

# Mayo Clinic Rochester

## Student Survival Guide



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# Useful links and resources when you move to Rochester

## Utilities

For a more comprehensive list of utility providers than the one below, search the official city website (<https://www.rochestermn.gov/>), the official county website (<https://www.co.olmsted.mn.us>) or a local phone book.

Graduate students are eligible to receive Mayo employee discount for a number of different services. To learn more, visit the “Leisure and Lifestyle Activities Calendar” (<https://leisurelifestyleactivities.mayo.edu>) and go to the “Discount Directory” page. Unfortunately, you will not have access to this page until after orientation.

## Cell Phone

- Mayo employees receive discounts on several cell phone companies:  
<https://discounts.leisurelifestyleactivities.mayo.edu/>

## Electricity, Water, and Sewer

- Rochester Public Utilities (RPU)  
<http://www.rpu.org> 800-778-3421

## Home Garbage and Recycling

- Waste Management  
<http://www.wm.com> 888-960-0008
- Advanced Disposal  
<https://www.advanceddisposal.com/mn/rochester/rochester-collection> 507-287-0793
- Sunshine Sanitation  
<http://sunshinesanitation.us/> 507-285-5550

## Local Recycling Center and Garbage

- Recycling Center:  
<http://www.co.olmsted.mn.us/environmentalresources/gabagerecycling/Pages/RecyclingCenterPlus.aspx>  
305 Silver Creek Rd NE, Rochester, MN 55906 (507) 328-7070

## Internet/Television/Phone

Many cell phone companies, such as Verizon and AT&T, now offer internet service. Check your cell phone provider to see if they offer competitive rates.

- Charter Communications  
<http://www.charter.com> 1-877-906-9121
- Century Link  
<http://www.centurylink.com> 1-877-417-3983
- Jaguar Communications  
<https://www.jaguarcommunications.com/> 507-361-1000  
(Note, not available in all areas of Rochester. Check service map for details.)

## Natural Gas

- Minnesota Energy Resources  
<http://www.minnesotaenergyresources.com> 800-889-9508

## Driver's License, Vehicle Registration, and Plates

Students in MN are not required to have an in-state driver's license or register their vehicle in Minnesota. If your car is registered out of state and you have family or someone with a fixed residence outside of MN, you can leave your car registered under their address. However, if you plan to own a house, obtaining a MN driver's license and homesteading your property can significantly reduce your property taxes (see House-Buying Tips).

If you are new to MN, see this link for information regarding MN license, ID, registering your vehicle, and insurance requirements: <https://dps.mn.gov/divisions/dvs/Pages/new-to-minnesota.aspx>

General information related to obtaining a MN driver's license can be found [here](#).

A test is required to obtain a MN driver's license. Getting a Minnesota driver's license requires taking a computerized ("written") test at the Olmstead County Government Center (151 4th St SE; 507-328-6000) or a Public Safety-Driver's License Station (see below for list of locations). Be sure to leave yourself plenty of time to take the test - the jokes about DMVs having long lines are true.

The MN Driver's Manual is available online: [https://dps.mn.gov/divisions/dvs/forms-documents/Documents/Minnesota\\_Drivers\\_Manual.pdf](https://dps.mn.gov/divisions/dvs/forms-documents/Documents/Minnesota_Drivers_Manual.pdf)

Certain information is required to obtain Minnesota plates and vehicle registration. Take your vehicle's title, your driver's license, insurance information, and loan information if applicable (name of loan holder, address, date of loan) to the Government Center (151 4th St SE) or other locations.

To find Public Safety-Driver's License Stations and see what services each station offers: <https://dps.mn.gov/divisions/dvs/locations/Pages/default.aspx>

Offices in Rochester:

### Driver's License

Public Safety Driver License Station  
1633 North Broadway  
(507) 285-7412

### Automobile Titles/Registration

1201 S. Broadway Ave.  
(507) 282-4711

1706 37th St. NW  
(507) 281-4746

7389 Airport View Dr. SW  
(507) 289-0994

For more information, refer to the following link at the MN DMV: <https://dps.mn.gov/divisions/dvs/Pages/default.aspx>

# Parking at Mayo

## General Parking and Transportation Intranet Page

<http://intranet.mayo.edu/charlie/parking-transportation-rst/> (link only available on a computer connected to the Mayo intranet)

## Student Parking

To register a vehicle for student parking, you must enter it into the license plate recognition system. You must use a Mayo PC to do this (module won't work on Mac) and you will need to log in with your LanID ("m number") and mayo password. In the module you will click "add vehicle", enter your car make/model/color, state, and your license plate number. Click "save vehicle". <http://javaproduct.mayo.edu/UntaggedVehicle/registerVehicle.htm>

Student parking allows you to park in the following shuttle lots during regular work hours (shuttle will drive from lot to downtown on regular schedule):

- East Off-Campus Parking Lot (Lot 35; Fullerton Lot) 44 4th St SE, Rochester, MN 55904 (behind/south of Porch and Cellar and Honest bike shop, across the street from Domino's)
- West Off-Campus Parking Lot (Lot 36) 2905 Country Club Rd SW, Rochester, MN 55902 (2nd St SW) (across from Rochester Indoor Tennis Club near Country Club Manor)
- Schedule: <http://intranet.mayo.edu/charlie/parking-transportation-rst/shuttles-2/shuttles/>
- Map: [http://intranet.mayo.edu/charlie/parking-transportation-rst/files/2018/11/Employee-Parking\\_MC1663-10rev01118.pdf](http://intranet.mayo.edu/charlie/parking-transportation-rst/files/2018/11/Employee-Parking_MC1663-10rev01118.pdf)

## Secondary Vehicles

You may register a "secondary vehicle" if you need to drive a different car than normal to school. You can register two vehicles but must select the vehicle you drive primarily as the default. If you drive the second registered vehicle, you must update the system accordingly by returning to the [Vehicle Registration intranet page](#) and switching your default from your primary to your secondary vehicle. Note that you need mayo intranet access to do this (i.e. you need to be at Mayo). Failure to switch to the secondary vehicle on the intranet site can result in a parking violation. An employee may only have one vehicle parked in Mayo lots at a time.

## Afternoon Parking and Evening/Night Parking

After 1:30 pm M-F, and all day on Mayo Holidays and weekends, the downtown Allied Health Staff lots (gated and ungated) are open to all employees. If the lot is gated, you will need to scan your badge to get in. Note that any parking spots marked "Consultant Only" are always enforced even when the lot is open to all staff. Students must not park in Patient parking.

On weekdays after 6 and all day on weekends the City of Rochester has free street (meters) and ramp parking.

## Car Starting/Unlocking and Security

<http://intranet.mayo.edu/charlie/parking-transportation-rst/parking-services/car-starting-door-unlocking/>

Car starting and door unlocking is free: 507-284-2511.

If anything looks suspicious, call Security at 507-284-2179.

## Mayo Shuttles and "Park and Ride" Lots

See <http://intranet.mayo.edu/charlie/parking-transportation-rst/shuttles-2/shuttles/> for schedules and map of the

free intercampus shuttles. The shuttles come approximately every 15 minutes during peak times (7-9am and 3-6pm) and every 30 minutes otherwise.

Mayo employees can also use Rochester Public Transit Service and Park and Ride lots available at several locations:

- Cub Foods (off Highway 14 East and 15<sup>th</sup> Ave. SE)
- Paragon Chateau Theater (Hwy 63 & E. Circle Drive)
- County Fairgrounds (S. Broadway & 14<sup>th</sup> St. SW)
- IBM (off Highway 52 North and 37th Street NW)
- Target South (off Highway 63)
- RCTC (Hwy 14 and College Dr.)

<https://www.rochestermn.gov/departments/public-transportation/how-to-get-around/park-and-ride-lots> for more information on times.

Map of shuttle lots and schedule: <http://intranet.mayo.edu/charlie/parking-transportation-rst/files/2017/10/Park-Ride-Guide-v8.pdf>

## Life Without a Car

Many have lived car-less without much trouble via using the bus system, biking, and walking.

### Rochester Public Transit

Find rates and bus route info at <http://www.rochesterbus.com>. For a free 20-punch bus passes (maximum of three per month) to get to and from Mayo, go to Parking and Card Access at Mayo Building, Lobby Level, Room L-88W (507-284-8513).

### Biking

Biking can be the quickest, most flexible transportation to and from class. Bike racks are located opposite the Hilton Building, on the south side of the Medical Science Building, the front entrance of the Baldwin Building and Ozmun Parking Ramp. Usually, gas stations have free air for tires. A bicycle parking map is available <http://mayoweb.mayo.edu/sp-forms/mc1600-mc1699/mc1663-11.pdf>

### Walking

The following “essentials” are located within walking distance of the campus. Also, don't forget about carpooling with other students.

