

**PARKING ALERT FOR
MCQUAID INVITATIONAL!!!!**

**COACHES: PLEASE BE SURE THAT YOUR BUS DRIVER
AND PARENTS COMING TO THE MEET GET
THIS INFO. ALSO, CHECK OUT THE GOOGLE
MAP AT “DIRECTIONS” ON WEBSITE. THANKS!**

**THERE ARE 241 SCHOOLS AND OVER 7,000(!) RUNNERS THIS YEAR.
WE EXPECT THAT BY 8:30 EVERY PARKING SPOT IN THE PARK
WILL BE FILLED. BUT THE U.OF ROCHESTER PARKING LOT IS
ONLY A SHORT WALK AWAY (ABOUT 500 YARDS). FOLLOW THESE
DIRECTIONS TO GET INTO THIS LOT WITH NO HASSLE OR DELAY:**

LOCAL SCHOOLS OR VISITORS FROM THE EAST

**EXIT 45 FROM NY THRUWAY. 490 EAST TO EXIT 21 (590 SOUTH).
ELMWOOD AVE. EXIT 3 FROM 590 SOUTH. TURN RIGHT & GO
ABOUT 3 MILES WEST TO THE U. OF R. AREA. (STRONG MEMORIAL
HOSPITAL WILL BE ON YOUR LEFT.) STAY IN RIGHT LANE AS YOU
GO THROUGH THE UR UNDERPASS ON ELMWOOD. DO NOT TURN
LEFT INTO THE PARK. TURN RIGHT INTO THE U. OF R., TAKE TWO
QUICK RIGHTS, AND COME BACK ACROSS THE OVERPASS INTO A
LONG PARKING LOT. PARK AS FAR DOWN THAT LOT AS YOU CAN,
THEN WALK TO YOUR RIGHT ON TO THE PARK ROAD AND OVER
TO THE COURSE.**

FROM THE SOUTH

**TAKE 390 NORTH TO EAST HENRIETTA RD. EXIT. TURN RIGHT
AND FOLLOW EAST HENRIETTA (It becomes South Ave. as you bear
slightly right.) ABOUT 1 ½ MILES TO ELMWOOD AVE. TURN LEFT ON
ELMWOOD AND FOLLOW DIRECTIONS ABOVE.**

FROM THE WEST AND NORTH

**DON'T CONTINUE ON 390 SOUTH TO RIVER RD. EXIT. (That's where the
congestion could be severe.) INSTEAD, TAKE EXIT 17 (SCOTTSVILLE RD)
TURN LEFT AND FOLLOW LESS THAN A MILE TO ELMWOOD AVE.
TURN RIGHT ON ELMWOOD, CROSS THE BRIDGE,
AND TURN IMMEDIATELY LEFT INTO U.OF R. THEN TAKE TWO
QUICK RIGHTS AND THE OVERPASS WILL TAKE YOU INTO THE
LONG U.OF R. LOT. PARK DOWN AS FAR AS YOU CAN, AND IT'S A
SHORT (500 YARDS) WALK TO THE COURSE.**