



**Hotel-to-Gym Directions**

**Directions from:**

**Hotel #4**  
AmeriSuites Metcalf  
6801 W. 112<sup>th</sup> Street

**TO:**

**SITE #1 & #2**

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

1. Start out going **SOUTHWEST** on W 112TH ST toward TRAVIS AVE. (0.27 miles)
  2. Turn **LEFT** onto METCALF AVE. (0.68 miles)
  3. Stay **STRAIGHT** to go onto BLUE VALLEY PKWY. (1.34 miles)
  4. BLUE VALLEY PKWY becomes US-69 S. (0.52 miles)
  5. Take the 135TH STREET exit. (0.26 miles)
  6. Turn **RIGHT** onto W 135TH ST. (1.20 miles)
  7. Turn **RIGHT** onto SWITZER RD. (0.25 miles)
  8. End at 13260 Switzer Rd Overland Park, KS 66213-3306 US
- Total Estimated Time: 8 minutes  
Total Distance: 4.51 miles

**SITE #5 & #6**

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

1. Start out going **SOUTHWEST** on W 112TH ST toward TRAVIS AVE. (0.27 miles)
  2. Turn **LEFT** onto METCALF AVE. (0.68 miles)
  3. Stay **STRAIGHT** to go onto BLUE VALLEY PKWY. (1.34 miles)
  4. BLUE VALLEY PKWY becomes US-69 S. (2.58 miles)
  5. Take the 151ST STREET exit toward MORSE. (0.20 miles)
  6. Turn **RIGHT** onto W 151ST ST. (0.46 miles)
  7. Turn **LEFT** onto ANTIOCH RD. (1.33 miles)
  8. End at 16200 Antioch Rd Overland Park, KS 66085-9382 US
- Total Estimated Time: 11 minutes  
Total Distance: 6.86 miles

**SITE #8**

Shawnee Mission West (SMW)  
8800 W. 85<sup>th</sup> Street

1. Start out going **SOUTHWEST** on W 112TH ST toward TRAVIS AVE. (0.26 miles)
  2. Turn **RIGHT** onto METCALF AVE. (2.39 miles)
  3. Turn **LEFT** onto W 95TH ST. (1.01 miles)
  4. Turn **RIGHT** onto ANTIOCH RD. (1.26 miles)
  5. Turn **LEFT** onto W 85TH ST. (0.05 miles)
  6. End at 8800 W 85th St Overland Park, KS 66212-3545 US
- Total Estimated Time: 10 minutes  
Total Distance: 4.97 miles

**SITE #3 & #4**

Shawnee Mission South (SMS) Main & Aux  
5800 W. 107<sup>th</sup> Street

1. Start out going **NORTHEAST** on W 112TH ST toward GLENWOOD AVE. (0.10 miles)
  2. Turn **LEFT** onto GLENWOOD AVE. (0.16 miles)
  3. Turn **RIGHT** onto COLLEGE BLVD. (0.74 miles)
  4. Turn **LEFT** onto NALL AVE. (0.51 miles)
  5. Turn **LEFT** onto W 107TH ST. (0.18 miles)
  6. End at 5800 W 107th St Overland Park, KS 66207-3832 US
- Total Estimated Time: 4 minutes  
Total Distance: 1.69 miles

**SITE #7**

Horizon High School  
5900 Lamar Avenue

1. Start out going **SOUTHWEST** on W 112TH ST toward TRAVIS AVE. (0.26 miles)
  2. Turn **RIGHT** onto METCALF AVE. (6.78 miles)
  3. Turn **SLIGHT RIGHT** onto MARTWAY DR. (0.12 miles)
  4. MARTWAY DR becomes MARTWAY ST. (0.40 miles)
  5. Turn **LEFT** onto LAMAR AVE. (0.14 miles)
  6. End at 5900 Lamar Ave Mission, KS 66202-3231 US
- Total Estimated Time: 15 minutes  
Total Distance: 7.70 miles

**SITE #9 & #10**

Blue Valley (BV) Main & Aux  
6001 W. 159<sup>th</sup> Street

1. Start out going **SOUTHWEST** on W 112TH ST toward TRAVIS AVE. (0.27 miles)
  2. Turn **LEFT** onto METCALF AVE. (0.68 miles)
  3. Turn **LEFT** onto W 119TH ST. (0.08 miles)
  4. Turn **SLIGHT RIGHT** onto METCALF AVE. (5.06 miles)
  5. Turn **LEFT** onto W 159TH ST. (0.69 miles)
  6. End at 6001 W 159th St Overland Park, KS 66085-8808 US
- Total Estimated Time: 12 minutes  
Total Distance: 6.77 miles

