

MESSIAH COLLEGE 2008 CROSS COUNTRY MEET DIRECTIONS

LEBANON VALLEY COLLEGE, Annville, PA

***Cross Country course at Fort Indiantown Gap Military Reservation, Memorial Lake Park

I-81 to exit, Route 934 West. Left at Texaco, left onto Boundary Road, left onto Upper Road or Middle Road to parking areas

WAYNESBURG COLLEGE, Waynesburg, PA

***Cross Country Course at Greene County Airport

From the Exit 14 interchange of Interstate 79, take PA-21 East. ... Take PA-21 East 1/4 mile and turn LEFT and to the far entrance of the Greene County Airport. ... Proceed on the gravel road to the east-side of the airport past the hangars and follow the signs.

DICKINSON COLLEGE, Carlisle, PA

***Cross Country Course at Carlisle High School From Kline Center

The Carlisle High School course is located on Orange and W. Penn Streets. From the Dickinson College Kline Center proceed West on W. High Street past the Dickinson College Football field for one block. Turn right at the traffic light onto Orange St. and proceed straight for three blocks (2 stop signs). The high school is in front of you. The course is behind the school.

From the Pennsylvania Turnpike (I-76): Leaving the Pennsylvania Turnpike at Carlisle exit 16, bear to the right onto Rt. 11 South. Take Rt. 11 into downtown Carlisle (approx. 3 miles). Turn right at the intersection of Hanover and High Streets (town square) and continue west through 4 traffic lights. The Kline Center is located at the corner of West High and Cherry Streets with parking on the west side of the building and across the street.

From I-81North: Driving north on I-81, exit at Hanover St. Exit 14. Turn left at the stop sign and continue driving toward downtown Carlisle on 34 North. Turn left at the intersection of Hanover and High Streets and continue west through 4 traffic lights. The Kline Center is located at the corner of West High and Cherry Streets with parking on the west side of the building and across the street.

From I-81South: Driving south on I-81, exit at High Street (Exit 16). Turn right at bottom of ramp into High St. Continue driving west toward downtown Carlisle. Once you reach the town square continue straight ahead thru 4 lights. Follow directions above for the Kline Center.

From I-83: Driving north on I-83 take the Pennsylvania Turnpike (I-76, west to Pittsburgh) and exit at Carlisle (Exit 16). Follow directions from the Pennsylvania Turnpike as noted above.

From the Airport: Follow signs for Rt. 283 as you exit onto Rt. 44. After 2 miles on 441, get on 283 W. Take exit for Pennsylvania Turnpike. Get on PA Turnpike west (to Pittsburgh). Stay on turnpike to exit 16 (Carlisle). Pay toll.

From Messiah:

Take Grantham Rd. to the stop sign. Turn right onto Lisburn Rd. Travel on Lisburn Rd. past Rt. 15, Gettysburg Pike, Williams Grove Rd. (light), to stop sight at Rt. 174. Turn left onto Rt. 174. Travel through Churchtown. Turn right at the light onto Rt. 74 and proceed into Carlisle. At the second light in Carlisle (Hess on the right) turn left and continue on Rt. 74, High St., through downtown. Stay on High Street. Dickinson's Kline Center is located at the corner of West High and Cherry Streets.

MESSIAH COLLEGE 2008 CROSS COUNTRY MEET DIRECTIONS (con't.)

LEHIGH UNIVERSITY, Bethlehem, PA

***Directions to the Murray H. Goodman Campus (Commencement and Athletics events)

From New York and northern New Jersey: Take I 78 West to Hellertown, the first Pennsylvania exit (Exit #21). Turn left at the exit ramp onto Route 412 South (Main Street) and continue to Water Street (the 3rd stoplight); turn right onto Water Street and follow the directional signs to Goodman Campus (keep bearing to the right).

From western Pennsylvania: Follow Route 22 East to Route 378 South (the first Bethlehem exit). Continue on Rte. 378 South for approximately six (6) miles to the sixth traffic light. (The fifth traffic light is located at the top of South Mountain at Mountain Drive West.) Turn left at the sixth light onto Seidersville Road. Follow the directional signs to Goodman Campus.

From Philadelphia and southern New Jersey: Take Route 309 North to Center Valley. Turn right onto Route 378 North. Continue on Rte. 378 for approximately four (4) miles to the second traffic light. Turn right onto Black River Road. Turn left at end of Black River Road onto Bingen Road. Follow the directional signs to Goodman Campus.

An alternate route for those approaching from points south is to travel north on the Northeast Extension of the Pennsylvania Turnpike to Exit 32 (Quakertown). Turn left after toll booths onto Route 663, heading for Quakertown. After 3.5 miles, turn left at traffic light onto Route 309 (West End Blvd.) and continue as described above.

PENN STATE NATIONAL MEET, University Park, PA

***Cross-Country Course is at the Blue & White Golf Course, located across from Recreation Hall on Atherton Stree (Route 322)

From New York City: the suggested route is via the George Washington Bridge to I-80. In PA, exit I-80 at Exit 24 (Bellefonte) and follow PA Route 26 south to State College.

From the Philadelphia area: take the Pennsylvania Turnpike to Exit 19 (Harrisburg East), and follow I-283 to I-83 north. Proceed north to the I-81 interchange. Then follow I-81 west to US Route 322 through Lewistown to State College.

From Pittsburgh: follow US Route 22 East to Duncansville, I-99/US Route 220 (bypassing downtown Altoona and Tyrone) north through Port Matilda, then take US Route 322 East to State College ..OR.. Follow US Route 22 East beyond Duncansville to Water Street, PA Route 45 east to Pine Grove Mills and Route 26 north to State College.

From the west: take I-80 to Exit 20 (Woodland) just east of Clearfield, then US Route 322 east to State College. ..OR.. exit I-80 at Exit 24 (Bellefonte) and follow Route 26 south to State College.

From Washington D.C.: several routes are available. Take I-270 to Frederick, I-70 to Breezewood, US Route 30 to Everett, and PA Route 26 to State College ..OR.. follow I-270 to Frederick, US Route 15 past Camp Hill to Amity Hall, and then US Route 322 west to State College ..OR.. take I-95 or the Baltimore-Washington Parkway to Baltimore, west loop I-695 to I-83 north, then I-81 west to US Route 322 west and proceed to State College.

MESSIAH COLLEGE 2008 CROSS COUNTRY MEET DIRECTIONS (con't.)

ELIZABETHTOWN COLLEGE, Lancaster, PA

***Directions to Lancaster County Central Park Environmental Center

From U.S. Route 30: From Rt. 30 take Fruitville Pike Exit South toward downtown Lancaster. Stay in left lane for about one mile. Continue straight over bridge and take U.S. Rt. 222 South (N. Prince St.) through the city. About one mile after crossing the bridge, turn LEFT on Chestnut St. (Pa. Rt. 23 East). Go to the second light and turn RIGHT on North Duke St. Get in center lane and proceed straight past Vine St. Immediately get in the right lane after passing Vine St. Upon passing through the Church St. intersection, North Duke St. turns into South Duke St. and Chesapeake St.; continue straight on South Duke St. for 9/10 mile. Go over small bridge (Conestoga River) and up the hill, turning RIGHT on Eshelman Mill Rd. On Eshelman Mill Rd., go 3/10 mile past Golf Rd. and continue straight to Environmental Center. Enter RIGHT into Environmental center (Nature's Way) and park in the grass field immediately to your RIGHT.