

Albany Crossgates Mall Walks

A 6K and a 12K interior walk are available and they are both **rated 1A**.

A 5K and a 10K walk around the exterior of the mall are also available and they are rated 2A. And you can mix and match inside and outside loops at will.

Starting Point: Crossgates Mall

Mall entrance between Macy's and Dick's Sporting Goods

1 Crossgates Mall Road

Albany, NY 12203

Website: www.shopcrossgates.com

At the time of publication Crossgates Mall hours of operation are Monday – Saturday 10:00 AM – 9:30 PM; and, Sunday 11:00AM – 6:00 PM. Mall walkers are allowed in at 8 a.m. Check the mall website for hours of operation as they vary throughout the year. Restrooms are located on the Lower Level of the mall, just inside the entrance before the escalators, as well as in various places throughout the mall. Please look for Restroom signs to point the way.

DIRECTIONS TO START POINT:

From the North: Take I-87(Adirondack Northway) South to the Crossgates Mall Road Exit. Take the mall road to the left to the Macy's end of the Mall and park outside the mall entrance between Macy's and Dick's. Enter entrance on the Lower Level.

From South and West: NYS Thruway North to Exit 24. Take the first exit after the toll-booth to Western Avenue (Rt 20). Immediately exit to Crossgates Mall Road. Follow directions above to the parking lot between Macy's and Dick's.

From the East: Take I-90 West to Exit 1S toward Western Avenue (Route 20). Immediately exit to Crossgates Mall Road. Follow directions above to the parking lot between Macy's and Dick's.

Course Description: Interior walks are **rated 1A**. They are suitable for wheelchairs and strollers. Pets are not allowed. Walks consist of walking, back and forth, in a loop, between the anchor stores on the two levels of Crossgates Mall more than once to achieve the distance desired of 6K or 12K. Exterior walks are **rated 2A** and are not suitable for wheelchairs and strollers. Pets are not allowed. Walks consist of walking around the exterior of the mall complex with one brief excursion through the JC Penney's end of the mall. Once around the mall exterior is 2.5K. Repeat the loop twice for 5K and 4 times for 10K.

The following map & directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

For immediate emergency assistance call **911**.

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Albany Crossgates Interior Mall Walks - 6k/12k Directions

6K/12K Directions

The loops around the upper and lower levels are equal.

5 loops = 6K

10 loops = 12K

You may do all lower level loops, all upper level loops, or any combination of them to complete the desired distance. Restrooms are located on the Lower Level near the Escalators, as well as in various places throughout the mall. Please look for Restroom signs to point the way.

Lower Level Loop

1. Start at the DOWN escalator in front of Macy's, staying on the right side of the corridor.
2. Continue along the main corridor towards JC Penney.
3. Continue around the escalators in front of JC Penney and follow the main corridor back towards Macy's.
4. Loop is complete when you reach the escalator in front of Macy's.

Upper Level Loop

1. LEFT at the top of the escalator. Keep Macy's entrance on your right and the escalators on your left.
2. Once around the escalators, continue along the main corridor towards JC Penney.
3. Continue around the escalators in front of JC Penney, and follow the main corridor back towards Macy's.
4. Loop is complete when you reach the escalator in front of Macy's.

To transition between lower and upper level loops, take the escalators up and/or down in front of Macy's.

SPECIAL PROGRAMS	
Ice Cream Parlors	Walking the USA A - Z

AFTER YOUR WALK, please be sure to log back into the OSB system to "finish/complete" your online registration after completing the walk. The OSB system does not deduct any walking fee from your Event Bank until you have submitted walk completion info including the date the event was walked; the distance walked; and the selection of applicable special programs you're participating in. (Nevertheless, a fee of \$2 for a downloaded pdf is deducted from your Event Bank when the pdf is downloaded. Later, any pdf fee is credited back to your Event Bank when you submit the walk completion info as a paying-for-credit walker. Note, however, that the \$2 coupon for the downloaded pdf will expire in 60 days).

Albany Crossgates Exterior Mall Walks – 5k/10k Directions

Once around is 2.5K. Repeat loop twice for 5K. Repeat loop 4 times for 10K.

Starting Point: Park in the southwest lot between Macy's and Dick's, and start the walk from the sidewalk between those two stores. The walk is mostly outside and goes counter-clockwise around the mall.

1. Facing the parking lot, go **LEFT** toward Dick's.
2. **CONTINUE** on sidewalk around Dick's, then around another corner with two restaurants, until you reach the Cafe Court Entrance to the mall.
3. **LEFT** into the Mall, using the Cafe Court Entrance.
4. Once inside, walk **DIAGONALLY LEFT** past the escalators, remaining on the first floor, to the Main Mall Corridor.
5. **RIGHT** along Main Corridor.
6. **CONTINUE** along the Main Corridor until you reach the end, at the entrance to JCPenney.
7. **LEFT** before entering JCPenney, toward a Mall Exit on the north side of the building.
8. **EXIT** the mall and notice Lord & Taylor to your left.
9. **LEFT** toward Lord & Taylor and continue around the corner of the building to where the sidewalk ends at a hill.
10. **RIGHT** along the left side of the parking lot until the far end of a guardrail.
11. **LEFT** across a small grass strip at the end of the guardrail, and an **IMMEDIATE LEFT** on the other side of the guardrail along the left side of the driveway, then a sidewalk, heading toward Best Buy.
12. **RIGHT** at building, keeping Best Buy on the left.
13. After passing Best Buy, walk past four parking spaces on the left until reaching an open section between guardrails where there's a sidewalk.
14. **LEFT** down the sidewalk ramp and follow the perimeter road sidewalk around the Mall behind Regal Cinemas.
15. **LEFT** around Regal Cinemas.
16. **CONTINUE** along the sidewalk toward an upper level mall entrance.
17. **RIGHT** past Macy's.
18. **CONTINUE** along guardrail until reaching Crossgates Mall Road.
19. **CAREFULLY CROSS** Crossgates Mall Road to the overflow parking lot on the other side.
20. **LEFT** along parking lot to a cut-through sidewalk on the left.
21. **LEFT** at the sidewalk, again **CAREFULLY RE-CROSSING** Crossgates Mall Road, toward Macy's.
22. **CONTINUE** along left side of driveway to Macy's sidewalk.
23. **CONTINUE** to the Start/Finish between Macy's and Dick's (2.5k).

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Albany Crossgates Mall Exterior Map

