



## **Cycling and Powerlifting directions from PLU**

There will be construction at the main Gate to JBLM. It will effect out bound traffic only. If using the Unity Bride from McChord to get onto JBLM, which we recommend, please use the directions below.

### **To Cycling from PLU**

1. Left onto Spanaway Loop Road.
2. Right onto Military Road.
3. Right into McChord Field.
4. Get in left lane for traffic circle. Take second exit off traffic Circle. Heading over Unity Bridge.
5. Take first left onto Rainier DR.
6. Take right onto Transmission Line Road.
7. Take left onto Jackson Ave. Stay on Jackson Ave until you go under I-5. Follow it until you come to stop sign at San Francisco.
8. Turn Right onto San Francisco.
9. Stay in left Lane and follow all the way to I Street.
10. Turn Left onto I street. Follow it all the way to Cycling Venue.

### **To Powerlifting from PLU**

1. Left onto Spanaway Loop Road.
2. Right onto Military Road.
3. Right into McChord Field.
4. Get in left lane for traffic circle. Take second exit off traffic Circle. Heading over Unity Bridge.
5. Take first left onto Rainier DR.
6. Take right onto Transmission Line Road.
7. Take first left onto Collier Ave
8. Take left onto 4th DIV DR.
9. Take Right onto Faith Ave.
10. Take left onto 2nd DIV DR
11. Powerlifting venue will be on the right