



Hotel-to-Gym Directions

Directions from:

Hotel #3
AmeriSuites Convention Center
5001 W. 110th Street

TO:

SITE #1 & #2

Blue Valley Northwest (BVNW) Main & Aux
13260 Switzer Road

1. Start out going EAST on W 110TH ST toward CEDAR DR. (0.07 miles)
2. Turn RIGHT onto CEDAR DR. (0.14 miles)
3. Turn RIGHT onto COLLEGE BLVD. (1.34 miles)
4. Turn LEFT onto METCALF AVE. (1.04 miles)
5. Stay STRAIGHT to go onto BLUE VALLEY PKWY. (1.34 miles)
6. BLUE VALLEY PKWY becomes US-69 S. (0.52 miles)
7. Take the 135TH STREET exit. (0.26 miles)
8. Turn RIGHT onto W 135TH ST. (1.20 miles)
9. Turn RIGHT onto SWITZER RD. (0.25 miles)
10. End at 13260 Switzer Rd Overland Park, KS 66213-3306 US
Total Estimated Time: 10 minutes
Total Distance: 6.15 miles

SITE #5 & #6

Blue Valley West (BVW) Main & Aux
16200 Antioch Road

1. Start out going EAST on W 110TH ST toward CEDAR DR. (0.07 miles)
2. Turn RIGHT onto CEDAR DR. (0.14 miles)
3. Turn RIGHT onto COLLEGE BLVD. (1.34 miles)
4. Turn LEFT onto METCALF AVE. (1.04 miles)
5. Stay STRAIGHT to go onto BLUE VALLEY PKWY. (1.34 miles)
6. BLUE VALLEY PKWY becomes US-69 S. (2.58 miles)
7. Take the 151ST STREET exit toward MORSE. (0.20 miles)
8. Turn RIGHT onto W 151ST ST. (0.46 miles)
9. Turn LEFT onto ANTIOCH RD. (1.33 miles)
10. End at 16200 Antioch Rd Overland Park, KS 66085-9382 US
Total Estimated Time: 13 minutes
Total Distance: 8.50 miles

SITE #8

Shawnee Mission West (SMW)
8800 W. 85th Street

1. Start out going WEST on W 110TH ST toward NALL AVE. (0.37 miles)
2. Turn RIGHT onto NALL AVE. (0.21 miles)
3. Merge onto I-435 W/US-50 W via the ramp on the LEFT. (0.71 miles)
4. Take the US-169/METCALF AVE exit. (0.33 miles)
5. Turn RIGHT onto METCALF AVE/US-169 N. (1.65 miles)
6. Turn LEFT onto W 95TH ST. (1.01 miles)
7. Turn RIGHT onto ANTIOCH RD. (1.26 miles)
8. Turn LEFT onto W 85TH ST. (0.05 miles)
9. End at 8800 W 85th St Overland Park, KS 66212-3545 US
Total Estimated Time: 11 minutes
Total Distance: 5.59 miles

SITE #3 & #4

Shawnee Mission South (SMS) Main & Aux
5800 W. 107th Street

1. Start out going WEST on W 110TH ST toward NALL AVE. (0.37 miles)
2. Turn RIGHT onto NALL AVE. (0.37 miles)
3. Turn LEFT onto W 107TH ST. (0.18 miles)
4. End at 5800 W 107th St Overland Park, KS 66207-3832 US
Total Estimated Time: 2 minutes
Total Distance: 0.92 miles

SITE #7

Horizon High School
5900 Lamar Avenue

1. Start out going WEST on W 110TH ST toward NALL AVE. (0.37 miles)
2. Turn RIGHT onto NALL AVE. (0.21 miles)
3. Merge onto I-435 W/US-50 W via the ramp on the LEFT. (2.65 miles)
4. Merge onto US-69 N via EXIT 81. (6.06 miles)
5. Merge onto US-56 E/SHAWNEE MISSION PKWY/W 63RD ST via EXIT 228B. (1.97 miles)
6. Turn LEFT onto LAMAR AVE. (0.50 miles)
7. End at 5900 Lamar Ave Mission, KS 66202-3231 US
Total Estimated Time: 16 minutes
Total Distance: 11.77 miles

SITE #9 & #10

Blue Valley (BV) Main & Aux
6001 W. 159th Street

1. Start out going WEST on W 110TH ST toward NALL AVE. (0.37 miles)
2. Turn LEFT onto NALL AVE. (6.17 miles)
3. Turn RIGHT onto W 159TH ST. (0.32 miles)
4. End at 6001 W 159th St Overland Park, KS 66085-8808 US
Total Estimated Time: 14 minutes
Total Distance: 6.86 miles

SITE #11

**Shawnee Mission East (SME)
7500 Mission Road**

1. Start out going EAST on W 110TH ST toward CEDAR DR. (0.20 miles)
 2. Turn LEFT onto ROE AVE. (1.92 miles)
 3. Turn RIGHT onto W 95TH ST. (0.47 miles)
 4. Turn LEFT onto MISSION RD. (2.51 miles)
 5. End at 7500 Mission Rd Prairie Village, KS 66208-4215 US
- Total Estimated Time: 12 minutes
Total Distance: 5.10 miles

