



### Hotel-to-Gym Directions

### Directions from:

Hotel #9  
Embassy Suites Hotel  
10601 Metcalf Avenue

### TO:

#### SITE #1 & #2

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
  2. Make a U-TURN at W 105TH ST onto METCALF AVE. (1.81 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: 9 minutes  
Total Distance: 5.51 miles

#### SITE #5 & #6

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
  2. Make a U-TURN at W 105TH ST onto METCALF AVE. (1.81 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. (1.34 miles)
  8. End at Blue Valley West High School 16200 Antioch Rd Stilwell, KS 66085 US
- Total Estimated Time: 12 minutes  
Total Distance: 7.88 miles

#### SITE #8

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (1.42 miles)
    2. Turn LEFT onto W 95TH ST. (1.01 miles)
    3. Turn RIGHT onto ANTIOCH RD. (1.26 miles)
    4. Turn LEFT onto W 85TH ST. (0.06 miles)
  5. End at Shawnee Mission West High Schl 8800 W 85th St Shawnee Mission, KS 66212 US
- Total Estimated Time: 7 minutes  
Total Distance: 3.75 miles

#### SITE #3 & #4

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
    2. Turn RIGHT onto W 105TH ST. (0.19 miles)
    3. Turn RIGHT onto BARKLEY ST. (0.27 miles)
    4. Turn LEFT onto W 107TH ST. (0.60 miles)
  5. End at Shawnee Mission South High 5800 W 107th St Shawnee Mission, KS 66207 US
- Total Estimated Time: 3 minutes  
Total Distance: 1.21 miles

#### SITE #7

Horizon High School  
5900 Lamar Avenue

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. Continue to follow US-169 N. (5.54 miles)
  2. US-169 N becomes METCALF AVE/US-69. (0.27 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 Shawnee Mission Horizons High 5900 Lamar Ave Shawnee Mission, KS 66202 US
- Total Estimated Time: 13 minutes  
Total Distance: 6.48 miles

#### SITE #9 & #10

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
    2. Make a U-TURN at W 105TH ST onto METCALF AVE. (1.81 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 Blue Valley High School 6001 W 159th St Stilwell, KS 66085 US
- Total Estimated Time: 14 minutes  
Total Distance: 7.78 miles

## SITE #11

Shawnee Mission East (SME)  
7500 Mission Road

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST.  
Continue to follow US-169 N. (3.94 miles)
2. Turn RIGHT onto W 75TH ST. (2.01 miles)
3. Turn RIGHT onto MISSION RD. (0.00 miles)
4. End at Shawnee Mission East HS 7500 Mission Rd Shawnee Mission, KS 66208 US

Total Estimated Time: 12 minutes  
Total Distance: 5.95 miles

## SITE #13

Johnson County Community College (JCCC)  
12345 College Boulevard

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
2. Make a U-TURN at W 105TH ST onto METCALF AVE/US-169 S. (0.36 miles)
3. Merge onto I-435 W/US-169 S/US-50 W. (1.63 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. (1.48 miles)
7. Make a U-TURN at WESTGATE RD onto COLLEGE BLVD. (0.14 miles)
8. End at Johnson Co Community College 12345 College Blvd Overland Park, KS 66210 US

Total Estimated Time: 8 minutes  
Total Distance: 4.99 miles

## SITE #15

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
2. Make a U-TURN at W 105TH ST onto METCALF AVE. (1.81 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 Pleasant Ridge Middle School 9000 W 165th St Stilwell, KS 66085 US

Total Estimated Time: 12 minutes  
Total Distance: 8.93 miles

## SITE #17

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
2. Make a U-TURN at W 105TH ST onto METCALF AVE. (1.81 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. (0.16 miles)
9. End at BLUE VALLEY ACADEMY 7500 W 149th Ter Overland Park, KS 66223 US

Total Estimated Time: 10 minutes  
Total Distance: 6.64 miles

## SITE #12

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
2. Make a U-TURN at W 105TH ST onto METCALF AVE/US-169 S. (0.36 miles)
3. Merge onto I-435 W/US-169 S/US-50 W. (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/W 87TH ST PKWY. (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 Shawnee Mission Northwest High 12701 W 67th St Shawnee Mission, KS 66216 US

Total Estimated Time: 14 minutes  
Total Distance: 8.63 miles

## SITE #14

Lakewood Middle School  
6601 Edgewater Drive

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
2. Make a U-TURN at W 105TH ST onto METCALF AVE. (1.81 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 Lakewood Middle School 6601 Edgewater Dr Shawnee Mission, KS 66223 US

Total Estimated Time: 10 minutes  
Total Distance: 5.71 miles

## SITE #16

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

1. Start out going NORTH on METCALF AVE/US-169 N toward W 105TH ST. (0.15 miles)
2. Make a U-TURN at W 105TH ST onto METCALF AVE. (1.81 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 Harmony Middle School 10101 W 141st St Shawnee Mission, KS 66221 US

Total Estimated Time: 11 minutes  
Total Distance: 6.16 miles