

Directions to Ramsey High School

266 East Main Street, Ramsey, NJ, 07446

Site of Pawlowski Relays

- Take the Garden State Parkway North.
- Take Exit 163 for NJ Route 17 North. This will be a left-lane exit after the Bergen Toll Plaza.
- Pass through Paramus. You will know when you leave Paramus, as you will not see any more strip malls and shopping centers.
- You should be on Route 17 for approximately 9-10 miles.
- Take the Lake Street exit off of Route 17 to head towards Ramsey. There will be a Pathmark on your right just before you get on the exit ramp.
- Veer right to pass over Route 17.
- You will be heading west on Lake Street.
- Lake Street will take a bend and change names to East Main Street as you head towards the downtown Ramsey business district.
- Ramsey High School will be on your left, not very far from when you get on East Main Street.
- The track is visible from East Main Street.

Give yourself about an hour to get there from the Scotch Plains-Fanwood area. Traffic is very heavy on Route 17 if you don't get through before the stores open. It is an expressway, but there are many shopping centers, malls, etc. on this stretch of road and traffic tends to move at a crawl. If you are leaving later in the day, give yourself at least an extra 20 minutes to get there.