### ATMs

Several in the Mayo and Gonda Subway levels (near Plummer building entrance) and in the Harwick basement

### Banks

A number of banks are located within walking distance of the downtown campus:

- [Mayo Employee Credit Union](#) (probably your best option if moving accounts to Rochester)
- [Wells Fargo](#)
- [Eastwood Bank](#)
- [Think Mutual](#)

### Drug Stores

- Eagle Drug (2nd St and 1st Ave SW)
- Walgreens  
1112 Civic Center Dr. NW  
80 14<sup>th</sup> St. SW
- Hy-vee pharmacies  
500 Crossroads Dr. SW  
500 37<sup>th</sup> St. NW  
4221 W. Circle Dr. NW

### Groceries

- People's Food Co-op (519 1<sup>st</sup> Ave SW) – Buy the student discount to join the co-op (5% off your groceries!)
- Fresh Thyme Farmers Market (40 17<sup>th</sup> Ave SW)
- Hy-vee (1315 6<sup>th</sup> St NW and 500 Crossroads Dr)
- Asian Food Store (1010 7<sup>th</sup> St NW)
- International Spices & grocery (125 E center St)
- Rice N Spice (810 S Broadway)

## Haircuts

- Blue H2O Salon (150 S Broadway)
- Kahler barber Shop (Kahler Grand Hotel basement)
- Sports Clips (414 Crossroads Dr)
- Great Clips (1201 S Broadway, 2840 41st St NW)

## Taxi and Shuttle services

For service within Rochester:

- UBER and Lyft are available at most hours of the day all year round
- Med City Taxi (507-282-8294)\*
- Yellow Cab (507-282-2222)\*

\*Wait times can be longer than 20 minutes sometimes. Make sure to call ahead if you need to get somewhere at a certain time.

For service to Mall of America, Minneapolis Airport, Rochester airport, La Crosse and Winona Amtrak:

[Groome Transportation](#)

[Rochester Shuttle Service](#)

\*Don't forget to use your Mayo Discount when booking the shuttle.

\*During holidays, book your shuttle when booking your flight tickets. Shuttle slots get sold out fast and you might not get the ideal shuttle time slot to reach the airport.

Bus from Rochester-Minneapolis:

Newly started Bus service from Rochester to Minneapolis by Jefferson Lines:

[https://www.jeffersonlines.com/?gclid=Cj0KCQjw4qvlBRDiARIsAHme6ovmsTzufj9NYdCpJxYH\\_GFDw\\_zvtrzRQERc\\_lkvDmM1Z0Yk554efcAaAhzrEALw\\_wcB](https://www.jeffersonlines.com/?gclid=Cj0KCQjw4qvlBRDiARIsAHme6ovmsTzufj9NYdCpJxYH_GFDw_zvtrzRQERc_lkvDmM1Z0Yk554efcAaAhzrEALw_wcB)



# Grocery Stores

## General

- **Trader Joes**  
1200 16th Street SW
- **Silver Lake Foods**  
1402 N Broadway
- **Super Wal-Mart**  
3400 55th St NW  
25 25th St SE
- **Hy-Vee**  
500 Crossroads Dr. SW  
500 37th ST NW  
1315 6th ST NW  
4221 W Circle Dr NW
- **Aldi**  
1201 South Broadway  
2215 Commerce Drive NW
- **Cub Foods**  
1021 15 Ave SE
- **Target**  
3827 Marketplace Dr. NW  
4611 Maine Avenue SE
- **People's Food Coop**  
519 1<sup>st</sup> Ave SW
- **Fresh Thyme Farmer's Market**  
40 17<sup>th</sup> Ave SW

## Wholesale

- **Costco**  
2020 Commerce Drive NW
- **Sam's Club**  
2410 55<sup>th</sup> Street NW

## Ethnic

### Asian

- **Asian Food Store**  
(1010 7th St NW) 507 536-9097
- **Asian Pacific Market**  
(4136 18th Ave NW) 507 281-2410
- **International Spices and Grocery** (125 E Center St) 507 288-8007 (Pakistani, Indian, Chinese)

### Indian

- **Rice N Spice**  
(401 S Broadway)

### Middle Eastern

- **Muna Halal**  
(1352 3rd Ave SE) 507 206-3396
- **Fiza Halal Grocery**  
(101 N S Broadway) 507 322-0111

### Mexican

- **El-Gallo Mexican Grocery**  
(1831 24th St NW) 507 529-1309
- **El Gallo Mexican Grocery #2**  
(2245 Park Lane SE) 507 289-0689

## Farmer's Market

Fresh produce is sold on Saturday mornings at 7:30 AM to noon from May to October at 4th St and 4th Ave SE:

<http://www.localharvest.org/rochester-downtown-farmers-market-M2615>

Indoor Winter Market is held November - April at Building 41, Olmsted County Fairgrounds, just a short distance south of downtown Rochester. Winter market schedules are posted on website

<http://www.localharvest.org/rochester-downtown-farmers-market-M261>

# Places for Lunch

## Coffee and Tea

- Bravo Espresso**  
 111 S Broadway #219 (in Shops at University Square)  
 There is an ongoing debate about if this is the best espresso in Rochester. It really is amazing!
- Caribou Coffee**  
 101 1st Ave SW (in Mayo Subway)  
 9 3rd Ave NW (near Methodist Hospital)  
 1147 2nd St SW (across from St. Mary's Hospital)  
 Sign up for Caribou rewards app! You get lots of great deals, and you get points for purchases that add up quickly to free coffee. It is also a good place to study and meet others for a study group.
- Steam**  
 315 S Broadway  
 Make sure you get your card punched when you buy a drink here! A fantastic place to meet with colleagues and friends.
- Starbucks**  
 20 2nd Ave SW In/Near Kahler Grand Hotel  
 There is also one in the visitor cafeteria off of Gonda! Good for a quick snack or drink before class.

## Employee Cafeterias

- Harwick, Methodist or St. Mary's Cafeteria**  
 These tend to be pretty busy during the lunch hours, but they are a reasonable price. They have a variety of options, and they have a rotating menu every week like greek food, BBQ, and fish.

## Downtown/St. Mary's Dining

Quick and Easy (\$)	Sit Down Dining (\$\$)
<b>China Star</b> - 405 1st Ave SW <b>City Market</b> - 212 1st Ave SW <b>Jimmy Johns</b> - 9 3rd Ave NW <b>Kabab</b> - 125 E Center St <b>Newts</b> - 216 1/2 1st Ave SW <b>Pho Chau</b> - 1014 N. Broadway Ave <b>Potbelly</b> - 318 1 <sup>st</sup> Ave SW <b>Taco JED</b> - 808 Broadway Ave S ** Food trucks during the summer	<b>Canadian Honker</b> - 1203 2nd St. SW <b>Chester's Kitchen</b> - 111 S Broadway #108 <b>Grand Rounds Brew Pub</b> - 4 3rd St. SW <b>Half Barrel</b> - 304 1st Ave SW <b>Hefe Rojo</b> - 216 1 <sup>st</sup> Ave SW <b>The Loop</b> - 318 1 <sup>st</sup> Ave SW <b>Mango Thai</b> - 318 S. Broadway <b>Pasquale's</b> - 130 5 <sup>th</sup> St. SW <b>Pescara</b> - 150 S Broadway <b>Porch</b> - 20 4 <sup>th</sup> St. SE <b>Redwood Room</b> - 300 1st Ave NW <b>The Tap House</b> - 10 3rd St. SW <b>Tonic Juice Bar</b> - 1217 2 <sup>nd</sup> St. SW <b>Twig's Tavern and Grill</b> - 401 6th St. SW <b>Victoria's Authentic Italian</b> - 7 1st Ave SW
Sit Down Dining (\$\$\$)	
<b>Terza Ristorante</b> - 3 <sup>rd</sup> St. SE <b>Bleu Duck</b> - 14 4 <sup>th</sup> St. SW	

# Winter Survival

## For You

**Buy a decent winter coat.** In Minnesota, there is no sales tax on clothes. Popular brands include Columbia and North Face.

**Cover your head.** Headbands and earmuffs help hold the warmth in, but stocking caps are best. Balaclava or face mask and eye protection may be necessary on the coldest days.

**Wear gloves or mittens.** Mittens are more effective in terms of warmth, but gloves are more functional.

**Get a good pair of winter boots.** Such boots will keep your feet warm while walking outdoors. Leave a good pair of shoes at your lab/office.

**Bundle up.** In January and February especially, [frostbite](#) temperatures can be life-threatening if proper attire is not worn. Wind is just as, or more, important than the cold; be sure to cover all skin.

**Purchase a shovel.** If you own a house or car, be prepared to shovel the side-walks, driveway, and your car out. Keeping a spare shovel in the trunk of your car will also come in handy for the inevitable moment of trying to get out of a snowbank!

**Drive cautiously.** Black ice and freezing rain can make for treacherous roads.

**Enjoy the winter!** Ski, sled, snowshoe, ice fish, etc., but don't stay cooped up inside.

**Use the Subway.** The subway and skyway are a great way to get out of the cold, and connects most Mayo buildings. Consider living close to a subway entrance to duck out of the cold. Maps [here](#). (Opus building has an entrance that isn't indicated).

## For Your Car

**Winterize your car.** This includes checking your battery and fluid levels and making sure everything is in good working condition. Make sure your car has over a quarter tank of gas in it during the very cold periods, this will prevent the possibility of your gas freezing.

**Check the windshield wiper fluid.** Be sure your windshield wiper fluid is full and contains the correct formula. Generally, it is a good rule to use fluid that is formulated not to freeze year-round (-25°F or lower).

**Get an oil change.** Change before winter.

**Rotate the tires.** This can provide better traction.

**Replace your summer tires.** Do not drive through the winter on summer tires. Be sure to use either good all-season tires year round or use winter tires from November to April.

**Warm up your car.** In cold weather, warming up the car can prevent stalling, engine strain, and gas inefficiency.

**Buy a snow brush with scraper.** This is a necessary tool for removing snow and ice from your car.

**Be wary of frozen wipers.** After warming up your car, gently lift the windshield wipers and remove any snow and ice.

**Do not open frozen windows.** If the windows are froze shut, unpleasant results can occur when you try to put the window down.

**Wash your car when temperatures are above freezing.** Salt from the roads can cause your car to rust.

**Keep a winter survival kit in the car.** Warm clothes, a blanket, flashlight with batteries, spare tire and jack, a small shovel, some high energy food, jug of water, and lighter should be in such a kit.

