

DIRECTIONS TO GYMS

ABC SCHOOL-SAN CARLOS... FROM NORTH... TAKE 280 SOUTH... EXIT 92 EAST... EXIT RALSTON AVENUE... AT SIGNAL, TURN LEFT ON RALSTON... TURN RIGHT ONTO ALAMEDA DE LAS PULGAS... FOLLOW ALAMEDA PAST CARLMONT HIGH SCHOOL... ROAD TURNS TO THE LEFT... TURN LEFT ON DARTMOUTH... (SIGNAL)... TURN LEFT INTO DRIVEWAY, SIGN SAYS TERRA LINDA AND ALPHA BEACON CHRISTIAN... TURN RIGHT INTO PARKING LOT AND GYM WILL BE ON YOUR LEFT FROM SOUTH... TAKE ALAMEDA INTO SAN CARLOS... ALAMEDA DEAD-ENDS AT SAN CARLOS AVENUE... TURN LEFT ONTO SAN CARLOS AVENUE. GO UP THE HILL AND TURN RIGHT ONTO DARTMOUTH... TURN LEFT INTO DRIVEWAY... SIGN SAYS TERRA LINDA AND ALPHA BEACON CHRISTIAN...TURN RIGHT INTO PARKING LOT AND GYM WILL BE ON YOUR LEFT.

ARAGON-SAN MATEO... FROM NORTH... TAKE 280 SOUTH... EXIT 92 EAST... EXIT ALAMEDA. AT SIGNAL TURN LEFT ONTO ALAMEDA... SCHOOL IS ON THE LEFT... TURN IN LAST DRIVEWAY... PARK IN LOT ON THE LEFT... FROM SOUTH... TAKE 280 NORTH... EXIT 92 EAST... FOLLOW SAME DIRECTIONS AS THE NORTH.

BURLINGAME HIGH SCHOOL-BURLINGAME... FROM NORTH... TAKE 101 SOUTH... EXIT PENINSULA AVENUE WEST... FOLLOW TO ANITA... TURN RIGHT ONTO AMITA... TURN LEFT AT BURLINGAME AVENUE (DEAD END)... VEER TO THE RIGHT AT THE YIELD SIGN... FOLLOW AROUND AND SCHOOL IS ON THE RIGHT.. FROM SOUTH... TAKE 101 NORTH... EXIT PENINSULA AVENUE. WEST AND FOLLOW SAME DIRECTIONS FOR THE NORTH.

CANADA-REDWOOD CITY... FROM NORTH... TAKE 280 SOUTH... EXIT FARM HILL BOULEVARD... TURN LEFT INTO SCHOOL... FOLLOW AROUND CIRCLE... GYM IS HALF WAY AROUND ON THE LEFT. FROM SOUTH... TAKE 280 NORTH.. EXIT FARM HILL BOULEVARD... FOLLOW SAME DIRECTIONS AS NORTH.

CAPUCHINO-SAN BRUNO... FROM SOUTH... TAKE 101 NORTH... EXIT MILLBRAE AVENUE. WEST... TURN RIGHT ON EL CAMINO... TURN LEFT ON PARK BOULEVARD... TURN LEFT ON MAGNOLIA... SCHOOL IS ON THE RIGHT... FROM NORTH... TAKE 101 SOUTH... EXIT SAN BRUNO AVENUE. WEST... TURN LEFT ON EL CAMINO... TURN RIGHT ON PARK BOULEVARD... TURN LEFT ON MAGNOLIA... SCHOOL IS ON THE RIGHT.

CENTRAL MIDDLE SCHOOL-SAN CARLOS...TAKE 101 TO HOLLY AVENUE EXIT...GO WEST TO EL CAMINO REAL AND MAKE A LEFT AT EL CAMINO...GO STRAIGHT UNTIL YOU SEE SAN CARLOS AVENUE AND THEN MAKE A RIGHT...GO UNTILL YOU HIT CHESTNUT AND MAKE A LEFT. THE ADDRESS IS 828 CHESTNUT.

EL CAMINO HIGH SCHOOL-S.S.F.... FROM NORTH OR SOUTH... TAKE 280 AND EXIT WESTBOROUGH... GO EAST ON WESTBOROUGH... CROSS EL CAMINO... WESTBOROUGH BECOMES CHESTNUT... CONTINUE ABOUT 2 BLOCKS AND TURN LEFT ON OLD MISSION ROAD... AFTER YOU CROSS GRAND AVENUE CONTINUE ABOUT 3 BLOCKS AND SCHOOL WILL BE ON YOUR RIGHT.

