

May 6-8, 2010- (Thurs- Sat) Boones Mill, VA- Part 1

Schedule: 8:30 a.m.- 5:00 p.m. daily (Lunches included!) (may end by 4:00 pm on day 3) Please plan on attending the entire time.

Liability: All participants will be required to sign a Release of Liability form at the training in order to participate. Please contact us if you have any questions or concerns.

HOST: Michelle Holling-Brooks 540-719-2171, (cell) 540-493-0497, mhollingbrooks@UnbridledChange.org

FACILITY: Unbridled Change's Farm: Halterman Arena – 1176 White Oak Road, Boones Mill, VA 24065 (do not Mapquest to final location it will bring you in the long way!)

AIRPORT(s): **Roanoke Regional Airport** distance: Approximately 20 miles Travel Time:20-30 minutes from the airport to the facility.

DIRECTIONS: From Roanoke Airport: Take I-581 South toward Downtown Roanoke. I-581 will turn into route 220 South toward Rocky Mount, VA . (581 will merge from a highway to route 220 there will be a Lowes, HomeDepot, Walmart and other box stores when it first merges down). Stay on 220 for about 10 miles - cross the county line into Franklin Co and the town of Boones Mill. Just after the light turn an immediate left over the bridge onto Church Hill Street (at Jack Garst Agency or Southern States). At the stop sign turn right on to Boones Mill Road. Go 2 miles and turn right onto White Oak Road. Go about 1.7 miles and turn right into the Unbridled Change's parking lot for the Halterman arena.

From Rocky Mount - Take 220 North toward Roanoke. Turn right onto Chapel Hill Road (just past Cannaday's and before the light, at Jack Garst Agency or Southern States). Turn right onto Boones Mill Road. Go 2 miles and turn right onto White Oak Road. Go about 1.7 miles and turn right into the Unbridled Change's parking lot for the Halterman arena.

There are signs up once you are off route 220, to help lead the way.

HOTEL(s): *The three Roanoke Hotels are all about 20 minutes from the facility and about 10 minutes from the airport.* (Directions from the airport – Take I-581 south toward Down town Roanoke. Take exit the exit for Electric Road/419 turn right at the bottom of the ramp for Sleep Inn and the Holiday Inn turn left for the Quality Inn. To get to Unbridled Change just get back on 220 south toward Rocky Mount and follow directions above)

Holiday Inn Tanglewood, 4468 STARKEY RD SW Roanoke, VA 24014 about \$91 a night

Quality Inn Tanglewood, 3816 FRANKLIN RD SW Roanoke, VA 24014, about \$65 a night

Sleep Inn Tanglewood, 4045 ELECTRIC RD Roanoke, VA 24018, about \$80 a night

Rocky Mount, VA hotels are about 15 minutes from our facility and 35 minutes from the airport.

Holiday Inn Express Suites Rocky Mount, 395 OLD FRANKLIN TURNPIKE Rocky Mount, VA 24151 about \$91 a night

Comfort Inn, State Street, Rocky Mount, VA 24151

CLOTHING: We are in the mountains therefore it is a good idea dress in layers (cool in the mornings and evening). We have both indoor and outdoor facilities dress according to the weather at the time. The normal temps for spring are in the mid 60's-70's, summer 80-90 degrees, and in the fall it can vary from the 70's to the 50's, winter months are generally in the 40's. We do have both fans and heaters so in the winter our indoor is around 50 degrees.

CLOSE BY ATTRACTIONS: We are also only about 15 minutes from the West Lake area of Smith Mountain Lake that is a great vacation spot with weekly rentals available. Smith Mountain Lake – at beautiful place to relax and enjoy a wonderful mountain lake! Visit <http://www.smithmountainlake.com> of information about the area.