



Giddy Up & Get Over It!

Local Host: Linda L. Smith, LCPC
Leg Up Counseling

Location: China Cat Stables
4831 Norrisville Road
White Hall, MD 21161

Date & Time: June 20-22, 2019 (Thurs. – Sat.)
9:00-5:00 Each Day

****Register directly with the O.K. Corral Series.**

Accommodation:

North of White Hall:

- Hampton Inn Shrewsbury - 1000 Far Hills Dr, New Freedom, PA 17349 (717) 235-9898 Rates from \$148
- Jackson House Bed & Breakfast - 6 Main St E, Railroad, PA 17355, (717) 227-2022 jacksonhousebandb.com Rates from \$149

South of White Hall:

- Courtyard by Marriott Hunt Valley - 221 International Cir, Hunt Valley, MD 21030 (410) 584-7070 Rates from \$103

Campsites within 20 miles – contact host for details!

Directions to Hotels from Baltimore Washington Int. Airport (BWI)

Hampton Inn Shrewsbury Folks:

1. Head southeast on Friendship Rd (56 feet)
2. Use the right 2 lanes to turn slightly right to stay on Friendship Rd (0.7 miles)
3. Keep left to stay on Friendship Rd (0.3 miles)
4. Continue onto I-195 W (signs for MD-170/Interstate 95/Annapolis/Baltimore/Washington/MD-295/170/Annapolis) (1.0 mile)
5. Take exit 2A for MD-295 N/Balt/Wash Pkwy toward Baltimore (0.7 miles)
6. Merge onto MD-295 N (6.2 miles)
7. Continue onto Russell St (0.9 miles)
8. Continue onto Eislen St (0.1 miles)
9. Continue onto S Paca St (361 feet)
10. Turn right onto W Pratt St (0.7 miles)

Seminar Data Sheet

11. Turn left onto S. Gay St. (0.4 miles)
 12. Use the left lane to take the I-83 N Ramp (0.3 miles)
 13. Merge onto I-83 N (8.9 miles)
 14. Keep right at the fork to stay on I-83 N, follow signs for I-695 E/Towson/York Pa (1.5 miles)
 15. Use the right 2 lanes to take exit 24 for I-83 N toward York Pa/Timonium (0.4 miles)
 16. Continue onto I-83 N (26.3 miles)
- Entering Pennsylvania**
17. Take exit 4 for PA-851 toward Shrewsbury (0.2 miles)
 18. Turn right onto PA-851 E (signs for Stewartstown) (0.2 miles)
 19. Turn left onto Wolfe Rd (0.1 miles)
 20. Turn left onto Far Hills Dr (0.1 miles)
 21. Turn left (492 feet)
 22. Turn left (59 feet)
 23. Turn right (164 feet)

Destination will be on the left

49.6 miles | 64 minutes

Jackson House B & B Folks:

1. Head southeast on Friendship Rd (56 feet)
2. Use the right 2 lanes to turn slightly right to stay on Friendship Rd (0.7 miles)
3. Keep left to stay on Friendship Rd (0.3 miles)
4. Continue onto I-195 W (signs for MD-170/Interstate 95/Annapolis/Baltimore/Washington/MD-295/170/Annapolis) (1.0 mile)
5. Take exit 2A for MD-295 N/Balt/Wash Pkwy toward Baltimore (0.7 miles)
6. Merge onto MD-295 N (6.2 miles)
7. Continue onto Russell St (0.9 miles)
8. Continue onto Eislen St (0.1 miles)
9. Continue onto S Paca St (361 feet)
10. Turn right onto W Pratt St (0.7 miles)
11. Turn left onto S. Gay St. (0.4 miles)
12. Use the left lane to take the I-83 N Ramp (0.3 miles)
13. Merge onto I-83 N (8.9 miles)
14. Keep right at the fork to stay on I-83 N, follow signs for I-695 E/Towson/York Pa (1.5 miles)
15. Use the right 2 lanes to take exit 24 for I-83 N toward York Pa/Timonium (0.4 miles)
16. Continue onto I-83 N (26.3 miles)

Entering Pennsylvania

Seminar Data Sheet

17. Take exit 4 for PA-851 toward Shrewsbury (0.2 miles)
18. Turn left onto PA-851 W/E Forrest Ave
(Signs for New Freedom/Shrewsbury) (0.9 miles)
19. Turn left onto Park Avenue (456 feet)
20. Turn right onto PA-851 W/W Railroad Ave (1.1 miles)

Destination will be on the left

50.8 miles | 71 minutes

Courtyard by Marriott Hunt Valley Folks:

