

2018 UMECRA Convention Agenda and Meal Reservation

January 26-28, 2018 Rockford, IL

Hilton Garden Inn

Friday

2 PM Registration Opens

4:30 PM - Dr Garlinghouse - Nutrition Solutions for Performance Problems

6 PM AHDRA Meet and Greet

7 PM AHDRA Awards

After Awards – 8 PM (roughly) – Dr Garlinghouse - How to Feed the better bucket

Saturday

6 AM – UMECRA Board Meeting

9 AM – Dr Garlinghouse - Beating the Metabolic Pull

BOX LUNCH from hotel (no outside food allowed in)

11 AM – Dr Garlinghouse - Ten Things you can do better

1 PM - 4 PM – UMECRA Annual Meeting

5:30 - Cocktails

6:30 Dinner

7 PM – Young Riders World Championships Presentation

7:30 PM – Awards

SOCIAL

Sunday

AHDRA Annual Meeting

2018 UMECRA CONVENTION MENU

LUNCH

Box Lunch (Select one) All sandwiches served with a bag of chips, cookie and bottle of water

Turkey & Swiss Smoked Turkey, swiss cheese, lettuce, tomato and a pickle on wheatberry bread (\$17)

Ham and Salami Genoa Salami, ham, provolone cheese, lettuce, tomato and a pickle on wheatberry bread (\$17)

Vegetable Wrap Seasonal grilled vegetables tossed in roasted garlic and balsamic vinegar with lettuce and tomato wrapped in a southwest tomato wrap (\$20)

DINNER

ENTREES (Select one) All entrees are served with rolls and butter, house salad and Green Bean Almondine.

Pasta Bella Penne Pasta tossed with grilled vegetables, tomatoes and white beans (\$22)

Chicken Cordon Bleu Chicken breast stuffed with ham and provolone cheese (\$28)

Stuffed Pork Loin Medallions of sliced pork tenderloin with a pan dripping gravy and apple-cranberry stuffing (\$32)

Child's Plate (12 years and under) Chicken Strips, French fries, fruit cup and milk or juice (\$18)

Questions or other dietary needs? Email **Nicole Mauser-Storer**
(n.mauserstorer@huskers.unl.edu)

UMECRA 2018 Convention Meal Selections

All payments must be received NO LATER THAN JANUARY 1, 2018

Send your check made out to UMECRA to:

Nicole Mauser-Storer
201 S Cameron Ln
Bartonville IL, 61607

Please write each name on its own line and put an X in your selection.

LUNCH RESERVATIONS

Name(s)	Turkey	Ham	Vegetable	Cost
Total				

DINNER RESERVATIONS

Name(s)	Pasta	Chicken	Pork	Child	Cost
Total					

Total cost for food _____

\$5 convention fee for any attendees NOT purchasing a meal _____

Total amount Due _____