



Thank you for registering for IRSF's very special 25<sup>th</sup> Annual Conference. This year's conference is right outside of Washington D.C., May 22 - May 25, 2009 in Leesburg, Virginia at the Lansdowne Resort & Spa. A full conference program can be downloaded from [www.rettysyndrome.org](http://www.rettysyndrome.org) so that you can map your session attendance plan in advance. Though last minute changes may be made to the schedule, reviewing the program ahead of time will better enable you to get to all of the lectures, workshops and panels most important to you.

Please note that registration fees do not include travel and hotel accommodations; these arrangements must be made separately.

## REGISTRATION

Full conference registration fees include:

- All registration and conference materials
- Access to all sessions
- Friday dinner, welcome orientation, Crackerbarrels and evening entertainment
- Saturday breakfast, lunch, dinner, plus evening coffee and dessert Tribute Reception and auction
- Sunday breakfast and lunch

Single day conference registration fees include:

- Registration and conference materials
- All-session access for that day
- Breakfast and lunch for that day (Saturday single-day registration includes dinner. Tribute Reception tickets can be purchased separately for \$15)

## TRIBUTE RECEPTION

IRSF will host a coffee, dessert, and cash bar Tribute Reception and Silent Auction on the evening of Saturday, May 23<sup>rd</sup> at the Lansdowne Resort. Attendance is open at no charge to full-conference registered attendees. Our girls and women with Rett syndrome are also welcome at no charge. Single-day conference attendees and non-conference registered guests are welcome to purchase tickets at \$15 per person. Dress to impress, but formal attire is not expected. Entertainment and dancing will follow the Tribute and Awards ceremony.

## SILENT AUCTION

Donate an item for the Silent Auction - gifts for our girls, weekend vacation homes or getaway certificates, gift baskets, and fine wines are always desirable and the proceeds go to a good cause! Ship in advance to the IRSF office, Attn Jenni Grammer, 4600 Devitt Dr Cincinnati, OH 45246, or bring your item to the registration desk upon your arrival. Silent Auction will run in the Bookstore all day Saturday, and close at the Tribute Reception Saturday evening. Email [jgrammer@rettsyndrome.org](mailto:jgrammer@rettsyndrome.org) or call 1.800.808.RETT (7388) with questions.

## KEEPSAKE PROGRAM JOURNAL, TRIBUTE VIDEO, PHOTO BUTTONS

- Place a special message in the IRSF 25th Anniversary Helping Hands Keepsake Program Journal in honor of the Rett angel that has touched your life. The Helping Hands Journal will be given to all Conference attendees as a part of the Conference Program, and will be downloadable from our website for those who cannot attend. Tell grandparents, family members, friends, co-workers, doctors, teachers and therapists about this opportunity to write a poem, share a loving thought, a message of hope, feature a scanned picture or piece of school/artwork, and/or advertise a business - ideas are endless! Visit the website



[www.rettsyndrome.org/conference](http://www.rettsyndrome.org/conference) or contact Jenni Grammer at [jgrammer@rettsyndrome.org](mailto:jgrammer@rettsyndrome.org) or 1.800.818.RETT (7388) for ad rates and details. **Ads MUST be finalized by April 17, 2009.**

- Include your child in the much-anticipated Tribute Video. Email a .jpeg picture attachment to [jgrammer@rettsyndrome.org](mailto:jgrammer@rettsyndrome.org) with "Conference Tribute Video" in the subject line **by April 17, 2009**. Remember our theme "*Celebrating the Torch Within*" when choosing what pictures to send in!
- Proudly wear a **photo button** of your child throughout the conference! Mail a 3" photo of your child to IRSF, Attn. Lisa Hayden at 4600 Devitt Drive, Cincinnati, OH 45246 **before May 1, 2009**. Buttons will be ready for pickup at the onsite registration desk.

## DRESS

We encourage you to dress comfortably for the day sessions, and wear something a little nicer for the Saturday Tribute Reception. The weather in Virginia is generally moderate during the month of May. Wear comfortable shoes - you can log miles on your feet at a busy conference. Lansdowne has swimming pools so don't forget your suit. The family pool is even roll-in!

## SPECIAL THOUGHTS

On a tender note, we must remind you that the conference sessions are for registered attendees only; and no children under 12 will be permitted at all in the sessions. This weekend is a fast-paced event intended to educate all attendees, provide you with an opportunity to interact with other members of the RTT community and provide some respite time away from the daily challenges of parenting. However, we also want you to feel welcome to bring your family members. If you choose to do so, please arrange childcare in advance so you will be free to attend sessions and network with other attendees. Many couples trade off these responsibilities throughout the weekend.

