

## Seminar Data Sheet



# Giddy Up & Get Over It!

**Local Host:** Rebecca Flanagan

**Location:** Stars and Strides Therapeutic  
Equine Center  
685 New Quarters Road  
Meadowbrook, WV 26330

**Date & Time:** May 15-17, 2026 (Fri. - Sun.)  
9:00 - 5:00 Each Day

**Trainer:** Heide Burch, Ph.D.

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

### Accommodation:

- Courtyard Marriot Bridgeport – 30 Shaner Dr. Bridgeport, WV 26330
  - 304-842-0444 ~Average \$165/nightly rate
- Hampton Inn Bridgeport - 1515 Johnson Ave Bridgeport, WV 26330
  - 304-842-9300 ~ Average \$166/nightly rate

### Directions to Hotels from Pittsburg International Airport (PIT)

\*\*we can also provide directions from 2 small, local airports that have large connectors

#### **Courtyard Marriott Folks:**

1. Head south	430 ft
2. Turn right toward Arrivals/Lower Service Rd	276 ft
3. Turn right onto Arrivals/Lower Service Rd	
4. Continue to follow Lower Service Rd	0.4 mi
5. Merge onto Airport Blvd	0.8 mi
6. Use the 2nd from the right lane to take the PA Turnpike 576 E ramp to US-22/Weirton	0.8 mi
7. Continue onto Pennsylvania Turnpike 576 E Toll road	17.0 mi
8. Take exit 18 to merge onto I-79 S	12.5 mi
9. Use the left lane to merge onto I-70 E/I-79 S toward New Stanton/Morgantown	3.6 mi
10. Take exit 21 for I-79 S	0.2 mi
11. Continue onto I-79 S Entering West Virginia	69.7 mi
12. Take exit 124 toward Jerry Dove Dr	0.4 mi
13. Merge onto WV-279 W	292 ft

## **Seminar Data Sheet**

14. Turn right onto Sweetbrier Ln	0.1 mi
15. Turn right onto S View Dr	259 ft
16. Turn right onto Shaner Dr	344 ft

106 miles | 1 hour 39 minutes

### **Hampton Inn Folks**

1. Head south	430 ft
2. Turn right toward Arrivals/Lower Service Rd	276 ft
3. Turn right onto Arrivals/Lower Service Rd	
4. Continue to follow Lower Service Rd	0.4 mi
5. Merge onto Airport Blvd	0.8 mi
6. Use the 2nd from the right lane to take the PA Turnpike 576 E ramp to US-22/Weirton	0.8 mi
7. Continue onto Pennsylvania Turnpike 576 E Toll road	17.0 mi
8. Take exit 18 to merge onto I-79 S	12.5 mi
9. Use the left lane to merge onto I-70 E/I-79 S toward New Stanton/Morgantown	3.6 mi
10. Take exit 21 for I-79 S	0.2 mi
11. Continue onto I-79 S Entering West Virginia	72.4 mi
12. Take exit 121 for County Rte 24/Meadowbrook Rd	0.3 mi
13. Take the ramp to Johnson Ave	112 ft
14. Turn left onto Johnson Ave	0.3 mi
15. Turn right at the 2 <sup>nd</sup> cross street onto Wakefield St	102 ft
16. Continue straight	62 ft

108 miles | 1 hour 41 minutes

### **Directions to Stars and Strides from Local Hotels**

#### **Courtyard Marriott Folks:**

1. Head northwest on Shaner Dr. toward S View Dr.	335 ft
2. Turn left onto S View Dr.	0.1 mi
3. Turn left onto White Oaks Blvd	0.3 mi
4. Turn left onto WV-279 E	0.4 mi
5. Use the right lane to merge onto I-79 S toward Clarksburg	2.4 mi
8. Take exit 121 on the right onto Meadowbrook Rd/County Hwy-24 toward Meadowbrook Rd	0.3 mi
6. Turn slight right onto Meadowbrook Rd/County Hwy-24	3.5 mi
7. Turn left onto New Quarters Rd	0.5 mi
8. Turn left onto New Quarters Rd	0.1 mi

Your destination is on the left

7 miles | 19 minutes

## ***Seminar Data Sheet***

### **Hampton Inn Folks**

1. Head southeast toward Johnson Ave	164 ft
2. Turn left onto Johnson Ave/County Hwy-24	0.3 mi
3. Continue onto Meadowbrook Rd	3.5 mi
4. Turn left onto New Quarters Rd	0.5 mi
5. Turn left onto New Quarters Rd	0.1 mi
Your destination is on the left	

3 miles | 7 minutes

### **Area Attractions**

- Veterans Memorial Park
- Clarksburg Splash Zone public swimming pool
- Meadowbrook Mall

### **Dining Options (lunches are included in the seminar fee)**

- The Wonder Bar Steakhouse
- Julio's Café
- Oliverio's Restaurant
- Cody's Restaurant

### **Weather**

The average temps for Bridgeport, WV in May are highs around 74 and lows around 51. This seminar will be held in an outdoor covered arena to ensure rain or shine the seminar will go on.

### **What to Bring**

- Layers of clothing, hats and gloves
- Lip balm, tissues, sunscreen
- Notebook
- Brochures for your services
- Business Cards (if any)
- Camera