

**DIRECTIONS to  
United Sports Training Center  
1426 Marshallton-Thorndale Road  
Downingtown, PA 19335  
Phone 610-466-7100 / fax 610-466-9314  
(Fields 1 – 11)**

**From New York, NY**

Take I-78 West toward Allentown. At New Jersey Turnpike Exit 14, turn left (south) onto I-95. Take I-95 for 44 miles, then bear left onto NJ Turnpike toward Philadelphia. At NJ Turnpike Exit 6, bear right onto I-276 west (Pennsylvania Turnpike) for approximately 40 miles. Exit 326, Valley Forge (Old Exit 24). After tollbooth, bear right onto US 202 South (West Chester) and take 202 to Rt. 30 West (follow signs for Downingtown and Coatesville. Take the Thorndale/Rt. 340 Exit and turn left onto Rt. 340 East. Proceed through 3 traffic lights, crossing over Rt. 30 Business, and USTC is on the right approximately 1 mile up the hill.

*Underpass height 15+ ft.*

**From Baltimore, MD**

Take I-95 North toward Philadelphia for approximately 65 miles. At I-95 Exit 8 (in Delaware), exit ramp onto US 202 North. Take 202 North to Rt. 322 **West** (Downingtown) Exit. Exit on right hand side and proceed through 2 traffic lights. At the third traffic light, 1 mile ahead, make right onto 322 West. Follow to the next traffic light and turn left onto Shadyside Road. At the next traffic light, turn right onto Marshallton-Thorndale and follow to traffic light (Poorhouse Rd.). Proceed through the traffic light, and USTC is located on left.

**From Downingtown Interchange, Pennsylvania Turnpike (points east and west)**

Exit at the Downingtown Interchange (Exit 312) of the PA Turnpike; travel South on Rt. 100 to the intersection of Rt. 113. Turn right. Follow Rt.113 South to **Rt. 30 (bypass)**. Take a right onto Rt. 30 (bypass) West to Thorndale/Rt. 340 Exit. Turn left onto Rt. 340 East. Proceed through 3 traffic lights and USTC is on the right approximately 1 mile up the hill.

*Underpass height 15+ ft.*

**From Willow Grove, PA and East AND Lehigh Valley and North**

From **points North**, take the Northeast Extension of the Pennsylvania Turnpike (Rt. 476) South. Bear right onto (I-276 West) Pennsylvania Turnpike to the Valley Forge Exit 326 (Old Exit 24). Proceed through the tollbooth; less than a quarter mile on the right is the **Rt. 202 (West Chester)** . Take Rt. 202 South to the **Rt. 30 (bypass)** West (Following signs to Downingtown and Coatesville) to the Thorndale/Rt. 340 Exit. Turn Left onto Rt. 340 East. Proceed through 3 traffic lights and USTC is on the right approximately 1 mile up the hill.

*Underpass height 15+ ft.*

**From Cherry Hill, NJ**

Take I-295 South toward Wilmington for approximately 20 miles. Exit onto US 130 West, then turn right onto US 322 North approximately 2 miles later. After entering Pennsylvania, turn left onto I-95 South at Exit 4. At I-95 Exit 3, turn right onto Renshaw Rd. to US 202 Northwest toward West Chester. After approximately 8 miles, exit onto Route 322 West. Proceed through 2 traffic lights. At the third traffic light, turn right onto 322 West. Follow to the next traffic light and turn left onto Shadyside Road. At the next traffic light, turn right onto Marshallton-Thorndale and follow to traffic light (Poorhouse Rd.). Proceed through the traffic light, and USTC is located on left.

**From Wilmington, DE/West Chester, PA and South**

Rt. 202 North to the Rt. 322 (Downingtown) Exit. Exit on right hand side and proceed through 2 traffic lights. At the third traffic light, 1 mile further ahead, make right onto 322 West; travel approximately 2.5 miles to the next traffic light and turn left onto Shadyside Road. At the next traffic light, turn right onto Marshallton-Thorndale and follow to traffic light (Poorhouse Rd.). Proceed through the traffic light, and USTC is located on left.

**From King of Prussia, PA**

Take Rt. 202 South and exit at Rt. 30 West (following signs to Coatesville/Downingtown). Exit Rt. 30 at Thorndale/Rt. 340 Exit. Turn left at exit onto Rt. 340 East. Proceed through 3 traffic lights and USTC is on the right approximately 1 mile up the hill.

*Underpass height 15+ ft.*

**From the Philadelphia Airport:**

Take I-95 South (towards Chester) to 322 West (West Chester exit). Make a Left onto Route 1 to US 202 intersection (This is still Route 322, the roads overlap). At intersection, make right onto 202 North (This is also Route 322, they overlap into West Chester). Follow to **Rt. 322 West** (Downingtown) Exit. Exit on right hand side and proceed through 2 traffic lights. At the third traffic light, 1 mile ahead, make right onto (continuation of)322 West. Follow Route 322 West for approximately 2.5 miles to the next traffic light and turn left onto Shadyside Road. At the next traffic light, turn right onto Marshallton-Thorndale and follow to traffic light (Poorhouse Rd.). Proceed through the traffic light, and USTC is located on left.

**From Center City, Philadelphia**

Take I-76 to Rt. 202 South (toward King of Prussia). Follow 202 South and exit at Rt. 30 West (follow signs to Coatesville/Downingtown.) Exit at Thorndale/ Rt. 340 Exit. Turn left at exit onto Rt. 340 East. Proceed through 2 traffic lights and follow up hill. USTC is on the right approximately 1 mile up the hill.

*Underpass height 15+ ft.*