

ICS 2010 CAPITOL DAY

FEBRUARY 11, 2010

Meet and Greet Iowa Legislators 11:00am - 12:00pm (Iowa State Capitol Building)

Luncheon 12:30 – 1:30pm (Des Moines Club, 34th Floor, Ruan Building, 666 Grand Ave., Des Moines, IA)

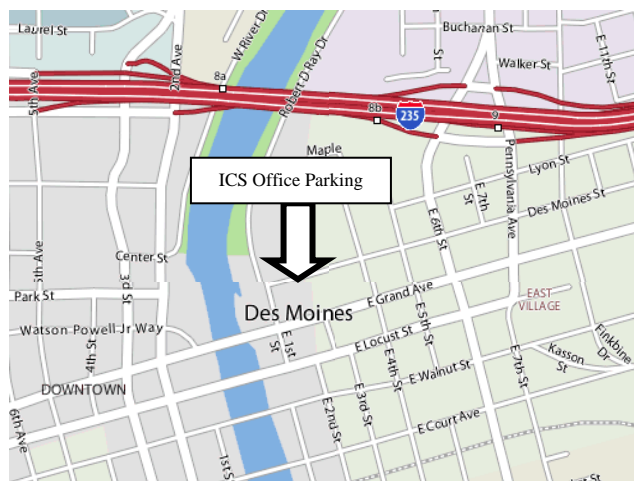
Program 1:30 - 3:30pm (Des Moines Club, 34th Floor, Ruan Building, 666 Grand Ave., Des Moines, IA)

Map & Directions to Parking at ICS Office

Free Downtown shuttle available to the Iowa State Capitol Building and Ruan Building. Arrive at least 45 minutes early in order to take the shuttle to the Iowa State Capitol and at least 30 minutes early in order to take the shuttle to the Ruan Building. The shuttle runs every 10 minutes and the stop is located at the corner of Grand and Robert Ray Drive going West.

Address: Iowa Chiropractic Society (ICS) Headquarters, 100 East Grand Ave. Suite 240, Des Moines, 50309

From I-235: Take the E. 6th St. Exit (Exit 8B) South to Des Moines Street and turn West toward the river (at the "Botanical Center" sign). The parking lot entrance is on the South side of Des Moines Street just before Robert Ray Drive.



Map & Directions to Iowa State Capitol Building

Arrive at least 30 – 45 minutes early in order to allow time for parking. The shuttle may be taken to and from ICS offices and/or to the Ruan Building. The shuttle runs every 10 minutes and the stop is at the west entrance of the Iowa State Capitol Building.

Address: East 9th St. and East Grand Ave., Des Moines, 50309

From I-235: Take the US-69/E 15th St. Exit (Exit 9) toward E. 14th St., stay straight and go onto Maple St., Turn left on E. 14th St., turn right on E. Grand St. The Iowa State Capitol is located on the South side of the street. You may park in any visitor parking area which includes the Lucas State Office Building to the East of the Iowa State Capitol and Mercy Iowa State Capitol shown on the map below.



Map and directions to Ruan Building on other side.

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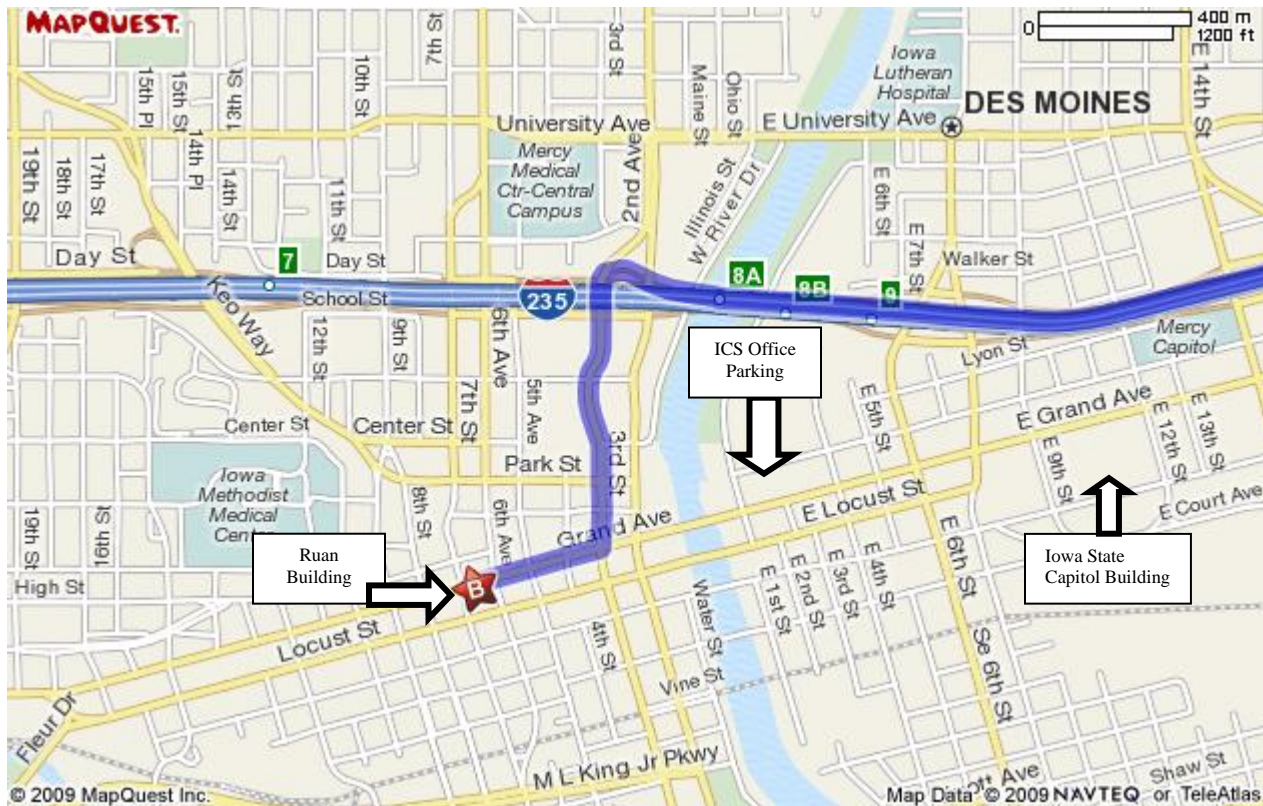
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Map & Directions to the Des Moines Club, Ruan Building 34th Floor, Des Moines, IA for Lunch & Program

Free Downtown shuttle available to the Ruan Building. Arrive at least 30 minutes early in order to take the shuttle to the Ruan Building and at least 45 minutes early in order to take the shuttle to the Iowa State Capitol Building. The shuttle may be taken to and from ICS office parking (corner of Grand and Robert Ray Drive) or Iowa State Capitol Building (West entrance). The shuttle runs every 10 minutes and the stop is located at the West entrance of the State Capitol.

Address: Des Moines Club, Ruan Building, 34th Floor, 666 Grand Ave., Des Moines, 50309
Phone: (515) 244-2582

From I-235: Take Exit 8A toward Downtown Des Moines/Iowa Events Center, take 3rd Street ramp, turn left onto 3rd Street, Turn right on to Grand Avenue, 666 Grand Avenue is on the left. A paid parking ramp is located at 7th and Grand for \$1.50/hr or \$9.25/day and is connected to the Ruan Building by Skywalk.



The D-Line Shuttle Map: http://www.dmmta.com/images/sub_downtown/dline_shuttle_map.jpg

Map and directions to ICS Headquarters and Iowa State Capitol Building on other side.