## HOTEL

The IRSF 25th Annual Conference will be held at the Lansdowne Resort & Spa, 44050 Woodridge Parkway, in Leesburg, Virginia 20176. We have negotiated an incredible room rate of \$134 single/\$150 double (per night) for all conference registrants, subject to availability. There is no fee for parking. You will find a link to resort reservations off of our website [www.rettsyndrome.org/conference](http://www.rettsyndrome.org/conference), or you may contact the resort directly at 1-877-509-8400 - you must mention IRSF room reservation code is "IRSF0522". The Lansdowne Resort & Spa is a unique location that offers many special amenities including Championship golf, Aquatic Complex - even a roll-in pool!, health club and world class spa. There are additional fees for some of these activities. We hope you can come a little early, or stay a few extra days, to rest and relax. The Lansdowne is offering a special rate of \$155 per night plus \$15 resort fee immediately before and after our conference to registered attendees only, subject to availability. Contact the resort to find out more.

Golfers: All golf must be reserved in tee time blocks of 4 players. All rates include cart and driving range.

	RTJII Course	Norman
Monday - Thursday	\$115.00 per person	\$140.00 per person
Friday - Sunday	\$125.00 per person	\$150.00 per person
The Shark Bite 9-hole course is \$55.00 per person every day.		

Spa Minérale offers a wide variety of treatments and products. Visit the Lansdowne website for more info and rates.

## MEALS

The meals that are included with your conference registration fee will be served at the *Riverside Hearth* restaurant, adjacent to the General Session area. The Lansdowne has generously offered to serve girls and women with Rett syndrome at the Riverside Hearth restaurant as their guest at no charge. All other guests with you may also dine at the Riverside Hearth restaurant and pay directly or have meals charged to their room. We would like this to be an



opportunity for you to spend time with your family as well as new friends made at the conference. Other restaurants are onsite at the Lansdowne Resort, as well as poolside refreshments. Please visit their website for more information [www.lansdowneresort.com](http://www.lansdowneresort.com), and call for menu prices.

*Riverside Hearth* Restaurant Hours are:

Breakfast 6:30am - 10:30am

Lunch 11am - 2pm

Dinner 6pm - 10pm

#### TRAVEL AGENT

Maryann Sabo, a Rett syndrome parent and seasoned travel agent with Sato Travel, has attended numerous IRSF conferences, is part of our conference planning committee, and lives in the Maryland area. She is well-equipped to answer all of your travel questions, and we encourage you to utilize her expertise to plan your travel. She can be reached via telephone at 1-800-872-7286 or 703-931-4290. She has access to special rates with all airline carriers and is able to customize your itinerary based upon your individual travel needs.

#### LOCATION

Lansdowne Resort's scenic location in Virginia's Wine Country is conveniently located less than an hour from the Nation's Capital.

#### TRANSPORTATION

The resort is 20 minutes from the Capital Beltway and just 15 minutes from Washington Dulles International Airport (IAD).

- A taxi is approximately \$25 USD each way from Dulles Intl. and significantly more from Reagan National (RCA) or Baltimore/Washington Airport (BWI), plus gratuity.
- Lansdowne Resort offers a shuttle between the Resort and Dulles International Airport. The shuttle departs the resort every half hour (on the half hour) from 6:30 a.m. to 11:00 p.m. The price is \$25 per person each way, advance reservations are required. Upon arrival at airport, exit the Baggage Claim at Door #4 and wait for the shuttle at Hotel/Motel Shuttle area, curbside 2H. For reservations less than 48 hours prior to arrival—and to confirm or change an existing reservation—please call 800-541-4801 and select the Transportation option.

**Wheelchair Getaways** is recommended if you need to rent an accessible van for the weekend. They will work with you to deliver or pickup a van at your location such as the airport. Contact company for specifics

[www.wheelchairgetaways.com](http://www.wheelchairgetaways.com) or 1.800.642.2042

#### DRIVING DIRECTIONS

##### From Washington Dulles International Airport

- Leave the terminal on the airport road
- Take Exit **9B** onto Rt. 28/Sully Road North
- Go 4 miles and exit onto Rt. 7 West toward Leesburg
- Travel 3.5 miles (after 4 Lights) on Rt. 7 West
- Exit right onto Lansdowne Boulevard
- Proceed through the traffic light



- Make a right onto Woodridge Pwky.
- Make your first left into the resort

#### From Capital Beltway (Rt. 495) - Option 1

- Take Dulles Toll Road/Rt. 267 West
- Proceed through main toll plaza for ~11 miles
- Take Exit 9B onto Rt. 28/Sully Road North
- Go 4 miles and exit onto Rt. 7 West toward Leesburg
- Travel 3.5 miles (after 4 Lights) on Rt. 7 West
- Exit right onto Lansdowne Boulevard
- Proceed through the traffic light
- Make a right onto Woodridge Pwky.
- Make your first left into the resort