FERNANDO RIVERA-DALY CITY... FROM SOUTH... TAKE 280 NORTH... EXIT MISSION ST/PACIFICA EXIT... TURN RIGHT ONTO JUNIPERO SERRA BOULEVARD... FOLLOW SOUTH 2 STOP LIGHTS... TURN RIGHT ONTO SOUTHGATE... FOLLOW WEST 4 OR 5 LONG BLOCKS... TWO SCHOOLS ARE TOGETHER ON YOUR RIGHT WITH ONE DRIVEWAY... GYM IS BUILDING AT BOTTOM OF DRIVEWAY NEXT TO PLAYGROUND EQUIPMENT.

HILLSDALE HIGH SCHOOL-SAN MATEO... FROM NORTH... TAKE 280 SOUTH... EXIT 92 EAST... EXIT HILLSDALE AVENUE... TURN RIGHT ONTO HILLSDALE... AT 2ND STOP SIGN TURN LEFT ONTO 31 ST. AVENUE...FOLLOW DOWN THE HILL AND SCHOOL WILL BE ON YOUR RIGHT...FROM SOUTH... TAKE 280 NORTH AND FOLLOW THE SAME DIRECTIONS FOR THE NORTH.

MENLO AHERTON-MENLO PARK... FROM NORTH... TAKE 101 SOUTH... EXIT MARSH ROAD WEST... FOLLOW MARSH ROAD TO BAY ROAD (SIGNAL)... TURN LEFT ON BAY ROAD... GO QUITE A WAYS TO RINGWOOD... TURN RIGHT... SCHOOL IS SECOND SCHOOL ON THE RIGHT.

DIRECTIONS TO GYMS

MID PENINSULA HIGH SCHOOL, 1340 WILLOW RD. MENLO PARK 94025.101 SOUTH TOWARDS SAN JOSE.. TAKE THE WILLOW ROAD EXIT (TOWARDS FREEMONT) ARRIVE AT MID PENINSULA (ON THE RIGHT)..
OR:280 SOUTH.. TAKE THE 92 EAST EXIT TOWARD THE SAN MATEO BRIDGE.. TAKE THE 101 SOUTH EXIT.. TAKE THE WILLOW RD EXIT TOWARD FREMONT.. ARRIVE MID PENINSULA (ON YOU RIGHT)...

MILLS HIGH SCHOOL-MILLBRAE... FROM NORTH... TAKE 101 SOUTH... EXIT MILLBRAE AVENUE WEST..TURN LEFT ONTO EL CAMINO... TURN RIGHT ONTO MURCHISON... GO UP THE HILL... SCHOOL IS ON THE RIGHT... PARKING IS AROUND THE BACK... GYM IS IN THE MIDDLE OF THE SCHOOL FROM SOUTH... TAKE 101 NORTH AND FOLLOW THE SAME DIRECTIONS FOR THE NORTH.

MT. CARMEL-REDWOOD CITY... FROM NORTH... TAKE 101 SOUTH... EXIT WHIPPLE AVENUE... TURN RIGHT ONTO WHIPPLE AND FOLLOW TO EL CAMINO REAL... TURN LEFT ONTO EL CAMINO AND GO PAST SEQUOIA HIGH SCHOOL ON YOUR RIGHT... TURN RIGHT ONTO JAMES AVENUE... TURN RIGHT ONTO FULTON AND SCHOOL WILL BE ON YOUR LEFT--FROM SOUTH... TAKE EL CAMINO NORTH... TURN LEFT ONTO JAMES AVENUE... TURN RIGHT ONTO FULTON... SCHOOL WILL BE ON YOUR LEFT.

NATIVITY SCHOOL-MENLO PARK... FROM NORTH... TAKE 101 SOUTH... EXIT MARSH RD... TURN RIGHT ON MARSH RD... FOLLOW TO THE END... IT DEAD-ENDS AT MIDDLEFIELD RD... TURN LEFT ON MIDDLEFIELD... GO TO SECOND SIGNAL AND TURN RIGHT ON OAK GROVE... CONTINUE ABOUT 1/2 MILE AND SCHOOL IS ON YOUR RIGHT.

