

LAKESIDE VOLLEYBALL TOURNAMENT SITE DIRECTIONS

ALBANY SITES

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.

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 (1-90) 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

North Albany YMCA
616 North Pearl St.
Albany, NY 12204

From the North: Take I-87/Northway to exit 7 to merge onto NY-7 E toward Troy/Cohoes. Take the ramp to I-787 S. Keep right at the fork, follow signs for I-787 S/Watervliet and merge onto I-787 S. Take exit 6 for NY-32 toward Menands. Turn left at Broadway. Turn right at Wolfert Ave. Continue onto N Pearl St. The YMCA will be on the right.

From the South: Take I-87/NYS Thruway to exit 23. Merge onto I-787 N toward US-9W/Albany/Troy. Take exit 4 toward US-9 N/US-20 W. Merge onto Quay St. Continue onto US-9 N. Turn right at Broadway. Turn left at N 2nd St. Turn right at the 2nd cross street onto N Pearl St. The YMCA will be on the left.

From the West: Take I-90/NYS Thruway to exit 24. Keep right at the fork and merge onto I-90 E. Take exit 6 toward Henry Johnson Blvd. Keep left at the fork and follow signs for US-9 N/Loudonville. Keep right at the next fork and follow signs for Northern Blvd. Keep right at the fork, follow signs for NY-377. Turn right at Northern Blvd. Continue onto Lawn Ave. Turn right at N Pearl St. The YMCA will be on the right.

From the East: Those approaching from the Massachusetts Turnpike should follow I-90 west by taking turnpike Exit B 1. Proceed west to Exit Take exit 6 for US-9 N toward Loudonville. Follow signs for Northern Blvd. Keep right at the fork, follow signs for NY-377. Turn right at Northern Blvd. Continue onto Lawn Ave. Turn right at N Pearl St. The YMCA will be on the right.

Sage of Albany or Albany Academy for Girls 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 or Albany Academy for Girls: 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 for Sage of Albany. Albany Academy for Girls is further down the road.

The sites are just a few miles apart.

Sage of Albany or Albany Academy for Girls to North Albany YMCA: Head north on Academy Rd toward Bethlehem Ave. Turn right at New Scotland Ave. Turn left at S Lake Ave. Turn right at Madison Ave. Continue on Madison Ave. Turn right at Broadway. Take the 2nd left to stay on Broadway. Turn left at Quay St. Continue onto US-9 N. Turn right at Broadway. Turn left at N 2nd St. Turn right at the 2nd cross street onto N Pearl St. The YMCA is on your left.

St. Rose to North Albany YMCA: Head northwest on Western Ave toward N Main Ave. Take the 1st left onto N Main Ave. Take the 1st left onto Madison Ave. Turn left at Broadway. Take the 1st right toward Quay St. Turn left at Quay St. Continue onto US-9 N. Turn right at Broadway. Turn left at N 2nd St. Turn right at the 2nd cross street onto N Pearl St. The YMCA is ahead on the left.

North Albany YMCA to St. Rose: Head northeast on N Pearl St toward N 3rd St. Take the 1st right onto N 3rd St. Turn right at Broadway. Turn left to stay on Broadway. Take the 1st right to stay on Broadway. Turn right at Madison Ave. Continue onto US-20 W. Turn right at Partridge St. Take the 1st

SARATOGA SITES

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.

SARATOGA RECREATION CENTER

15 Vanderbilt Ave

Saratoga Springs, NY 12866

From the North: Take I-87 South to exit 14 for NY 9P toward Saratoga Lake/Saratoga Springs. Turn right at New York 9P N/Union Ave. Turn left at Regent St. Turn left at Lincoln Ave. Take the 1st right onto Vanderbilt Ave

From the South: From I-87 North take exit 13N to merge onto State Hwy 9/US-9 N toward Ballston Spa. Continue to follow US-9 N. Turn right at Crescent St. Take the 2nd left onto Vanderbilt Ave.

