



OWEGO, NY

Visitor Guide

Visitor Information

Facility Map

Security/Badging

Driving Directions

Local Area Map

Airport Information

Transportation

Hotels

Dining

Dining, Hotel and Restaurant Map

City Information

Health and Wellness

Main Lobby

Building 201
Monday - Friday
7:00 A.M. - 3:30 P.M.

Systems Integration Facility

Building 080
Monday - Friday
7:00 A.M. - 2:25 P.M.

Victory

Building 908
Monday - Friday
7:30 A.M. - 4:00 P.M.



1801 State Route 17C
Owego, New York 13827
607-751-2000

<http://www.lockheedmartin.com/us/rms.html>

In consideration for permission to enter this facility, visitors agree, and as a representative of their company and/or organization, to abide by all applicable U.S. Government Export Control laws and regulations while on premises.



To protect the health of our workforce, Lockheed Martin does not allow smoking or the use of any tobacco product anywhere at any of our facilities, neither indoors or outdoors. Visitors should address any questions or concerns about this policy with their Lockheed Martin point of contact.





Visitor Information

About Us

Lockheed Martin Rotary & Mission Systems

<http://www.lockheedmartin.com/us/rms.html>

Visitor Offices

There are a limited number of visitor offices available in several buildings. If you require a visitor office, please contact your host.

Parking

Visitor parking is provided throughout the site. You will be directed by the South Vehicle Control Facility attendant where you may park.

Parking marked with signs that say 'restricted parking' are NOT for visitors unless directed by the Gate attendant.

Handicap/American Disabilities Act (ADA) parking is provided at all entrance points and is well marked. Visitors must display an approved form of ADA restriction, (i.e., Vehicle tags, window tag).

If all visitor parking is filled, visitors will be allowed to use an employee lot.

ATMs and Credit Union

The Visions Federal Credit Union (VFCU) office is located at Admin 201A. ATMs are conveniently located throughout the site: VFCU, Buildings 201A/E3, 103A/C1, 104B/H2

Non-company Deliveries and Visitors

Employees or visitors who are dropped off/picked up or arrive/depart by taxi should use the Main Lobby. Vendors delivering flowers, pizza, and other non-company miscellaneous items will be directed to the Main Lobby. After hours deliveries are routed through the South Vehicle Control Facility and speak to the guard via intercom.



Visitor Information (con't)

Quality, Environment, Safety and Health Policy

Lockheed Martin RMS is committed to mission success with a proactive, predictive and preventive strategy to enable program performance excellence. This commitment delivers superior products and services to our customers in a manner that protects employees, customers, and the community while preserving the environment and conserving natural resources.

To meet this commitment, we work as an integrated team, sharing responsibility for the following objectives:

- Understanding and fulfilling Customer requirements and expectations
- Delivering sustainable, quality solutions
- Maintaining compliance with all customer, regulatory and statutory requirements, internal procedures, and the voluntary programs to which we subscribe
- Continually measuring and improving the effectiveness of our Management Systems to drive organizational performance
- Setting responsibility for establishing and reviewing objectives and commitments
- Communicating quality and environment, safety and health awareness to all employees
- Maintaining an ethical relationship with customers, employees, suppliers and the community
- Preventing pollution by minimizing waste, maximizing material reuse through recycling and the efficient use of resources
- Preventing injuries, accidents, and ill health by providing a safe and healthy workplace for our employees and the communities in which we operate



Facility Map



17C





Security/Badging

Badges

All visitor badges will be issued at the lobbies in accordance with the information supplied in the Visitor Information System (VIS). This must be filled out by the Owego site host at least five (5) days prior to the visit.

All Non-escort visitors will need to provide proof of U.S. citizenship through the following means:

1. Valid driver's license with an original birth certificate -OR-
2. Military ID -OR-
3. U.S. Passport

Badges must be:

- Displayed conspicuously at all times while on-site.
- Returned daily unless otherwise directed. Badge return boxes are in the lobby and at all employee entrances.
- Under your control at all times. If your badge is lost, stolen or misused, call Security at 607- 751-3300.

All non-escort visits will need to be coordinated through your Lockheed Martin RMS Owego host. Certain requirements must be met for non-escort privileges which must be completed prior to the visit to include a background check or Government clearance. Please coordinate all requirements with your LM host.

Foreign National Visitors

All Foreign Nationals must check into the 201 Main Lobby. Please ensure that your passport and any supporting documentation is available for review. Foreign National visitor host must complete a VIS request and pick the radial button that states "Foreign National"





Security/Badging (con't)

Classified Visits

Visitors for classified meetings must have a current Visit Authorization Letter (VAL) from their home Security Department on file. Failure to have a VAL on file with the JPAS system will prohibit you from gaining access to classified information.

Lockheed Martin Employees from Other Sites

All Lockheed Martin employees visiting from other sites should complete a Physical Access Self Service (PASS) request prior to traveling to the Owego site. PASS can be found on the Security home page by clicking "S" in the A-Z index on the RMS homepage. All employees are required to have their LM badge with them as well. Access into any approved general entrance is granted when the PASS request is completed except for any Foreign National Lockheed Employees (see above).

Items Prohibited at Lockheed Martin RMS Owego

- Firearms/weapons/various dangerous devices, in order to maintain a safe and respectful workplace and applicable state statutes
- All controlled dangerous substances or prohibited drug paraphernalia
- All explosive devices, chemical compound/mixture, or fireworks
- Alcoholic beverages
- Gambling equipment/paraphernalia
- Pornographic/sexually explicit material
- All tobacco products

Controlled Items

Controlled items are allowed on-site. Visitors are prohibited from using audio, video or still imaging functions of these items while on-site. However, controlled items are prohibited from being introduced into any DoD closed and restricted area or any areas so designated by the visitor's host.

- Cell phones
- Cameras (still and video)
- Smartphones
- Video recorders and two-way pagers

Security reserves the authority to search all persons, vehicles and property per DoD 5220.22-M, NISPOM 5-103.



