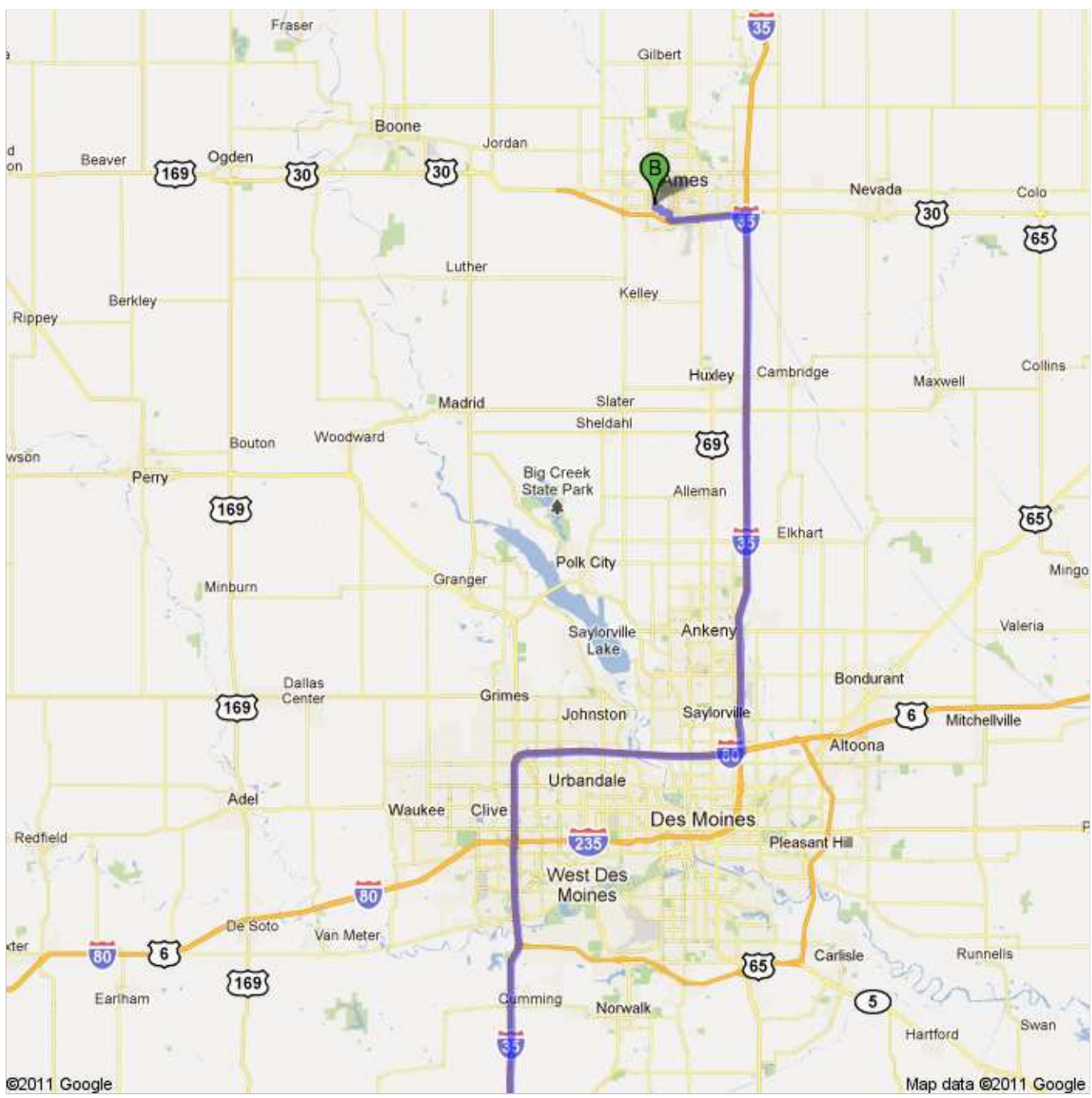
















Directions to Cross Country Course, Ames, IA  
241 mi – about 4 hours 11 mins

**Save trees. Go green!**  
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 12701 W 67th St, Shawnee, KS 66216

- |   |  |                             |
|---|--|-----------------------------|
|   | 1. Head <b>east</b> on <b>W 67th St</b> toward <b>Long Ave</b><br>About 5 mins   | go 2.1 mi<br>total 2.1 mi   |
|    | 2. Turn left to merge onto <b>I-35 N</b> toward <b>Des Moines</b><br>Entering Missouri<br>About 12 mins  | go 10.0 mi<br>total 12.0 mi |
|    | 3. Keep right at the fork and merge onto <b>I-70 E</b><br>About 1 min  | go 1.1 mi<br>total 13.2 mi  |
|    | 4. Continue onto <b>I-29 N/I-35 N/US-24 E</b> (signs for <b>US-71 N/St Joseph/Des Moines</b> )<br>Continue to follow I-29 N/I-35 N<br>About 6 mins | go 4.8 mi<br>total 17.9 mi  |
|    | 5. Slight right onto <b>I-35 N</b><br>Entering Iowa<br>About 3 hours 1 min   | go 179 mi<br>total 197 mi   |
|    | 6. Continue onto <b>I-80 E</b><br>About 14 mins  | go 13.6 mi<br>total 211 mi  |
|    | 7. Take exit <b>137B</b> on the left to merge onto <b>I-35 N</b> toward <b>Minneapolis</b><br>About 25 mins  | go 24.9 mi<br>total 236 mi  |
|    | 8. Take exit <b>111B</b> to merge onto <b>U.S. 30 W</b> toward <b>Ames/I-35 BUS W/Iowa State University</b><br>About 4 mins                        | go 3.5 mi<br>total 239 mi   |
|   | 9. Take exit <b>146</b> toward <b>Iowa State University</b>  | go 0.4 mi<br>total 240 mi   |
|   | 10. Merge onto <b>University Blvd</b>  | go 0.3 mi<br>total 240 mi   |
|  | 11. Turn left onto <b>Mortensen Pkwy</b><br>About 2 mins   | go 0.6 mi<br>total 241 mi   |
|   | 12. Continue onto <b>Mortensen Rd</b>  | go 0.2 mi<br>total 241 mi   |
|  | 13. Turn right onto <b>Hayward Ave</b><br>Destination will be on the left  | go 469 ft<br>total 241 mi   |

 Cross Country Course, Ames, IA

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2011 Google

Directions weren't right? Please find your route on [maps.google.com](http://maps.google.com) and click "Report a problem" at the bottom left.