



Travel Directions, Lodging and Event Parking

Directions To Guilderland YMCA

FROM THE NORTH

Take I87 South until you can go no further. At the traffic light take a right on Western Ave. (Route 20). Travel approximately 3 miles west on Western Ave. to a left on Winding Brook Drive (Winding Brook Drive is the second left past the intersection of Western Ave. and Route 155). The YMCA is on the left on Winding Brook Drive.

FROM THE SOUTH

Take the NYS Thruway North to Exit 24 (Albany / Montreal). After the tollbooth take Exit 1S (Route 20 / Western Ave.) onto I87 South. Take I87 South until you can go no further. At the traffic light take a right on Western Ave. (Route 20). Travel approximately 3 miles west on Western Ave. to a left on Winding Brook Drive (Winding Brook Drive is the second left past the intersection of Western Ave. and Route 155). The YMCA is on the left on Winding Brook Drive.

FROM THE EAST — (Massachusetts or Taconic State Parkway)

Take the Mass. Turnpike West to the NYS Thruway. Take Exit B1 (I90 - Hudson / Albany). Take I90 West to Exit 1S (Route 20 / Western Ave.). Take I87 South until you can go no further. At the traffic light take a right on Western Ave. (Route 20). Travel approximately 3 miles west on Western Ave. to a left on Winding Brook Drive (Winding Brook Drive is the second left past the intersection of Western Ave. and Route 155). The YMCA is on the left on Winding Brook Drive.

FROM THE WEST

Take the NYS Thruway East to Exit 24 (Albany / Montreal). After the tollbooth take Exit 1S (Route 20 / Western Ave.) onto I87 South. Take I87 South until you can go no further. At the traffic light take a right on Western Ave. (Route 20). Travel approximately 3 miles west on Western Ave. to a left on Winding Brook Drive (Winding Brook Drive is the second left past the intersection of Western Ave. and Route 155). The YMCA is on the left on Winding Brook Drive.

Directions from Guilderland YMCA to Six Mile Waterworks

a/k/a Rensselaer Lake

Leaving the YMCA, take a right on Winding Brook Drive. At the traffic light take a right on Western Ave. Travel 3.5 miles east on Western Ave. to a left on Fuller Road (Fuller Road is just past Stuyvesant Plaza). Proceed North 1.3 miles past. Just past the major intersection with Washington Ave. on the left is the sign for the Six Mile Waterworks. Take a left into the park, which is the home to Rensselaer Lake. The distance from the YMCA to the Lake is 4.8 miles and should take between 10-15 minutes to drive in a car.

Directions to Six Mile Waterworks a/k/a Rensselaer Lake

FROM THE NORTH

Take I87 South to Exit 1E (I90 East). Take the first exit off I90 East — Exit 2 (Washington Ave. / U Albany). At the end of the ramp, take a right and then a right at the first traffic light onto Fuller Road. The Lake is a quarter mile on the left. Enter just past the "Six Mile Waterworks" sign.

FROM THE SOUTH

Take the NYS Thruway North to Exit 24 (Albany / Montreal). After the tollbooth continue straight on I90 East to Exit 2 (Washington Ave. / U Albany). I87 South to Exit 24 (I90 East). At the end of the ramp, take a right and then a right at the first traffic light onto Fuller Road. The Lake is a quarter mile on the left. Enter just past the "Six Mile Waterworks" sign.

FROM THE EAST — (Massachusetts or Taconic State Parkway)

Take the Mass. Turnpike West to the NYS Thruway. Take Exit B1 (I90 - Hudson / Albany). Take I90 West to Exit 2 (Fuller Road / U Albany). At the end of the ramp take a right and quick left into Six Mile Waterworks. (As you sit at the end of the ramp, you can see the "Six Mile Waterworks" sign).

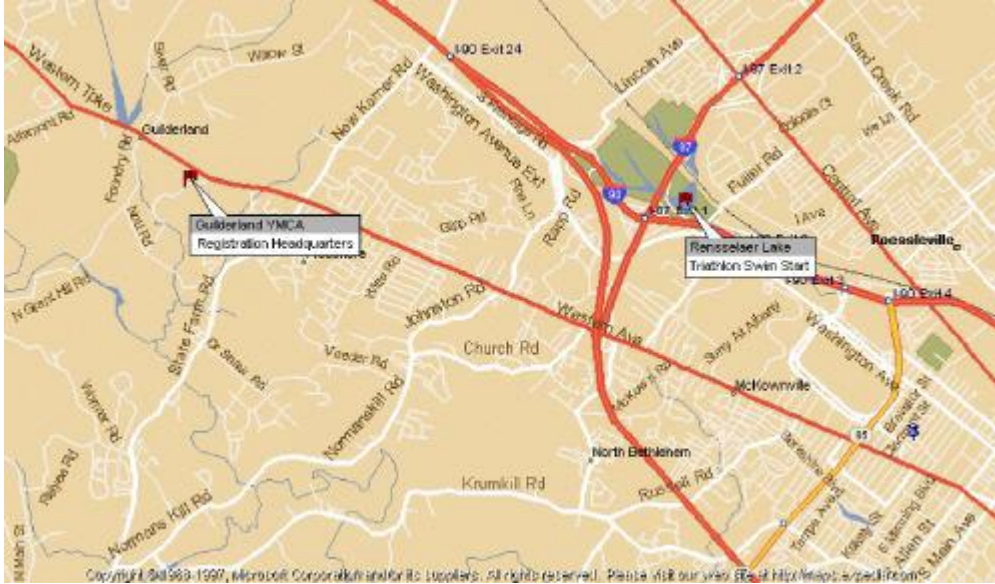
FROM THE WEST

Take the NYS Thruway East to Exit 24 (Albany / Montreal). After the tollbooth continue straight on I90 East to Exit 2 (Washington Ave. / U Albany). I87 South to Exit 24 (I90 East). At the end of the ramp, take a right and then a right at the first traffic light onto Fuller Road. The Lake is a quarter mile on the left. Enter just past the "Six Mile Waterworks" sign.

Directions from Six Mile Waterworks a/k/a Rensselaer Lake to the Guilderland YMCA

Leaving the Lake, take a right on Fuller Road and proceed south 1.3 miles to the end. At the traffic light at the end of Fuller Road, take a right on Western Ave./Route 20. Travel 3.5 miles west on Western Ave. to a left on Winding Brook Drive (Winding Brook Drive is the second left past the intersection of Western Ave. and Route 155). The YMCA is on the left on Winding Brook Drive.

The distance from the Lake to the YMCA is 4.8 miles and should take between 10-15 minutes to drive in a car.



LODGING

Our Lodging Sponsor is the Holiday Inn Express which is conveniently located near the corner of Western Ave. and Fuller Road. Restaurants, cafes and shopping are located adjacent to the hotel.

Holiday Inn Express
1442 Western Ave.
Albany, NY
(518) 438-0001



www.hiexpress.com

[See Hotel Services](#)

EVENT PARKING

At the Lake: Parking in the Lake lot is limited to race officials and volunteers only and permits must be shown to the police for access. Parking is available across the street from the Lake entrance on Fuller Road for athletes and spectators.

At the YMCA: After Registration, parking at the YMCA will be closed until after the Awards Presentation. Parking is available at Guilderland Elementary School, which is located on Western Ave. across from the entrance to Winding Brook Drive.