Driving Directions

Facility Address

1801 State Route 17C
Owego, New York 13827

GPS Latitude, Longitude

- Decimal: 42.094349, -76.220773
- D-M-S: 42° 5' 39.6", -76° 13' 14.7"

Greater Binghamton Airport (East)

(Greater Binghamton Airport is approximately 30 minutes/26 miles northeast of the RMS Owego facility)

- Start out going west on Airport Rd/County Hwy-69 toward Knapp Rd/County Hwy-73 - 7.5 mi
- Merge onto NY-17 W Southern Tier Expy W toward Elmira - 17.1 mi
- Take Exit 65 toward NY-17C/NY-434/Owego - 0.3 mi
- Turn right onto NY-434 Connector - 0.2 mi
- Take the 17-C ramp and go over the viaduct - 0.4 mi
- Turn left onto Lockheed Martin Lakeview Parkway and proceed to the Vehicle Control Facility on the right

Elmira Corning Regional Airport (West)

(Elmira Corning Regional Airport is approximately 45 minutes/46 miles west of the RMS Owego facility)

- Start out going northeast on Elmira Airport toward Schweizer Rd/County Hwy-43 - 0.3 mi
- Turn slight right onto Schweizer Rd/County Hw-43 - 0.1 mi
- Turn right onto Chambers Rd/County Hwy-35 - 0.6 mi
- Merge onto NY-17 E/Southern Tier Expy E (Crossing into Pennsylvania) - 23.1 mi
- NY-17 E/Southern Tier Expy E becomes PA-17E/Southern Tier Expy E (Crossing into New York) - 1.1 mi
- PA-17 E/Southern Tier Expy E becomes NY-17 E/Southern Tier Expy E - 19.5 mi
- Take the NY-434 exit, Exit 65, toward NY-17C/Owego - 0.08 mi
- Turn right onto State Route 434/NY-434 - 0.2 mi
- Take the 1st right onto NY-434 Connector - 0.3 mi
- Take the 17-C ramp and go over the viaduct - 0.4 mi



Driving Directions (Con't)

Ithaca Tompkins Regional Airport (West)

(Ithaca Tompkins Regional Airport is approximately 56 minutes/37 miles northwest of the RMS Owego facility)

- Start out going south on Warren Rd/County Hwy-121 toward Bomax Dr - 0.7 mi
- Turn right onto NY-13 S - 4.8 mi
- Stay straight to go onto W Clinton St/NY-96B. Continue to follow NY-96B - 0.7 mi
- Turn right onto S Aurora St/NY-96B. Continue to follow NY-96B - 18.8 mi
- NY-96B becomes NY-96 - 9.8 mi
- Turn right onto Main St/NY-96. Continue to follow Main St. - 0.06 mi
- Turn left onto Park St/NY-17C - 0.1 mi
- Turn left onto NY-17C/Front St. Continue to follow NY-17C - 2.5 mi
- Turn left onto Lockheed Martin Lakeview Parkway and proceed to the Vehicle Control Facility on the right

Syracuse Hancock International Airport (North)

(Syracuse Hancock International Airport is approximately 1 hour and 34 minutes/99.5 miles north of the RMS Owego facility)

- Start out going north on Col Eileen Collins Blvd toward Columbia Lane - 1.5 mi
- Take the I-81 S/US-11 ramp toward Mattydale - 0.6 mi
- Merge onto I-81 S via the ramp on the left toward I-90/Thruway/Syracuse - 77.0 mi
- Merge onto NY-17 W/Southern Tier Expy W toward Elmira/Owego - 19.4 mi
- Take Exit 65 toward NY-17C/NY-434/Owego - 0.3 mi
- Turn right onto NY-434 Connector - 0.2 mi
- Take the 17-C ramp and go over the viaduct - 0.4 mi
- Turn left onto Lockheed Martin Lakeview Parkway and proceed to the Vehicle Control Facility on the right

Wilkes-Barre/Scranton International Airport (South)