From the West: From the NYS Thruway Eastbound take exit 27 for NY-30 toward Amsterdam. Turn right at NY-30 N. Continue onto Church St. Turn left at NY-67 E/Church St. Continue to follow NY-67 E. Turn left at Milton Ave. Continue onto Doubleday Ave. Continue onto Ballston Ave. Turn right at Lincoln Ave. Turn right at Vanderbilt Ave

From the East: Follow signs for I-90 W/Albany and merge onto I-90 W. Take exit B1 to merge onto I-90 W toward US-9/Albany/Hudson. Take exit 6A to merge onto I-787 N toward Troy. Take exit 9W to merge onto NY-7 W toward I-87/Schenectady/Saratoga Springs. Merge onto I-87 N via the ramp to Saratoga Springs/Glens Falls. Take exit 13N to merge onto State Hwy 9/US-9 N toward Ballston Spa. Continue to follow US-9 N. Turn right at Crescent St. Take the 2nd left onto Vanderbilt Ave.

Gavin Park to Saratoga Rec Center: Head west on Lewis Rd toward Jones Rd. Turn left at Jones Rd. Take the 1st right onto Smith Bridge Rd. Turn left at US-9 S/Maple Ave. Continue to follow US-9 S. Turn right at NY-29 Truck W/NY-50 S/US-9 S. Continue to follow US-9 S. Turn left at Lincoln Ave. Turn right at Vanderbilt Ave.

Saratoga Rec Center to Gavin Park: Head north on Vanderbilt Ave toward Senior Ln. Turn left at Lincoln Ave. Turn right at S Broadway Ave. Slight right at NY-29 Truck E/NY-50 N/US-9 N. Turn left at US-9 N/Marion Ave. Continue to follow US-9 N. Turn right at Smith Bridge Rd. Turn left at Jones Rd. Take the 1st right onto Lewis Rd.

Skidmore to Saratoga Rec: Head south on N Broadway toward 4th St. Turn left at Lincoln Ave. Turn right at Vanderbilt Ave

TROY/LATHAM SITES

Sages Colleges, Robison Gym

84 First St.
Troy, NY 12180

From the NORTH and Rt. 7: From I-87 (Northway) take Rt. 7 East (Exit 7) to the Downtown Troy exit. Continue to the third traffic light. The next street is Broadway; turn right. Take Broadway to the end; turn left onto River Street and immediately bear left onto First Street. Proceed straight two blocks to the traffic light. Proceed straight past the traffic light into the Sage Campus. The gym parking lot is on the left at the corner of 1st and Division St.

From the SOUTH: Take the New York State thruway to Exit 23. *Proceed on Rt. 787 North to exit 8-23rd Street, (Watervliet, Green Island). At the end of the exit ramp, turn right. Turn right at the first light and cross the Green Island Bridge to Troy. Turn right at the end of the bridge onto River Street. Follow River Street to Monument Square. Just beyond Monument Square, River Street and First Street intersect. Bear left onto First Street and proceed two blocks to the light. Proceed straight past the traffic light into the Sage Campus. The gym parking lot is on the left at the corner of 1st and Division St.

From the WEST: Take Exit 24 off the New York State Thruway, which will lead directly onto I-90 East. Follow the signs for Rt. 787 North. Proceed on Rt. 787 North as noted above.*

From the EAST: Take the Mass Turnpike to the New York State Thruway Spur to the exit for Troy-B1 and follow signs for 90 West. Follow the signs for Rt. 787 North. Proceed on Rt. 787 North as noted above*

Sage Colleges, Neff Athletic Center

1 Canal Avenue
Troy, NY 12180

From the South: take exit 23 off the New York State Thruway, which will lead you directly onto Rt.787 North. Proceed on Rt. 787 North. See directions from Rt. 787 below.

From the West: take exit 24 off the New York State Thruway, which will lead directly onto Interstate 90 east. Follow signs for Rt. 787 North. Proceed on Rt. 787 North. See directions from Rt. 787 below.

From the East: at the western end of the Massachusetts Turnpike, continue straight on the New York State Thruway to exit for Troy - B1. After you have taken exit B1, follow signs for 90 West. Take 90 West to exit for Rt. 787 North. Proceed on Rt. 787 North. See directions from Rt. 787 below.

From the North: Take I-87 (Northway) to exit 7, Rt. 7 East. Take Rt. 7 East to the exit ramp marked Downtown Troy. Continue straight off the exit ramp to the third traffic light. The next street is Broadway; turn right onto Broadway. Take Broadway to the end; you will be facing Troy City Hall. Turn left onto River Street and immediately bear left onto First Street. Proceed straight on

First Street for approximately a mile and take a left on Canal Ave. You will cross over 2nd, 3rd and 4th streets and you will run right into Neff Athletic Center at the end of Canal Ave.

