

# 19th Annual Kessler Foundation Wheelchair 10K Memorial Day, May 27<sup>th</sup>, 2019

## Travel and Host Hotel Information

### **Airport Shuttle Information**

Airport shuttle service to and from Newark Liberty International Airport is available for arrivals on Friday May 24<sup>th</sup> after 9pm or all day on Saturday and Sunday, May 25<sup>th</sup> and May 26<sup>th</sup>. Departures are ONLY available on Monday, May 27<sup>th</sup>, after 1pm. No shuttle departures will be available on any other days. Shuttle service is not available from any other area airport (i.e. JFK or LaGuardia).

Race day shuttle service to and from our host hotel (see info below) to the start of the race is also available if needed.

**If you are in need of shuttle service, please send your flight arrangements to Angela Smith ([asmith@kesslerfoundation.org](mailto:asmith@kesslerfoundation.org)) by Monday, May 13<sup>th</sup>.**

### **Hotel Information**

Our host hotel is the Fairfield Inn and Suites by Marriott (601 From Road, Paramus, NJ, 07652). Directions to the start of the race from the hotel will be available at the hotel registration desk. A limited number of comp rooms for Sunday night only are available on a first come-first serve basis. If you have a roommate preference, please let us know as soon as possible. If not, we will assign two racers per room.

**Please contact Angela by Wednesday, May 1st to request a comp room.**

### **Directions to the Race**

#### **From points South:**

Take the Parkway North to Exit 163 (Rte 17 North/Mahwah). The exit is on the left. Stay on Rte 17 North for about 3 miles to the exit for "Linwood Ave. West/Ridgewood". Cross over Rte 17 and continue on Linwood Ave. about 1½ miles to the start/finish line (near the intersection of Linwood Ave. and Northern Parkway). Park in the lot on the right at the intersection of Linwood Ave. and Northern Parkway. The Kessler Foundation information booth will be in this lot.

#### **From points North (Westchester County, Upstate New York or Connecticut)**

Take the Tappan Zee Bridge (I-87/287 West) towards Nyack, NY. Continue on I-87/287 to exit 15 for I-287 South towards New Jersey. Once you get on I-287 South, keep left for exit 66 (Rte 17 South). Stay on Rte 17 South for approx. 9 miles to the exit for "Linwood Ave./Ridgewood". Bear left at the top of the exit. Stay on Linwood Avenue about 1½ miles to the start/finish line (near the intersection of Linwood Ave. and Northern Parkway). Follow parking instructions printed above.

**From Pennsylvania**

Take I-80 East approx. 50 miles from the Delaware Water Gap to the exit for I-287 North. Bear left for I-287 North. Continue on I-287 approx. 30 miles to exit 66 for Rte. 17 South. Follow signs for Rte 17 South. This will actually take you on a u-turn onto I-287 South. Stay in the left hand lane to get on Rte 17 South. Continue on Rte 17 South for approx. 9 miles to the exit for “Linwood Ave./Ridgewood”. Bear left at the top of the exit. Stay on Linwood Ave about 1½ miles to the start/finish line (near the intersection of Linwood Ave. and Northern Parkway). Follow parking instructions printed above.

**From New York City**

Take the George Washington Bridge to I-80 West (local lanes). Continue on I-80 West (local lanes) to exit 64A, Rte 17 North (Rochelle Park/Paramus). Stay on Rte 17 North approx. 8 miles to the exit for “Linwood Ave. West/Ridgewood”. Cross over Rte 17 and continue on Linwood Ave. for about 1½ miles to the start/finish line (near the intersection of Linwood Ave. and Northern Parkway). Follow parking instructions printed above.

**If you have any questions or need additional information, please contact Angela Smith at [asmith@kesslerfoundation.org](mailto:asmith@kesslerfoundation.org) or 973-324-8448 (work), 201-906-3026 (cell).**