

# Train Your Brain Like An Athlete - The Neuroscience of High Performance

DATE: Wednesday, August 13, 2025  
LOCATION: Bloomington, Minnesota, US

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## Event Description

Train Your Brain Like An Athlete - The Neuroscience of High Performance is a premier community event in Bloomington. This event attracts visitors from around the world and significantly impacts local hotel demand, creating opportunities for strategic revenue management and guest experience optimization.

## Key Information

**Category:** community

**Importance Rank:** 28/100

**Expected Attendance:** 81 people

**Event ID:** EcUdEo2F3GSW2zkfAy

## Hotel Demand Indicators

**ADR Impact Index:** 3.9x baseline (varies by property tier & location)

**Occupancy Impact:** +60 percentage points over baseline

**Booking Lead Time:** Demand begins 30 days before event

**Impact Radius:** 15km from venue

**Estimated Room Nights:** 32 across all properties

*Note: Actual impact varies by property location, star rating, and local market conditions.*

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