

The Institute for Human Performance
 505 Irving Avenue
 Syracuse, NY 13210

State University of New York



**Upstate
 Medical
 University**



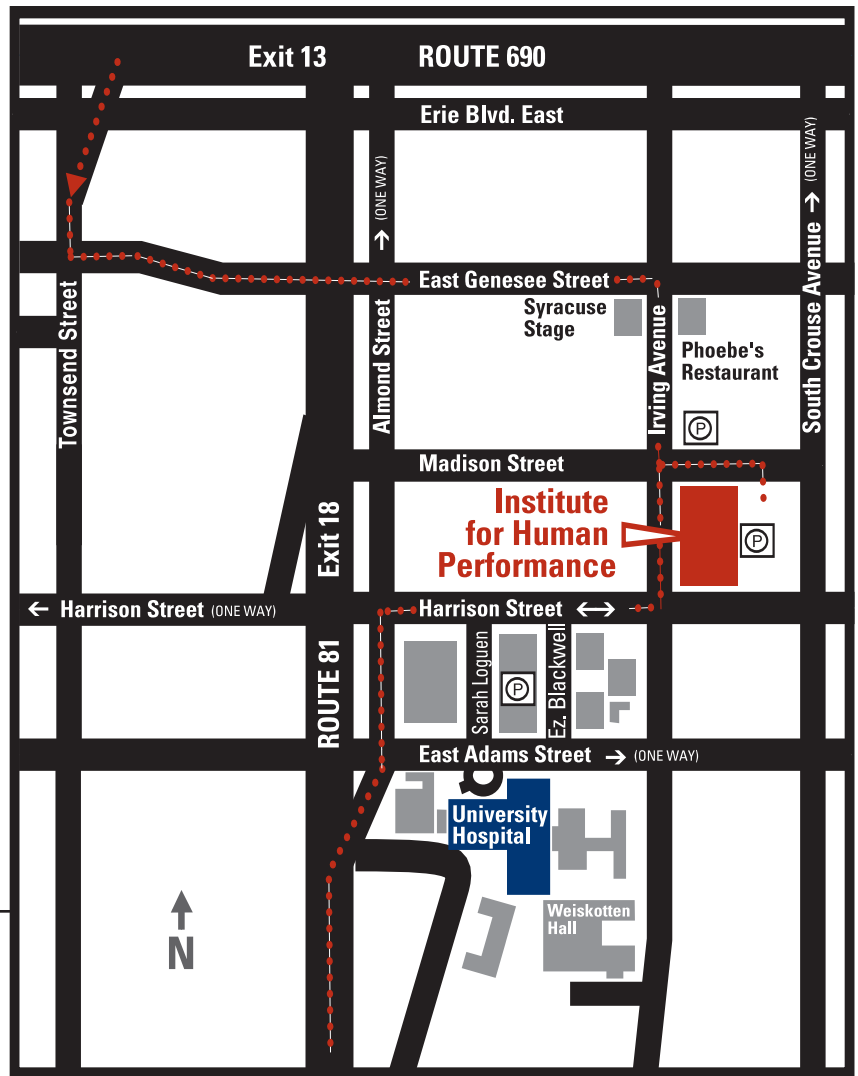
From the North

(Syracuse Airport or Syracuse Transportation Center)

- Take Route 81 South to exit 18 (Adams St.)
- Exit down the ramp using the left lane
- Proceed underneath the expressway - keep to the far left lane
- Turn left on Adams St. and stay in left lane
- Travel three blocks to the top of the hill (Irving Ave.)
- Turn left on Irving Ave.
- Travel two blocks (IHP is on the right in second block), to Madison St. (4-way stop sign)
- Turn right on Madison
- Parking is off Madison on the right

From the East

- Take NYS Thruway to exit 34a (481)
- Take 481 south to 690 west to the Downtown/Townsend St exit 13
- Turn left off the ramp onto Townsend St.
- Turn left at sixth light (Adams St)
- Go under Route 81 overpass, crossing Almond St., stay in the left lane and go to the top of the hill (Irving Ave.)
- Turn left on Irving Ave
- Travel two blocks (IHP is on the right in second block), to Madison St. (4-way stop sign)
- Turn right on Madison
- Parking is off Madison on the right and behind the IHP.



From the West

- Take NYS Thruway to exit 39
- Take Route 690 East to Route 81 South to exit 18 (Adams/Harrison Sts.)
- Exit down the ramp using the left lane
- Proceed underneath the expressway - keep to the far left lane
- Turn left on Adams St and stay in the left lane
- Travel three blocks to the top of the hill (Irving Ave.)
- Turn left on Irving Ave
- Travel two blocks (IHP is on the right in second block), to Madison St. (4-way stop sign)
- Turn right on Madison
- Parking is off Madison on the right and behind the IHP.

From the South

- Take Rt. 81 North to Exit 18 (Adams St.)
- Exit down the ramp using the right lane
- Turn right on Adams St
- Travel three blocks to the top of the hill -- keep to the far left lane
- Turn left on Irving Ave
- Travel two blocks (IHP is on the right in second block), to Madison St (4-way stop sign)
- Turn right on Madison
- Parking is off Madison on the right and behind the IHP