**Unclog the exhaust pipe.** If you drive off the road and/or it snows deep enough, check that the exhaust pipe is not clogged.

## Driving Tips for Winter Weather Conditions

**Skidding.** Should your car start to skid and you can't stop (and you don't have anti-lock brakes), pump your brakes and don't slam them down. Also, honk your horn to alert other drivers.

**Fishtailing.** If you have a rear-wheel drive car and your car starts to fishtail on the ice (i.e., the back of your car is sliding back and forth), turn the wheel into the skid. For example, when the back skids to the right, turn right. Doing the alternative could result in dangerous spinning.

**Bridges.** Be especially cautious when driving on a bridge, which can be more slippery than roads due to the air currents beneath and the ice that forms above them.

**Traction.** For rear-wheel drive cars, put some weight in the trunk (e.g., sand bags or bags of salt) to increase traction.

**Black Ice.** When it's cold outside, be cautious of "black ice." Black ice is slippery and hard to see.

**Distance.** Keep your distance from other vehicles and especially snowplows.

**Deep Snow.** Your car is not a snowplow. After a certain depth, your car will not be able to continue. Consider changing travel plans if deep snow is forecasted.

## For Your Home

**Don't turn off the heat.** When leaving on vacation, you can turn the temperature down (e.g., to 60°F) to avoid wasting energy. However, turning off the heat can result in pipes freezing and bursting and a flooded house. If you have a landlord, they may have a minimum temperature to leave it at.

**Get a house-sitter.** Have someone watch your house while you are gone on vacation. Simply having someone leave tire tracks in the snow can help make it less obvious that you're away.

**Salt slippery places.** If you have a slippery driveway or front sidewalk, put snow salt on it. You are liable if someone slips and falls on your property. If it gets cold enough, use sand instead as salt won't be effective. Ideally, clear the snow before it gets packed into ice.

**Get a CO detector.** Furnace malfunctions, running the car in the garage, problems with a stove, etc. can cause the accumulation of CO, an odorless and tasteless lethal gas.

**Winterize.** Make your house more energy efficient by covering windows with plastic wrap from Home Depot, Menards, or other stores.

\*\*\* Nothing cures the mid-winter blues like a night at the Rochester Social Ice Bar and ice sculpture garden (usually first or second weekend in February). Enjoy warm beverages and great music!

# Life Outside of School

## Popular Rochester Restaurants and Night life

<p><b>Bar Buffalo</b> - 20 3<sup>rd</sup> St. SW  <a href="http://www.barbuffalomn.com/">http://www.barbuffalomn.com/</a>          This is the newest bar that delivers on a wide selection of gin, tonics, and mixers. It is a great place to grab a few cocktails (and food) in a low-key atmosphere.</p>	<p><b>Canadian Honker Restaurant</b> - 1203 2nd St SW  <a href="http://www.canadianhonker.com">http://www.canadianhonker.com</a>          There is live music on the weekends. They have a good variety of American food on the menu.</p>
<p><b>Beetle's Bar &amp; Grill</b> - 230 20th Ave SW  <a href="http://www.beetlesbar.com/">http://www.beetlesbar.com/</a>          Darts, lunch and dinner menus, an open patio, weekend entertainment</p>	<p><b>Cameo at the Castle</b> - 121 N. Broadway Ave. Suite 100  <a href="https://cameoatthecastle.com/">https://cameoatthecastle.com/</a>          Newest bar in Rochester that is located on Broadway. It has a great cocktail menu, which serves a selection of frozen drinks, table mimosa and cocktails. The menu is very good, and it ranges in style. The croque monsieur is amazing. Sometimes there is live music.</p>
<p><b>Big Brad's</b> - 309 South Broadway          Hosts trivia nights <a href="http://triviamafia.com/big-brads/">http://triviamafia.com/big-brads/</a>          Located next to Kathy's. They have beer pong on the weekends. There is a good variety of drinks, and the bathrooms are fairly clean. There is sometimes live music, but it is a good place to stop in if Kathy's gets too loud or crowded.</p>	<p><b>Cheap Charlies</b> - 11 5<sup>th</sup> St. NW          Hidden gem classic!!!! It is a tiny hole in the wall "greasy spoon" type place run by a sweet family. It has quick classic breakfast fare. It is fairly cheap.</p>
<p><b>Bleu Duck Kitchen</b> - 14 4th St SW  <a href="http://www.bleuduckkitchen.com/">http://www.bleuduckkitchen.com/</a>          Fairly upscale and expensive for dinner and drinks, they do host some themed nights that are posted on Facebook. They had a very popular salsa night, and a super bowl party!</p>	<p><b>Chester's Kitchen and Bar</b> - 111 50 N Broadway  <a href="http://www.chesterskb.com/">http://www.chesterskb.com/</a>          Great food! The cornbread skillet is amazing!</p>
<p><b>Bitter and Pour</b> - 18 3<sup>rd</sup> St. SW  <a href="https://bitterandpour.com/">https://bitterandpour.com/</a>          This is a speakeasy bar that is located directly underneath Bar Buffalo. It has a craft cocktails that are pretty creative.</p>	<p><b>Civic Center</b> - 30 Civic Center Dr SE  <a href="http://www.mayociviccenter.com/upcoming_events/event_scalendar.aspx">http://www.mayociviccenter.com/upcoming_events/event_scalendar.aspx</a>          This is a convention center. They have a lot of events and shows come through.</p>
<p><b>Bowlocity</b> - 2810 N Broadway Ave  <a href="http://bowlocity.wstemp03.com/">http://bowlocity.wstemp03.com/</a>          Clearly, this is bowling. It is fun and family-friendly. It is the nicer of the two bowling alleys in town, and there is food there.</p>	<p><b>Cowboy Jack's</b> - 1625 S Broadway  <a href="http://theaftermidnightgroup.com/locations/">http://theaftermidnightgroup.com/locations/</a>          Country western themed bar attached to the Hotel Broadway. It can get pretty rowdy late at night there, but their lasso fries are perfection. They have some pretty awesome weeknight deals on wings and appetizers.</p>
<p><b>Brothers Bar &amp; Grill</b> - 812 Broadway S  <a href="https://www.brothersbarandgrillrochester.com/">https://www.brothersbarandgrillrochester.com/</a>          Dart boards, pool table and TVs. Breakfast open early</p>	<p><b>Crooked Pint</b> - 2723 Commerce Drive NW          I highly recommend getting on their rewards list because they send lots of free food offers. They have a good beer menu. They have a comedy club located within as well. They are known for their juicy lucys (cheese stuffed burger patties)</p>

<p><b>Daubes Bakery</b> - 1310 5<sup>th</sup> Pl. NW  <a href="https://www.daubesbakery.com">https://www.daubesbakery.com</a>  They serve a selection of pastries, bread, quiche, and sandwiches. They have chairs and beverages, so it is a good place for lunch or quick breakfast. There is also a hidden Daubes in the Mayo subway</p>	<p><b>Grand Rounds Brew Pub</b>  4 Third St SW  507-292-8936  <a href="https://www.facebook.com/pages/Grand-Rounds-Brewpub/">https://www.facebook.com/pages/Grand-Rounds-Brewpub/</a>  Craft brewery with a good menu. It is described in more detail below in the brewery section.</p>
<p><b>Dooley's Pub</b> - 255 1<sup>st</sup> Ave SW  <a href="http://www.dooleyspubroch.com/">http://www.dooleyspubroch.com/</a>  Dooley's is a late-night bar of Rochester. Dooleys and Legends are the only bars that stay open until 2am in Rochester. They have decent prices on beer, and they have a dancefloor. They also serve lunch, so it can be a good place to catch basketball or other games.</p>	<p><b>Glynnner's Pub</b> - 1643 Broadway Ave N  <a href="http://glynnerspub.com/">http://glynnerspub.com/</a>  Outdoor patio, live music some weekend nights</p>
<p><b>Eagles Club</b> - 917 15<sup>th</sup> Ave SE  <a href="http://www.rochester cvb.org/includes/redirects/webcount.cfm?listingID=6971">http://www.rochester cvb.org/includes/redirects/webcount.cfm?listingID=6971</a>  <a href="https://www.rochestermneaglesclub.com/">https://www.rochestermneaglesclub.com/</a>  Bar bingo every Wednesday; pool leagues.</p>	<p><b>Half Barrel Bar &amp; Kitchen</b>  304 1<sup>st</sup> Ave SW  507-258-6606  <a href="http://www.thehalfbarrelbk.com/">http://www.thehalfbarrelbk.com/</a>  This bar serves cocktails and a large range of bourbons. The bourbon ranges in price and styles, but it is a fair price for the drinks. The food is pretty fantastic. I highly recommend trying the bed and breakfast side dish!</p>
<p><b>Fiddleheads</b> - 412 3<sup>rd</sup> Ave SE  <a href="https://fiddleheadcoffee.co/">https://fiddleheadcoffee.co/</a>  Great place for coffee and amazing café style food.</p>	<p><b>Hefe Rojo</b>  216 1<sup>st</sup> Ave SW  This is located below the downtown Newts. It has a good range of margaritas and tacos.</p>
<p><b>Five West</b> - 1991 Commerce Dr. NW  <a href="http://www.fivewestrochester.com/">http://www.fivewestrochester.com/</a>  Pretty decent brunch overall. It is pretty busy on the weekends though with families and larger groups. They do serve mimosas, and have a variety of drinks and food selections. When its warmer, their patio seating is unbeatable.</p>	<p><b>Kathy's Pub</b> - 307 S Broadway Avenue  <a href="http://www.kathyspub.com">http://www.kathyspub.com</a>  Kathy's is a three-story bar in the heart of downtown Rochester. The rooftop bar is amazing and open in the summer. They have good drink prices during happy hour and overall, it is fairly inexpensive. They have a fairly wide selection of beer. The first floor usually has a band.</p>
<p><b>Forager</b> - 1005 6th Street NW  <a href="http://foragerbrewery.com/">http://foragerbrewery.com/</a>  Forager is a brewery with wood-fired pizzas and other fantastic food options. They have a wide selection of beer (see brewery list below). They have live music on weekends and weeknights some. It is a great place to have dinner.</p>	<p><b>Kinney Creek Brewery</b> - 1016 7<sup>th</sup> Street NW  <a href="http://www.kinneycreekbrewery.com/">http://www.kinneycreekbrewery.com/</a>  For information, check the brewery section.</p>
<p><b>Fusion Lounge</b> - 316 S. Broadway  <a href="https://fusionloungerochester.com/">https://fusionloungerochester.com/</a>  Lots of dancing and drinks!</p>	<p><b>La Vetta</b> - 30 3rd Street SE  <a href="http://www.rochester cvb.org/includes/redirects/webcount.cfm?listingID=7268">http://www.rochester cvb.org/includes/redirects/webcount.cfm?listingID=7268</a>  Rooftop bar; cocktails; food.</p>