Directions from Route 787: Proceed on Rt. 787 to the 23rd Street Exit - Watervliet, Green Island (do not take the earlier exit marked Troy, NY). At the end of the ramp, turn right. At your next light, turn right and cross over the Green Island Bridge. Turn right at the end of the bridge and go around a Motel and Parking Garage. At your first light, bear right onto Front Street/River Street (bear right at the statue of Uncle Sam). Take River Street to First Street. Bear left onto First Street and proceed straight on First Street for approximately a mile and take a left on Canal Ave. You will cross over 2nd, 3rd and 4th streets and you will run right into Neff Athletic Center at the end of Canal Ave.

ABC Fitness Center

3 Johnson Road
Latham, NY 12110

From the north and south: Take I-87 (Northway) to Exit 7. Merge onto NY-7 East toward Troy/Cohoes. Take the first exit toward Loudon Road/US-9 North. Take the first right onto Columbia Street Ext/NY 9R North. Continue to follow NY 9R North. Take a slight right at Johnson Road. ABC Fitness will be on the right.

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

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
Then follow directions above

Neff Athletic Facility to ABC Fitness: Head west on Canal Avenue toward 5th Avenue. Take the 3rd right onto 4th Street. Continue onto River street. Continue onto King Street. Continue onto River Street. Turn Right onto Hoosick Street. Turn left at the 1st cross street onto 6th Avenue. Take the ramp onto NY-7 Westbound. Take the US-9/New York 9R exit toward Latham. Merge onto Columbia Street Ext/NY 9R North. Take a slight Right at Johnson Road, ABC Fitness is on the right.

ABC Fitness to Neff Athletic Facility: Head west on Johnson Road toward Columbia Street/NY-9R. Turn Slight left onto Columbia St Ext/NY-9R. Turn left onto US-9/Loudon Road. Merge onto NY-7 East via the ramp on the left. Take the Downtown Troy exit. Continue straight off the exit ramp to the third traffic light. The next street is Broadway; turn right onto Broadway. Take Broadway to the end; you will be facing Troy City Hall. Turn left onto River Street and immediately bear left onto First Street. Proceed straight on First Street for approximately a mile and take a left on Canal Ave. You will cross over 2nd, 3rd and 4th streets and you will run right into Neff Athletic Center at the end of Canal Ave.

Neff Athletic Facility to Robison Gym: Head west on Canal Ave toward 5th Ave. Take the 1st left onto 5th Ave. Take the 2nd right onto 4th St. Turn left at Congress St. Turn left at 1st St.

Robinson Gym to Neff Athletic Facility: Head south on 1st St toward Division St. Turn left at the 2nd cross street onto Liberty St. Turn right at 3rd St. Turn left at the 1st cross street onto Canal Ave.

ABC Fitness to Robison Gym: Head west on Johnson Rd toward Columbia St/New York 9R. Turn left at Columbia St/New York 9R. Continue to follow New York 9R. Turn left at US-9 S/Loudon Rd. Turn left to merge onto NY-7 E. Take the exit toward 6th Ave. Slight right at 6th Ave. Turn right at Broadway. Slight left at River St. Take the 1st left onto 1st.

Burnt Hills High School

88 Lakehill Road
Burnt Hills, NY 12027
And

O'Rourke Middle School

173 Lakehill Road
Burnt Hills, NY 12027

From the west: NYS Thruway to exit 26, merge onto I-890 East to exit 4B, toward Erie Blvd. Erie Blvd becomes Freeman Bridge Road. Turn slight right onto Route 50 North. After approximately 5 miles, turn right onto Lakehill Road for the High School. For

the Middle School, turn left onto Lakehill Road from Route 50.

From all other directions: Take I-87 Northway to Exit 9, Route 146. Turn west onto 146. Continue for approximately 6 miles. Take a right onto Blue Barn Road. Turn right onto Kingsley Road. Turn right onto Lakehill Road for the High School, make a left if going to the Middle School.

Malta Community Center

1 Bayberry Drive
Malta, NY 12020

From the north and south: Take I-87 (Northway) to Exit 12/NY-67. Head east on Dunning Street/NY-67 E. At the traffic circle, take the 2nd exit and stay on Dunning Street/NY-67E. At the next traffic circle, take the 3rd exit onto US-9 N. Turn left at Bayberry Drive.

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