

SUGGESTED DRIVING DIRECTIONS

From 83 North:

To get to South Baltimore Strength and Conditioning take Maryland Ave. exit, go right Preston, left on Howard. Howard St. becomes Martin Luther King Blvd. Take MLK Blvd to the Russell St exit. South Baltimore Strength and Conditioning will be on your right as you merge onto Russell. ABC rental is on the corner of the building. South Baltimore Strength and Conditioning is in the middle of the building.

From 95 South:

Take exit for Key Hwy. Continue to left on Clement. Make a right onto Fort Ave then right onto Hanover St. Make a left onto Ostend St. Make a right onto Ridgely St. then quick left on W. W St. and immediate right onto Burgundy St. Right onto Hamburg St. and right into parking lot for ABC rental. South Baltimore Strength and Conditioning is in the middle of the building.

WALKING DIRECTIONS FROM FINISH LINE

To get to South Baltimore Strength and Conditioning from the finish line, go to Hamburg St. (between Ravens stadium and Camden Yards) and cross over Russell St. You'll see ABC rental on the corner of the building. South Baltimore Crossfit is in the middle of the building.

