

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
2009 Mid-Atlantic Diabetes Research Symposium

Lister Hill Auditorium, Building 38A, National Institutes of Health (NIH)
September 25, 2009

Logistics

Travel Arrangements

Participants are responsible for making their own travel arrangements. Should you decide to extend your stay to take advantage of lower fares, DC-area attractions are only a short stop away from the suggested hotel.

Hotel and travel information are listed below.

Hotel Reservations

The following hotels provide lodging in a relatively close proximity that is accessible by taxi.

Bethesda Marriott Hotel
5151 Pooks Hill Road
Bethesda, MD 20814
P: 301-897-9400 or 1-800-228-9290
F: 301-897-0192

Bethesda North Marriott Hotel & Conference Center
5701 Marinelli Road
North Bethesda, MD 20852
P: 301-822-9200 or 1-800-228-9290
F: 301-822-9201

Hilton Executive Conference Center
1750 Rockville Pike
Rockville, MD 20852
P: 301-468-1100 or 1-800-HILTONS
F: 301-468-0308

Hyatt Regency Bethesda
One Bethesda Metro Center
Bethesda, MD 20814
P: 301-657-1234 or 1-800-633-7313
F: 301-657-6453

DoubleTree Hotel
8120 Wisconsin Avenue
Bethesda, Maryland 20814
P: 301-652-2000 or 1-800-222-TREE
F: 301-652-4525

American Inn of Bethesda
8130 Wisconsin Avenue
Bethesda, MD 20814
P: 301-656-9300 or 1-800-232-7081
F: 301-656-2907

Residence Inn
7335 Wisconsin Avenue
Bethesda, MD 20814
P: 301-718-0200 or 1-800-228-9290
F: 301-718-0679

The Legacy Hotel
1775 Rockville Pike
Rockville, Maryland 20852
P: 301-231-8800
F: 301-881-9047

Taxi Service to Area Hotels

From Baltimore/Washington International Thurgood Marshall Airport (BWI):

Approximate hotel distance and direction: 35 miles S.W.

Estimated Taxi Fare: \$60

From Washington Dulles International Airport (IAD):

Approximate hotel distance and direction: 25 miles N.E.

Estimated Taxi Fare: \$50

From Ronald Reagan Washington National Airport (DCA):

Approximate hotel distance and direction: 21 miles N.E.

Estimated Taxi Fare: \$45

Fares may differ during peak travel hours.

Metro to the Hotel

The Metro system is clean, reliable, and safe. It operates from 5:00 a.m. to 12:00 midnight Monday through Thursday; 5:00 a.m. to 3:00 a.m. on Fridays; 7:00 a.m. to 3:00 a.m. on Saturdays; and 7:00 a.m. to 12:00 midnight on Sundays. Each passenger must purchase a farecard to travel in the system. Instructions for purchasing farecards are posted on the vending machines in each station. Each Metro car features a complete color-coded map of the system. Station attendants on duty at each station can provide additional information on request. From Ronald Reagan Washington National Airport, a cost-effective way to travel to the meeting is by using the Metrorail system. A map of the system is available at: <http://www.wmata.com/rail/maps/map.cfm>.

From the Ronald Reagan Washington National Airport station, take the Yellow Line toward Mt. Vernon Square or Fort Totten. At the Gallery/Chinatown stop, transfer to the Red Line toward Shady Grove or Grosvenor-Strathmore. Please see the following list of hotels and respective Metro stations.

Bethesda Station – Hyatt Regency, Residence Inn

Medical Center Station – American Inn, DoubleTree, Bethesda Marriott (call for hotel shuttle)

White Flint Station – Bethesda Marriott North Hotel and Conference Center
Twin Brook – Hilton and Legacy

SuperShuttle

SuperShuttle offers service to most hotels from Ronald Reagan Washington National Airport, Washington Dulles International Airport, and Baltimore/Washington International Thurgood Marshall Airport. The shuttle leaves on an as-needed basis between the hours of 5:30 a.m. and 11:00 p.m. During other times, arrangements for a shuttle can be made by calling 1-800-258-3826 from the airport, or visit their website at <http://supershuttle.com>.

NIH Visitor Information

The Lister Hill Auditorium is located on the NIH Campus in building 38A. For a map, general information, and directions to and around the NIH Campus, visit http://parking.nih.gov/visitor_access_map.htm.

