

**Spring in the South with Norman Welch, Godan  
30 April and 1 May 2016**

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## Schedule

**Please Note:** Like the past 3 years, we are **not** holding SIS at Duke University. The Duke School is a private K-8 school not far from the university. See directions below.

### **Saturday 30 April (Practices may run longer than listed)**

9:00-9:30 AM: Arrive at Duke School to check in and prepare for practice.

10:00-12:00 noon: General Practice

12:30-2:00: A boxed lunch will be served, to be eaten outside, weather permitting, or in the gym.

2:30-4:30 PM: General Practice

**Saturday Evening, 7:00-10:00 PM: Banquet at Mediterranean Deli (see map, page 4)**

### **Sunday 1 May**

10:00 AM -12:00 noon: General Practice

## Transportation

If you need transportation to practices or to the banquet, please contact Nora Favorov at 919-923-2772.

## Local Dining

**DURHAM (ALL WITHIN DURHAM'S 27705 ZIP CODE NEAR DUKE'S EAST CAMPUS, EXCEPT FOR GUGLHUPF AND FOSTER'S, WHICH ARE CLOSER TO DUKE SCHOOL AND DUKE'S WEST CAMPUS):**

### *Casual for Breakfast, Lunch or Dinner*

[Elmo's Diner](#) 776 9th St.; [Whole Foods](#) 621 Broad Street; [Guglhupf](#), 2706 Durham-Chapel Hill Blvd, Suite #1); [Foster's Market](#) 2694 Durham-Chapel Hill Blvd.; [Local 22](#), 2200 W. Main St.; [Mad Hatter](#), 1802 W. Main St.; [VINE Sushi & Thai](#), 207 Broad St.

### *Fine Dining*

[Parizade](#): 2200 West Main Street; [Vin Rouge](#): 2010 Hillsborough Rd.; [Blue Corn Cafe](#): 716 9th St.

### **ON FRANKLIN STREET (CHAPEL HILL'S HOT SPOT)**

*Walking distance from Quality Inn and Sheraton in Chapel Hill:*

[Bailey's Pub](#), 1722 N. Fordham Blvd.; [The Shops at Eastgate](#) also offer a number of dining opportunities.

### *Casual*

[Mediterranean Deli](#) (where we will hold our banquet) 410 West Franklin St.; [Carolina Brewery](#), 460 West Franklin St. (A Spring in the South Tradition); [Top of the Hill](#); corner of Franklin & Columbia; [Penguins Cafe](#) (at Whole Foods, 81 S. Elliott Rd, not far from the Sheraton or Quality Inn).

