



ICA SYMPOSIUM: NATURAL FITNESS & SPORTS TRANSPORTATION INFORMATION

International Chiropractors Association



AROUND & ABOUT COLUMBUS

Detailed information on Columbus shopping, dining and other services are available from Experience Columbus at www.experiencecolumbus.com.



BETWEEN AIRPORT & HOTEL

The John Glenn Airport is approximately 15 minutes east (8 miles) from downtown areas. For more information on fare rates, and ride sharing options visit www.flycolumbus.com

- ▶ **Taxi Service** from the John Glenn Airport to downtown Columbus averages \$25.00.
- ▶ **Airport Shuttle Services** offer you transportation services to/from the airport and costs vary depending on number of passengers and distance. Reservations are recommended.

For those of you driving a car, The Renaissance Columbus Downtown Hotel has on-site valet parking for a discounted rate of \$14.00.



GETTING AROUND COLUMBUS

Columbus is described as easy to get around! The main east-west highway is I-70 and the two primary north-south freeways are I-71 and St. Rte. 315. The outer belt, I-270, circles the city and I-670 connects the airport to downtown while continuing to the west side. Visitor maps, including a Downtown Columbus Map (PDF) and Restaurants in Downtown Columbus (PDF), can be found on www.experiencecolumbus.com



DOWNTOWN TRANSPORTATION

- ▶ **Public Transportation** is available from the Central Ohio Transit Authority (COTA). One-way fares cost as low as \$2.00 and day passes are as low as \$4.50. Visit www.cota.com for more information about public transportation.
- ▶ **Shuttle Service** on large touring buses labeled “Arnold Downtown Shuttle” will be provided by Arnold Expo to help reduce parking difficulties, traveling between downtown hotels (including The Renaissance Columbus Downtown Hotel) and the Greater Columbus Convention Center. Riders can wait at one of the locations, get on a bus when it arrives, and go to the desired location. Arnold Express Shuttle Bus will run between the Ohio Expo Center and the Greater Columbus Convention Center. Buses will be marked by “Arnold Express Shuttle.” (Details posted at www.arnoldsportsfestival.com)



SHUTTLE STOPS

- Greater Columbus Convention Center
- Columbus Renaissance Downtown Hotel
- Sheraton Columbus at Capitol Square
- Holiday Inn Downtown
- Westin Hotel
- DoubleTree Hotel
- Hotel LeVeque
- Courtyard by Marriott
- Greater Columbus Convention Center

