

# TRUDGING THE ROAD TO HAPPY DESTINY

## 2026 MEN'S RETREAT January 23rd - 25th, 2026

[www.trhdretreat.org](http://www.trhdretreat.org)

**Up North!**



2026 TRHD Registration



The retreat is held at modern and picturesque  
Horseshoe Bay Resort on Leech Lake near  
Walker, Minnesota

[www.horseshoebayresort.com](http://www.horseshoebayresort.com)

(800) 873-1229

**Directions from Twin Cities:** Take I-94 west toward St. Cloud, then Hwy 10 west to Little Falls, then Hwy 371 north (veer right off 10) thru Brainerd to Walker, then Hwy 200 east (right) ~1.5 mi., then take CR13 north (left) ~2 mi. and follow signs to resort. Maps: on our web site: [www.trhdretreat.org](http://www.trhdretreat.org)

### Schedule:

#### Friday

2:00 PM Check in begins  
9:00 PM Speaker Meeting

#### Saturday

8:00 AM Breakfast (donation)  
9:00 AM Topic Meeting  
11:00 AM Workshop  
Noon Lunch and afternoon open  
5:30 PM Banquet  
7:00 PM "Up Norte" Meeting

#### Sunday

8:00 AM Breakfast (donation)  
9:00 AM Gratitude Meeting  
Noon Check out

**Bring a swim suit, x-country skis, snow shoes, and/or instruments if you like.**

### Registration:

The 2 nights lodging, Saturday night banquet, use of common room, kitchen, pool, steam room and sauna, coffee, all taxes and fees. (Meeting/Meal Only fee = \$30.00).

**Online:** \$155 [trhdretreat.org/cost-registration](http://trhdretreat.org/cost-registration)  
OR

**Cash/Check:** Mail \$150 and completed form to:

**Jon Lundeen** OR  
12 Imperial Dr W  
West St. Paul, MN 55118  
(612) 817-2700

**Paul Overvoorde**  
1043 Burr St  
St. Paul, MN 55130  
(612) 802-8923

(Make checks payable to: TRHD Retreat)  
[TRHDretreat@gmail.com](mailto:TRHDretreat@gmail.com)

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

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

**Please register by  
JANUARY 12TH!**

**Registration Fee** \$150

**OR: Saturday only** \$30

**Add Scholarship Donation** \$\_\_\_\_\_

**Total included:** \$\_\_\_\_\_

**Make Checks Payable to TRHD Retreat**

**Scholarship:**

\_\_\_\_ I am applying for a Scholarship (Contact Paul O)

Amount requested: \$\_\_\_\_\_

\* Scholarship Funds limited based on availability

\* Scholarship requests must be made by January 12th.