

Conference Cheat Sheet



February 9-13, 2018 – Denver, Colorado

Emergencies: In the event of a health or security emergency within the Colorado Convention Center, **DO NOT dial 911.** The center has its own protocols with local emergency services. Instead, contact the Convention Center Security Department by **dialing 200** from any **beige house phone** or calling 1-303-228-8030 from your cell phone. If the emergency is within the **Hyatt Regency Denver**, dial **55** from the nearest house phone. If you are outside the convention center or the Hyatt Regency, dial 911 or the number given to by your lodging.

First Aid: A first aid station staffed by licensed health care professionals is located near **Room 507** at the Colorado Convention Center.

Conference Gift Store: Located on Concourse A (between the 100 and 200 meeting room hallways), you can buy some over-the-counter medications, such as painkillers.

Closest Drugstore: Walgreens, 801 16th St., Denver, 303-571-5314. Hours: 5:30 am to midnight. Pharmacy: 8:00 am to 8:00 pm.

Closest 24-hour Drugstore: Walgreens, 1111 S. Colorado Blvd., Denver, CO 80246, 303-758-8083. Located about five miles south and east of downtown. East on Colfax; south of Colorado Boulevard.

Closest Non-Emergency Walk-in Medical Care – Open Friday and Monday: Concentra Urgent Care, 1730 Blake St, Suite 100, Denver, CO 80202; 303-296-2273. Open weekdays only, 8 am to 6 pm.

Closest Non-Emergency Walk-in Medical Care - Open Every Day: ZipClinic Urgent Care, 1 Broadway Building A Suite 100, Denver, CO 80203, 303-455-6345. Monday through Friday, 8am to 7pm, Saturday and Sunday, 8am to 5pm – Located about two miles south of downtown on Broadway.

Closest Hospital: Denver Health (Level 1 Trauma Center), 777 Bannock Street, Denver, CO 80204, 303-436-6000; www.denverhealth.org.

Coping with Denver’s Altitude: Probably 20 people have shared their best advice: Take it seriously!!

Hydrate! Drink 2x as much liquids as usual. (Water, juices, decaffeinated teas, seltzers. Coffee and alcohol dehydrate; drink in moderation.) Different theories abound regarding alcohol consumption, but the consensus is less is more: Twice the impact and more intense hangovers.

Moisture! Even if you don’t usually use products back home like lotion, saline nasal sprays, eye drops, and lip balm, be prepared. Most people experience discomfort from our dry climate. Local trip: Fill your bathtub/sink with a couple of inches of hot water to help humidify the room at night.

Altitude sickness: Although more common in our High Country, visitors can be impacted in our Mile High city. The symptoms feel like the flu. (That’s great news, huh). The usual treatment: fluids, painkillers, anti-nausea pills, bed rest. You might not have a full-blown case, but you might feel tired and headache-y. You might need more sleep. If you do visit the High Country and feel sick, the only real treatment is returning to a lower altitude—and youth and health is no guarantee you won’t be affected.

Time Zone Confusion: Welcome to the Mountain Time Zone. We are one hour later than Pacific Time, one hour earlier than Central Time, and two hours earlier than Eastern Time. And the sun does set earlier in Denver because of that pesky 14,000+ mountain range to the west.

Copying and Mailing Services: *UPS* at the Convention Center; *Fedex* at the Hyatt Regency.

Note: We have done our best to check links, phone numbers, hours, etc. But life happens. Venues are opening and closing in Denver at a dizzying rate, in part because of our recent growth. So call ahead!

Disclaimers: This “cheat sheet” of resources is an independent publication of a group of friendly volunteer locals. It is not sanctioned by the American Library Association, the Colorado Conference Center, or the City and County of Denver. None of the businesses or organizations noted here paid any fee to be listed or needed to be a member of any association. These are suggestions hopefully to make your visit smoother. Have a great visit!

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General Resources:

Westword: Paper & online resource for food, entertainment, and marijuana reviews. Interactive database makes finding good restaurants easy! Updated frequently. www.westword.com

Check with the staff of the Colorado Conference Center or your hotel for visitor directories.

Marijuana: If you are planning to explore Colorado's legal marijuana culture, do your homework:

1. The dispensaries are heavily regulated, but they are very nice about explaining the rules.
2. You are limited as to how much you can buy: **for personal use only**. Not for resale. Can't take it out of Colorado, because our otherwise friendly neighboring states do not take kindly to transporting weed into their jurisdiction. And don't think of sticking it in your luggage. Our drug dogs at the Denver airport are very, very good. And very cute.
3. You can't smoke marijuana or consume edibles in public or in your hotel. Actually, pretty much anywhere, except a private home or one of the many designated lounges. Consider checking in with www.coloradopotguide.com or **Westword** for visitor resources and the current laws.
4. Do not attempt to buy marijuana from street sellers, who might try to convince they are legal. They will charge you more than a legal dispensary will, and they might just be undercover cops. Tsk tsk.

Transportation:

Gale/Cengage Conference Shuttle Service: Five hotels are served: *Grand Hyatt Denver* Curbside on Welton St; *Hilton Denver City Center* Curbside on California St; *Magnolia Hotel Denver* At Hilton Denver City Center; *Holiday Inn Express Denver Downtown* Curbside on Tremont, and *Sheraton Denver Downtown* Conference HQ Curbside on Court Pl. All buses board at Welton St. side of Colorado Conference Center. Check hotel lobbies for current information.

Free 16th Street Shuttle: Runs every 3-5 minutes length of 16th Street Mall at peak hours.

Parking: No free street parking except on the outskirts of downtown. Meters run until 10 pm, and you have to move your car every two hours. But they take credit cards.

Driving around Denver: Emailing and twittering are banned for all drivers in Colorado.

Getting To and From the Airport: Locals like to take the A-Train from the Denver airport to Union Station downtown. Cheap, clean, convenient, secure, fast. But...going back to the airport, cabs, Lyft, Uber, SuperShuttle and other shared van services might be more reliable. Whatever you take give yourself a full hour to get to the airport and arrive two hours before your flight. We have a major busy airport with long lines at security; doesn't take much for delays to slow you up.

Driving in the High Country: If you enjoy driving at 9,000 feet over winding mountain roads covered with ice and snow, peppered by large, suicidal wildlife, and surrounded by idiots who think that because they own a massive four-wheel drive something they can violate the Law of Physics, go for it.

Food close to Convention Center: Recommendations from your colleagues: *Dazzle:* Jazz Club and restaurant; *Marlowe's:* Grill; *Modern Market:* Made-to-order locavore; *Denver Pavilions,* multiple venues including *Jazz at Jack's;* *Larkburger:* Local gourmet burgers.

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