<p><b>The Loop</b> - 318 1<sup>st</sup> Ave SW  <a href="http://www.facebook.com/pages/Loop-Rochester/286454801399544">http://www.facebook.com/pages/Loop-Rochester/286454801399544</a>  It is located down the block from Half Barrel. It has a dancefloor on the weekends. The dinner menu is pretty good overall with a range of pizzas to sandwiches.</p>	<p><b>The Thirsty Belgian</b> = 2650 S Broadway  <a href="http://www.thirstybelgian.com/">http://www.thirstybelgian.com/</a>  Thirsty Belgian has an amazing foreign beer selection, especially European brews. They have pizzas that they make there. I highly recommend some of their dessert pizzas. It can be a really chill place to just hang out and relax with a few beers.</p>
<p><b>Legends Bar and Grill</b> - 11 4th Street SE  Legends is one of the two bars in Rochester that stays open until 2am. There are pool tables, darts, and a dancefloor. There is also a river front patio. The crowd here can be a little rough and rowdy, but it can be a fun place to go.</p>	<p><b>Twigs</b> - 401 6th Street SW  <a href="http://www.soldiersfield.com/twigs-tavern-and-grille.htm">http://www.soldiersfield.com/twigs-tavern-and-grille.htm</a></p>
<p><b>North Star Bar</b> - 503 N Broadway  <a href="http://www.northstarbar.net/">http://www.northstarbar.net/</a>  Live music, poker tournaments, pool, video games, darts. They have fifty cent beer from 8-9pm on Fridays and Saturdays. Local crowd with live music on the weekends. There is always a deal for happy hour. They have meat raffles on Fridays in the spring. It is also a really fun place to watch sports.</p>	<p><b>Tonic</b> - 1217 2<sup>nd</sup> St. SW  <a href="http://www.tonicfreshjuice.com/">http://www.tonicfreshjuice.com/</a>  It is directly across from St. Mary Hospital. Voted the best vegetarian and sandwich restaurant! Family recipes for borscht and pyrohi, specialty bison entrees and fresh soups, juices and amazing bread!</p>
<p><b>Newt's</b>  Downtown: 216 1/2 1st Avenue SW; (507) 289-0577  North: 5231 E Frontage Road; (507) 226-8266  South: 1201 S Broadway; (507)258-7575  <a href="http://www.live2dine.com/content/newts-0">http://www.live2dine.com/content/newts-0</a>  There are a variety of Newts Locations. One is above the Hefe Rojo downtown. They have a variety of beer (pitchers included), drinks and food.</p>	<p><b>Whistle Binkies On the Lake</b>  South: 247 Woodlake Dr SE  North: 3120 Wellner Dr NE  <a href="http://www.whistlebinkiespub.com">http://www.whistlebinkiespub.com</a>  TVs, live music (on certain nights), volleyball, best daily specials. It has been rated the number one popcorn in Rochester.</p>
<p><b>Porch and Cellar</b> - 20 4th St SE, Rochester, MN 55904  <a href="http://www.porchandcellar.com/">http://www.porchandcellar.com/</a>  Porch and Cellar are in the same building, but they are separate places. Cellar has wonderful cocktails, and a great atmosphere. Cellar does not serve food. Porch has food - fried chicken biscuits and great southern sides!</p>	<p><b>Wild Bill's Sports Saloon</b> - 300 Hwy 52 South  <a href="http://www.wildbills-sportssaloon.com/specials.php?location=rochester">http://www.wildbills-sportssaloon.com/specials.php?location=rochester</a>  Dancing, DJ, early and late-night happy hour, TVs</p>
<p><b>Redwood Room</b> - 300 1<sup>st</sup> Avenue NW  <a href="https://www.live2dine.com/redwood-room">https://www.live2dine.com/redwood-room</a>  Great for local music and drinks. I highly recommend the stalemate if you like bourbon. The music is pretty relaxed and great. It is a hidden gem.</p>	<p><b>Wildwood</b> - 1517 16th St SW  <a href="http://wildwoodsportsbarandgrill.com/">http://wildwoodsportsbarandgrill.com/</a>  Volleyball tournaments, good food/drinks</p>
<p><b>Steam Café</b> - 315 S. Broadway &amp; 150 S. Broadway  <a href="http://www.steam.coffee">http://www.steam.coffee</a>  Live music, great coffee/tea, excellent place to study or socialize, they have some open mic nights as well.</p>	<p><b>300 First</b> - 300 1<sup>st</sup> Ave NW  <a href="http://live2dine.com/300-first">http://live2dine.com/300-first</a>  Drinks, food</p>
<p><b>The Tap House</b> = 10 3<sup>rd</sup> St SW  <a href="http://taphousemn.com/">http://taphousemn.com/</a>  Taphouse is located downtown, and it has good food and a large diverse beer menu. They are also opening a second location soon. They have trivia on Sundays, and it is a great place to go hangout with friends. Great upstairs rooftop patio, which you can sit on for trivia</p>	

## Breweries

- **Forager** - is currently one of the few breweries with their own food and kitchen. They are known in the beer community for their sours and stouts. The beers can also be ordered in three sizes. There is usually live music on the weekends. It can get pretty crowded.
- **Four Daughters Winery** - located in Stewartville (20 mins away), but it is well worth the trip. They have a large selection of wine and ciders. Many students swear by the Loon Juice. They do flights of wines and ciders. They serve dinner, and they also have a variety of events on the weekends like themed dinner and dueling piano nights.
- **Grand Rounds Brewing Company** - located just behind the Gonda building. They have a ½ price beer happy hour from 3-6pm, \$5 burger and beer on Monday nights and trivia on Tuesday nights. They have a good range of board games there as well. During happy hour, they also have \$3 off appetizers. The tater kegs are fantastic!
- **Kinney Creek Brewery** - located close to Forager and they have a large variety of beers. There is also trivia weekly on Wednesdays or Thursdays.
- **LTS** - known as Life's Too Short. They are a fantastic place off the beaten path. They have trivia and a variety of board games. In the summer, they host Kegs and Barrels festival, which is incredibly fun! They have some bean bag and other outdoor game leagues in the summer and one of the best Oktoberfests in town. Also, if you buy a shirt or any merchandise, you get a buy one get one free beer and they have food trucks!
- **Little Thistle** - It is the newest brewery in town. It is fantastic and has a great look inside. There is shuffleboard and board games. They often have food trucks and trivia during the week. They serve crawlers and have wonderful beer. They are always coming out with something new. They host a curling league in the winter, and when the weather is finally warm again, they have a patio in the front with corn hole. It is very family and dog friendly.
- **Thesis Beer Project** - It is going to open soon, and it was started by a former PhD student and graduate of Mayo Clinic. This is going to be just past St. Mary Hospital. It is going to be a very popular place from the hype!

## Trivia

- Sunday: TapHouse
- Monday:
- Tuesday: Grand Rounds Tavern and LTS (tends to be specific themes)
- Wednesday: Crooked Pint and Little Thistle and sometimes Kinney Creek
- Thursday: Kinney Creek sometimes

Sites to check out that will keep you up to date:

<http://www.rochesterartcenter.org/>

<http://www.nightoutrochester.com/>

<http://www.rochestercvb.org/visitors/thingstodo.asp?subcat=Nightspots>

Rochester has a number of great dining options, with new restaurants opening all the time. For the latest list of restaurants, menus, and hours, visit <http://www.rochestercvb.org/eat/>

## Rochester Local Events:

- Kegs and Barrels Fest- LTS hosts
- Oktoberfests: there are a few, and there are some big ones in surrounding towns. The one at LTS had live polka music and unlimited german food for a fixed price. We had a lot of fun at that one. There was a daytime one at Dwell (furniture store) that was hosted by Grand Rounds Brewing, and it was also pretty great.
- Greek Fest- The Greek Orthodox Church hosts a week-long festival with wonderful Greek food and drinks.
- Thursdays on First- great summer event where restaurants and bars have booths and serve food and drinks. There is live music as well. When in season, we go almost every Thursday.
- Frost Fest- music festival hosted in the Castle
- Zombie walk- fall time event that takes you to many bars in Rochester. It is a lot of fun!
- I highly recommend following your favorite restaurants and breweries on Facebook and Instagram for event updates.



