

*Saturday, October 10, 2009, 8am*

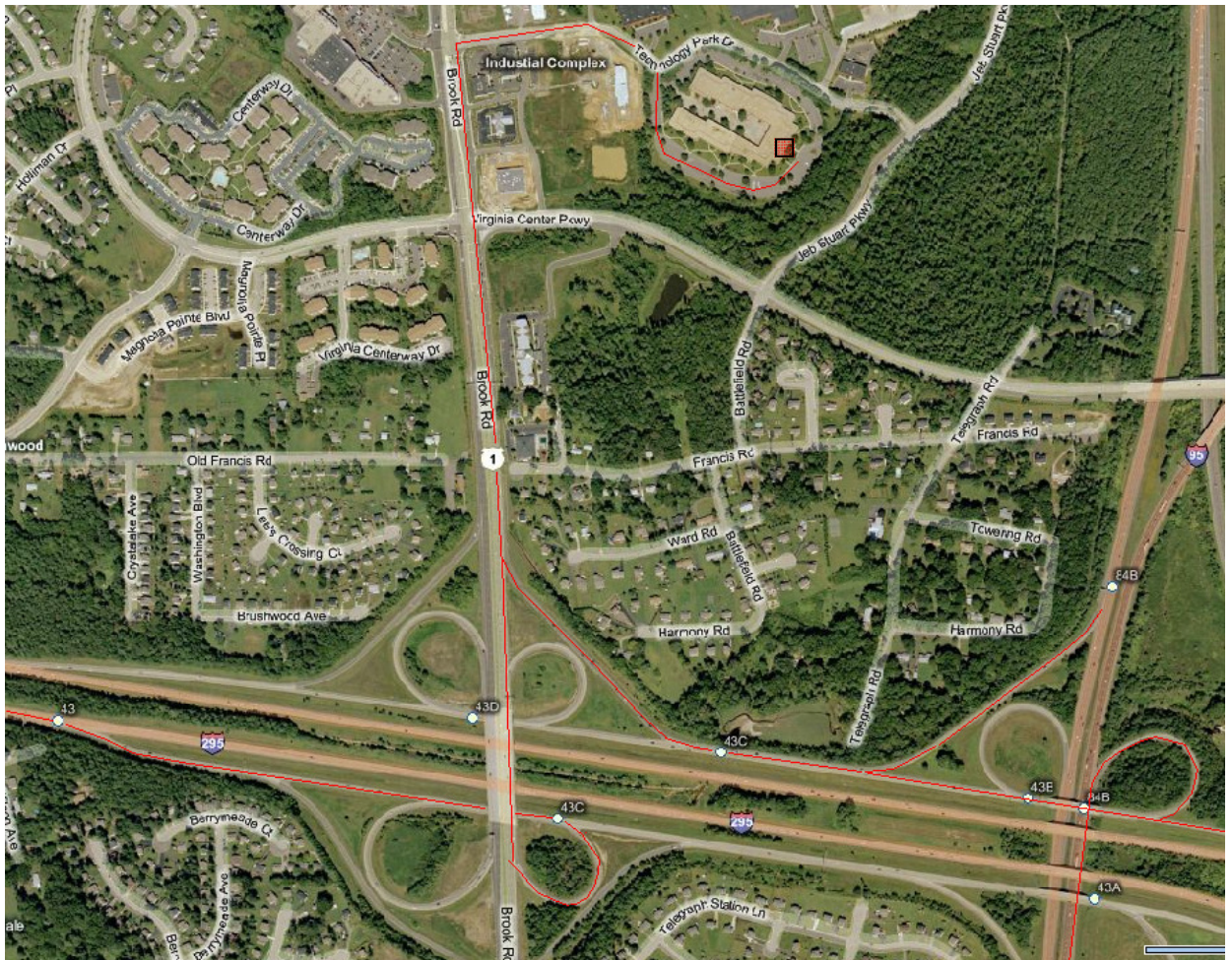
**Directions to the Institute are as follows. Please be safe in your travels.**

*FROM ROANOKE/CHARLOTTESVILLE via I-64 East toward RICHMOND*  
Merge onto I-295 S via EXIT 177 toward WASHINGTON/NORFOLK. (8.8 mi)  
Take the I-95/US-1 exit, EXIT 43, toward RICHMOND/WASHINGTON. (0.2 mi)  
Merge onto US-1 N/BROOK RD via the exit on the LEFT toward ASHLAND. (1.2 mi)  
Turn RIGHT onto TECHNOLOGY PARK DR. (0.2 mi)  
Continue straight as you enter the complex and around the building  
End at 1041 Technology Park Dr Glen Allen, VA 23059-4500

*FROM NOVA/FREDERICKSBURG via I-95 South toward RICHMOND*  
Take the I-295 exit, EXIT 84B, toward CHARLOTTESVILLE. (0.4 mi)  
Merge onto US-1 N/ BROOK RD via EXIT 43C toward ASHLAND. (0.7 mi)  
Turn RIGHT onto TECHNOLOGY PARK DR. (0.2 mi)  
Continue straight as you enter the complex and around the building  
End at 1041 Technology Park Dr Glen Allen, VA 23059-4500

*FROM VIRGINIA BEACH/NORFOLK via I-64 West toward RICHMOND*  
Merge onto I-295 N via EXIT 200 toward WASHINGTON. (15.1 mi)  
Take the I-95 S/ US-1 exit, EXIT 43, toward RICHMOND/ ASHLAND. (0.6 mi)  
Merge onto US-1 N/ BROOK RD via EXIT 43C toward ASHLAND. (0.7 mi)  
Turn RIGHT onto TECHNOLOGY PARK DR. (0.2 mi)  
Continue straight as you enter the complex and around the building  
End at 1041 Technology Park Dr Glen Allen, VA 23059-4500

*FROM PETERSBURG via I-95 North toward RICHMOND*  
Take the I-295 exit, EXIT 84B, toward I-64 W/ CHARLOTTESVILLE. (0.6 mi)  
Merge onto US-1 N/ BROOK RD via EXIT 43C toward ASHLAND. (0.7 mi)  
Turn RIGHT onto TECHNOLOGY PARK DR. (0.2 mi)  
Continue straight as you enter the complex and around the building  
End at 1041 Technology Park Dr Glen Allen, VA 23059-4500



**EMS INSTRUCTOR UPDATE**