NIH Security

The NIH, like all federal government facilities, has instituted security measures to ensure the safety of NIH employees, patients, and visitors. The national threat advisory level, determined by the Department of Homeland Security (<http://www.whitehouse.gov/homeland/>), currently is yellow (elevated).

Perimeter Security

All visitor vehicles, including taxicabs, hotel and airport shuttles, delivery trucks, and vans will be inspected before being allowed on campus. Visitors will be asked to show one (1) form of identification (a government-issued photo ID: driver's license, passport, green card, etc.) and to state the purpose of their visit. **Be sure to allow at least 15-20 minutes for this vehicle inspection procedure.**

Building Security

Due to the checking of IDs at the perimeter, employees and visitors will not be required to show their ID again to gain access to the majority of buildings on the NIH Campus during the normal business day.

Employees and visitors should continue to wear their identification prominently at all times while on campus.

Guards will remain at certain buildings to address specific program requirements, such as sensitive research and safety concerns. At building entrances where guards are posted:

- Employees must show a DHHS-issued photo ID (for example, your NIH-issued ID badge).
- Visitors may be required to log-in, wear a visitor's pass, and be escorted by an employee through the building.
- Visitors may be required to pass through a metal detector and have bags, backpacks, or purses inspected or x-rayed as they enter buildings.
- Security staff will confiscate any suspicious or potentially dangerous materials. U.S. code prohibits bringing any dangerous weapons onto federal property, including anything with a blade longer than 2½ inches. Meeting participants may want to leave extra bags or personal materials at their hotel to minimize the time needed for inspection.

Weekday Pedestrian Campus Access

All visitors must enter through the NIH Gateway Center at Metro or the West Gateway Center (see the Visitor Map at http://parking.nih.gov/visitor_access_map.htm).

- Gateway Center
Wisconsin Avenue at Gateway Drive (near the Metro)
Open 24 hours, 7 days per week
 - West Gateway Center
Near Old Georgetown Road and South Drive
Open 6 a.m. – 12 p.m., Monday-Friday
-

Driving Directions to NIH

From Points North and East:

Take I-95 South to I-495 West (Capital Beltway) toward Silver Spring. Follow I-495 West for 9 miles to Exit 34 (Bethesda/Wisconsin Avenue). Follow signs for Route 355 South and stay in the right lane. Travel approximately 1 mile and turn right at the light onto South Drive. Pass through NIH security and follow the signs to Building 38A.

From Points North and West:

Take I-270 South to I-495 East (Capital Beltway) toward Washington, DC. Stay in one of the three left lanes. Follow signs for Route 355 South, a left-lane exit, onto Wisconsin Avenue. Travel approximately 1 mile and turn right at the light onto South Drive. Pass through NIH security and follow the signs to Building 38A.

From Points South:

Take I-95 North to I-495 (Capital Beltway) toward Tyson's Corner/Rockville. Follow I-495 for 20 miles. Take Exit 34 (Bethesda/Wisconsin Avenue). Travel approximately 1 mile and turn right at the light onto South Drive. Pass through NIH security and follow the signs to Building 38A.

From Baltimore/Washington International Thurgood Marshall Airport (BWI):

Take the Route 195 connector to I-95 South. Take I-95 South to I-495 West (Capital Beltway) toward Silver Spring. Follow I-495 West for 9 miles to Exit 34 (Bethesda/Wisconsin Avenue). Follow signs for Route 355 South and stay in the right lane. Travel approximately 1 mile and turn right at the light onto South Drive. Pass through NIH security and follow the signs to Building 38A.

From Washington Dulles International Airport (IAD):

Take the Dulles Access Road for approximately 13 miles to Exit 18. Move to the right on the Dulles Toll Road (Route 267) and take Exit 18. Stay left on the ramp for Bethesda/Baltimore, and proceed toward Bethesda (I-495). Continue approximately 9 miles on I-495. Stay on I-495 at the I-495/I-270 split (bear right). Take Exit 34 (Wisconsin Avenue South/Route 355) toward Bethesda. Travel approximately 1 mile and turn right at the light onto South Drive. Pass through NIH security and follow the signs to Building 38A.

From Ronald Reagan Washington National Airport (DCA):

Take the George Washington Parkway North for 12 miles to I-495 toward Maryland (Capital Beltway). Take Exit 34 (Bethesda/Wisconsin Avenue). Travel approximately 1 mile and turn right at the light onto South Drive. Pass through NIH security and follow the signs to Building 38A.

Parking

Parking on the NIH campus is limited and is \$12 per day in the visitor lots.