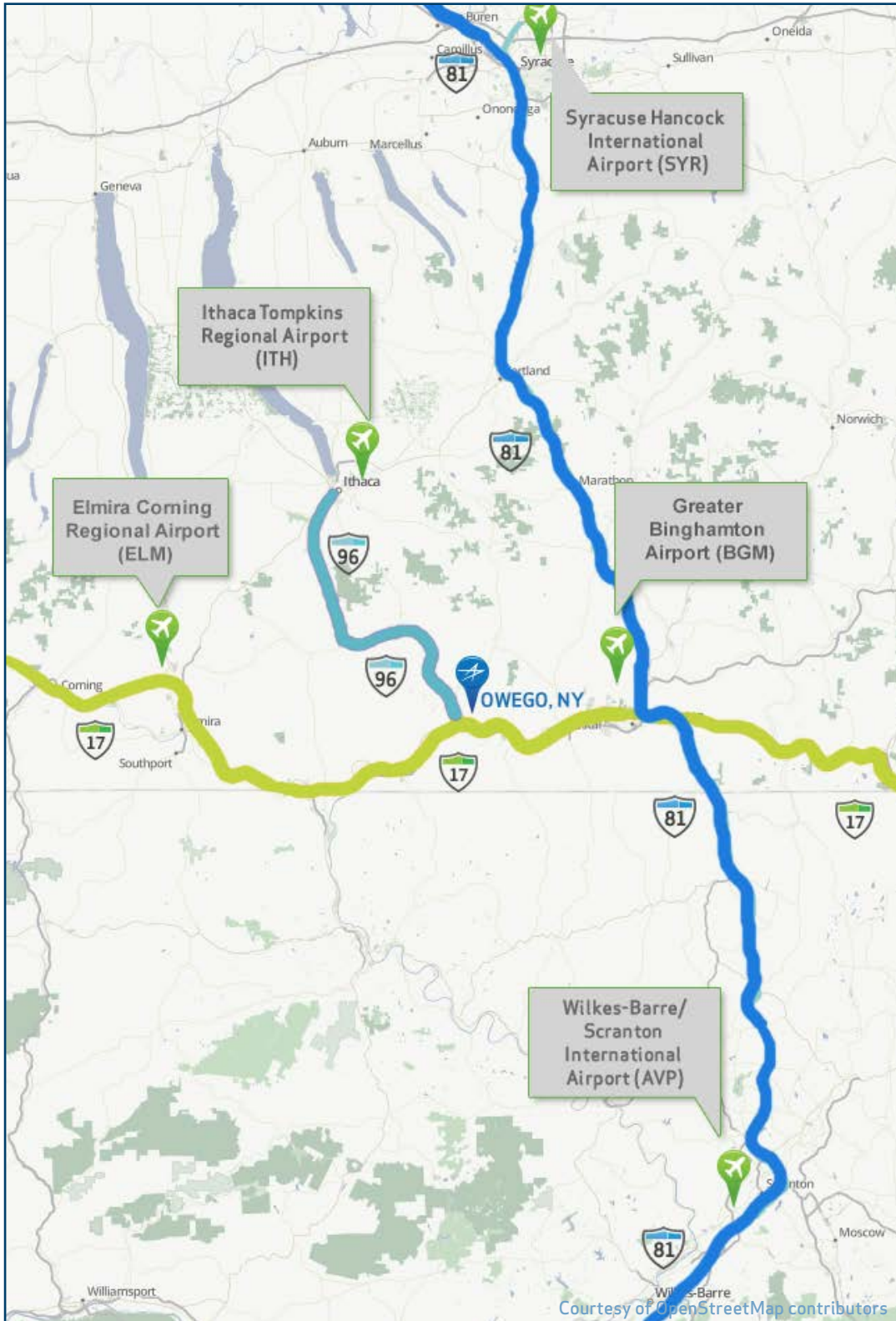
(Wilkes-Barre/Scranton International Airport is approximately 1 hour and 24 minutes/88 miles south of the RMS Owego facility)

- Start out going north on Spruce Street toward Terminal Drive - .01 mi
- Take the 1st left onto PA-315/Terminal Drive - .06 mi
- Merge onto I-81 N (Crossing into New York) - 67.7 mi
- Keep left to take NY-17 W/Southern Tier Expy W toward Owego/Elmira - 19.4 mi
- Take Exit 65 toward NY-17C/NY-434/Owego - 0.3 mi
- Turn right onto NY-434 Connector - 0.2 mi
- Take the 17-C ramp and go over the viaduct - 0.4 mi
- Turn left onto Lockheed Martin Lakeview Parkway and proceed to the Vehicle Control Facility on the right





Local Area Map





Airport Information

Greater Binghamton Airport (BGM)

<http://flybgm.com/>

Greater Binghamton Airport is approximately 30 minutes/26 miles northeast of the RMS Owego facility



Ithaca Tompkins Regional Airport (ITH)

<http://flyithaca.com/>

Ithaca Tompkins Regional Airport is approximately 56 minutes/37 miles northwest of the RMS Owego facility



Elmira Corning Regional Airport (ELM)

<http://www.ecairport.com/>

Elmira Corning Regional Airport is approximately 47 minutes/43 miles west of the RMS Owego facility



Syracuse Hancock International Airport (SYR)

<http://www.syrairport.org/>

Syracuse Hancock International Airport is approximately 1 hour and 30 minutes/100 miles north of the RMS Owego facility



Wilkes-Barre/Scranton International Airport (AVP)

<http://www.flyavp.com/>

Wilkes-Barre/Scranton International Airport is approximately 1 hour and 46 minutes/89 miles south of the RMS Owego facility





Transportation



(800) 331-1212
www.avis.com



(800) 527-0700
www.budget.com



(800) 261-7331
www.enterprise.com



(800) 654-3131
www.hertz.com



(800)227-7368
www.nationalcar.com

Taxi Service

<http://www.visitbinghamton.org/taxis/>

A1 Courtesy Cab

(607) 723-2000

Yellow Taxi

(607) 722-2322

Syracuse Regional Airport

Taxi

(315) 437-5555

Owego Taxi

(607) 687-1171

Charter Buses, Courtesy Cars, Limousines

<http://www.ridebcttransit.com/transit/greater-binghamton-transportation-center>

www.megabus.com

(607) 722-7553 or 1-877-462-6342

www.coachmasterlimo.com

(607) 748-2322 or 1-800-729-6364

www.greyhound.com

(607) 724-5542 or 1-800-231-2222

www.uptownlimo.com

(607) 723-0374

www.trailways.com

(607) 724-5542 or 1-800-776-7548

www.coachusa.com

(800) 631-8405

Towing Service - Beck's Towing

(607) 625-5653





Hotels



Comfort Inn Apalachin
7662 Route 434
Apalachin, NY 13732
607-625-4444
(20 miles BGM Airport; 7 miles RMS)



DoubleTree by Hilton Hotel Binghamton
225 Water Street
Binghamton, NY, 13901
607-722-7575
(11 miles from BGM Airport; 20 miles RMS)



Holiday Inn Downtown Binghamton
2-8 Hawley Street
Binghamton, NY 13901
607-722-1212
(10 miles BGM Airport; 21.8 miles RMS)



Fairfield Inn
864 Upper Front Street
Binghamton, NY 13905
607-651-1000
(10 miles BGM Airport; 22 miles RMS)



LaQuinta Inn
581 Harry L Drive
Johnson City, NY 13790
607-770-9333
(7 miles BGM Airport; 18 miles RMS)



Hampton Inn
630 Field Street
Johnson City, NY 13790
607-729-9125
(8 miles BGM Airport; 17 miles RMS)



Traditions at the Glen
4101 Watson Blvd.
Johnson City, NY 13790
(607) 797-2381
(8 miles BGM Airport; 20 miles RMS)