NOTRE DAME COLLEGE/HIGH SCHOOL-BELMONT... FROM SOUTH... TAKE EL CAMINO NORTH... TURN LEFT ON RALSTON AVENUE... GO PAST STOP SIGN... TURN INTO COLLEGE ON RIGHT... GO UP HILL... GYM IS ON THE LEFT...FROM NORTH... TAKE 101 SOUTH... EXIT RALSTON AVENUE. WEST... CROSS OVER EL CAMINO... FOLLOW SAME DIRECTIONS FOR THE SOUTH. HIGH SCHOOL IS FURTHER UP RALSTON ON THE RIGHT.

OLA-BURLINGAME... FROM NORTH... TAKE 101 SOUTH... EXIT MILLBRAE AVENUE WEST... TURN LEFT ONTO EL CAMINO... TURN RIGHT ONTO HILLSIDE... CHURCH IS ON THE CORNER... TURN LEFT AT THE CHURCH... GYM IS RIGHT PAST THE CHURCH... FROM SOUTH... TAKE 101 NORTH... EXIT BROADWAY/BURLINGAME EXIT, GO STRAIGHT (WEST) AND OVER FREEWAY CONTINUE WEST ON BROADWAY (CROSS EL CAMINO) TURN RIGHT ON CABRILLO ... TWO-THREE BLOCKS AND SCHOOL IS ON YOUR RIGHT (1328 CABRILLO AVE)... PASS SCHOOL FIRST DRIVEWAY ON YOUR RIGHT IS THE PARKING LOT.... GYM IS LOCATED ON THE SOUTHEAST EDGE OF PROPERTY.

PARKSIDE-SAN BRUNO... FROM NORTH... TAKE 280 SOUTH... EXIT CRYSTAL SPRINGS... AT STOP LIGHT TURN LEFT ONTO CRYSTAL SPRINGS... FOLLOW DOWN TO OAK AVENUE... TURN LEFT ONTO OAK... TURN LEFT ONTO NILES AND GO UP THE HILL... SCHOOL IS ON THE LEFT AT THE TOP OF THE HILL FROM SOUTH... TAKE 280 NORTH... EXIT SAN BRUNO AVENUE... TURN LEFT ONTO SAN BRUNO AVENUE AND GET BACK ON 280 GOING SOUTH... EXIT CRYSTAL SPRINGS AND FOLLOW SAME DIRECTIONS AS THE NORTH.

RED MORTON-REDWOOD CITY... FROM NORTH... TAKE 101 SOUTH... EXIT WHIPPLE AVENUE... AT SIGNAL TURN RIGHT... TURN LEFT ONTO EL CAMINO REAL... TURN RIGHT ON ROOSEVELT (SHERBAS AUTO PARTS ON CORNER)... CONTINUE UP ROOSEVELT PAST HUDSON ST... RED MORTON WILL BE ON YOUR RIGHT (BIG, NEW HUGE GYM) FROM SOUTH... TAKE EL CAMINO NORTH... TURN LEFT ONTO ROOSEVELT... FOLLOW REST OF DIRECTIONS FROM NORTH.

SAN BRUNO PARK & REC... FROM NORTH... TAKE 280 SOUTH... EXIT CRYSTAL SPRINGS... AT STOP LIGHT TURN LEFT ONTO CRYSTAL SPRINGS... FOLLOW DOWN HILL... PARK IS ON THE RIGHT... FROM SOUTH... TAKE 280 NORTH... EXIT SAN BRUNO AVENUE... TURN LEFT ONTO SAN BRUNO AVENUE... AND GET BACK ON 280 GOING SOUTH... EXIT CRYSTAL SPRINGS AND FOLLOW SAME DIRECTIONS AS THE NORTH.

DIRECTIONS TO GYMS

SERRA-SAN MATEO... FROM NORTH... TAKE 280 SOUTH...EXIT 92 EAST... EXIT ALAMEDA TURN RIGHT ONTO ALAMEDA. .GET IMMEDIATELY INTO LEFT LANE AND TURN LEFT ONTO 20TH AVENUE... SCHOOL IS ON THE RIGHT....FROM SOUTH... TAKE 280 NORTH... EXIT 92 EAST... FOLLOW SAME DIRECTIONS AS NORTH.