## SITE #11

Shawnee Mission East (SME)  
7500 Mission Road

1. Start out going NORTHEAST on W 112TH ST toward GLENWOOD AVE. (0.10 miles)
2. Turn LEFT onto GLENWOOD AVE. (0.16 miles)
3. Turn RIGHT onto COLLEGE BLVD. (1.25 miles)
4. Turn LEFT onto ROE AVE. (2.04 miles)
5. Turn RIGHT onto W 95TH ST. (0.47 miles)
6. Turn LEFT onto MISSION RD. (2.51 miles)
7. End at 7500 Mission Rd Prairie Village, KS 66208-4215 US  
Total Estimated Time: 14 minutes  
Total Distance: 6.52 miles

## SITE #13

Johnson County Community College (JCCC)  
12345 College Boulevard

1. Start out going SOUTHWEST on W 112TH ST toward TRAVIS AVE. (0.26 miles)
2. Turn RIGHT onto METCALF AVE. (0.37 miles)
3. Turn LEFT onto COLLEGE BLVD. (3.33 miles)
4. Make a U-TURN onto COLLEGE BLVD. (0.03 miles)
5. End at 12345 College Blvd Overland Park, KS 66210-1283 US  
Total Estimated Time: 7 minutes  
Total Distance: 3.98 miles

## SITE #15

Pleasant Ridge Middle School  
9000 W. 165<sup>th</sup> Street

1. Start out going SOUTHWEST on W 112TH ST toward TRAVIS AVE. (0.27 miles)
2. Turn LEFT onto METCALF AVE. (0.68 miles)
3. Stay STRAIGHT to go onto BLUE VALLEY PKWY. (1.34 miles)
4. BLUE VALLEY PKWY becomes US-69 S. (4.60 miles)
5. Take the 167TH STREET exit. (0.20 miles)
6. Turn RIGHT onto W 167TH ST. (0.47 miles)
7. Turn RIGHT onto ANTIOCH RD. (0.37 miles)
8. End at 9000 W 165th St Overland Park, KS 66085-9073 US  
Total Estimated Time: 11 minutes  
Total Distance: 7.92 miles

## SITE #17

Blue Valley Academy  
7500 W. 149<sup>th</sup> Terrace

1. Start out going SOUTHWEST on W 112TH ST toward TRAVIS AVE. (0.27 miles)
2. Turn LEFT onto METCALF AVE. (0.68 miles)
3. Stay STRAIGHT to go onto BLUE VALLEY PKWY. (1.34 miles)
4. BLUE VALLEY PKWY becomes US-69 S. (2.58 miles)
5. Take the 151ST STREET exit toward MORSE. (0.21 miles)
6. Turn LEFT onto W 151ST ST. (0.22 miles)
7. Turn LEFT onto NEWTON DR. (0.17 miles)
8. NEWTON DR becomes W 149TH TER. (0.15 miles)
9. End at 7500 W 149th Ter Overland Park, KS 66223-2236 US  
Total Estimated Time: 9 minutes  
Total Distance: 5.61 miles

## SITE #12

Shawnee Mission Northwest (SMNW)  
12701 W. 67<sup>th</sup> Street

1. Start out going SOUTHWEST on W 112TH ST toward TRAVIS AVE. (0.26 miles)
2. Turn RIGHT onto METCALF AVE. (0.74 miles)
3. Merge onto I-435 W/US-50 W/US-169 S via the ramp on the LEFT. (1.63 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: 9.12 miles

## SITE #14

Lakewood Middle School  
6601 Edgewater Drive

1. Start out going SOUTHWEST on W 112TH ST toward TRAVIS AVE. (0.27 miles)
2. Turn LEFT onto METCALF AVE. (0.68 miles)
3. Turn LEFT onto W 119TH ST. (0.08 miles)
4. Turn SLIGHT RIGHT 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: 9 minutes  
Total Distance: 4.70 miles

## SITE #16

Harmony Middle School  
10101 W. 141<sup>st</sup> Street

1. Start out going SOUTHWEST on W 112TH ST toward TRAVIS AVE. (0.27 miles)
2. Turn LEFT onto METCALF AVE. (0.68 miles)
3. Stay STRAIGHT to go onto BLUE VALLEY PKWY. (1.34 miles)
4. BLUE VALLEY PKWY becomes US-69 S. (0.52 miles)
5. Take the 135TH STREET exit. (0.26 miles)
6. Turn RIGHT onto W 135TH ST. (1.21 miles)
7. Turn LEFT onto SWITZER RD. (0.83 miles)
8. Turn LEFT onto W 141ST ST. (0.06 miles)
9. End at 10101 W 141st St Overland Park, KS 66221-2165 US  
Total Estimated Time: 9 minutes  
Total Distance: 5.15 miles