

“Giddy Up & Get Over It!”



Local Host: Changing Gaits, Inc.
Host Contact: 320-679-4468
Location: 27274 Monument Rd., Brook Park, MN 55007
Date & Time: September 23-25, 2010
8:00-5:00 Each Day

Accommodations:

- Grand Northern Inn – 604 Weber Ave. S., Hinckley, MN 55037 (800)468-3517 Rates from \$56
- Days Inn - 104 Grindstone Court, Hinckley, MN 55037 (320) 384-7751 Rates from \$63
- AmericInn – 1877 Frontage Rd., Mora, MN 55051 (320) 679-5700 Rates from \$85.

Directions to Hotels from Minneapolis-St.Paul Airport (MSP)

Hinckley, MN Hotel Folks:

1. Start out going northwest on Glumack Dr. (0.2 miles)
2. Turn slight left toward Parking. (0.5 miles)
3. Stay Straight to go onto Glumack Dr. (0.2 miles)
4. Merge onto MN-5 E toward MN-55/St. Paul/Minneapolis (3.9 miles)
5. Merge onto I-35E N. (4.2 miles)
6. Keep left to take I-35E N via Exit 242B. (5.1 miles)
7. Take the I-694 W/US-10 exit, Exit 113. (0.4 miles)
8. Merge onto I-35 E N.(14.7 miles)
9. I-35E N becomes I-35 N. (55.4 miles)
10. Take the MN-48 exit, Exit 183, toward CR-61/Hinckley (0.2 miles)
11. Turn right onto Fire Monument Rd/MN-48

Grand Northern Inn folks proceed 0.1 miles further and turn right onto Weber Ave. S.
84.73 miles | 1hr. 26 min.

Mora, MN Hotels:

1. Start out going northwest on Glumack Dr. (0.2 miles)
2. Turn slight left toward Parking. (0.5 miles)
3. Stay Straight to go onto Glumack Dr. (0.2 miles)
4. Merge onto MN-5 E toward MN-55/St. Paul/Minneapolis (3.9 miles)
5. Merge onto MN-55W toward MN-62/Minneapolis (6.7 miles)
6. Merge onto I-35W N (12.2 miles)
7. Merge onto US-10W via Exit 30 toward Anoka. (2.8 miles)
8. Merge onto MN-65 N. (53.3 miles)
9. Turn left onto Frontage Rd. (0.2 miles)

76.96 miles | 1 hr. 35 min.

Seminar Data Sheet

Directions from Hotels to Changing Gaits, Inc.

From Hinckley Hotels:

1. Head left on Fire Monument Rd./Co. 48
2. Turn left onto Interstate 35 South.
3. Take Exit 180-MN 23 W/Co. 61, turn right and continue to follow MN 23 W (6.5 miles)
4. Turn left at Co. 126 (3.8 miles)
5. Turn left at 27274 Monument Rd. Look for Changing Gaits sign by the road.

11.03 miles | 15 minutes

From AmericInn in Mora:

1. Head left on Nwy 65 N/MN 23. AT stop lights, veer right onto MN 23 W.
2. Continue on MN 23 W to Co. 126 (11.1 miles)
3. Turn left onto Co. 126 (3.8 miles)
4. Turn left at 27274 Monument Rd. Look for Changing Gaits sign by the road.

13.81 miles | 19 minutes

Area Attractions

Grand Casino Hinckley Grand National Golf Course – Hinckley
Grand Cinema - Hinckley

Dining Options (lunches are included in the seminar fee)

Hinckley:	The Grand Grill	The Winds	Cassidy's
Mora:	Freddies	Gramma's	

Weather

September weather can vary greatly. Highs can still be in the upper 70s – lows usually in the 50s. Dressing in layers is recommended. We will be in an indoor arena, so rain will not be an issue.

What to Bring

- Layers of clothing
- Notetaking materials
- Brochures for your services (if any)
- Business Cards (if any)
- Articles for submission to the Equine-Assisted Networker (if any)
- Camera