SPRUCE-S.S.F.... FROM NORTH... TAKE 280 SOUTH... EXIT WESTBOROUGH BOULEVARD TURN LEFT ONTO WESTBOROUGH... FOLLOW DOWN THE HILL AND CROSS OVER EL CAMINO REAL, ACROSS RAILROAD TRACKS AND UP HILL TO GRAND... TURN RIGHT ONTO GRAND AND FOLLOW TO SPRUCE... TURN LEFT ONTO SPRUCE AND GO 3 BLOCKS... SCHOOL IS ON THE LEFT FROM SOUTH... TAKE 280 NORTH... EXIT WESTBOROUGH BOULEVARD AND TURN RIGHT ONTO WESTBOROUGH... FOLLOW DIRECTIONS AS FOR THE NORTH

ST. CHARLES-SAN CARLOS... FROM NORTH... TAKE 280 SOUTH... EXIT 92 EAST... EXIT RALSTON AVENUE... AT SIGNAL TURN LEFT ONTO RALSTON... GO DOWN THE HILL TO ALAMEDA... TURN RIGHT ONTO ALAMEDA... YOU WILL PAST CARLMONT HIGH SCHOOL FOLLOW DOWN THE HILL AND YOU WILL COME TO ALAMEDA AGAIN... TURN RIGHT ONTO ALAMEDA... TURN LEFT ONTO BRITTAN... AT STOP SIGN TURN LEFT ON CORDILLERAS... TURN LEFT ONTO ELIZABETH... TURN LEFT ONTO TAMARACK... GYM WILL BE ON YOUR RIGHT FROM SOUTH... TAKE ALAMEDA NORTH INTO SAN CARLOS... TURN RIGHT ONTO BRITTAN... AT STOP SIGN TURN LEFT ONTO CORDILLERAS... TURN LEFT ONTO ELIZABETH... TURN LEFT ONTO TAMARACK... GYM IS ON YOUR RIGHT.

ST. GREGS-SAN MATEO... FROM NORTH... TAKE 280 SOUTH... EXIT 92 EAST.. TAKE ALAMEDA EXIT... TURN RIGHT ONTO ALAMEDA... TURN LEFT ONTO 28TH AVENUE. .THE GYM IS ON THE CORNER OF 28TH AND GARFIELD FROM SOUTH... TAKE 280 NORTH... EXIT 92 EAST... EXIT HILLSDALE AVENUE... TURN RIGHT ON HILLSDALE AVENUE AND FOLLOW ALL THE WAY AROUND AND DOWN THE HILL... TURN LEFT ONTO ALAMEDA TURN RIGHT ONTO 28TH AVENUE... GYM IS ON THE CORNER OF 28TH & GARFIELD.

ST. MATTS-SAN MATEO... FROM NORTH... TAKE 280 SOUTH... EXIT 92 EAST... EXIT EL CAMINO NORTH... CONTINUE ON EL CAMINO TO 9TH AVENUE. SCHOOL IS ON THE LEFT. IF YOU PASS THE SCHOOL YOU'LL NEED TO MAKE A U-TURN WHERE LEGAL TO ENTER THE SCHOOL---FROM SOUTH... TAKE 280 NORTH... FOLLOW SAME DIRECTIONS AS FROM THE NORTH.

ST. PIUS-REDWOOD CITY... FROM NORTH... TAKE 280 SOUTH.. EXIT WOODSIDE RD... AT STOP LIGHT TURN LEFT ONTO WOODSIDE RD... GO PAST WOODSIDE PLAZA (LUCKYS)... TURN LEFT ONTO VALOTA (SIGNAL)... ENTER DRIVEWAY OF SECOND CHURCH... GO TO RIGHT SIDE OF CHURCH AND AROUND TO GYM ON YOUR LEFT... FROM SOUTH... TAKE EL CAMINO NORTH... EXIT WOODSIDE RD WEST... GO UP WOODSIDE ROAD AT LEAST 6 OR 7 BLOCKS... AFTER YOU PASS JACK IN THE BOX ON YOUR RIGHT, THE SCHOOL IS THE NEXT BLOCK ON YOUR RIGHT... ENTER THE DRIVEWAY RIGHT PAST THE IVY-COVERED CYCLONE FENCE... THE GYM IS STRAIGHT AHEAD.

ST. RAYMONDS-MENLO PARK... FROM NORTH...TAKE 280 SOUTH... EXIT SAND HILL RD. EAST... FOLLOW SAND HILL DOWN TO ALAMEDA... TURN LEFT ONTO ALAMEDA (SIGNAL)... YOU'LL COME TO A FORK IN THE ROAD (ALSO A SIGNAL) KEEP TO THE RIGHT WHICH IS SANTA CRUZ AVENUE... STAY ON SANTA CRUZ AVENUE. UNTIL YOU PASS THE CEMETERY...AT THE STOP SIGN AT THE CORNER OF THE CEMETERY, TURN RIGHT... YOU WILL STILL BE ON SANTA CRUZ. . FOLLOW SANTA CRUZ TO ARBOR ST... ST. RAYMONDS IS ON THE CORNER OF ARBOR AND SANTA CRUZ... GYM IS BEHIND THE CHURCH.

