

Directions to Ironteam Trainings

Bayfront Park – Bayfront Expressway and Marsh Road, Menlo Park

From Highway 101 North & South:

- Exit MARSH ROAD
- Drive EAST, and where the road bends sharply right at the junction with Bayfront Expressway, continue straight into the park. You can park along the road a short distance from the trailhead, or continue to one of two parking lots.

Burgess Pool – 501 Laurel Street, Menlo Park

From Highway 101:

- Take Highway 101 to the Willow Road Exit
- Take Willow all the way to Laurel and turn right.
- Burgess Park is on the left.

please note-if you map it and use Laurel Ave by mistake you will get incorrect directions. Burgess Park is on Laurel St (our street) NOT Laurel Ave

De Anza Community College - 21250 Stevens Creek Boulevard, Cupertino (near Stevens Creek Boulevard and Stelling)

Directions from San Francisco:

- Take Highway 101 or 280 to Route 85 south. Exit east on Stevens Creek Boulevard.
- The campus is about 1/3 mile from there.
- The track is near Stevens Creek and Stelling.

FIT (Focused Individual Training) - 600 Rancho Shopping Ctr, Los Altos

From 280

- Take Foothill Expressway Exit (East)
- It will be in the shopping center between Springer and Magdalena

Foothill College– 12345 El Monte Rd, Los Altos

From South Bay

- Take 280 North to the El Monte/Moody Rd. Exit.
- Take the second right onto El Monte West.
- Merge onto El Monte and stay in the right lane.
- Take El Monte onto campus and turn right into the first parking lot.

From San Francisco

- Take 280 South to the El Monte/Moody Rd. Exit.
- Take first right onto El Monte West.
- Merge onto El Monte and stay in the right lane.
- Take El Monte onto campus and turn right into the first parking lot

*Meet at track at far end of parking lot.

*Parking costs \$2 (may require quarters).

*Please note that the speed limit is strictly enforced on campus and the officers DO write tickets.

Gunderson High school– 622 Gaundabert Lane, San Jose

From Highway 85 (North or South) and Highway 87 South

- Take the Santa Teresa exit
 - Turn right on Thornwood
 - Turn right on Winfield
 - Turn right on Chynoweth
 - Turn right on Gaundabert
 - Entrance is straight ahead
-

Mountain View High School – 3535 Truman Ave, Mtn View

From Hwy 280:

- Take HWY 85 N (go 1.5 mi)
- Take FREMONT AVE / LOS ALTOS exit (go 0.7 mi) and **GO LEFT**
- Turn **RIGHT** onto TRUMAN AVENUE (go 0.5 mi)
- Mountain View High School will be on the **RIGHT**

From Hwy 101:

- Take HWY 85 S (go 3.9 mi)
 - Take FREMONT AVE / LOS ALTOS exit (go 0.7 mi)
 - Turn **RIGHT** onto TRUMAN AVENUE (go 0.5 mi)
 - Mountain View High School will be on the **RIGHT**
-

Redwood Shores – Redwood City

From Highway 101

- Take the Holly Street Exit
 - Off the exit, follow the signs toward Redwood Shores Parkway
 - Make a left on Twin Dolphin Drive
 - Make a right on Lagoon Drive
 - Parking available in the company lot.
-

Sports Basement - 1177 Kern Ave, Sunnyvale

From Highway 101

- Take the Lawrence Expressway exit, 0.2 miles
 - Turn **RIGHT** onto Lawrence Expressway / CR-G2 South, 0.4 miles
 - Turn **SLIGHT RIGHT** onto KERN AVE, 0.1 miles
 - End at 1177 Kern Ave
-

Treasure Island

From the Bay Bridge (I80)

- Take the Treasure Island Exit and proceed down to Treasure Island.
 - Turn right on Ninth Street
 - Turn right on Avenue M
 - Follow the TNT signs!
-