

Directions to BOOTCAMP 619/CHRIS KEITH PERSONAL TRAINING (Gym)

From Del Mar:

Merge onto I-5 S toward SAN DIEGO. Take the SEA WORLD DRIVE exit- EXIT 21- toward TECOLOTE ROAD. Turn RIGHT onto SEA WORLD DR. Turn LEFT onto FRIARS RD. Turn LEFT onto NAPA ST. Turn RIGHT onto LINDA VISTA RD. End at 5277 Linda Vista Rd San Diego, CA 92110-2604, US

From Downtown:

Merge onto I-5 N via EXIT 1A toward LOS ANGELES. Take the I-8 E / MORENA BLVD exit toward EL CENTRO. Merge onto MORENA BLVD. Stay STRAIGHT to go onto LINDA VISTA RD. End at 5277 Linda Vista Rd San Diego, CA 92110-2604, US

From Mission Valley:

Take 8 East to MORENA BLVD (next to 5 north/south onramps). Veer to the right – Morena turns into LINDA VISTA ROAD. Go past 1st Light(NAPA STREET) and we are located in the strip mall to the right. End at 5277 Linda Vista Rd San Diego, CA 92110-2604, US

Directions to BOOTCAMP 619 (Mission Bay's DeAnza Cove)

From Mission Valley

Take 8 west to 5 north to the Clairemont Drive/Mission Bay Drive Exit, make a left off the freeway and head west to East Mission Bay Drive, then make a right on to East Mission Bay Drive. Go up this street about $\frac{3}{4}$ of a mile This road goes up to the parking lot of De Anza Cove. Parking is free.

From Downtown San Diego

Take 5 north to the Clairemont Drive/Mission Bay Drive Exit, make a left off the freeway and head west to East Mission Bay Drive. Go up this street about $\frac{3}{4}$ of a mile This road goes up to the parking lot of De Anza Cove. Parking is free.

From Del Mar, La Jolla and UTC

Take 5 south to the Mission Bay Drive exit. Take Mission Bay Drive South to Mission Bay Park make a right into DeAnza Cove parking lot 1. You will pass 4 stoplights before getting to Mission Bay Park. WARNING THE ENTRANCE IS RIGHT BEFORE THE ON RAMP BACK TO 5 SOUTH. TRY TO AVOID GETTING BACK ON THE FREEWAY. If you end up back on the freeway get off at Clairemont Drive/Mission Bay Drive and make a right off freeway then head

west to East Mission Bay Drive, then make a right on to East Mission Bay Drive. Go up this street about $\frac{3}{4}$ of a mile This road goes up to the parking lot of De Anza Cove. Parking is free.

Directions to BOOTCAMP 619 (Cowles Mountain)

From San Diego/Beach Area - Take Interstate 8 East to the College Avenue exit. Proceed north on College Avenue 1.0 miles to Navajo Road . Turn right and proceed on Navajo Road 1.9 miles to Golfcrest Drive . Turn left on Golfcrest Drive to enter parking lot.

From North County - Take Interstate 5 South to Intersate 805 South. Take 52 East to the Mast Blvd exit in Santee . Turn left onto Mast Blvd , go under the freeway to the first traffic signal (West Hills Parkway) and turn right. Take West Hills Parkway to Mission Gorge Road and turn right. Proceed down Mission Gorge Road 1.9 miles to Golfcrest Drive . Turn left onto Golfcrest Drive and proceed to the top of the hill. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive .

From Route 125 - Take 125 north to Mission Gorge Road . Exit at Mission Gorge Road and make a left. Proceed down Mission Gorge Road 3.3 miles to Golfcrest Drive . Turn left onto Golfcrest Drive and proceed 1 mile to the top of the hill. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive .

Parking lot may be full on weekends. However, curbside parking is permitted on Golfcrest Drive .

Other Option:

From I-15, take Friars Rd. East which becomes Mission Gorge Rd. , 5.0 miles east. Pass Jackson Drive and the Mission Trails Regional Park turnoff.

Continue up Mission Gorge Rd. to a right turn on Golfcrest (the first traffic light past Jackson Drive). Follow Golfcrest one mile south to the trailhead on the left side of Golfcrest at Navajo. The staging area is on the left at the intersection of Navajo Road and Golfcrest Drive .

Directions to BOOTCAMP 619(Convention Center)

From North:

Merge onto I-5 S toward SAN DIEGO. Take the FRONT ST exit- EXIT 17- toward CIVIC CENTER. Stay STRAIGHT to go onto FRONT ST. Turn LEFT onto W HARBOR DR. End at 525 E Harbor Dr San Diego, CA 92101 – It is the park next to Joe's Crab Shack

From South:

Merge onto I-5 N. Take the CESAR E CHAVEZ PKY exit- EXIT 14B. Turn LEFT onto CESAR E CHAVEZ PKWY. Turn RIGHT onto E HARBOR DR. Make a U-TURN at 5TH AVE onto E HARBOR DR. End at 525 E Harbor Dr San Diego, CA 92101 It is the park next to Joe's Crab Shack

Directions to BOOTCAMP 619(La Jolla Shores)

From North:

Merge onto I-5 S. Take the LA JOLLA VILLAGE DR exit- EXIT 28. Turn RIGHT onto LA JOLLA VILLAGE DR. Turn LEFT onto TORREY PINES RD. Turn RIGHT onto CALLE DE LA PLATA. Turn LEFT onto AVENIDA DE LA PLAYA. Turn RIGHT onto CAMINO DEL ORO. End at 8200 Camino Del Oro La Jolla, CA 92037

From South:

Merge onto I-5 N. Merge onto LA JOLLA PKWY via EXIT 26A. LA JOLLA PKWY becomes ARDATH RD. ARDATH RD becomes TORREY PINES RD. Turn RIGHT onto CALLE DE LA PLATA. Turn LEFT onto AVENIDA DE LA PLAYA. Turn RIGHT onto CAMINO DEL ORO. End at 8200 Camino Del Oro La Jolla, CA 92037

Directions to Balboa Park

From North:

Take 805 S. Merge onto CA-163 S toward DOWNTOWN. Take EXIT 2C toward UNIVERSITY AVE. Turn SLIGHT RIGHT onto 6TH AVE. End at 3366 6th Ave San Diego, CA 92103-5719, US

From South:

Merge onto I-5 N. Merge onto CA-163 N toward ESCONDIDO. Take the QUINCE ST exit- EXIT 1B- toward BALBOA PARK. Stay STRAIGHT to go onto QUINCE DR. Turn RIGHT onto 6TH AVE. End at 3366 6th Ave San Diego, CA 92103-5719, US