



Winter 2010 Instructors' Intensive

LOCAL GUIDE

For Lodging, Transportation and other Logistics



Hosted by
Saint Louis
Ki Society

and Meramec Valley Ki Society

February 5, 6 & 7



Official Event Hotel

**Holiday Inn Select
Downtown St Louis**
811 North 9th St
ST. LOUIS, MO 63101

For Reservations:
Call (888) 465-4329
Or phone direct to the hotel
(314) 421-4000 – option 0
Ask for "In House
Reservations."
or register online from the MKF
website Intensive page.

Questions?

Contact Mark Rubbert with any
questions you might have about
lodging, transportation, things
to do, and places to go.

Email:

intensive2010@stlki.org

Phone: (314) 644-4435

The **Saint Louis Ki Society** and **Meramec Valley Ki Society** look forward to welcoming you to St. Louis and being your host throughout your stay here. We believe you will have a great training experience.

We have selected the Holiday Inn Select Downtown St. Louis as the official event hotel. The Inn is located in downtown St. Louis on the west side of the Convention Center (America's Center). Two blocks east is Washington Avenue where you will find a number of restaurants, coffee shops, pubs, specialty shops and galleries.

Hotel Information

The Holiday Inn Select Downtown is providing rooms with 2 double beds at a special rate of \$69/night plus tax, double or single occupancy. The Hotel has a restaurant with breakfast beginning at 6:30 am (not free). Parking with in-and-out privileges is \$10 a day. There is an indoor pool.

The Hotel is located at 811 North 9th Street on the west side of the convention center. It is 1.8 miles door to door to the Friends Meeting House where classes will be for the first two days. It is 7 miles from the Saint Louis Ki Society Dojo where classes will be on the last day. There will be a hotel shuttle to and from the training place Friday and Saturday.

Booking Information

Tell the hotel you're with Midland Ki Federation. The Group Rate code is "MKF". We have reserved 10 rooms at the special \$69 rate for the nights of Thursday February 4 through Saturday February 7. They will only hold the rooms through January 20th. To reserve, call the Holiday Inn directly at either number in the sidebar, tell them the nights you wish to reserve and guarantee it with a credit card. Additional rooms at the same rate may be available, as are early arrivals and later departures, but that is not guaranteed.

Additional Lodging

The Holiday Inn is the least expensive lodging option available near the training space. We promised to use at least 8 rooms, so take advantage of the convenience. Less expensive rooms may be available near in outlying areas but we cannot provide transportation.

Local Transportation

A rental car will not be necessary for the Intensive. There will be a hotel shuttle to and from the meetinghouse on Friday and Saturday. This will be augmented by local students as necessary. On Sunday we will arrange for local members to take you from the hotel to the dojo in the morning. We can provide transportation from the dojo to the MetroLink station a few blocks away after class on Sunday. If your flight is later in the evening, you can stay at the dojo until time to leave, or perhaps get a meal and come back.

We suggest taking the MetroLink Train from the Airport to the hotel. The main (red) line runs from Lambert-Saint Louis International Airport to Downtown Saint Louis. From the arrival gate follow the signs upstairs to the MetroLink Station. The train runs every few minutes and costs \$3 from the airport. Take the MetroLink train downtown to the convention center station at 6th Street and Washington Avenue. From there it is 5½ blocks to the Holiday Inn, 3 blocks west on Washington to 9th, right 2½ blocks on your left. You can walk, or taxis are available in front of the convention center.

Saturday Night Dinner/Party & Misc.

We will provide you with information about the **Saturday Night Celebration** when finalized. The event is likely to be held near the Hotel and transportation will be provided as needed. There will be a **Head Instructors' meeting** at the hotel on Friday at about 5:30pm.

The **weather** in Saint Louis can be anything from 0 to 75 in February, but will probably be in the middle of that, so dress warm.

What to bring

- *Jo, Bokken & Tanto (we will few extras available)*
- *Towel, swimsuit and shoes to wear in the water for Senshin no Gyo*

Event Locations

- *Friends (Quaker) Meeting House (first two days)*
 - 1001 Park Avenue, St. Louis, MO 63104
 - (314) 588-1122
- *St. Louis Ki Society Dojo (last day)*
 - 6006 Pershing Avenue, St. Louis MO 63112
 - (314) 726-5070

Driving directions

(To Holiday Inn Select)

From Kansas City

Take Interstate-70 E 246 miles;
Take Exit 249C (Broadway, Convention Center, Busch Stadium) 0.2 miles
Take N Broadway ramp 0.2 miles
Continue onto N Broadway 0.5 miles
Turn right onto Washington Avenue 0.3 miles
Turn right onto N. 9th 0.1 miles
EST. DRIVE TIME: 4 hours, EST. DISTANCE: 249 miles

From Chicago

Take I-55 S 290.1 miles
Take Exit 2C (M L King Bridge, Downtown St Louis) on right .6 miles
Take Martin Luther King Jr Bridge ramp 0.2 miles
Continue onto Martin Luther King Jr Bridge 1.0 miles
Turn left onto Cole Street <0.1 miles
Bear Right onto Broadway 0.3 miles
Turn right onto Washington Ave 0.1 miles
Turn right onto N. 9th 0.1 miles
EST. DRIVE TIME: 4 hours, 45 min. EST. DISTANCE: 296 miles

From the airport

Go South on Lambert International Blvd 0.1 miles
Turn left onto Lambert International Blvd (Natural Bridge Rd) < 0.1 miles
Take I-70 W ramp on right (Main Terminal, Garage Parking, Rental Car Return) 0.1 miles
Continue onto Airflight Dr < 0.1 miles
Take I-70 E (St Louis) ramp on right 13 miles
Take Exit 249C (Broadway, Convention Center, Busch Stadium) 0.2 miles
Take N Broadway ramp 0.2 miles
Continue onto N Broadway 0.5 miles
Turn right onto Washington Avenue 0.3 miles
Turn right onto N. 9th 0.1 miles
EST. DRIVE TIME: 20 min. EST. DISTANCE: 15 miles

(Hotel to the Dojo)

Go North on N 9th St 0.1 miles
Turn left onto Cole St 0.2 miles
Turn left onto N Tucker Blvd 0.7 miles
Turn right onto Clark Av 0.1 miles
Take I-64 W (US-40 W) ramp on left 1.4 miles
Take Exit 38A (Forest Park Av, Grand Blvd) on right 0.2 miles
Take Forest Park Av ramp 0.2 miles
Continue onto Forest Park Av; street becomes Forest Park Pkwy 3.8 miles
Turn right onto Des Peres Av
Turn left into parking lot at the side of the building.

(Hotel to Friends Meetinghouse)

Go North on N 9th St 0.1 miles
Turn left onto Cole St 0.2 miles
Turn left onto N Tucker Blvd 1.5 miles
Turn left onto Park Av 0.2 miles