

**Maine Driving Club**  
**Navigator Workshop**  
**Presented by: Andy Marcoux**  
**March 21, 2020**



The Maine Driving Club is excited to offer this informative and fun workshop. We are thrilled Andy has agreed to present and share his extensive knowledge. We are thankful to The Carriage Barn for hosting this event and look forward to working with The Carriage Barn crew. Thank you to all! It will be a good time of learning and socializing. Looking forward to seeing everyone!

**Location:** The Carriage Barn Equine  
Adaptive Therapy Programs  
10 Trundlebed Ln  
Kensington, NH 03833

**Time:** 11 a.m. — 3 p.m.

**Cost:** \$40 members/affiliates. \$50 non-members

**Lunch:** Coffee, tea, water, finger sandwiches, veggie platter  
(donations accepted).

**Registration:** Please send **registration** and **check** (payable to **Maine Driving Club**) to: Sondra Day  
2436 Kennebec Rd.  
Newburgh, ME 04444

Payment using PayPal on the MDC website is also an option.  
Choose “donation” to make payment.

**Description:**

This workshop is an opportunity to learn new, or refresh old, skills for keeping outings with your equines and friends safe and fun. All levels of drivers and navigators will benefit from this workshop. Participants will learn the importance of body position while on the carriage, whether driving the trails or in a competition such as a: CDE, ADT, or Derby.

Communication between driver and navigator is a must and will be a focus of discussion. Information will be shared by using visuals and hands on demonstrations with a carriage (not hitched to a horse). Participants will have an opportunity to experience the feeling of being on an unbalanced carriage, and how your position on the carriage can impact the outcome.

**About The Carriage Barn Equine Adaptive Therapy Programs:** The Carriage Barn Equine Adaptive Therapy programs seek to promote the health and well-being of individuals of all ages with disabilities by enhancing their physical, psychological, cognitive and emotional healing and strengthening through equine activities. Program activities further this purpose by utilizing horses to provide opportunities for individuals with disabilities to form unique relationships that nurture and empower them in a way that brings new insights, self-confidence, improved communication, and relaxation. In the context of a quiet, natural outdoor setting, these activities provide a serene learning environment. Our capital campaign is raising funds to purchase and upgrade the farm where we are currently located.

**Directions:**

**For GPS users, please use 10 Trundle Bed Lane, Kensington, NH. If GPS does not accept #10 use #21, which is the house across the street or Sawyer Park, which is on the same street.**

**From South (Boston area):**

**I-95** into NH (toward Portsmouth) to

**Exit 1** for NH-107 (Kingston)

**Left** onto **Route 107 North,**

Follow 2.8 miles to 4 way intersection (caution, cross traffic doesn't stop)

**Right** onto **Route 150 North,**

Follow 1.8 miles to **Trundle Bed Lane**

**Trundle Bed Lane is not marked.** There is a utility pole in the street & a large white house on the corner. If you see the library or elementary school you have gone too far.

**Left** onto **Trundle Bed Lane,** follow 0.4 mile

**Farm is on the left** just back the park. You will see paddock fencing on street. When you enter, sign will say **Trundle Bed Farm.** Park along the side of the storage trailer.

**From North (Kittery area):**

**I-95** into NH (past Portsmouth, toward Boston) to

**Exit 1** for NH-107 (Kingston)

**Right** onto Route 107 North,

Follow 2.6 miles

From this point, same as directions from South

(Updated: 1/19/20)

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11 to 3 p.m.**

**Name:** \_\_\_\_\_

**Amount Enclosed:** \_\_\_\_\_

**Member?** \_\_\_\_\_

**If paid by PayPal, please indicate:** \_\_\_\_\_

Workshop is \$40/members and affiliates.      \$50/non-members  
Checks payable to **Maine Driving Club.**

If paying by PayPal, please select “donation.”

If you have questions for Andy, feel free to include below. Or, you can ask them, in person, at the workshop.

**(Updated: 1/19/20)**