Holiday Inn Express
20 Hickories Park Road
Owego, NY 13827
607-687-9000
(26 miles BGM Airport; 1 mile RMS)



Red Roof Inn & Suites
1100 State Route 17C
Owego, NY 13827
607-687-4500
(26 miles BGM Airport; 1 mile RMS)



Hampton Inn
1030 State Route 17C
Owego, NY 13827
607-687-4600
(26 miles BGM Airport; 1 mile RMS)



Hampton Inn & Suites
3708 Vestal Parkway East
Vestal, NY 13850
607-797-5000
(7 miles BGM Airport; 16.5 miles RMS)



Residence Inn by Marriott
4610 Vestal Parkway East
Vestal, NY 13850
607-770-8500
(12 miles BGM Airport; 19 miles RMS)



Holiday Inn Express & Suites
2615 Vestal Parkway East
Vestal, NY 13850
607-348-0088
(9 miles BGM Airport; 17.5 miles RMS)



Quality Inn & Suites
4105 Vestal Parkway East
Vestal, NY 13850
607-729-6371
(11 miles BGM Airport; 17 miles RMS)



Courtyard Binghamton
3801 Vestal Parkway East
Vestal, NY 13850
607-644-1000
(12 miles BGM Airport; 16.5 miles RMS)





Dining

Owego Site Cafeteria

The Owego site cafeteria offers meal services to the main campus along with in-house catering.

Hours of Operation for the Site Cafeterias				
Cafeteria Location	Hot Breakfast	Continental Breakfast	Lunch	Refresh/Self-Serve Market
201 Café	6:30 a.m. - 9:30 a.m.	9:30 a.m. - 11:00 a.m.	11:00 a.m. - 1:00 p.m.	24 hours-a-day/7 days a week
Café 101				24 hours-a-day/7 days a week
Building 080				24 hours-a-day/7 days a week
Building 001				24 hours-a-day/7 days a week
Victory Building				24 hours-a-day/7 days a week

Self-Serve Market is stocked with food and beverages including gourmet salads, entrees, wraps, sandwiches, fresh fruit, yogurt, hot and cold drinks, snack products and more.

Fine Dining

The Cellar

196 Front St, Owego, NY 13827
607-687-2016

<http://www.thecellarrestaurant.net>

Lampy's Mediterranean Grill

105 East Main St, Endicott, NY 13760
607-748-5200

<http://lampysrestaurant.com/>

Tony's Italian Grill

2315 East Main St Endwell, NY 13760
607-785-3750

<http://tonysitaliangrill.com/index2.html>

Remlik's

31 Lewis Street, Binghamton, NY 13901
607-217-4513

<http://www.remliks.com/menu.php>

The River's Edge (@ Red Roof Inn & Suites)

