

# Giddy Up & Get Over It!



**Local Host:** Guy Kaufman, Changing Gaits, Inc.

**Location:** 27274 Monument Rd.,  
Brook Park, MN 55007

**Date & Time:** June 6-8, 2023 (Thurs. – Sat.)  
9:00-5:00 Each Day

**Trainer:** Greg Kersten

## **Nearby Accommodations:**

- Days Inn - 104 Grindstone Court, Hinckley, MN 55037 (320) 384-7751 Rates from \$110
- AmericInn – 1877 Frontage Rd., Mora, MN 55051 (320) 679-5700 Rates from \$124

## **Directions to Hotels from Minneapolis-Saint Paul Airport (MSP)**

### **Days Inn**

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

84.73 miles | 1hr. 26 min.

## ***Seminar Data Sheet***

### **AmericInn**

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.

### **Directions from Hotels to Changing Gaits**

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#### **From Days Inn**

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**

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**

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Grand Casino Hinckley

Grand National Golf Course

Hinckley Grand Cinema

### **Dining Options**

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**Hinckley:** The Grand Grill The Winds Cassidy's

**Mora:** Freddie's Gramma's

## *Seminar Data Sheet*

### **Weather**

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Early June in Brook Park can be cool but pleasant! Average highs are around 70, with lows in the mid-40s. There may be some humidity. Dressing in layers is highly recommended for chilly mornings! We will be in an indoor arena, so rain should not be an issue.

### **What to Bring**

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- Layers of clothing
- Sunscreen/Lip Balm/Insect Repellant
- Notebook/writing instrument
- Brochures for your services (if any)
- Business Cards (if any)
- Camera