



Network for a Healthy California **2009 Conference**

MARCH 4-5, 2009

PRE-CONFERENCE MEETINGS: MARCH 3, 2009

SACRAMENTO CONVENTION CENTER

Hotel Accommodations-----

Holiday Inn Sacramento-Capitol Plaza, Holiday Inn Express, Best Western Sutter House, & Marriott Residence Inn

Abstracts Due: September 29, 2008





Network
2009 Conference
KEYNOTE

Harry Balzer

Vice President
The NPD Group

There are not many people in the United States that have followed the actual eating patterns of Americans as long as Harry Balzer, vice president of The NPD Group, a leading market research company. A national expert on food and diet trends, Balzer and The NPD Group have been tracking the eating and drinking patterns of Americans for nearly 30 years. He is the author of The NPD Group's Annual Report on Eating Patterns in America, which is in its 22nd year. That's why more than 90 percent of the nation's food and beverage manufacturers and restaurant operators rely on Harry and NPD data. Balzer is widely known within the industry as a consistent source for information on actual consumer eating habits ... not just what they say they are doing ... but what they really do!

Balzer received recognition from Self Magazine for being one of 25 people in the United States who has changed the way the nation eats, cooks and thinks about food. His television appearances include Today, Good Morning America, NBC Nightly News, CNN, and CNBC. Balzer has been extensively quoted in The Wall Street Journal, USA Today, The New York Times, Fortune, Forbes, Time, Newsweek and a host of other business and trade publications. In addition, Balzer speaks about the latest food-related trends at several prestigious food industry events. He also speaks regularly at prominent universities including Northwestern University, Cornell University and the University of Pittsburgh.

Network 2009 Conference

HOTEL AND TRAVEL INFORMATION

Conference Location:

The *Network for a Healthy California* 2009 Conference will be held on the third floor on the Sacramento Convention Center. The Convention Center is located at 1400 J Street in downtown Sacramento.

Conference Hotels:

There are four hotels to choose from for this year's conference. Each has a different physical activity environment. . .including the walking distance to the Convention Center! There is bus transportation to the Convention Center from the Holiday Inn Sacramento Capitol Plaza.

Hotel	Cost Not including 12% tax plus \$1.50 Tourism Assessment	Internet	Parking	Physical Activity Environment	Rooms must be booked by:
<p>1. Holiday Inn Sacramento- Capitol Plaza 300 J Street</p> <p>For reservations call: (916) 446-0100 or 1-800-Holiday The group code is: QHC Online: http://www.ichotelsgroup.com/h/d/hi/1/en/advancedsearch?whichtype=room&roomResult=none&hotelCode=sacpp&quickRes=city&groupBookingCode=QHC&requestid=279330 Check-in: noon Check-out: 3:00 pm</p>	<p>\$111/night single</p> <p>\$136/night double</p>	<p>Complimentary High-speed Internet Access and Wi-Fi</p>	<p>\$12/night</p>	<p>Walk to Convention Center: .84 mile</p> <p>Fitness Center: Three treadmills, three stationary bicycles, three elliptical machines, and free weights. Open 24 hours with room key</p> <p>Pool: Outdoor. Unheated. 30 x 15 feet.</p>	<p>1/31/09</p>

<p>2. Holiday Inn Express Sacramento Convention Center 728 16th Street</p> <p><u>For reservations call:</u> 1-888-Holiday</p> <p>Check-in: 3:00 pm Check-out: 12:00 pm</p>	\$84/night	Complimentary Wi-Fi.	Complimentary	<p>Walk to Convention Center: .37 mile</p> <p>Fitness Center: Two treadmills & one stationary bike Open: 8:00 -10:00 pm.</p> <p>Pool: At the Clarion Hotel next door Outdoor, unheated. 13 x 20 feet. Hours: 9:00 am -10:00 pm</p>	2/9/09
<p>3. The Best Western Sutter House 1100 H Street (916)-441-1314</p> <p><u>For Reservations call:</u> 1-888-256-8040</p> <p>Check-in: 3:00 pm Check-out: 1:00 pm</p>	\$84/night	Complimentary High-speed Internet Access and Wi-Fi	Complimentary	<p>Walk to Convention Center: .40 mile</p> <p>Fitness Center: None</p> <p>Pool: Outdoor, solar heated. Too small for swimming laps.</p>	2/9/09
<p>4. Marriott Residence Inn Sacramento At Capitol Park 1121 15th Street (916) 443-0500</p> <p><u>For reservations call:</u> (800) 331-3131 The group name is: "Network Conference."</p> <p><u>Online:</u> www.marriott.com/sacdt Group Code: NCWNCWA</p> <p>Check-in: 4:00 pm Check-out: 11:00 am</p>	\$139/night	Complimentary High-speed Internet Access and Wi-Fi	\$17/night If you wish to park in the hotel parking structure, park in the hotel driveway on arrival and register. You will receive a parking tag and the cost of parking will be added to your hotel bill.	<p>Walk to Convention Center: .17 mile</p> <p>Fitness Center: Three treadmills, two stationary bikes, two elliptical machines, universal machine, and miscellaneous free weights. Open 24 hours</p> <p>Pool: Outdoor. Heated. 35 x 15 feet Hours: 6:30 am – 10:00 pm</p>	2/2/09

