67 East to Ballston Spa. Turn Left onto Rt. 50 North and continue to Saratoga Springs. Continue past malls and take the second left onto Jones Rd. Go past Dorothy Nolan School and turn left onto Beverly St. Gavin Park is at the end of the street.

SIENA COLLEGE
515 Loudon Road
Route 9
Loudonville, NY 12211

From the north: From I-87 (Northway), take Exit 5 (NY 155). Turn left on NY 155 to US 9. Turn right onto Route 9 for two miles. Siena is on the left. To get to the Athletic facility, take a left onto Spring Street Road. Turn left into the fourth driveway, Turchi Road, and park in the lot immediately on the right. The athletic facility is at the end of the driveway.

From the south: Travel north on the New York Thruway to Exit 23 (I-787). Follow I-787 North to I-90 West. Take Exit 6 (US 9 North to Loudonville, first exit off I-90). Follow Route 9 North approximately two miles. **Siena is on the right.** To get to the Athletic facility, take a right just before the campus onto Spring Street Road. Turn left into the fourth driveway, Turchi Road, and park in the lot immediately on the right. The athletic facility is at the end of the driveway.

UNION COLLEGE
807 Union Street
Schenectady, NY 12308

From the North, South and East: From the NYS Thruway exit 24, take the Northway (I-87) north to exit 6 (marked 'Route 7 west'). Follow Route 7 west for 6.5 miles and bear right onto Union Street. Continue on Union Street for 2.8 miles, past the Union campus, and make a right at a light onto Seward Place. Follow Seward Place to stop light and make a right on Nott Street. At the first light make a right onto campus. Take your first left once on campus and park in the lot at your first right across from the fieldhouse. Courts are in the fieldhouse and the Viniar Center accessible through the fieldhouse.

From the West: From the NYS Thruway exit 26, take I-890 east to exit 4 (Erie Boulevard). Follow Erie Boulevard north to Union Street (second light after the Amtrak station), turn right onto Union Street and follow for 0.9 miles and make a left at a light onto Seward Place. Follow Seward Place to stop light and make a right on Nott Street. At the first light make a right into the campus. Take your first left once on campus and park in the lot at your first right across from the fieldhouse.

SCHENECTADY HIGH SCHOOL

1445 The Plaza

Schenectady, NY 12308

From the North, South and East: From the NYS Thruway exit 24, take the Northway (I-87) north to exit 6 (marked 'Route 7 west'). Follow Route 7 west for 6.5 miles and bear right onto Union Street. From Union Street make a right onto Phoenix Avenue. Turn left onto The Plaza. The High School will be immediately on the right, turn into the far parking lot just past the building. The Pat Riley Athletic Center is towards the back.

From the West: From the NYS Thruway exit 26, take I-890 east to exit 4 (Erie Boulevard). Follow Erie Boulevard north to Union Street (second light after the Amtrak station), turn right onto Union Street and follow past Union College. Make a left onto Phoenix Avenue, then turn left onto The Plaza. The High School will be immediately on the right, turn into the far parking lot just past the building. The Pat Riley Athletic Center is towards the back.

Union College to Schenectady High School: From Union College make a left back onto Nott Street, then a left onto Seward Place and a left onto Union Street. See directions for Schenectady High School from the West.

Schenectady High School to Union College: Turn left out of the parking lot onto The Plaza, and turn right onto Phoenix Avenue. Turn right onto Union Street and follow directions for Union College from the east.

The two sites are just a few miles apart