1100 State Route 17C, Owego, NY 13827
607-687-4500

<http://www.owegotreadway.com/tavern.htm>

Nirchi's on the Avenue

215 Washington Ave, Endicott, NY 13760
607-484-1604

<http://www.nirchisrestaurant.com/>

PS Restaurant

100 Rano Blvd #8, Vestal, NY 13850
607-770-0056

<http://www.psrestaurant.com/>

Number 5

33 South Washington St, Binghamton, NY 13903
607-723-0555

<http://number5restaurant.com/>





Casual Dining

Calaboose Grille

176 Main Street, Owego, NY 13827

607-223-4522

<http://www.calaboosegrille.com/>

Las Chicas Taqueria

208 Front St, Owego, NY 13827

607-687-4400

Lost Dog Café

222 Water St, Binghamton, NY 13901

607-771-6063

<http://lostdogcafe.net/index.php/menu>

Mad Moose

53 Chenango Street, Binghamton, NY 13901

607-723-3470

Red Lobster

1200 Vestal Parkway East, Vestal, NY 13850

607-754-3787

<http://www.redlobster.com/menus/Default.asp>

Pizzeria Uno

2503 Vestal Parkway East, Vestal, NY 13850

607-770-7000

<http://318.unotogo.com/zgrid/proc/site/sitep.jsp>

Tully's Good Times

4700 Vestal Parkway, Vestal, NY 13850

607-644-1030

<http://www.tullysgoodtimes.com/ordereze/Content/29/PageDetails.aspx>

Tioga Trails Café

50 Lake Street, Owego, NY 13827

607-687-7195

<http://www.tiogatrailscafe.com/>

Kampai Japanese Steakhouse

108 N Jensen Rd, Vestal, NY 13850

607-798-7521

<http://www.kampaijapanesesteakhouse.com/>

Burger Monday's

53 Chenango Street, Binghamton, NY 13901

607-723-3470

<http://www.burgermondays.com>

Olive Garden

1112 Vestal Parkway East, Vestal, NY 13850

607-748-5840

<http://www.olivegarden.com/Menu>

TGI Friday's

2445 Vestal Parkway East, Vestal, NY 13850

607-798-0200

<http://www.allmenus.com/ny/vestal/75786-tgi-fridays/menu/>

Five Guys Burgers & Fries

4700 Vestal Parkway E #15, Vestal, NY 13850

607-770-7005

<http://www.fiveguys.com/menu.aspx>

Outback Steakhouse

3140 Vestal Parkway E, Vestal, NY 13850

607-766-9915

<http://www.outback.com/restaurant/locations/ny/vestal/vestal/index.aspx>

Applebee's

3701 Vestal Parkway E #8A, Vestal, NY 13850

607-729-4311

<http://www.allmenus.com/ny/vestal/84875-applebees/menu/>

Ruby Tuesday's

Harry L Drive & Reynolds Road 2838, Johnson City, NY

13790

607-729-7550

<http://www.rubytuesday.com/menu>

Texas Roadhouse

4388 Vestal Parkway E, Vestal, NY 13850

607-729-8200

<http://www.texasroadhouse.com/menu>

Panera Bread

3700 Vestal Parkway E, Vestal, NY 13850

607-797-2163

<http://www.panerabread.com/menu/>

Ground Round

214 Reynolds Road, Johnson City, NY 13790

607-231-2020

<http://www.groundround.com/Menu/>

River Rock Café

(607) 223-4994

904 State Route 17C

Owego, NY





Dining, Hotel and Restaurant Map

OWEGO/APALACHIN

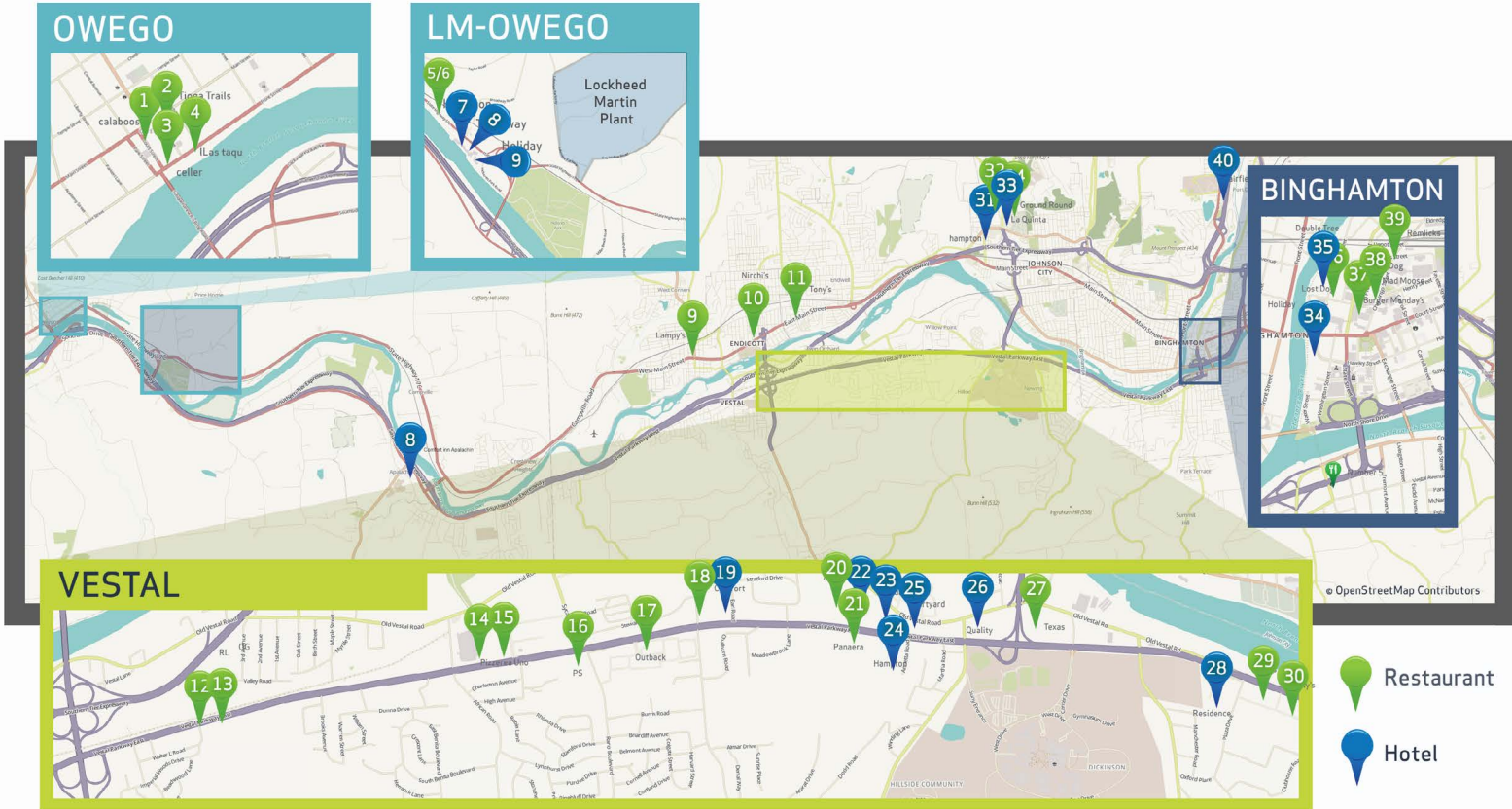
- | | |
|------------------------|--|
| 1. Calaboose Grille | 6. Hampton Inn |
| 2. Tioga Trails Cafe | 7. Red Roof Inn & Suites/
The River's Edge Dining |
| 3. The Cellar | 8. Holiday Inn |
| 4. Las Chicas Taqueria | |
| 5. River Rock Cafe | |

BINGHAMTON/JOHNSON CITY

- | | |
|---------------------------|---------------------|
| 31. Hampton Inn | 36. Lost Dog Cafe |
| 32. Ruby Tuesday's | 37. Burger Monday's |
| 33. La Quinta Inn | 38. Mad Moose |
| 34. Holiday Inn | 39. Remlik's |
| 35. Double Tree by Hilton | 40. Fairfield Inn |

VESTAL/ENDICOTT

- | | |
|--------------------------------|-------------------------------|
| 9. Lampy's Mediterranean Grill | 20. Applebee's |
| 10. Nirchi's on the Avenue | 21. Panera Bread |
| 11. Tony's Italian Grill | 22. Homewood Suites |
| 12. Red Lobster | 23. Holiday Inn |
| 13. Olive Garden | 24. Hampton Inn |
| 14. TGI Friday's | 25. Courtyard |
| 15. Pizzeria Uno | 26. Quality Inn |
| 16. PS Restaurant | 27. Texas Roadhouse |
| 17. Outback | 28. Residence Inn by Marriott |
| 18. Kampai Japanese Steakhouse | 29. Five Guys Burgers & Fries |
| 19. Comfort Suites | 30. Tully's Good Times |





