

**DIRECTIONS TO AOC TRAINING SITE
WEMPLE ROAD, GLENMONT, NY**

From NYS Thruway (I-87) Exit 22: From NYS Thruway (I-87) Exit 22: Turn left on Route 144, go about 2.7 miles to Wemple Road. Turn left on Wemple Road. Site is about 1 mile on left. From NYS Thruway (I-87) Exit 22: Turn left on Route 144, go about 2.7 miles to Wemple Road. Turn left on Wemple Road. Site is about 1 mile on left.

From NYS Thruway (I-87) Exit 23: From NYS Thruway (I-87) Exit 23: Turn right on Route 9W South. Go about 3.8 miles to Wemple Road (there is a traffic light). Turn left on Wemple Road. Site is about .8 mile on right.

From the North: From the North: Take I-87 (Northway) South to Exit 7 East towards Troy. Follow 7 East then take I-787 South towards Albany to the end. Take a right at the light onto Route 9W South. Go about 3.8 miles to Wemple Road (there is a traffic light). Turn left onto Wemple Road. Site is about .8 mile on right.