

# EMS Instructor Update Saturday, Sept. 26, '09

## TEMS/VAVRS Convention

Virginia Beach Convention Center  
1000 19th St, Virginia Beach,  
VA 23451-5674

Time: 9:00 AM to 1:00 PM

### Directions to the update:

#### From the Shenandoah Valley and Richmond (via I-64 East):

1. Take I-64 East toward Richmond.
2. Just before reaching Richmond, take I-295 South (toward Norfolk, Virginia Beach). Bypass Richmond, then get back onto I-64 E
3. Continue to Exit 284A RIGHT toward Norfolk / I-264 / Portsmouth / VA Beach.
4. Merge onto I-264 EAST (E) - 11.1mi.
5. Take Exit 22 RIGHT toward Birdneck Road - 0.4mi
6. Turn Left (E) onto 19th Street - 0.2mi
7. Arrive at 1000 19th Street

#### From points North (via I-95 South):

1. Take Interstate 95 South toward Richmond.
2. Just before Richmond, take Interstate 295 South (toward Norfolk, Virginia Beach). Bypass Richmond, then get back onto I-64 E
3. Continue to Exit 284A RIGHT toward Norfolk / I-264 / Portsmouth / VA Beach.
4. Merge onto I-264 EAST (E) - 11.1mi.
5. Take Exit 22 RIGHT toward Birdneck Road - 0.4mi
6. Turn Left (E) onto 19th Street - 0.2mi
7. Arrive at 1000 19th Street

#### From points West (Southwest and Southside Virginia) (via SR-58):

1. Take Route 58 NORTH /Virginia Ave. East (toward Norfolk).
2. Take ramp RIGHT towards Portsmouth / Norfolk /VA Beach - 1mi
3. Merge onto I-664 South / Hampton Roads Beltway (E) - 0.6mi
4. At Exit 15B, take ramp LEFT to I-264 EAST - 12mi.
5. Take Exit 13-14 RIGHT toward Military Hwy/ I-64 East / Chesapeake / US 13 / Newtown Road - 2.3 mi
6. Merge onto I-264 / Norfolk-Virginia Beach Expy East (E) - 10.3 mi
7. Take Exit 22 RIGHT toward Birdneck Road - 0.4mi
8. Turn Left (E) onto 19th Street - 0.2mi
9. Arrive at 1000 19th Street