City Information News and Weather

<http://www.weather.com/weather/tenday/13827>
<http://www.wbng.com/>

Visit Binghamton

<http://www.visitbinghamton.org/>

Historical Attractions

Susquehanna River Archaeological Center

345 Broad Street
Waverly, NY 18840
607-565-7960
www.sracenter.org

Bement-Billings Farmstead

Rt. 38
Newark Valley, NY 13811
607-642-9516
www.nvhistory.org

Tioga County Historical Society

110 Front Street
Owego, NY 13827
607-687-2460
www.tiogahistory.org

Discovery Center

60 Morgan Rd
Binghamton, NY 13903
607-773-8661
www.thediscoverycenter.org/

Roberson Museum & Science Center

30 Front Street
Binghamton, NY 13905
607-772-0660
www.roberson.org

Theater

Ti-Ahwaga Performing Arts Center

42 Delphine Street
Owego, NY 13827
607-687-2130
www.tiahwaga.com

Cider Mill Playhouse

2 South Nanticoke Avenue
Endicott, NY 13760
607-748-7363
<http://www.cidermillplayhouse.com/>

Forum Theatre

236 Washington Street
Binghamton, NY 13901
607-778-1369
www.broomearenaforum.com

Tri-Cities Opera

315 Clinton Street
Binghamton, NY 13905
607-729-3444
www.tricitiesopera.com

Cinema

Regal Cinemas

900 Front Street
Binghamton, NY 13905
(607) 724-1208

Loews Vestal Town Square 9 - AMC Theatres

2425 Vestal Parkway
Vestal, NY 13850
(607) 770-1930

Sports

Binghamton Mets

211 Henry Street,
Binghamton, NY 13901
607-723-METS (6387)
<http://www.milb.com/index.jsp>

Binghamton Senators

1 Stuart Street
Binghamton, NY 13901
607-722-7367
<http://www.binghamtonsenators.com/home/>

Country Clubs/Golf

<http://www.visittioga.com/Golfing/>

<http://www.golflink.com/golf-courses/city.aspx?dest=Binghamton+ny>





Health and Wellness

In case of emergency:

- Dial 911 from any facility phone.
- Evacuate at the nearest marked exit. The Public Address System is the primary means of announcing emergencies.

Medical Facilities

Broome County

<http://www.gobroomecounty.com/community/hospitals>

Lourdes Hospital

169 Riverside Dr
Binghamton, NY

www.lourdes.com

607-798-5111
(25 miles RMS)

United Health Services (Wilson Medical Center)

33-57 Harrison Street
Johnson City

www.uhs.net

607-763-6000
(18 miles RMS)

Endwell Family Physicians

415 Hooper Road
Endwell, NY

www.endwellfamily.com

607-754-3863
(16 miles RMS)

U.S. Dept. of Veterans Affairs

425 Robinson Street
Binghamton, NY

www.va.gov

607-772-9100
(24 miles RMS)

Tioga County

Guthrie Hospitals

<http://www.guthrie.org>

Corning Hospital
Robert Packer Hospital
Troy Community Hospital

Guthrie Apalachin

3 Tioga Blvd
Apalachin, NY
607-625-2136

www.guthrie.org/location/apalachin

(8 miles RMS)

Guthrie Athens

412 South Main Street
Athens, PA

570-888-9655
(25 miles RMS)

Lourdes Hospital Walk-In

500 5th Avenue
Owego, NY

www.lourdes.com

(2 miles RMS)

UHS Primary Care

42 West Main Street
Owego, NY

www.uhs.net

(3 miles RMS)





Health and Wellness (con't)

Pharmacies

Broome County

CVS Pharmacy

138 Vestal Pkwy West
Vestal, NY 13850
607-748-7421

Sam's Club - Pharmacy

2441 Vestal Pkwy East
Vestal, NY 13850
607-797-1370

Walmart Supercenter - Pharmacy

2405 Vestal Pkwy East
Vestal, NY 13850
607-798-1011

Weis Pharmacy • Binghamton

100 Rano Blvd Ste 4
Vestal, NY 13850
607-798-8878

Target - Pharmacy

3112 Vestal Pkwy E
Vestal, NY 13850
607-729-6204

UHS Pharmacy

4417 Vestal Pkwy East
Vestal, NY 13850
607-770-7358

Wegmans Pharmacy

650 Harry L Dr
Johnson City, NY 13790
607-729-7782

Walgreens

335 Main St
Johnson City, NY 13790
607-777-9801

CVS

245 Harry L Drive
Johnson City, NY 13790
607-729-3414

CVS

345 Main Street
Johnson City, NY 13790
607-729-6549

CVS

37 Riverside Drive
Johnson City, NY 13790
607-729-1588

Rite Aid

100 E. Main Street
Endicott, NY 13760
607-754-4594

Medicine Shoppe

519 Hooper Road
Endicott, NY 13760
607-748-7373

CVS Pharmacy

1000 North Street
Endicott, NY 13760
607-748-0302

Price Chopper Pharmacy

911 North Street
Endicott, NY 13760
607-748-8270

CVS Pharmacy,

840 Hooper Road,
Endwell, NY 13760
607-757-2618

Rite Aid Pharmacy,

511 Hooper Road,
Endwell, NY 13760
607-754-6880

Tioga County

CVS/PHARMACY

39 Park St
Owego, NY 13827
607-687-5623

Owego Pharmacy

1135 State Route 17C
Owego, NY 13827
607-687-8779

Rite Aid - Pharmacy

153 Main St
Owego, NY 13827
607-687-0891

Apalachin Pharmacy

6845 State Route 434
Apalachin, NY 13732
607-625-2129





Health and Wellness (con't)