MARCH 1-3, 2018
COLUMBUS, OHIO





ICA SYMPOSIUM: NATURAL FITNESS & SPORTS TRANSPORTATION INFORMATION

International Chiropractors Association

ARNOLD EXPRESS SHUTTLE

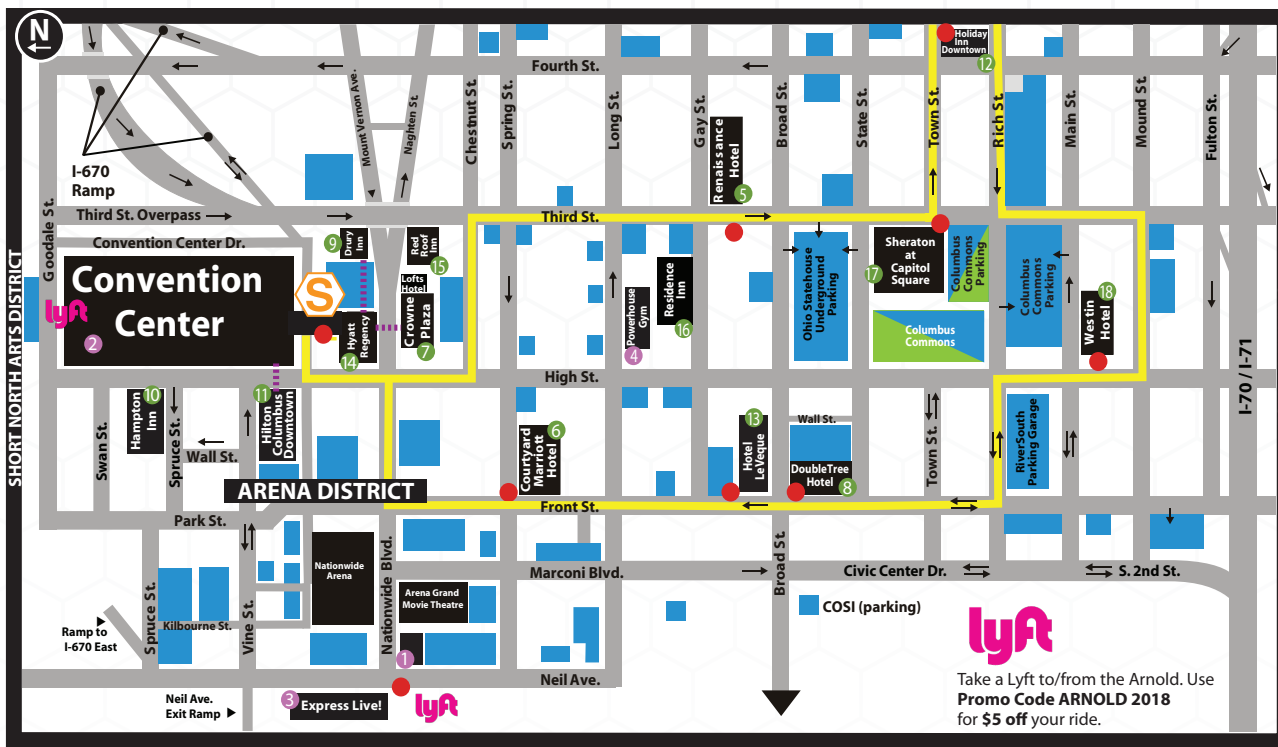
Free shuttle service running from the Ohio Expo Center to the Greater Columbus Convention Center and back without any additional stops (Does not stop at downtown hotels). The Arnold Express Shuttle provides wheelchair assistance for ease of transportation.

FRIDAY, MARCH 2	7:00 a.m. – 11:30 p.m. (Saturday a.m.)
SATURDAY, MARCH 3	7:00 a.m. – 2:30 a.m. (Sunday a.m.)
SUNDAY, MARCH 4	7:00 a.m. – 6:00 p.m.

ARNOLD DOWNTOWN SHUTTLE

Free shuttle service connecting every downtown hotel to the Greater Columbus Convention Center

THURSDAY, MARCH 1	9:00 a.m. – 11:30 p.m.
FRIDAY, MARCH 2	7:00 a.m. – 11:30 p.m.
SATURDAY, MARCH 3	7:00 a.m. – 2:30 a.m. (Sunday a.m.)
SUNDAY, MARCH 4	7:00 a.m. – 6:00 p.m.



VENUES / PLACES OF INTEREST:

- 1 Experience Columbus (Visitors' Bureau) 614-221-6623
- 2 Greater Columbus Convention Center & Battelle Grand 614-827-2500
- 3 Express Live! 614-461-5483
- 4 Powerhouse Gym 614-228-8866

HOTELS:

- 5 Columbus Renaissance 614-228-5050
- 6 Courtyard by Marriott 614-228-3200
- 7 Crowne Plaza/Lofts 614-461-4100
- 8 DoubleTree Hotel 614-228-4600
- 9 Drury Inn 614-221-7008
- 10 Hampton Inn 614-559-2000
- 11 Hilton Columbus Downtown 614-384-8600
- 12 Holiday Inn Downtown 614-221-3281
- 13 Hotel LeVeque 614-224-9500
- 14 Hyatt Regency 614-463-1234
- 15 Red Roof Inn

■ Parking
 ● Shuttle Stop (Downtown)
 Arnold Downtown Shuttle Route
 Skywalk
 → Direction of Traffic Flow of One-Way Streets

OHIO EXPO CENTER SHUTTLE

Free shuttle service available at Ohio Expo Center grounds stopping at buildings and parking lots (Does not leave the grounds).

- ▶ **ICA Fitness & Sports Health Science Symposium**
The Renaissance Columbus Downtown Hotel
50 North Third Street | Columbus, OH 43215

MARCH 1-3, 2018
COLUMBUS, OHIO