SITE #13

**Johnson County Community College (JCCC)
12345 College Boulevard**

1. Start out going WEST on W 110TH ST toward NALL AVE. (0.37 miles)
 2. Turn RIGHT onto NALL AVE. (0.21 miles)
 3. Merge onto I-435 W/US-50 W via the ramp on the LEFT. (2.65 miles)
 4. Merge onto US-69 S via EXIT 81 toward FT SCOTT. (1.05 miles)
 5. Take the COLLEGE BLVD WEST exit. (0.19 miles)
 6. Merge onto COLLEGE BLVD. (1.25 miles)
 7. Make a U-TURN onto COLLEGE BLVD. (0.03 miles)
 8. End at 12345 College Blvd Overland Park, KS 66210-1283 US
- Total Estimated Time: 8 minutes
Total Distance: 5.75 miles

SITE #15

**Pleasant Ridge Middle School
9000 W. 165th Street**

1. Start out going EAST on W 110TH ST toward CEDAR DR. (0.07 miles)
 2. Turn RIGHT onto CEDAR DR. (0.14 miles)
 3. Turn RIGHT onto COLLEGE BLVD. (1.34 miles)
 4. Turn LEFT onto METCALF AVE. (1.04 miles)
 5. Stay STRAIGHT to go onto BLUE VALLEY PKWY. (1.34 miles)
 6. BLUE VALLEY PKWY becomes US-69 S. (4.60 miles)
 7. Take the 167TH STREET exit. (0.20 miles)
 8. Turn RIGHT onto W 167TH ST. (0.47 miles)
 9. Turn RIGHT onto ANTIOCH RD. (0.37 miles)
 10. End at 9000 W 165th St Overland Park, KS 66085-9073 US
- Total Estimated Time: 13 minutes
Total Distance: 9.57 miles

SITE #17

**Blue Valley Academy
7500 W. 149th Terrace**

1. Start out going WEST on W 110TH ST toward NALL AVE. (0.37 miles)
 2. Turn LEFT onto NALL AVE. (1.13 miles)
 3. Turn RIGHT onto W 119TH ST. (1.00 miles)
 4. Turn LEFT onto METCALF AVE. (3.87 miles)
 5. Turn RIGHT onto BLUE VALLEY WAY. (0.16 miles)
 6. Turn RIGHT onto W 149TH TER. (0.07 miles)
 7. End at 7500 W 149th Ter Overland Park, KS 66223-2236 US
- Total Estimated Time: 12 minutes
Total Distance: 6.61 miles

SITE #12

**Shawnee Mission Northwest (SMNW)
12701 W. 67th Street**

1. Start out going WEST on W 110TH ST toward NALL AVE. (0.37 miles)
 2. Turn RIGHT onto NALL AVE. (0.21 miles)
 3. Merge onto I-435 W/US-50 W via the ramp on the LEFT. (2.65 miles)
 4. Merge onto US-69 N via EXIT 81. (2.61 miles)
 5. Take the 87TH STREET exit. (0.29 miles)
 6. Turn LEFT onto W 87TH ST PKWY/W 87TH ST. (0.57 miles)
 7. Turn RIGHT onto QUIVIRA RD. (2.51 miles)
 8. Turn LEFT onto W 67TH ST. (0.51 miles)
 9. End at 12701 W 67th St Shawnee Mission, KS 66216-2503 US
- Total Estimated Time: 16 minutes
Total Distance: 9.73 miles

SITE #14

**Lakewood Middle School
6601 Edgewater Drive**

1. Start out going WEST on W 110TH ST toward NALL AVE. (0.37 miles)
 2. Turn LEFT onto NALL AVE. (1.13 miles)
 3. Turn RIGHT onto W 119TH ST. (1.00 miles)
 4. Turn LEFT onto METCALF AVE. (3.30 miles)
 5. Turn LEFT onto W 146TH TER. (0.26 miles)
 6. Turn RIGHT onto EDGEWATER DR. (0.12 miles)
 7. End at 6601 Edgewater Dr Overland Park, KS 66223-2465 US
- Total Estimated Time: 11 minutes
Total Distance: 6.17 miles

SITE #16

**Harmony Middle School
10101 W. 141st Street**

1. Start out going EAST on W 110TH ST toward CEDAR DR. (0.07 miles)
 2. Turn RIGHT onto CEDAR DR. (0.14 miles)
 3. Turn RIGHT onto COLLEGE BLVD. (1.34 miles)
 4. Turn LEFT onto METCALF AVE. (1.04 miles)
 5. Stay STRAIGHT to go onto BLUE VALLEY PKWY. (1.34 miles)
 6. BLUE VALLEY PKWY becomes US-69 S. (0.52 miles)
 7. Take the 135TH STREET exit. (0.26 miles)
 8. Turn RIGHT onto W 135TH ST. (1.21 miles)
 9. Turn LEFT onto SWITZER RD. (0.83 miles)
 10. Turn LEFT onto W 141ST ST. (0.06 miles)
 11. End at 10101 W 141st St Overland Park, KS 66221-2165 US
- Total Estimated Time: 12 minutes
Total Distance: 6.80 miles