

# North Carolina 2nd Annual Regional Clean-Up Clinic

## **FINAL INFORMATION**



### FINAL SCHEDULE

Saturday, March 21, 2009

Level 10, 9, and 8's                      8:30am – 1:00pm

Level 7, 6, and 5's                        2:30pm – 7:00pm

**Where:**

**Foothills Gymnastics**

920 29<sup>th</sup> Ave. NE  
Hickory, NC 28601  
828-328-3794  
[www.foothillsgym.com](http://www.foothillsgym.com)

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QUESTIONS regarding the clinic should  
be directed to BENJI STERN @  
[benjistern@ncmensgymnastics.com](mailto:benjistern@ncmensgymnastics.com).  
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**Hotels:**

**Comfort Suites**

Exit 125 on I-40  
1175 13<sup>th</sup> Ave Dr SE  
Hickory, NC 28602  
828-323-1211

**Crowne Plaza**

Exit 125 on I-40  
1385 Lenoir Rhine Blvd SE  
Hickory, NC 28602  
828-323-1000

### **DIRECTIONS TO Foothills GYMNNASTICS -**

THERE ARE SEVERAL ROAD CLOSURES WHICH MAY PREVENT YOU FROM GETTING TO OUR FACILITY VIA MAPQUEST OR GPS DEVICES!! IF STAYING IN LOCAL HOTELS, THEN USE THESE DIRECTIONS FROM THERE AS WELL.

**FROM I-40 EASTBOUND:** TAKE EXIT 126. GO TO TOP OF RAMP AND TURN LEFT. FOLLOW THIS ROAD (McDONALD PARKWAY) FOR EXACTLY 5.2 MILES. JUST BEFORE REACHING THE FACILITY, YOU WILL PASS A LOWE'S FOODS STORE AND TABERNACLE BAPTIST CHURCH ON YOUR RIGHT. THE GYM IS JUST AHEAD ON YOUR LEFT.

**FROM I-40 WESTBOUND:** TAKE EXIT 126. GO TO TOP OF RAMP AND TURN RIGHT. FOLLOW THIS ROAD (McDONALD PARKWAY) FOR EXACTLY 5.2 MILES. JUST BEFORE REACHING THE FACILITY, YOU WILL PASS A LOWE'S FOODS STORE AND TABERNACLE BAPTIST CHURCH ON YOUR RIGHT. THE GYM IS JUST AHEAD ON YOUR LEFT.

**FROM HWY 321:** FOLLOW HWY 321 TO I-40. TAKE THE LOOP EAST TO STATESVILLE. FROM HERE, FOLLOW DIRECTIONS "FROM I-40 EASTBOUND".