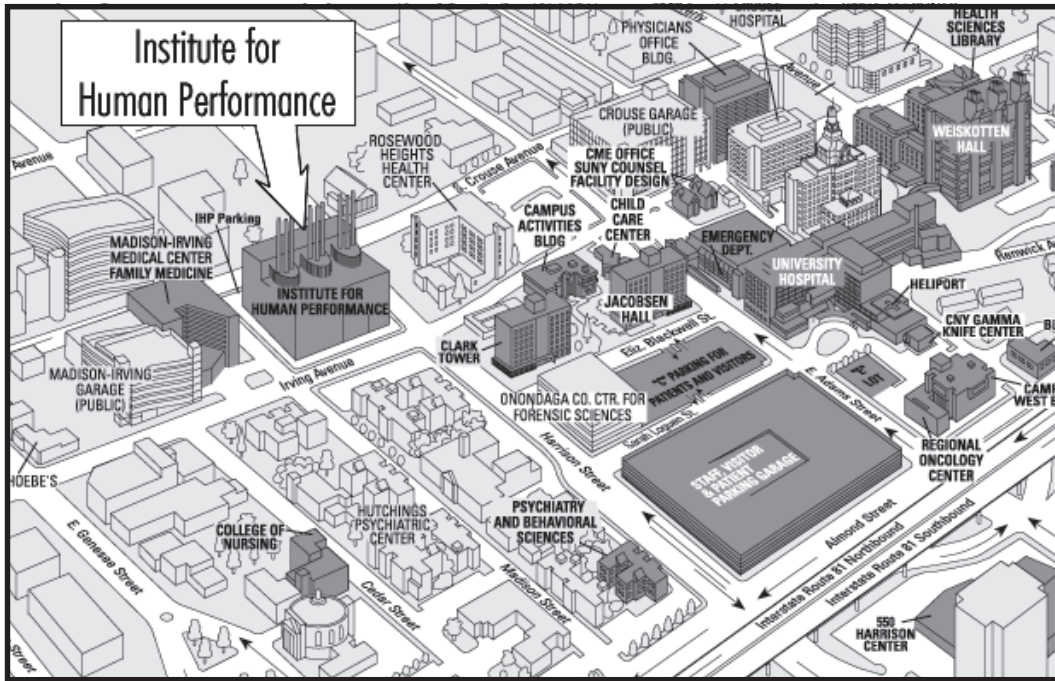




State University of New York
Upstate Medical University



***Directions to the SUNY Upstate Medical University
Institute for Human Performance***

The Institute for Human Performance (IHP) is located at 505 Irving Av. between Harrison St to the South and Madison St. to the North. Parking for the IHP is located behind the building off of Madison St.

From the Syracuse Airport or from North of Syracuse:

Take Rt. 81 South (Interstate) to Exit 18 (Adams St.). Exit down the ramp using the left lane. Proceed on Almond Street (underneath the expressway - Keep to the far left lane). Take a left on Adams St. (Heading East). Travel three blocks to the top of the hill and the second light (Irving Ave.). Take a left on Irving Ave. (Heading North). Travel two blocks (IHP is on the right in second block), to Madison St (4-way Stop Sign). Take a right on Madison, parking is off Madison on the right.

From the Syracuse Transportation Center:

Take Rt. 81 South - to Exit 18 (Adams St.) Follow above directions.

From the West or East:

Take NYS Thruway to Exit 39. Take Rt. 690 East to Rt. 81 South. Take Exit 18 (Adams St.) Follow above directions.

From the South:

Take Rt. 81 (Interstate) North to Exit 18 (Adams St.) Exit down the ramp using the right lane. Take a right on Adams St. (Heading East). Travel three blocks to the top of the hill and the second light (Irving Ave.). Take a left on Irving Ave. (Heading North). Travel two blocks (IHP is on the right in second block), to Madison St (4-way Stop Sign). Take a right on Madison, parking is off Madison on the right.