### *Fine Dining*

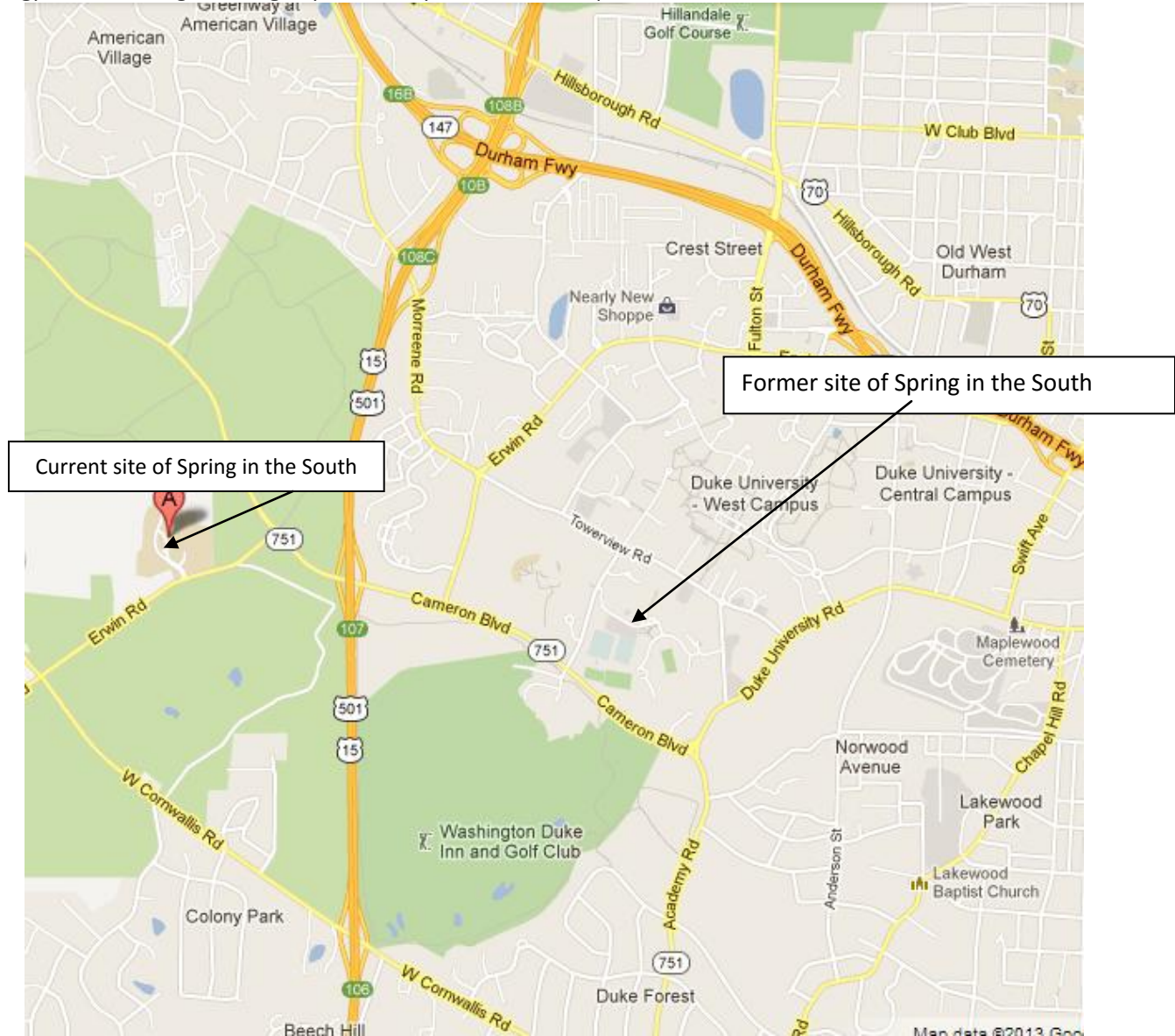
[The Lantern](#), 423 West Franklin St. (Japanese). Nationally renowned restaurant. May already be too late to make a reservation, but you can try; [Talulla's](#), 456 West Franklin St. (Turkish); [411 West](#), 411 W. Franklin; [Crooks Corner](#), 610 W. Franklin; [Elements](#), 2110 Environ Way (site of the 2013 banquet).

Questions or problems? Nora Favorov: 919-923-2772/chshotokan@gmail.com

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**Directions**

Duke School, 3716 Erwin Road, Durham, NC 27705. Maps from Quality Inn to Duke School and to Mediterranean Deli (site of the Saturday banquet) have been included on pages 3 and 4. Practices will be held in the middle school gym, the first large building to your left as you enter the campus.

