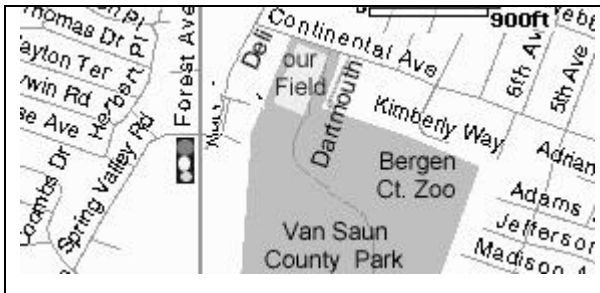


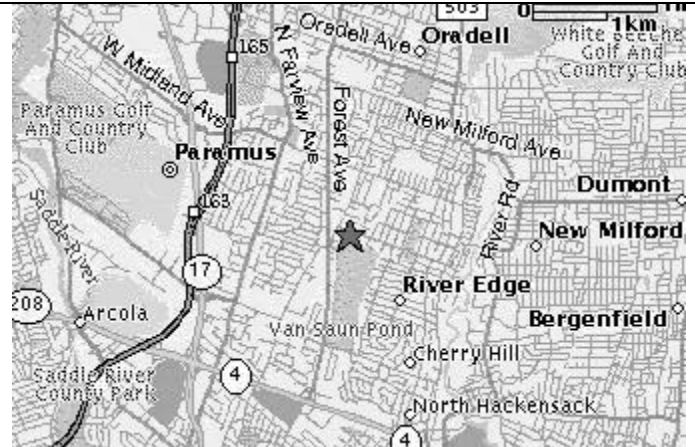
VAN SAUN PARK ULTIMATE since at least '78

Directions-Van Saun County Park-Paramus, New Jersey



We play on the field which is the extreme north end of Van Saun Park. Park in the Deli's lot or on Dartmouth Court, not in the park itself (unless you like to walk). There is no water near us so bring your own.

From the North on the Garden State Parkway take exit 163 onto **Route 17 South**. Stay in the right lane and take the first exit onto Century Road east by crossing the road and making a left back across Route 17. Century ends after about a mile. Turn right (north) onto Spring Valley Road. Cross Forest at the first traffic light and Continental Ave is the second right (just after deli).



From **Route 4** exit at Forest Ave. (2 exits east of route 17 and just past the old Bergen Mall or 6 miles west of the GW bridge and the first exit after actual stores on the side of the highway). Take Forest Ave. north 1 1/4 mile to the second traffic light, Spring Valley Road. Right onto Spring Valley then take the second right onto Continental just past the deli.

From the **Garden State Parkway Northbound** (from the south) take exit 161-Route 4 EAST and follow directions from Route 4.

Via BICYCLE-- Avoid Forest!

From the west and the Saddle River Bike Path, exit at Dunkerhook Park, head south on Paramus Road and go right (east) onto Century Rd at the first light (or cut thru the cemetery). Stay on Century until it ends. Go left (north) on Spring Valley and follow the directions at above.

From the south, Main St. in Hackensack becomes Johnson Ave. becomes Kinderkamack Rd. Take that to Continental.

Via PUBLIC TRANSIT--

Train-Pascack Valley line stops in River Edge about 3/4 mile east of us. Busses run up 503 (Kinderkamack Rd.)