## Twin Cities

### Find Out the Latest at These Sites:

- **City Pages:** <http://www.citypages.com/>
- **Mpls.St.Paul Magazine:** <http://mspmag.com/>
- **Thrifty Hipster:** <http://thriftyhipster.com/>
- **Minnesota Monthly:** <http://www.minnesotamonthly.com/>

It's easy to get to the twin cities (80 miles north) even if you don't have a car. Rochester Shuttle Service and Groome Transportation (pg. 8) offer rides to the cities (MSP airport) for ~\$30 one way. Make sure to check for Mayo Discounts to get this rate. In addition, Rochester City Lines offers Mayo commuters transportation to and from the cities on weekdays at specific times for \$25 one way or subsidized monthly passes (<http://www.rochestercitylines.com/commuter/bloomington-commuter.php>). In the twin cities, the light rail is easy to navigate and will take you anywhere you need to go. In addition, Uber and Lyft are both available.

### Night Life/Entertainment:

- **Uptown** – Lake St & Hennepin Ave area is filled with bars, activities, theaters, shops, & much more! This is where the young professionals usually go to have a good night out. <http://www.uptownminneapolis.com/>
- **Dinkytown**—A popular area amongst University of Minnesota undergraduates. Tons of fun! Be sure to check out Mesa Pizza or Burrito Loco for after bar close food needs. <http://www.dinkytownusa.org/>
- **First Avenue** – Visit the club that made Prince famous! A great venue for any musical show. <http://first-avenue.com/>
- **LGBT-friendly** – Minneapolis/St. Paul is one of the most diverse and gay-friendly cities in the country. The Saloon, Gay 90s, Jetset and GAME are great places to dance and meet people! Additionally, the twin cities pride festival takes place every year in late June (<https://www.tcpride.org>).
- **Warehouse District** – Downtown Minneapolis, a great area to spend a Saturday night! Enjoy the night clubs, bars, & music. <http://mplswarehouse.com/>
- **Breweries:** Minnesota's burgeoning craft beer scene has deep roots in the Twin Cities. For a new way to explore Minneapolis-St Paul, check out a brewery tour at Surly, Big Wood, Indeed, Dangerous Man, or Fulton, to name a few... <http://mnbeer.com/breweries/>

**Food:** The Twin Cities have many great places to eat, and a large variety of food. You can't go wrong picking any of the recommended places from the following site: <https://twincities.eater.com/maps/best-restaurants-minneapolis-st-paul-38-map>

**Sports:** There are many major and minor league teams who call Minneapolis/St. Paul home. Football (Vikings), baseball (Twins, Saints), basketball (Timberwolves, Lynx), soccer (Minnesota United FC, Lightning) and more can all be found playing in the Twin Cities. The University of Minnesota is also housed in the Twin Cities, and tickets to their sporting events are available to the general public.

### Arts and Leisure:

- **The Guthrie Theater** – Designed by Jean Nouvel, the building has three separate theater stages, numerous bars, a restaurant and an “endless bridge” that offers spectacular river views. Also has an interesting ghost story. [www.guthrietheater.org](http://www.guthrietheater.org)
- **Minnesota Orchestra** - a professional orchestra housed in Minneapolis who give regular performances as well as seasonal festivals. <https://www.minnesotaorchestra.org>
- **Ordway** – Minnesota is known for hosting extremely talented classical and contemporary artists. [www.ordway.org](http://www.ordway.org)

- **Science Museum** – incredible displays of science designed to be accessible to children, yet entertaining to adults. Most exhibits are even interactive! New exhibits are opened frequently. [www.smm.org](http://www.smm.org)
- **Minnesota History Museum** – an interactive museum with both permanent and changing exhibits. [www.minnesotahistorycenter.org](http://www.minnesotahistorycenter.org)
- **Minneapolis Institute of Arts** - Minneapolis is well-known for its arts. MIA is ranked among the top comprehensive U.S. art museums, show- casing art from all over the world. [www.artsmia.org](http://www.artsmia.org)
- **James J. Hill House** – Rugged stone, massive scale, fine detail, and ingenious mechanical systems recall the powerful presence of James J. Hill, builder of the Great Northern Railway. [www.jjhill.org](http://www.jjhill.org)
- **Mill City Museum** – Built into the ruins of what was once the world’s largest flour mill, come and learn about the intertwined histories of the flour industry, the river, and the city of Minneapolis. [www.millcitymuseum.org](http://www.millcitymuseum.org)
- **Como Park Zoo & Conservatory** – Free admission (give a donation). The zoo features a seal island, a large cat exhibit, a variety of aquatic life, primates, birds, African hoofed animals and a world class polar bear exhibit. <http://www.comozooconservatory.org/>
- **Fort Snelling** - Historic Fort Snelling is a National Historic Landmark built in the early 180s. Here you will learn about military history from before the Civil War through World War II, fur trade history, slavery in Minnesota, the U.S.-Dakota War of 1862, and much more!
- **Grand Rounds National Scenic Byway** – Minneapolis continues to battle with Portland, OR for the #1 Biking City in the US! The most prominent piece of the trail system is the Grand Rounds, which nearly circles the entire city. A 50-mile bicycle path closely parallels parkway roads around multiple lakes, the Mississippi River, Minnehaha Creek, and residential neighborhood.
- **Lakes** – After all, this is the Land of 10,000 lakes! Plenty of sandy beaches for lounging and large lakes for watersports.
- **Minnehaha Falls** - Minnehaha Park is one of Minneapolis’ oldest and most popular parks. The 193-acre park features a 53-foot waterfall, limestone bluffs, and river overlooks. [https://www.minneapolisparcs.org/parks\\_destinations/parks\\_lakes/minnehaha\\_regional\\_park/](https://www.minneapolisparcs.org/parks_destinations/parks_lakes/minnehaha_regional_park/)
- **Minnesota Landscape Arboretum** <http://www.arboretum.umn.edu/>
- **Minnesota Zoo:** <http://mnzoo.org/>
- **Walker Art Center and Sculpture Garden** – an outdoor display of art pieces and open to the public. See the famous spoonbridge and cherry. [www.walkerart.org](http://www.walkerart.org)

### Shopping:

- **Mall of America**—One of the top tourist destinations worldwide. It’s a mile all the way around and the indoor amusement park is open all year. [www.mallofamerica.com/](http://www.mallofamerica.com/)
- **Southdale Mall** –The first indoor mall in the US! <http://www.simon.com/mall/southdale-center>
- **Galleria Mall** - <http://www.galleriaedina.com/>
- **Albertville Premium Outlets** <http://www.premiumoutlets.com/outlets/outlet.asp?id=52>
- **Calhoun Square** <http://calhounsquare.com/>
- **50<sup>th</sup> & France** – upscale shopping neighborhood <http://www.50thandfrance.com/>
- **North Loop Minneapolis** <http://northloop.org/>

### Other Fun and Games:

- **Valley Fair**- Minnesota’s own amusement park. Tons of fun with a nice waterpark to relax in after a day full of rollercoaster ridding. <https://www.valleyfair.com/>
- **Escape MSP** – A fun and unique problem-solving experience for 4-10 people; critical thinking, teamwork, and an open mind essential! <http://escapemsp.com/>

## Rochester Theaters

\*Mayo students get discounted passes to all Rochester Movie Theatres; just your show your Mayo ID at time of purchase.

### Movie Theaters

#### **Cinemagic Theatres - Hollywood Stadium 12**

2171 Superior Dr NW

<http://www.cinemagictheatres.com/theatres/6>

Tuesday discount: \$5 tickets

Student discount: \$6 tickets

#### **CMX - Chateau**

3450 East Circle Drive NE

<https://www.cmxcinemas.com/>

Tuesday discount: \$5 tickets

Student discount: \$7 tickets

#### **Marcus Rochester**

4340 Maine Ave SE

<https://www.marcustheatres.com/>

Tuesday discount: \$5 tickets

Mayo discount: \$6 tickets

Thursday discount for students: \$6 tickets plus FREE 46oz popcorn

### Live Theatre

#### **Rochester Civic Theater**

20 Civic Center Dr SE

507-282-8481 <http://www.rochestercivictheatre.org>

#### **Rochester Repertory Theater**

103 Seventh Street NE

507-289-1737

<http://www.rochesterrep.org>

# Concerts and Festivals

## Local Concerts and Festivals

- Down by the Riverside and Riverside Live! <http://www.riversideconcerts.com/>
- Olmsted County Fair <http://www.olmstedcountyfair.com/>
- Rochesterfest <http://www.rochesterfest.com/>
- Rochester International Film Festival <http://www.rochesterfilmfest.org/>
- Winterfest <http://www.rochesterwinterfest.com/>
- World Festival <http://www.ria-minnesota.org/worldfestival/>
- Thursdays on First <http://www.downtownrochestermn.com/events/tof>
- ROCKchester <https://www.mytownmymusic.com/>
- Art on the Ave <https://www.mytownmymusic.com/event/art-on-the-ave-2019/>

*Many more events throughout the year, just check out this website!*

<http://www.downtownrochestermn.com/events/>

## Minnesota Concerts and Festivals

Twin Cities Concerts—Too many to list! Check out these sites for more info.