Other Parking:

For a map of downtown parking lots, click here. ([Map](#)).

For a map of downtown on-street parking, click here for a map of long-term parking meters locations. [City of Sacramento's Parking site](#)

Driving Directions to the Sacramento Convention Center:

FROM SAN FRANCISCO I-80 (DAVIS, VALLEJO, OAKLAND, SAN JOSE)

Take I-80 East to Sacramento
Take Capitol City Freeway turn-off
Take I-5 Freeway (Redding turn-off)
Take "J" Street Exit (one-way street, East)
Take "J" Street to 14th Street
Convention Center on right hand side

FROM RENO I-80 (NORTH HIGHLANDS, ROSEVILLE, AUBURN)

Take I-80 West (not the Business 80/Capitol City Freeway)
Take I-5 South to Los Angeles
Take "J" Street Exit (one-way street, East)
Take "J" Street to 14th Street
Convention Center on right hand side
Or
Take I-80 West to Sacramento
Take Capitol City Freeway turn-off
Take the "E" Street exit
Take a right on "E" Street
Take a left on 14th Street
Convention Center on "J" Street and 14th Street

FROM HWY 99 SOUTH (STOCKTON, MODESTO, FRESNO, ELK GROVE)

Take Hwy 99 to Sacramento
Take I-80 (San Francisco turn-off)
Immediately get over to the right lane
Take 16th Street Exit (one-way street, North)
Take 16th Street to "I" Street (one-way street, West)
Take a left on "I" Street

Take a left on 14th Street
Convention Center on "J" Street and 14th Street

FROM SOUTH LAKE TAHOE HWY 50 (FOLSOM, PLACERVILLE)

Take Hwy 50 to Sacramento
Take 16th Street Exit (one-way street, North)
Take 16th Street to "I" Street (one-way street, West)
Take a left on "I" Street
Take a left on 14th Street
Convention Center on "J" Street and 14th Street

FROM I-5 NORTH OR SOUTH

Take "J" Street Exit (one-way street, East)
Take "J" Street to 14th Street
Convention Center on right hand side

FROM AIRPORT, FOLLOW DIRECTIONS FROM I-5 SOUTH

Additional Driving Direction Resources

[MapQuest](#) | [Yahoo Maps](#)

Airport Transportation:

Shuttle Service:

There is no courtesy shuttle available to or from any of the hotels or Sacramento Convention Center. SuperShuttle is the exclusive provider of on-call van service at Sacramento International Airport. The costs from the airport to downtown are approximately:

Shared Van: \$18 for the first person and \$11 for each additional person
Private Van: \$55 for up to seven people.

Reservations are not required (but always a good idea) for the trip from the airport to the hotel unless you need a handicapped accessible van. Pickup areas for passengers are located in the ground transportation area adjacent to baggage claim in Terminal A and at the center island curb in front of Terminal B.

To make a reservation, call (800) 258-3826
Or online at <http://www.supershuttle.com/>

Taxis:

You can locate a taxi in the ground transportation area adjacent to the baggage claim area at Terminal A and across from the airport hotel at Terminal B. One-way between the airport and downtown is approximately \$28-\$30. Call (916) 457-4862 for reservations/information, and (916) 874-0888 to report customer service problems. While at the airport, dial extension 24360 from a white courtesy phone for more information.

Bus:

Public bus transport from the airport to downtown Sacramento is \$1.50. View a schedule at this link:

<http://www.yolobus.com/m3.html>

Amtrak:

The Sacramento Amtrak station is at 401 I Street which is .9 mile from the Sacramento Convention Center and only .11 mile from the Holiday Inn Sacramento—Capitol Mall. 1-800-872-7254

Check back for more details!

This material was funded by USDA's Supplemental Nutrition Assistance Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Supplemental Nutrition Assistance program, call 1-888-328-3483.