

2015 ARRM/MOHR Day at the Capitol

Tips & Planning Around the Capitol Construction

With construction underway at the Capitol and our rally at a new location this year, we are providing the following information and resources to make attending 2015 Day at the Capitol a little easier for our members.

WHAT TO EXPECT

- 10AM-11AM- Rally at the Armory, 600 Cedar Street, St. Paul, MN 55101
- As in previous years, ARRM/MOHR will schedule group appointments with legislators. Appointment information will be sent to members prior to March 10.
- Navigating the Capitol grounds may take longer than usual due to construction.
- Reviewing a map of the Capitol grounds ahead of time may be helpful.



State Office Building to St. Paul Armory- 0.3 mile
Minnesota State Capitol to St. Paul Armory- 0.4 mile

PARKING

Various accessible parking options are available for Day at the Capitol attendees.

- There are 10 public accessible parking spaces adjacent to the Capitol building, located on Aurora Avenue near the main south staircase. The metro mobility drop-off is also located in this area as well.
- There are 10 public accessible parking spaces on the first level of Ramp F, located south of Aurora Avenue on Rice Street – adjacent to the Department of Transportation building.
- There are 8 public accessible parking spaces in Lot AA, located on Rice Street, two blocks west of the Capitol building.
- There are 2 public accessible parking spaces on the orange level of the Centennial Parking Ramp on Cedar Street /Rev. Dr. Martin Luther King Jr. Blvd.

TRANSPORTATION

ARRM and MOHR have chartered four buses to help transport people between the State Office Building and Armory before and after the rally. Two are wheelchair accessible. There will be limited availability on a first come, first serve basis.

Our buses will continue to make loops to pick up/drop off passengers as follows:

9:00-10:00am: Pick-ups at the State Office Building with drop-offs at the Armory

11:00am-noon: Pick-ups at the Armory with drop-offs at the State Office Building

An alternative to taking a bus is to walk, or to have your driver drop people off at the Armory, park, and walk over. After the rally the driver can walk back to the vehicle, pick up attendees, and take them to the Capitol Complex or home.

THE ARMORY: 600 CEDAR STREET, ST. PAUL

- Our rally will be held at 10AM at the Armory which is next to the Centennial building. The site is fully accessible and restrooms will be available. Please enter through the main entrance facing Cedar Street.
- Day at Capitol folders/materials/buttons for attendees will be available at the Armory from 9:30am until noon.

STATE OFFICE BUILDING: 100 REV. DR. MARTIN LUTHER KING JR. BLVD, ST. PAUL

- The State Office Building is NOT under construction.
- ARRM has reserved Room 500 North at the State Office Building starting at 8am for members to pick up Day at Capitol folders/materials/buttons throughout the day before meeting with legislators.
- Accessible restrooms are available on each floor in this building.

CAPITOL BUILDING: 75 REV. DR. MARTIN LUTHER KING JR. BLVD, ST. PAUL

- The Capitol building is an active construction zone.
- The only accessible exterior entrance is under the main south staircase.
- The tunnel from the State Office Building to the Capitol is very narrow. It is difficult to impossible for two wheelchairs to pass.
- Restrooms – A very limited number of restrooms will be available during session.
 - Unisex accessible on 2nd floor
 - Restrooms in the Rathskeller Cafe (lower level)
 - Limited number of heated, accessible portable restrooms outside Capitol

FOOD OPTIONS: There is a cafeteria in the Transportation Building and the Rathskeller Cafe in the lower level of the Capitol building.

ADDITIONAL CONSTRUCTION INFO

For the latest updates including maps/photos visit: www.disability.state.mn.us/capitol-renovation/.

If you have questions about 2015 ARRM/MOHR Day at the Capitol, please contact Jessica Andrist/Sara Grafstrom at sgrafstrom@arm.org.