1. Head southeast on Friendship Rd (56 feet)
2. Use the right 2 lanes to turn slightly right to stay on Friendship Rd (0.7 miles)
3. Keep left to stay on Friendship Rd (0.3 miles)
4. Continue onto I-195 W (signs for MD-170/Interstate
95/Annapolis/Baltimore/Washington/MD-295/170/Annapolis) (1.0 mile)
5. Take exit 2A for MD-295 N/Balt/Wash Pkwy toward Baltimore (0.7 miles)
6. Merge onto MD-295 N (6.2 miles)
7. Continue onto Russell St (0.9 miles)
8. Continue onto Eislen St (0.1 miles)
9. Continue onto S Paca St (361 feet)
10. Turn right onto W Pratt St (1.0 mile)
11. Turn left onto S Gay St. (0.4 miles)
12. Use the left lane to take the I-83 N ramp. (0.3 miles)
13. Merge onto I-83 N (8.9 miles)
14. Keep right at the fork to stay on I-83 N, follow signs for
I-695 E/Towson/York Pa (1.5 miles)
15. Use the right 2 lanes to take exit 24 for I-83 N toward
York Pa/Timonium (0.4 miles)
16. Continue onto I-83 N (5.5 miles)
17. Use the right two lanes to take exit 20A to merge onto
Shawan Rd. toward Cockeysville E (0.3 miles)
18. Merge onto Shawan Rd (0.3 miles)
19. Use the left 2 lanes to turn left onto McCormick Rd (0.1 miles)
20. Turn left onto International Cir (0.3 miles)
21. Turn left (52 feet)
22. Turn left (249 feet)

Destination will be on the right.

28.8 miles | 48 minutes

Seminar Data Sheet

Directions to China Cat Stables from Local Hotels

Hampton Inn Shrewbsury Folks:

1. Head east toward Far Hills Dr (164 feet)
2. Turn left toward Far Hills Dr (0.1 mile)
3. Turn right onto Far Hills Dr (394 feet)
4. Turn right onto Wolfe Rd (0.2 miles)
5. Turn left onto PA-851 E (4.1 miles)
6. Turn left onto W Pennsylvania Ave (0.2 miles)
7. Turn right onto PA-24 S/N Main St Continue to follow PA-24 S (3.1 mi)
8. Continue onto MD-23 S Entering Maryland (4.9 miles)

Destination will be on the left.

12.1 miles | 19 minutes

Jackson House B & B Folks:

1. Head east on PA-851E/Main St E toward Hill St. (1.1 miles)
2. Turn left onto Park Ave (456 feet)
3. Turn right onto PA-851 E /W Forrest Ave (5.1 miles)
4. Turn left onto W Pennsylvania Ave (0.2 miles)
5. Turn right onto PA-24 S/N Main St Continue to follow PA-24 S (3.1 mi)
6. Continue onto MD-23 S Entering Maryland (4.9 miles)

Destination will be on the left.

13.9 miles | 22 minutes

Courtyard by Marriott Folks:

1. Head southeast (13 feet)
2. Turn left toward International Cir (52 feet)
3. Turn right onto International Cir (0.2 miles)
4. Turn right onto International Dr (0.1 miles)
5. Turn right onto Shawan Rd (279 feet)
6. Use the right lane to merge onto I-83 N via the ramp to York (10. 2 miles)
7. Take exit 31 for Middletown Rd toward Parkton (0.2 miles)
8. Turn right onto Middletown Rd (signs for Middletown Road E/Parkton) (0.7 miles)
9. Turn right onto MD-45 S (0.3 miles)
10. Turn left onto Wiseburg Rd (1.4 miles)
11. Turn right to stay on Wiseburg Rd (0.4 miles)
12. Turn left onto White Hall Rd (4.5 miles)
13. Turn left onto MD-23 N (2.4 miles)

Seminar Data Sheet

Destination will be on the right.
21 miles | 28 minutes

Area Attractions

Heritage Rail Trail County Park Merryman Park The Piano Museum
Ivory Mills Gunpowder Falls Trail & State Park Marine Mammal Pavilion
The Fun & Fit Factory Sky Zone Trampoline Park

Dining Options (lunches are included in the seminar fee)

South of White Hall:

Casa Mias Restaurant Chesapeake Farm to Table Woodfire Kitchen
Manor Tavern Milton Inn The Peppered Pig Madonna Seafood Restaurant

North of White Hall:

Freeland Crab and Seafood Gunpowder Falls Brewing Bubba D's Pizza
J & B's Grill Coachlight Restaurant Samurai Hibachi Sushi Steakhouse

Weather

White Hall, Maryland in late June can be warm and humid, and features highs in the 80s, and lows near 60, with a chance of rain. Dress casually in layers – we will be working in an outdoor arena.

What to Bring

- Layers of clothing – especially hats
- Sunscreen/Chapstick/Insect Repellant
- Notebook/writing instrument
- Brochures for your services
- Business Cards (if any)
- Camera