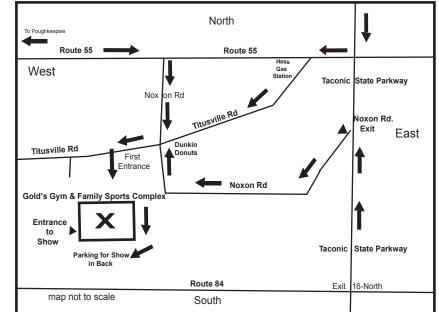


To Gold's Gym & the MHVG&MS' Gem & Mineral Show



From CT and EAST: Route 84 West to Taconic State Parkway (Exit 16-North). Take the Taconic North to the Noxon Rd. Exit. Make a left at the light onto Noxon Rd. Make a right at the stop sign to stay on Noxon Rd. Proceed 3.3 miles to Titusville Rd. (County Rd. 49) and make a left. Gold's Gym is 1/2 a mile on the left. Please use first entrance, as there is no left turn allowed at the second entrance.

From South: Take the Taconic State Parkway North--then follow directions From CT and East.

From North: Take the Taconic State Parkway South to exit on to Route 55 West (first Route 55 exit) towards Poughkeepsie. Proceed and make a left turn at the Hess Station onto Titusville Rd. Proceed through traffic light, Gold Gym is 1/2 miles on left. Please use the first entrance.

From Poughkeepsie and West: Take 55 East, and make a right onto Noxon Rd. to first light. Turn right onto Titusville Rd. Proceed through traffic light, Gold's Gym is 1/2 a mile up on the left. Please use first entrance.