- [http://www.minnesotamonthly.com/media/Minnesota-Monthly/Events-Pics-Calendars/Calendar?search=&categoryfilter=All&startmonth=7&startday=2&startyear=2012&endmonth=7&endday=2&endyear=2013&view=search\\_event&submit=Search](http://www.minnesotamonthly.com/media/Minnesota-Monthly/Events-Pics-Calendars/Calendar?search=&categoryfilter=All&startmonth=7&startday=2&startyear=2012&endmonth=7&endday=2&endyear=2013&view=search_event&submit=Search)
- <http://www.citypages.com/music>
- <http://www.tcmusic.net/>
- Basilica Block Party - <https://www.basilicablockparty.org/>
- Twin Cities - Pride Festival <https://tcpride.org/>

Festival of Nations <http://www.festivalofnations.com/>

MN Renaissance Festival <http://www.renaissancefest.com/>

MN State Fair <http://www.mnstatefair.org/>

Other Festivals <http://festivalnet.com/state/minnesota/mn.html>

<https://www.exploreminnesota.com/events/fairs-festivals/>

## Museums, Arboretums, and Other Attractions

### Rochester

#### **Heritage House**

225 1st Ave NW

507-286-9208

<https://www.heritagehousevictorianmuseum.com>

#### **History Center of Olmsted County**

1195 W Circle Dr SW

507-282-9447 <http://www.olmstedhistory.com/>

#### **Mayowood Mansion**

1195 W Circle Dr SW

507-282-9447

<http://www.olmstedhistory.com/historic-sites/mayowood-mansion/>

#### **Rochester Art Center**

40 Civic Center Dr SE

507-282-8629 <http://www.rochesterartcenter.org/>

#### **Plummer House**

1091 Plummer Ln SW, Rochester, MN 55902

<http://www.rochestermn.gov/departments/parks-and-recreation/indoor-facilities/plummer-house>

#### **Olmsted County Zoo**

5731 County Rd 105 NW, Byron, MN 55920

<https://www.co.olmsted.mn.us/pw/parks/oxbowpark/Pages/default.aspx>

#### **Minnesota Children's Museum - Rochester**

1643 ½ North Broadway

507-218-3100

<https://mcm.org>

# Shopping

## Rochester

### Apache Mall

Hwy 52 and 12th St SW

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

- Barnes and Noble (with Café), Dry Goods (cute clothes), Forever 21, Francesca's, JC Penny's, Sephora (*within* the JC Penny's), Macy's, and Scheels (a sporting goods store; carries brands like Nike, Under Armor, Patagonia, The North Face, etc.)

### Broadway Commons

S Broadway and 25th St SE

- Michael's Crafts, Kohls, Bed Bath & Beyond, Dress Barn, Famous Footwear

### Shopping Plaza

2238 3rd Ave SE, Rochester, MN 55904

- Marshall's and Ulta Beauty

### TJ-Maxx Plaza

1300 Salem Rd SW

- TJ Maxx & HomeGoods

### Target North

3827 Marketplace Dr NW, Rochester, MN 5590

### Target South

4611 Maine Ave SE, Rochester, MN 55904

### Shops at University Square

111 S Broadway

Rochester, MN 55904

### Primp

100 1st Ave SW, Rochester, MN 55902

Others <http://www.rochestercvb.org/visitors/shopping.asp>

Don't forget, the Twin Cities are a short drive away and offer a huge variety of outlets and shops...including the Mall of America!

# Volunteering and Community Service

## Mayo Clinic Science Outreach Programs:

### Brainwaves

Neuroscience education outreach (student-run)

Contact: Sarah Castro [castro.sarah@mayo.edu](mailto:castro.sarah@mayo.edu) , Anders Asp [asp.anders@mayo.edu](mailto:asp.anders@mayo.edu) , or Irena Balzekas [balzekas.irena@mayo.edu](mailto:balzekas.irena@mayo.edu)

### InSciEd Out

Integrated Science Education Outreach

Contact: Chris Pierret, Ph.D. [pierret.christopher@mayo.edu](mailto:pierret.christopher@mayo.edu)

### Southeast Minnesota Chapter of the Biomedical Engineering Society

Local chapter of national professional BMES organization

Contact: Nathan Huber [huber.nathan@mayo.edu](mailto:huber.nathan@mayo.edu)

### Women in Science and Engineering Research (WiSER)-

Group promoting the success of women in research by providing various outreach and career development opportunities

Contact: Kay Pepin, Ph.D. [pepin.kay@mayo.edu](mailto:pepin.kay@mayo.edu)

## Rochester Outreach Programs:

There are many other volunteer and community service opportunities in Rochester. In addition to those listed below, more opportunities can be found at:

<http://www.volunteermatch.org/volunteers/gettingstarted/>

<http://mayoweb.mayo.edu/almc/volunopps2006.pdf>

Organization	Opportunities	Contact Information
<b>Adaptive Recreation Program</b>	Spend time with kids and adults who have developmental disabilities. Activities include bowling, crafts, choir, dances, movie night, music, summer day camps etc.	Karen Meyer 507-328-2539 <a href="mailto:kmeyer@ci.rochester.mn.us">kmeyer@ci.rochester.mn.us</a>
<b>Audubon Society</b>	Plant and manage prairies, enjoy the natural world, and educate others <a href="https://www.zumbrovalleyaudubon.org/volunteer.html">https://www.zumbrovalleyaudubon.org/volunteer.html</a>	Joel Dunnette 507-269-7064 <a href="mailto:jdunnette@gmail.com">jdunnette@gmail.com</a>
<b>American Cancer Society</b>	Participate and advocate <a href="http://www.cancer.org/Involved/Volunteer/index">http://www.cancer.org/Involved/Volunteer/index</a>	Am. Cancer Soc. Hope Lodge 411 2 <sup>nd</sup> St NW 507-529-4673
<b>American Red Cross</b>	From writing newsletters to helping in disasters to educating and fundraising, there are many opportunities. <a href="https://www.redcross.org/local/minnesota/about-us/locations/southeast-minnesota.html">https://www.redcross.org/local/minnesota/about-us/locations/southeast-minnesota.html</a>	305 Alliance Place NE 507-287-2200
<b>Boys and Girls Club</b>	Tutor, mentor, coach, and/or just have fun with local children. <a href="https://www.bgclubroch.org/volunteer.php">https://www.bgclubroch.org/volunteer.php</a>	Mikala Hora <a href="mailto:mhora@bgclubroch.org">mhora@bgclubroch.org</a> 507-287-2300

<b>Celebration of Research Committee</b>	Celebration of Research (odd years) is an opportunity for high school students to tour Mayo labs and facilities, talk with Mayo students, and learn about science careers. Graduate Students are needed to share their experiences with the high school students. <a href="https://www.mayo.edu/research/celebration-of-research">https://www.mayo.edu/research/celebration-of-research</a>	<a href="mailto:MCCOR@mayo.edu">MCCOR@mayo.edu</a>
<b>Dorothy Day House</b>	Give money, food, and/or your time. Stock shelves, assist people getting their food, deliver food, etc. <a href="http://www.dorothydayrochesterminn.org/volunteers.html">http://www.dorothydayrochesterminn.org/volunteers.html</a>	703 1 <sup>st</sup> St SW 507-282-5172 <a href="mailto:ddhouse@gmail.com">ddhouse@gmail.com</a>
<b>Paws and Claws Humane Society</b>	Walk dogs and play with cats ☺ Great way to destress from classes and lab work! Opportunities to transport animals to appointments and help with other events. <a href="http://www.pawsandclaws.org/wpweb/how-to-help/">http://www.pawsandclaws.org/wpweb/how-to-help/</a>	3224 19th Street NW 507-288-7226 <a href="mailto:info@pawsandclaws.org">info@pawsandclaws.org</a>
<b>Ronald McDonald House</b>	Cook, greet guests, participate in entertaining activities and share gardening, computer, or other skills with children seeking medical care <a href="https://www.rmhm.org/volunteer/">https://www.rmhm.org/volunteer/</a>	850 2 <sup>nd</sup> St SW 507-282-3955
<b>Safe Haven Pet Rescue</b>	Participate with office work, fundraising, cleaning, feeding, exercising, and socializing the animals <a href="https://safehavenpetrescue.com/">https://safehavenpetrescue.com/</a>	1001 ½ 1 <sup>st</sup> Ave SE 507-529-4079 <a href="mailto:safehavencat@yahoo.com">safehavencat@yahoo.com</a>
<b>Saint John's Schools Science Fair</b>	Judge middle school science fair projects (once a year - March)	507-282-5248 424 W Center St
<b>Salvation Army</b>	Take a child Christmas Shopping, help out with food pantry, ring bells during holidays, fundraising, etc. <a href="http://salvationarmynorth.org/community/rochester/">http://salvationarmynorth.org/community/rochester/</a>	Mary 507-288-3663
<b>Special Olympics</b>	Officiate a sports event for children with special needs; help fundraise by taking the Polar Plunge <a href="http://specialolympicsminnesota.org/who-we-are/volunteers/?gclid=CNLg0P3hptICFYsCaQodTXACtg">http://specialolympicsminnesota.org/who-we-are/volunteers/?gclid=CNLg0P3hptICFYsCaQodTXACtg</a> <a href="http://rochesterflyers.com/volunteers-coaches/">http://rochesterflyers.com/volunteers-coaches/</a>	Jay Pedersen <a href="mailto:Jay.pedersen@somn.org">Jay.pedersen@somn.org</a> 763-270-7186
<b>United Way of Olmsted County</b>	Many opportunities! Search: <a href="http://volunteer.uwolmsted.org/">http://volunteer.uwolmsted.org/</a>	903 W Center St 507-287-2000



## Spirituality

Rochester has over 130 different places of worship. For a comprehensive list see:

<http://www.churchfinder.com/churches/mn/rochester>

[http://en.wikipedia.org/wiki/List\\_of\\_synagogues\\_in\\_Minnesota](http://en.wikipedia.org/wiki/List_of_synagogues_in_Minnesota)

<http://www.histemplemn.org/>

<http://www.islamicfinder.org/locate.php?ziporcity=55906&dist=10&lang=english>

# Life on a Student Budget

## Housing

After being accepted into Mayo Clinic Graduate School of Biomedical Sciences, students generally have two living options: renting or buying.

