



Dear LifeSmarts Champions and Friends,

We hope you are gearing up for the 22<sup>nd</sup> National LifeSmarts Championship in Denver, Colorado, April 9-12, 2016! We have an amazing event planned, but before you go there are a few things you need to know!

The event is located at the Embassy Suites in Downtown Denver, 1420 Stout St, Denver, CO 80202. Check in time is 4pm and check out is noon. There is a pool, fitness center, and a 24-hour market. Every evening the hotel hosts complimentary snacks and beverages. A complimentary breakfast is served every morning from 6:30 to 9:00am in the hotel lobby.

The Embassy Suites is located about 30 miles from Denver International Airport. Transportation options include:

- **Airport Shuttles:**

- **Super Shuttle** <http://www.supershuttle.com/Locations/DenverDEN>

- Shuttle- \$40 round trip per person (fits 10 people)

- SUV- \$80 one way per car (fits 6)

- Sedans- \$70 one way per car (fits 4)

- They also run a yellow cab that is a flat \$51 to downtown

- **ABC Shuttle** [www.ABCshuttle.com](http://www.ABCshuttle.com)

- Under the "Convention Groups" enter code LS to reserve a shuttle with the discounts:

- 1 Passenger \$19 one-way/\$38 round-trip

- 2 Passengers \$38 one-way/\$76 round-trip

- 3-4 Passengers \$52 one-way/ \$104 round-trip

- 5-6 Passengers \$65 one-way/ \$130 round-trip

- 7-10 Passengers \$89 one-way/ \$178 round-trip

- **CFC Ride** <http://www.cfcride.com/>

- Luxury SUVs \$18.00 per person one way or \$36.00 per person round trip

- **Ride-sharing options such as Uber and Lyft**

- **Hotel parking:** For those driving to the hotel, parking is \$15.00 for 0-4 hours; \$22.00 for 4-8 hours; and \$37.00 for 8+ hours or overnight

Expect balmy, sunny days and cool evenings. Average April temps are high of 62F and low of 33F.

At an altitude of a mile above sea level, one can experience altitude sickness. **Before and during your visit, drinking plenty of water is the best way to help your body adjust to the higher altitude.** Low humidity keeps the air dry, like the desert, so you need about twice as much water here as you would drink at home. Foods such as broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes and tomatoes will help you replenish electrolytes by balancing salt intake.

**See you this Weekend!**