Broome County - Fitness

Court Jester Athletic Club

216 Reynolds Road
Johnson City, NY 13790
607-729-9624
www.courtjesterac.com

American Family Fitness & Aerobics Center

1808 Vestal Parkway East
Vestal, NY 13850-1942
607-786-0800
www.americanwomanfitness.org

Planet Fitness

4700 Vestal Parkway East, Suite 1
Vestal, NY 13850-3770
607-644-0989
www.planetfitness.com/gyms/NY/Vestal

Boys & Girls Club of Western Broome

1 Club House Road
Endicott, NY
607-754-0225
www.bgcwb.org

Tioga County - Fitness

Four Seasons Fitness Studios

32 Lake Street
Owego, NY 13827-1325
607-565-4439

Tioga County Boys & Girls Club

201 Erie Street
Owego, NY 13827
607-687-0690
www.tiogabgca.org

Yaeman Athletics & Nutrition

103 Southside Drive
Owego, NY 13827

Broome County - Walking Trails

Rail Trail

Vestal, NY
<http://www.trailink.com/trail/vestal-rail-trail.aspx>

Walking/Hiking & Biking Trails

<http://www.visittioga.com/Hiking-/-Biking/>

Walking Trail Maps

www.trailink.com

Hiking in Broome County

www.cnyhiking.com/BroomeCounty.htm

Finch Hollow Nature Center

www.gobroomecounty.com/Departments>Parks&Recreation

Triple Cities Hiking Club

www.triplecitieshikingclub.org

Tioga County - Walking Trails

Owego Riverwalk

<http://www.visittioga.com/Home-Slides/a-place-of-history.html>

Hiking/Biking-Tioga County, NY

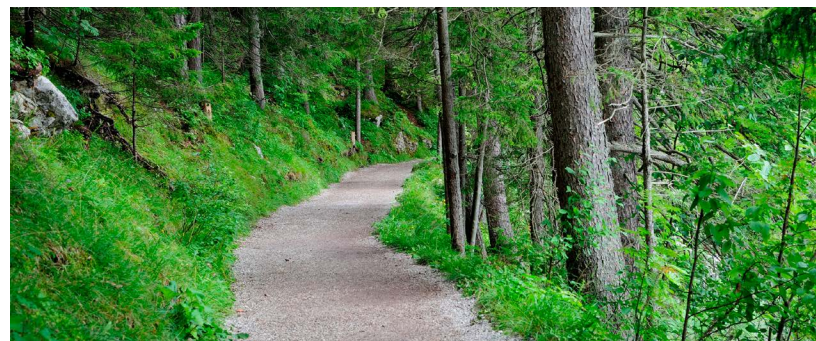