### Buying a House

Mortgages can vary greatly in Rochester, depending on the size of the house and location. Many graduate students pay between \$1000 - 1350 per month for a 2 bedrooms/2 bathroom to 4 bedrooms/2 bathroom. While not right for everyone, buying a house or condo can be a valuable investment opportunity and has the ability to save you money in the long run. Below are tips for deciding whether buying a house or condo is a good investment for you. Things to consider when looking for a house as well as advantages and disadvantages associated with homeownership are detailed below. For additional questions about purchasing a house in Rochester contact students Catherine Knier ([knier.catherine@mayo.edu](mailto:knier.catherine@mayo.edu)), Ted Tseng ([tseng.chun-che@mayo.edu](mailto:tseng.chun-che@mayo.edu)) or Jordan Krull ([krull.jordan@mayo.edu](mailto:krull.jordan@mayo.edu)).

Homes generally go up for sale in May and the housing market is hot in the summer; usually you need to see a house and put in an offer within 1-3 days of it going on the market, so working with a realtor is necessary. Check with local banks as well as your current bank(s) and shop around to get the best mortgage rate. Renting rooms to roommates or hosting Air BnB is a way to pay for the mortgage. If you are thinking of buying a house, consider becoming a Minnesota resident before you buy because you get the incredible tax benefit of Minnesota Homestead classification. Taxes increase every year, generally. Return on investment averages 3-5% per year.

### Searching for places to buy

Condos/Houses/Townhouses Search Engine

<http://www.semnrealtors.com/>

House Search Engine and Buying Information

[http://www.homegain.com/local\\_real\\_estate/MN/rochester.html](http://www.homegain.com/local_real_estate/MN/rochester.html).

### House-Related Expenses

- Homeowner's insurance
- Property taxes (decreases by becoming a MN resident and homesteading your property at Rochester City Hall: 201 4th St SE)
- Heating, electricity, water, natural gas, telephone, internet, cable, garbage disposal
- Fridge, dishwasher, microwave, stove, furnace, washer, dryer, dehumidifier, water softener, smoke and carbon monoxide detectors, fire extinguishers, furniture, rugs, towels, television, etc.
- Lawn mower, gardening equipment, rake, snow blower, snow shovel
- Carpeting, painting, staining, siding, roofing, wiring, plumbing, landscaping
- Tools and money for repairing and fixing things
- Obtaining a MN driver's license to declare MN residency (optional but saves money)

To calculate mortgage/interest payments, enter the appropriate information at <http://www.mortgagecalc.com/mortgage/mortgagepaymenttablecalc.html>

### Financial Portfolio

- Able to make a substantial down payment (i.e., 30% of the sale price)

- Pre-approved for a mortgage (fixed-rate loan highly recommended)
- Can afford mortgage/interest payments and other house-related expenses

### Quality Realtor

In addition to such a financial portfolio, a quality realtor makes finding a house much easier. As Bill Hansen states on his website (<http://www.billcanhelp.com>), a realtor is “someone whose duties are undivided loyalty, reasonable care, confidentiality, full disclosure, obedience, and accurate accounting.” Bill offers the following advice about the qualities a realtor should have:

- Is trustworthy (i.e., works at a reputable agency and has a good reputation)
- Listens and puts your interests first
- Makes you feel comfortable and not pressured or burdensome
- Is enthusiastic to be working for you

### Characteristics of the House

Having a good realtor can make finding a house fun; however, keep the tips below in mind when choosing a house. After all, buying a house out of your budget range or a house that needs major renovation can equate to a financial investment disaster.

- Priced within your planned budget
- Located in a good neighborhood
- Has an appearance and layout you like
- Is in good condition or could possibly use renovations within your budget
- No issues with water damage, plumbing, electric, furnace, air conditioning, or other major problems

Buying a house during your first year of grad school and selling it after graduation at a higher price than it was purchased could equate to rent-free living for those years; however, such a scenario is not always the case, especially if you are not in the financial position to purchase a house and afford mortgage/interest payments and other house related expenses. To calculate mortgage/interest payments, enter the appropriate information at <http://www.mortgage-calc.com/mortgage/mortgagepaymenttablecalc.html>

### Advantages/Disadvantages

Disadvantages	Advantages
Potential to lose money	Investment opportunity
Burden of a house if your need to take time off or spend time away	A house that is yours
Upkeep and maintenance (shoveling the sidewalk and driveway in the winter, mowing and weeding in the summer, fixing things that break)	Learn how to fix things
Spending time and money on renovations	Improve the value of the house with renovations
Property taxes and other expenses	Decrease your tax liability via paying mortgage interest
	Option to rent out for extra income
	Can increase your credit rating

In summary, buying a house is a possible option for graduate students that have the financial portfolio to afford a house and associated expenses and are committed to staying in the area for several years. Since purchasing a house is a financial investment, it does have risks. However, with a well-thought-out budget, a quality realtor, and a realistic view of homeowner’s responsibilities, finding, buying, and owning a house can be a fun and worthwhile investment.

## Renting a Place

The cost of rent can vary greatly in Rochester, many graduate students pay roughly \$550-\$1400 per month for a studio to 4 bedrooms/2-bathroom apartment, condominium or house.

**Start looking early!** Many apartment complexes have a waiting list so it is good to get on those as soon as possible. Houses for rent will usually get posted ~ 2 months in advance, but if you find something earlier you sometimes make a deal to start the lease later than the posted date. Do not sign a lease until you **see the place in person**. It is worth taking a trip out to Rochester to check out a few different housing options. Also make sure the lease is clear about the amenities and utilities provided.

Initially, if you are in a crunch to find housing, short-term is a possibility. Short-term housing can be found at: <http://www.rochestercvb.org/stay/short-term-housing/>

### Places to rent

- Apartment and House Rentals Search Engine  
[http://www.move.com/apartments\\_minnesota/rochester.aspx](http://www.move.com/apartments_minnesota/rochester.aspx)
- Apartments/Condos/Houses/Townhouses Search Engine  
<http://www.apartments.com/search/?query=Rochester,%20MN&stype=CityStateOrZip>

<p><b>318 Commons</b> (318 1<sup>st</sup> Ave SW) 1-bedroom, 1 bathroom \$1,654 <a href="http://318commons.com/">http://318commons.com/</a></p>	<p><b>INH Properties</b> (5<sup>th</sup> on 5<sup>th</sup>, Uptown Court, Uptown Landing and Uptown Terrace - close to downtown) 1-bedroom, 1 bathroom \$895-975 <a href="http://inhproperties.com/apartmentlocation/rochester/">http://inhproperties.com/apartmentlocation/rochester/</a></p>
<p><b>5<sup>th</sup> on 5<sup>th</sup> Apartments</b> (510 5<sup>th</sup> St. SW) 1-bedroom, 1 bathroom \$1,035-1,055 <a href="http://5thon5thapts.com/">http://5thon5thapts.com/</a></p>	<p><b>Jerry Smith</b> (jsmith14358@hotmail.com) leases many quadraplexes around Mayo Clinic. Some are furnished; some are not, many different styles and affordable rates.</p>
<p><b>Brookfield 1566 Townhomes</b> (1566 8 ½ St. SE) 2-bedroom, 1 1/2-bathroom \$1,100 1.5 miles from the clinic, less than a 5-minute drive from the East Lot</p>	<p><b>Jordan Mills Apartments and Townhomes</b> (1737 48th Street NW) <a href="http://www.jordanmillsrochester.com/">http://www.jordanmillsrochester.com/</a> 2-bedroom, 1 bathroom (886-900 sqft) \$995-1,200 Private laundry, on the Rochester Bus line, pet friendly, garage available for additional fee. A Mayo discount is available.</p>
<p><b>Grande Ville at Cascade Lake</b> (182 GrandeVille Road SW) 1-4 Bed (772 - 1,612 sqft) \$1,065 - 3,225 Big dog friendly, private laundry, garage, pool/clubhouse and close to bike trails. Walking distance to Mayo west shuttle lot. Many students live together to keep cost down.</p>	<p><b>Nicholas Apartments</b> (722 West Center Street) <a href="https://www.thenicholas.info/">https://www.thenicholas.info/</a> 1 bedroom, 1 bathroom (685-690 sqft) \$1,245-1,250</p>
<p><b>Summit Square Apartments</b> (936 41<sup>st</sup> St. NW) <a href="https://www.summitsquarerochester.com">https://www.summitsquarerochester.com</a> 1 bedroom, 1 bathroom \$939-1,244 Excellent for a one-year lease for an incoming student while you get a sense of where you want to live. Lease agency does tend to increase the rent drastically after the lease expires (~ 15%).</p>	<p><b>Winchester Apartments</b> (3908 19th Ave NW) 1 bedroom, 1 bathroom \$900 <a href="http://www.iretapartments.com/Minnesota/Rochester/Winchester-Apartments/">http://www.iretapartments.com/Minnesota/Rochester/Winchester-Apartments/</a> Cat friendly, laundry on site, pool, volleyball court, and it is on the Rochester Bus line.</p>

<p><b>Timberland Heights</b> (1515 41st Street NW) <a href="https://www.timberlandheightsrochester.com/">https://www.timberlandheightsrochester.com/</a> 1 bedroom, 1 bathroom \$895-1,090 On the Rochester bus line, fitness room, laundry, pool and pet friendly.</p>	
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## General Housing Tips!

