



**Regional SS1000 Primary Route
Syracuse, New York
June 16, 2007**

**Emergency Contact:
David Lampila (stonecriter)
Obtain Emergency Contact Number
at Check-in. After 2:00 a.m., June 17, 2007
Call Super 8 and ask for David 315-451-8888**



Directions from Start to Mandatory Stop 1 to Mandatory Stop 7

Summary: 1028.4 miles (16 hours, 15 minutes)

Time	Mile	Instruction
		Click For Image
4:00 AM	0.0	<p>Depart Mobil - Liverpool, NY on 7th North St (South-East) 500 7th North Liverpool, NY (315) 457-2462 Mandatory Stop 1 – Check-in and Receipt Required</p>



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4:01 AM	0.7	Take Ramp (RIGHT) onto I-81
4:01 AM	1.2	At exit 25A, turn RIGHT onto Ramp
4:02 AM	1.8	Keep LEFT to stay on Ramp
4:03 AM	2.4	*Toll road* Merge onto I-90 [New York State Throughway]
6:10 AM	136.3	At exit 24, turn RIGHT onto Ramp
6:10 AM	136.4	Road name changes to New York State Throughway
6:11 AM	137.3	*Toll road* Road name changes to I-87 [New York State Throughway]

[Click For Image](#)

6:32 AM 157.9 *Toll road* **At New Baltimore Travel Plaza Milepost 127 [New York State Throughway] (South)**
Mandatory Stop 2 – Receipt Required

7:35 AM	225.3	At exit 17, turn RIGHT onto Ramp
7:36 AM	225.9	Keep RIGHT to stay on Ramp
7:36 AM	226.0	Take Ramp (RIGHT) onto SR-300 [Union Ave]
7:37 AM	226.8	Take Ramp (RIGHT) onto I-84
<i>8:11 AM</i>	<i>263.7</i>	<i>Entering Pennsylvania</i>
8:57 AM	313.4	Take Ramp (RIGHT) onto I-380
9:01 AM	317.4	At exit I-81, take Ramp (LEFT) onto I-81
9:08 AM	322.9	At exit 182, turn RIGHT onto Ramp
9:08 AM	323.1	Bear RIGHT (North-West) onto Davis St

[Click For Image](#)

[Click For Image](#)

At Convenient Food Mart - Scranton, PA, return South-East on Davis St

9:08 AM 323.1
**899 Davis St
Scranton, PA
570-346-3004**

Mandatory Stop 3 – Receipt Required

9:08 AM	323.1	Take Ramp (RIGHT) onto I-81
11:16 AM	453.3	At exit 52, turn RIGHT onto Ramp
11:16 AM	453.3	Keep LEFT to stay on Ramp
11:16 AM	453.5	Turn LEFT (East) onto US-11 [Carlisle Pike]
11:17 AM	454.1	Turn LEFT (North) onto Service Rd [Carolina Way], then immediately turn LEFT (West) onto US-11 [Harrisburg Pike]



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At Flying J - Carlisle, PA, stay on US-11 [Carlisle Pike]
(West)

11:18 AM 454.4

[Flying J - Carlisle, PA](#)
[1501 Harrisburg Pike](#)
[Carlisle, PA](#)
[\(717\) 243-6659](#)

Mandatory Stop 4 – Receipt Required

11:20 AM	455.7	Keep RIGHT onto Ramp
11:20 AM	456.2	Keep RIGHT to stay on Ramp
11:21 AM	456.4	*Toll road* Merge onto I-76 [Pennsylvania Tpke]
12:21 PM	521.9	*Toll road* Road name changes to I-70 [I-76]
12:55 PM	558.3	Stay on I-70 [I-76] (West)
12:55 PM	558.3	*Toll road* Stay on I-70 [I-76] (West)
1:41 PM	608.3	At exit 75, turn RIGHT onto Ramp
1:42 PM	608.7	Take Ramp (RIGHT) onto I-70
2:12 PM	641.7	At exit 25, turn RIGHT onto Ramp
2:12 PM	641.8	Turn LEFT (North) onto SR-519 [Route 519]

[Click For Image](#)

At 7-Eleven - Eighty Four, PA, return South on SR-519
[Route 519]

2:12 PM 641.9

[7-Eleven - Eighty Four, PA](#) [444 Rt 519](#)
[Eighty Four, PA](#)
[\(724\) 228-3120](#)

Mandatory Stop 5 – Receipt Required

2:12 PM	641.9	Turn RIGHT onto Ramp
2:12 PM	642.0	Take Ramp (RIGHT) onto I-70
2:19 PM	648.8	At exit 18, take Ramp (RIGHT) onto I-79 [Raymond P Shafer Hwy]
4:29 PM	788.8	At exit 178, take Ramp (RIGHT) onto I-90
<i>4:52 PM</i>	<i>813.4</i>	<i>Entering New York</i>
4:52 PM	813.4	*Toll road* Stay on I-90 [New York State Thruway] (North-East)
5:53 PM	879.1	Stay on I-90 [New York State Thruway] (North)
5:59 PM	885.9	At exit 52E, turn RIGHT onto Ramp
6:00 PM	886.3	Bear RIGHT (East) onto Walden Ave
6:01 PM	886.6	Turn LEFT (North) onto Local road(s)



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6:01 PM	886.6	At Jim's Truck Plaza - Buffalo, NY, return South on Local road(s) 2125 Walden Ave Buffalo, NY (716) 683-9908 Mandatory Stop 6 – Receipt Required
6:01 PM	886.6	Turn RIGHT (West) onto Walden Ave
6:02 PM	886.9	Take Ramp (RIGHT) onto I-90 [New York State Throughway]
6:05 PM	890.0	*Toll road* Stay on I-90 [New York State Throughway] (East)
8:13 PM	1027.1	At exit 36, turn RIGHT onto Ramp
8:14 PM	1027.7	Take Ramp (RIGHT) onto I-81
8:15 PM	1028.0	At exit 25, take Ramp (RIGHT) onto 7th North St
8:15 PM	1028.4	Click For Image

**Arrive Mobil - Liverpool, NY
500 7th North
Liverpool, NY
(315) 457-2462
Mandatory Stop 7 – Check-in and Receipt Required
After 2:00 a.m. July 17, 2007 Check-In at:
Super 8
421 7th N Street
Liverpool, NY 13088-6645
315-451-8888 ask for David Lampila**