www.visittioga.com/Hiking-/-Biking

Waterman Conservation Center

403 Hilton Road
Apalachin, NY 13732
607-625-2221
www.watermancenter.org

Hiking Trail Maps

www.outdoors.org





Owego, NY Map



Courtesy of OpenStreetMap contributors

© OpenStreetMap contributors

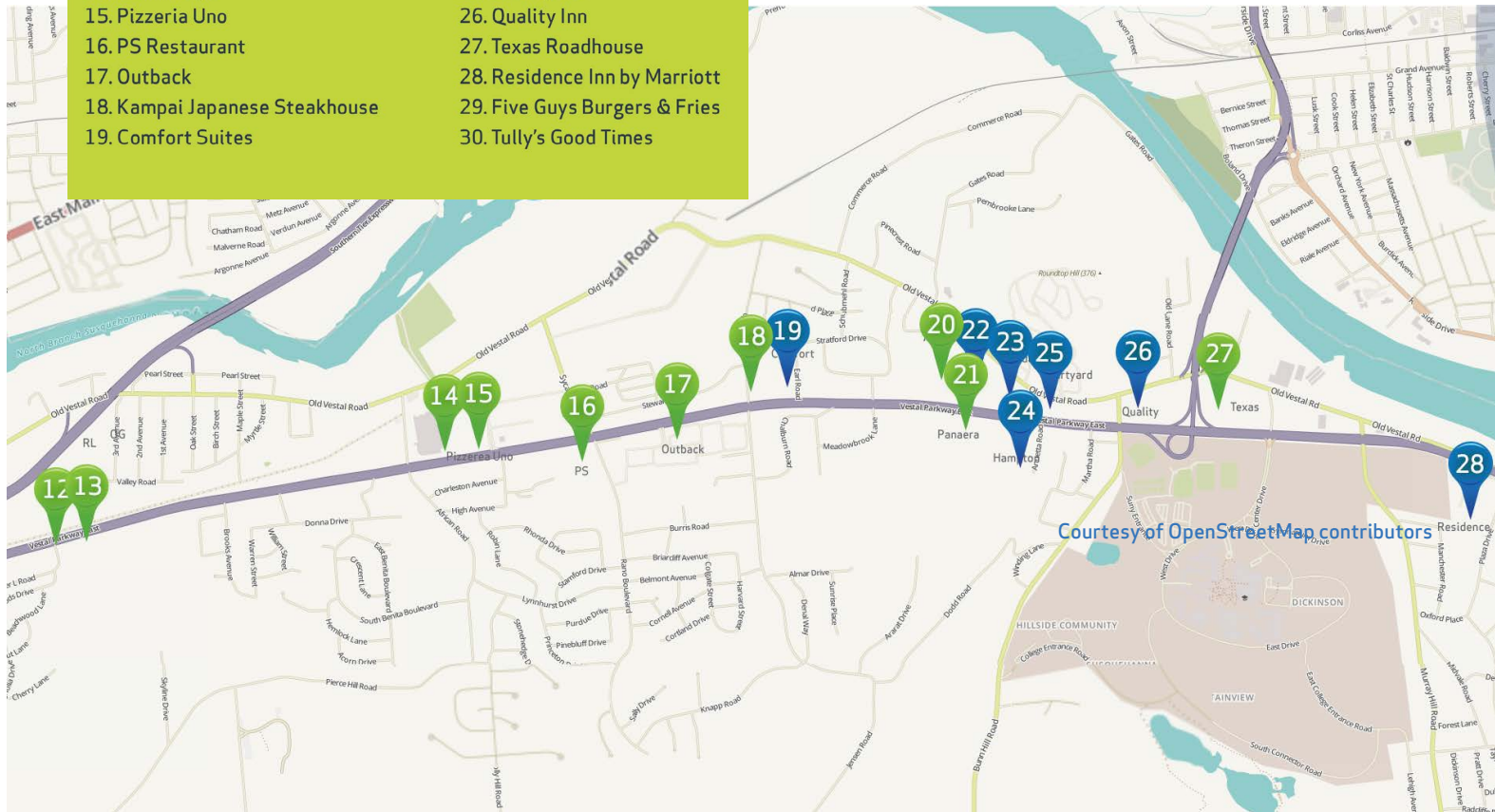




Vestal, NY Map

VESTAL/ENDICOTT

- | | |
|--------------------------------|-------------------------------|
| 9. Lamy's Mediterranean Grill | 20. Applebee's |
| 10. Nirchi's on the Avenue | 21. Panera Bread |
| 11. Tony's Italian Grill | 22. Homewood Suites |
| 12. Red Lobster | 23. Holiday Inn |
| 13. Olive Garden | 24. Hampton Inn |
| 14. TGI Friday's | 25. Courtyard |
| 15. Pizzeria Uno | 26. Quality Inn |
| 16. PS Restaurant | 27. Texas Roadhouse |
| 17. Outback | 28. Residence Inn by Marriott |
| 18. Kampai Japanese Steakhouse | 29. Five Guys Burgers & Fries |
| 19. Comfort Suites | 30. Tully's Good Times |



Courtesy of OpenStreetMap contributors

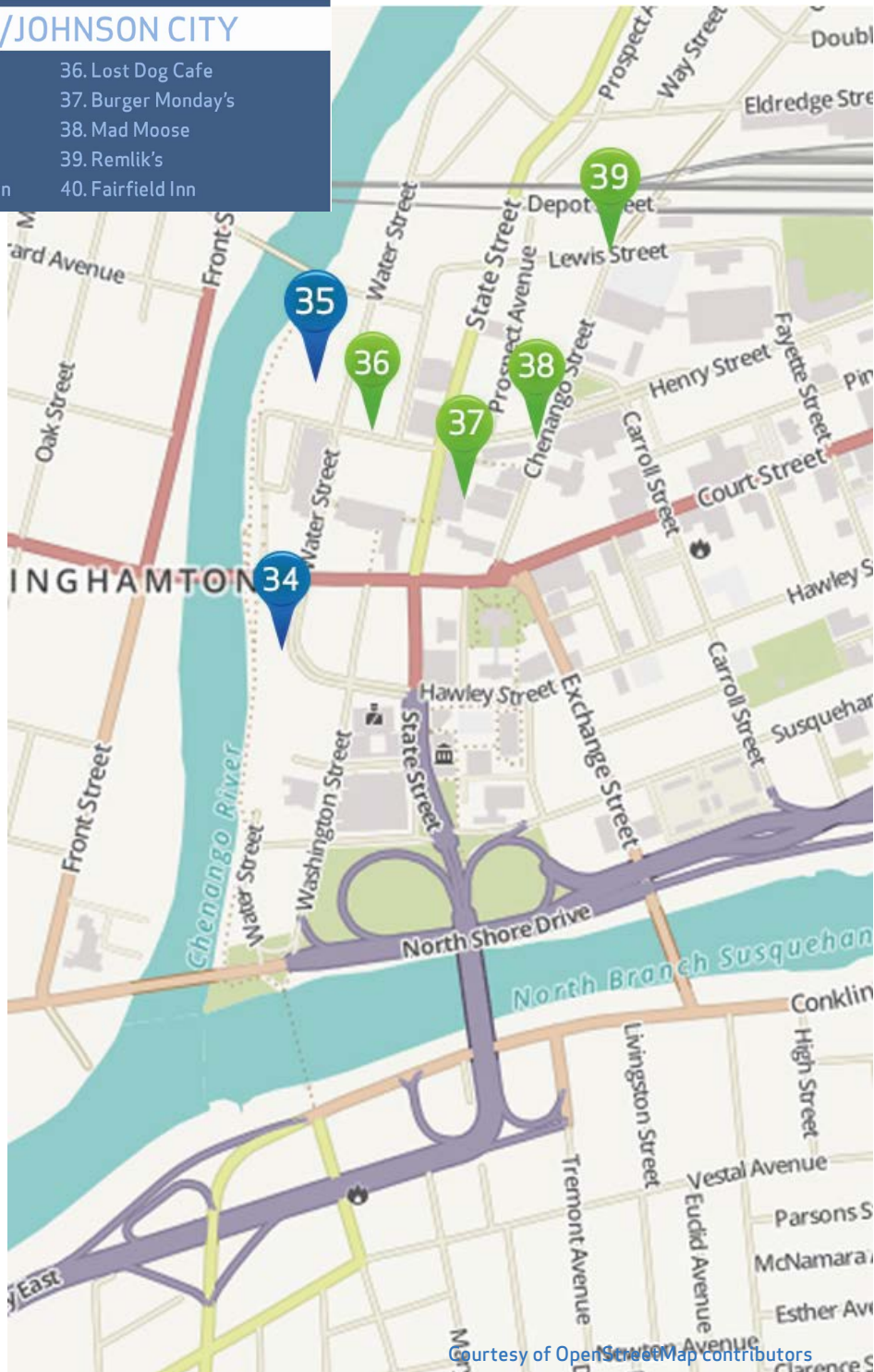




Binghamton, NY Map

BINGHAMTON/JOHNSON CITY

- | | |
|---------------------------|---------------------|
| 31. Hampton Inn | 36. Lost Dog Cafe |
| 32. Ruby Tuesday's | 37. Burger Monday's |
| 33. La Quinta Inn | 38. Mad Moose |
| 34. Holiday Inn | 39. Remlik's |
| 35. Double Tree by Hilton | 40. Fairfield Inn |



Courtesy of OpenStreetMap contributors