- Try and look at as many properties as possible.
- The Mayo classified ads and craigslist are among the two best sources for housing!
  - **Craigslist** has been used to find many student apartments/homes for rent. Make sure to speak over the phone with the landlord if you can't come to Rochester in person (or contact a current student to help you check it out in person!) and watch out for scams! <https://rmn.craigslist.org/search/apa>
  - **Mayo Clinic** also has an **employee/student-only classified ads website**. Sometimes you can find great housing opportunities from this list (for rent, for sale, and roommate wanted ads).
  - Utilize the **Mayo Clinic Graduate School of Biomedical Sciences' Facebook page(s)** to connect with your fellow students! It is a great way to find roommates <https://www.facebook.com/groups/248047988579991/>
- Remember that a long bus ride can make a long school day even longer.
  - Living downtown can make it very easy to get to and from work, but it also could mean higher prices and more dated amenities. Often students find if they venture a few miles away from downtown they can get more for their dollar. Also, living with other students helps not only with bills but is great for studying/homework help!
  - Mayo Clinic gives students free city bus passes to get you to and from the lab. Many students chose to live close to a bus line in order to utilize this awesome service.
- Start early and do lots of research! There are many complexes that run specials throughout the summer.
- Do NOT sign a lease without first viewing the property. Pictures of complexes can look nice online however, some Ads can be deceiving.
- Search and don't freak. Many students don't secure housing until July to mid-August. You can always live in a short-term housing option before signing a lease.
- Consider living with someone not in the same program/class. Although it's fun to be in class and hang out together outside of class, sometimes it's nice to come home to people other than classmates.

## Areas to avoid

It is hard to pin point the "bad" areas of town as most of Rochester is family-friendly and crime is quite low. However, many students would recommend **staying away** from the **SE** portion of downtown Rochester, complexes behind HyVee South and the Gates of Rochester (apartment complex). If you have any questions about certain areas, check out this helpful tool: <http://www.neighborhoodscout.com/mn/rochester/crime/>

## Low-Budget Shopping

### All in Vogue

32 17th Avenue Northwest Rochester, MN 55901  
Thrift Department Shop

### Community Clothesline

814 11th Ave NE  
<http://www.communityclothesline.org/>  
Clothes, linens, curtains, and more

### Goodwill

#### South Location:

239 28<sup>th</sup> St SE  
(507) 281-9651

#### North Location:

1987 Scott Rd NW  
(507) 424-1860

<http://www.goodwilleasterseals.org>

Books, clothes, holiday, home decor, music, toys

### ReStore

<http://rochesterrestore.org/>

3034 40<sup>th</sup> Ave NW  
(507) 258-5505

Home improvement, furniture, appliances, home goods

### Salvation Army

<http://www.usc.salvationarmy.org/rochester>

Clothes, household items, Mayo Clinic surplus office  
furniture, etc.

#### Downtown location:

201 9<sup>th</sup> St SE  
(507) 292-0967

#### North side location:

4921 W Frontage Rd  
(507) 258-6555

### Plato's Closet

3444 55th St NW  
(507) 281-3732  
Thrift Clothing and Jewelry

### Clothes Mentor

3851 Marketplace Dr NW  
(507) 258-4000  
Thrift Clothing and Jewelry

### Karma Consignments

1800 2nd St SW  
(507) 261-4528  
<http://karmaconsignmentsmn.com/>  
Furniture, household items, clothing, etc

### Danielle's Consignment Boutique

2130 S Broadway  
(507) 206-6575  
<http://daniellesshoes.com/>  
Thrift Clothing and Jewelry

### Savers

1201 S Broadway # 32  
(507) 536-2564  
<http://www.savers.com/>

### TaDa! Consign

Consignment shop  
1814 2<sup>nd</sup> St SW  
(507) 322-0020  
<http://tadaconsign.com/>

### Kismet Consignment

Consignment shop  
601 N Broadway Ave  
(507) 424-0163  
<http://kismetconsignment.biz/>

## Discounts

As a student at the Mayo Clinic, you have access to the same discounts given to employees. To explore a comprehensive list with discount details, create an account at this site <https://mc.perkspot.com/login/> or navigate from the Mayo Clinic intranet homepage using the “Discounts” link found under “Quick Links.” Please note that while most services are specific to Rochester area, many of the discounts on goods can also be used in Florida and Arizona.

**Popular discounts include the following categories:**

- Animal Care
- Attractions
- Beauty
- Building/Construction/Remodeling
- Car & Truck Rental
- Cleaning Services
- Computer Purchase & Repair
- Dry Cleaning
- Florists
- Food and Food Delivery Services
- Glasses and Contacts
- Gym Memberships
- Hotel Discounts
- Lawn Care
- Microsoft Office Products
- Moving
- Photography
- Shopping
- Sports/Athletics
- Tax Preparation
- Theatre & the Arts
- Travel
- Wireless Phone Services
- AND MANY MORE . . .

You can even find discounts for dog training, piano tuning, and karate lessons!

The Mayo Classifieds is also a great place to find what you need and can be used at all Mayo sites. The link can be found under “Quick Links.”

# Sports, Athletics and the Great Outdoors

## Sports

### Sporting Events to Watch

#### Rochester

Rochester Honkers – Amateur baseball - [Honkers Website](#)

Rochester Ice Hawks – Junior Hockey - [Ice Hawks Website](#)

Rochester Roosters – Vintage Baseball - [Roosters Website](#)

#### Minnesota

Minnesota Timberwolves – Basketball

Minnesota Vikings – Football

Minnesota Lynx – Women’s Basketball

Minnesota Twins – Baseball

Minnesota Swarm – Indoor Lacrosse

Minnesota Wild - Hockey

Minnesota United FC - Soccer

### Sports Leagues and Teams - [Sports Leagues Search](#)

Basketball, dodgeball, broomball, football, golf, kickball, softball, volleyball

#### Soccer Leagues –

Soccer World: <http://www.soccerworldmn.com/>

SMASA: <http://www.smasa-roch.org/>

### Workout Facilities

**Dan Abraham Healthy Living Center (DAHLC)**

[DAHLC Website](#)

#### Locations:

Downtown, 1st Street and 6th Avenue SW

St. Mary's Campus, Generose M-100

*Enjoy the Mayo employee incentive-based and MCGSBS subsidized rate!*

#### **Rochester Area Family Y**

709 1st Ave SW

[Y Website](#)

#### **Rochester Athletic Club (RAC)**

3100 19th St NW

[RAC Website](#)



# Outdoor Activities and Recreation

## Rochester Parks and Recreation

<http://www.rochestermn.gov/departments/parks-and-recreation>

Skating: [Outdoor ice rinks](#)  
[Indoor ice rinks](#)

## Clubs

City Sports Leagues - <https://www.rochestermn.gov/departments/parks-and-recreation/sports-leagues>

Softball, kickball, volleyball, flag football, basketball, broomball, dodgeball

Rochester Active Sports Club - <http://www.rasc-mn.org/>

Biking, hiking, in-line skating, kayaking, nordic skiing

Rochester Track Club - <http://rochestertrackclub.com>

TriRochester - <http://trirochester.com>

Rochester Rowing Club - <http://www.rrcmn.org/>

## Nature/Parks/Trails

### [Olmsted County Parks Brochure](#)

### [Rochester Trail Maps](#)

### [Chester Woods](#)

Camping, beach, swimming, canoeing, kayaking, paddle boats, hiking, fishing, skiing, nature trails

### [Foster Arend Park](#)

Lake, swimming beach, inflatable water park, volleyball, trails, playground, shelter rentals

### [Silver Lake Park](#)

Kayak/canoe/paddleboard rentals, walking/biking trail, skate park, soccer field, swimming pool

### [Oxbow Park and Zollman Zoo](#)

Camping, nature center, ski trail, zoo, playscape

### [Quarry Hill Nature Center](#)

Biking, inline-skating, running, walking

## [Minnesota Department of Natural Resources Destinations](#)

### Dog Parks

[Three municipal dog parks](#)

[Leashes and Leads](#) (fee/membership required)

[Tom Kadlec Honda](#) (not a joke)

Mayo Clinic in Rochester again has been ranked as the nation's best hospital in U.S. News & World Report's 2019-2020 "Best Hospitals" rankings. "Being recognized as the No. 1 health care provider in the nation is a tribute to the incredible work of our staff. It recognizes both our medical expertise as well as our commitment to compassionate, individualized care," says Gianrico Farrugia, M.D., president and CEO, Mayo Clinic.

The Mayo Clinic is an American not-for-profit organization academic medical center based in Rochester, Minnesota, focused on integrated clinical practice, education, and research. It employs more than 4,500 physicians and scientists, along with another 58,400 administrative and allied health staff. The practice specializes in treating difficult cases through tertiary care and destination medicine. It is home to the top-ten ranked Mayo Clinic Alix School of Medicine in addition to many of the largest The Mayo Clinic's Sports Medicine facilities in Rochester and Minneapolis serve athletes "from those at the elite level to the strictly recreational" with treatment and sports training. The Mayo Clinic has 57 research centers, such as those working on Alzheimer's disease, multiple sclerosis and kidney disease. Innovations at the Mayo Clinic include the heart-lung bypass machine and total hip replacement. Book an Appointment at Mayo Clinic. Mayo Clinic|1216 Second Street SW, Rochester, MN 55902-1906. Book by Phone.