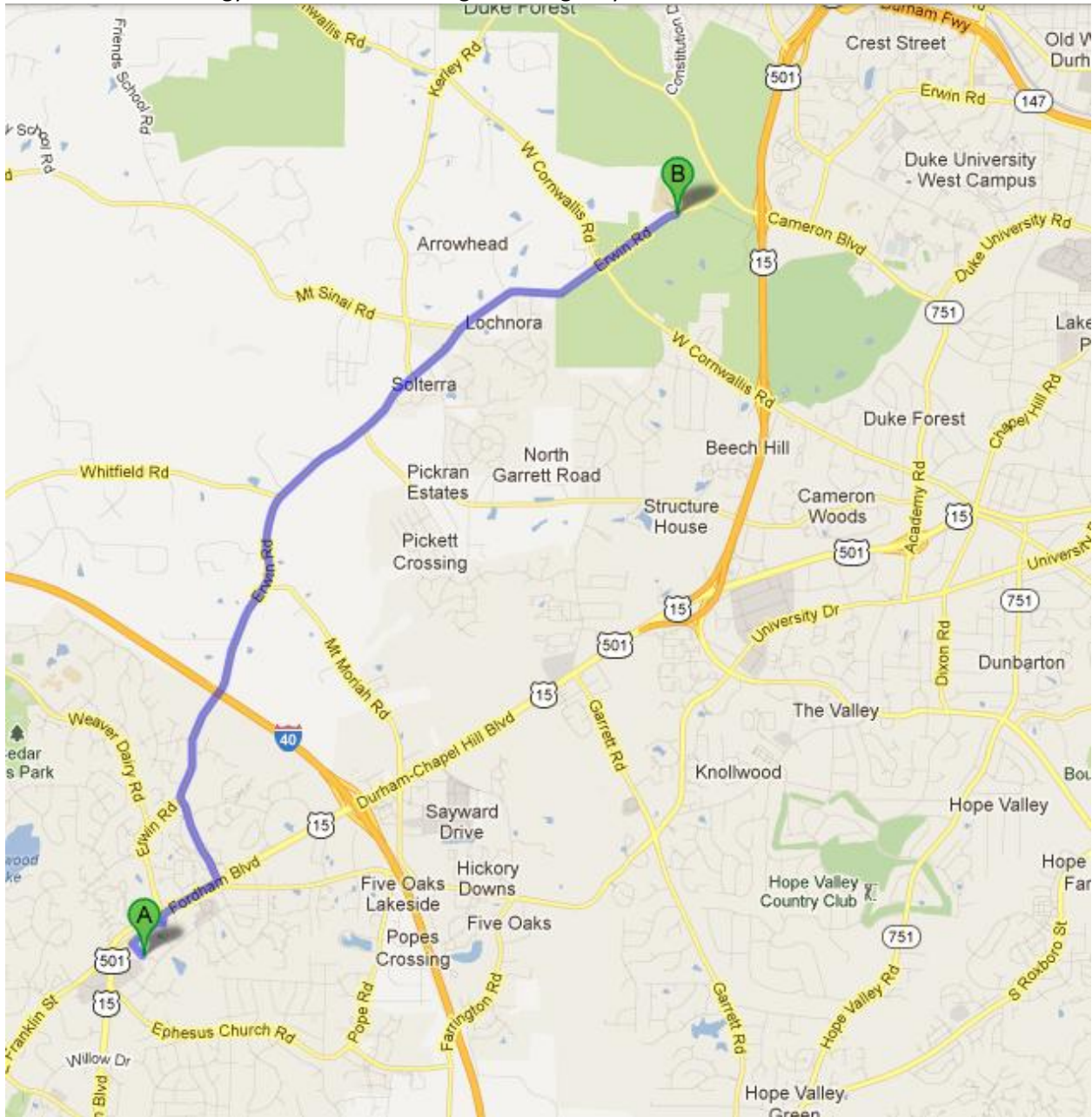


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**Directions from Quality Inn/Sheraton to Duke School:**

(From Quality Inn, take the service road north to Europa Drive and turn left at the Sheraton.)

1. Turn north (right) onto 15-501/Fordham Blvd. Immediately prepare to turn left onto Sage Road at the first light. (But be careful not to get into the left turn lanes to circle back south on 15-501.)
2. Turn right onto Erwin Road at the 2nd light.
3. The main entrance to Duke School will be on your left about 4.6 miles up Erwin.
4. The middle school gym will be the first large building on your left.





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**Directions from Quality Inn/Sheraton to Mediterranean Deli** (410 W. Franklin Street in downtown Chapel Hill).

1. Both the Sheraton and Quality Inn sit between 15-501/Fordham and Legion Road. To most easily get to Franklin Street, take the back way out of Quality Inn or, from the Sheraton, turn left onto Europa Drive and then make a right onto Legion Road.
2. Make a right onto Ephesus Church Road.
3. Drive through the traffic light at Fordham Blvd/15-501 and go through the Trader Joe's shopping center ([the Shops at Eastgate](#)) to Franklin Street.
4. Turn left onto Franklin Street and the Deli will be on your right after 3 miles. If you have trouble finding a parking spot, look for the valet parking stand on the same block as the Deli.
5. A map is provided below, but more detailed information on parking in downtown Chapel Hill can be found here: <http://www.parkonthehill.com/>