ST. TIMS-SAN MATEO... FROM NORTH... TAKE 101 SOUTH... EXIT 3RD AVENUE. EAST... GO PAST NORFOLK AND AT SIGNAL, TURN LEFT INTO SCHOOL YARD... IF GATE IS LOCKED THEN MAKE A U-TURN AND TURN RIGHT ONTO NORFOLK... TURN RIGHT ONTO 2ND AVENUE... TURN RIGHT ONTO QUEBEC... TURN RIGHT ONTO DOLAN... GYM IS STRAIGHT AHEAD... FROM SOUTH... TAKE 101 NORTH... FOLLOW SAME DIRECTIONS FOR THE NORTH.

DIRECTIONS TO GYMS

ST. VERONICAS - S.S.F.....NORTHBOUND 101 TO WESTBOUND 380. TAKE THE NORTHBOUND EL CAMINO REAL EXIT. TURN RIGHT ON EL CAMINO AND CONTINUE NORTHBOUND. LEFT TURN AT PONDEROSA ROAD (MCDONALDS ON LEFT FOR REFERENCE). LEFT TURN ON ALIDA WAY. LEFT TURN INTO CHURCH PARKING LOT. THE PARISH CENTER IS ADJACENT TO THE CHURCH NORTHBOUND HIGHWAY 280 TO EASTBOUND 380. TAKE THE EL CAMINO REAL EXIT AND TURN LEFT (NORTHBOUND). LEFT TURN PONDEROSA ROAD (MCDONALDS ON LEFT FOR REFERENCE). LEFT TURN ALIDA WAY. LEFT TURN INTO CHURCH PARKING LOT. THE PARISH CENTER IS ADJACENT TO THE CHURCH.

T.R. POLICITA-DALY CITY... FROM SOUTH... TAKE 280 NORTH... TAKE MISSION ST./PACIFICA EXIT... KEEP TO THE RIGHT ON MISSION ST... AT THE LIGHT TURN LEFT ONTO JUNIPERO SERRA... GO ONE BLOCK AND TURN RIGHT ON SAN PEDRO RD.(LIGHT). .CONTINUE ON... WHEN YOU CROSS OVER MISSION RD STREET BECOMES EAST MARKET... CONTINUE ON ABOUT 4 BLOCKS, T.R. POLICITA IS ON YOUR RIGHT. GO PAST SCHOOL... TURN RIGHT INTO DRIVEWAY... GYM IS BEHIND SCHOOL.

WAR MEMORIAL-DALY CITY... FROM SOUTH... TAKE 280 NORTH... TO WESTLAKE DISTRICT EXIT... EXIT PUTS YOU RIGHT ONTO JUNIPERO SERRA BOULEVARD... FOLLOW JUNIPERO SERRA TO LARGE INTERSECTION AT JOHN DALY BOULEVARD... (BART STATION)... TURN RIGHT ONTO JOHN DALY BOULEVARD. AND GO UP HILL TO MISSION ST... GO ACROSS MISSION TO HILLSIDE BOULEVARD... FOLLOW HILLSIDE BOULEVARD 1 BLOCK... BACKSIDE OF WAR MEMORIAL BLDG. IS ON HILLSIDE AND FRONTSIDE IS ON MISSION ST... IT TAKES UP THE WHOLE BLOCK... ENTRANCE IS ON MISSION ST.

WOODSIDE HIGH SCHOOL-REDWOOD CITY... FROM NORTH... TAKE 280 SOUTH... EXIT WOODSIDE RD... AT SIGNAL TURN LEFT ONTO WOODSIDE RD... GO DOWN THE HILL, PAST WOODSIDE HIGH SCHOOL... AT LIGHT TURN RIGHT ONTO ALAMEDA... TURN INTO DRIVEWAY RIGHT PAST TENNIS COURTS... GYM IS LOCATED BETWEEN THE BUILDINGS RIGHT PAST THE TENNIS BACKBOARDS... FROM SOUTH ..TAKE ALAMEDA NORTH ONCE YOU GET INTO REDWOOD CITY, (STOCKBRIDGE AVENUE.) YOU'LL SEE THE TENNIS COURTS ON YOUR LEFT... TURN INTO DRIVEWAY RIGHT BEFORE TENNIS COURTS... GYM IS LOCATED BETWEEN THE BUILDINGS RIGHT PAST THE TENNIS BACKBOARDS.