#### From Capital Beltway (Rt. 495) - Option 2

- Take Dulles Toll Road/Rt. 267 West
- Proceed through main toll plaza
- Follow to Belmont Ridge Road/Exit #4
- Take Belmont Ridge Road North, to the right
- Travel 3 miles and turn right onto Route 7/Harry Byrd Highway
- Stay in the Right Lane and exit to Lansdowne Boulevard
- Take first right after the traffic light
- Take first left to Resort entrance

#### From Richmond, VA area

- Take I-95 North toward Washington, D.C.
- From I-95, get onto the Capital Beltway (I-495 North) heading toward Tysons Corner & Dulles Airport
- From I-495 West, take the left exit #45 onto the Dulles Toll Road/Route 267 West
- Proceed through main toll plaza for ~11 miles
- Take Exit 9B onto Rt. 28/Sully Road North
- Go 4 miles and exit onto Rt. 7 West toward Leesburg
- Travel 3.5 miles (after 4 Lights) on Rt. 7 West
- Exit right onto Lansdowne Boulevard
- Proceed through the traffic light
- Make a right onto Woodridge Pwky.
- Make your first left into the resort

#### From Harrisburg, PA area

- Take Pennsylvania Turnpike West to Exit 17/Highway 15
- Take Rt. 15 South toward Gettysburg
- Follow Rt. 15 South to Leesburg, Virginia
- Take exit to Route 7 East/Tysons Corner



- Follow Route 7 East through 5 stoplights
- Exit on Right to Lansdowne Boulevard
- Proceed through the traffic light
- Make a right onto Woodridge Pwky.
- Make your first left into the resort

#### **From Pittsburgh, PA area**

- Take the Pennsylvania Turnpike to I-70 East to Frederick, Maryland
- Take Rt. 15 South toward Leesburg, Virginia
- Take first exit to Route 7 East/Tysons Corner
- Follow Route 7 East through 4 stoplights
- Exit on Right to Lansdowne Boulevard
- Take first right after traffic light
- Take first left to Resort entrance

#### **From Philadelphia, PA area - Option 1**

- Take Pennsylvania Turnpike West to Exit 17/Highway 15
- Take Rt. 15 South toward Gettysburg
- Follow Rt. 15 South to Leesburg, Virginia
- Take first exit to Route 7 East/Tysons Corner
- Follow Route 7 East through 4 stoplights
- Exit Right on Lansdowne Boulevard
- Take first right after traffic light
- Take first left to Resort entrance

#### **From Philadelphia, PA area - Option 2**

- Take I-95 South to the Capital Beltway/Rt. 495 West toward College Park/Silver Spring Continue on Capital Beltway/Rt. 495 following signs for Virginia
- Take Dulles Toll Road/Rt. 267 West exit
- Proceed through main toll plaza for ~11 miles
- Take Exit 9B onto Rt. 28/Sully Road North
- Go 4 miles and exit onto Rt. 7 West toward Leesburg
- Travel 3.5 miles ( after 4 Lights) on Rt. 7 West
- Exit right onto Lansdowne Boulevard
- Proceed through the traffic light
- Make a right onto Woodridge Pwky
- Make your first left into the resort

#### **From North Carolina area - Option 1**

- Take I-81 North to Winchester, Virginia
- Take Route 7 Exit and proceed East on Route 7 toward Leesburg
- Take the Tysons Corner/Rt. 7 East exit



- Follow Route 7 East through 5 stoplights
- Exit Right on Lansdowne Boulevard
- Proceed through the traffic light
- Make a right onto Woodridge Pwky.
- Make your first left into the resort

#### From North Carolina area - Option 2

- Take I-95 North toward Washington, D.C.
- Get onto Capital Beltway/Rt.-495 North heading toward Tysons Corner/Rockville (not toward Alexandria)
- Take the left exit onto the Dulles Toll Road/Rt. 267 West
- Proceed through main toll plaza for ~11 miles
- Take Exit 9B onto Rt. 28/Sully Road North
- Go 4 miles and exit onto Rt. 7 West toward Leesburg
- Travel 3.5 miles (after 4 Lights) on Rt. 7 West
- Exit right onto Lansdowne Boulevard
- Proceed through the traffic light
- Make a right onto Woodridge Pwky.
- Make your first left into the resort

#### QUESTIONS

If you have additional questions, please feel free to call the IRSF office at 1-800-818-RETT (7388).