



Know Before You Go!

We are so excited to welcome you as an onsite attendee to ICAR2022 to be held at the Renaissance Seattle Hotel in Seattle, WA! To help you prepare for your trip, we have put together this guide so you're ready for a successful event. Please note there are important health and safety protocols outlined below. For even more details, go to the ICAR2022 website at www.isar-icar.com.

Official Hotel and Conference Location

RENAISSANCE SEATTLE HOTEL
515 Madison Street
Seattle, WA, USA 98104
1-206-583-0300

Check-In Time: 3:00 PM
Check-Out Time: 12:00 PM

[Getting from the airport to the hotel](#) - Taxi or ride-share such as Uber are the most convenient and quickest means of transportation to get to and from the hotel. The hotel does not have a shuttle. The below link provides a variety of options including public transport such as the Link Light Rail. The two closest stops to the hotel are Pioneer Square Station and University Street Station (both about 5 blocks from the hotel).

Public transport options: <https://www.portseattle.org/sea-tac/ground-transportation>

If you are driving, there is discounted parking available for ICAR attendees. Please stop by the registration desk for details.

Registration Hours

ICAR Registration will be located on the basement level. All attendees must check-in at registration to pick up their badges and conference materials. Your badge must be worn at all times. Registration hours for the duration of the conference are below:

Monday, March 21 – 11:00 am - 5:30 pm
Tuesday, March 22 – 8:00 am - 5:00 pm
Wednesday, March 23 – 8:00 am - 1:00 pm
Thursday, March 24 – 8:00 am - 5:30 pm
Friday, March 25 – 8:00 am - 12:00 pm

Time Zone

Seattle is located in the US Pacific Time Zone.

Weather

Forecast for next week is cloudy with a chance of rain most days and temperatures 50-60° Fahrenheit / 10-15° Celsius. Be sure to pack an umbrella and rain jacket!

Conference Program

The ICAR2022 Program and Abstracts Book is now available to all attendees electronically. You may use the below links to download the Program and Abstracts Book as well as view a detailed schedule and the list of invited speakers.

[ICAR2022 Program and Abstracts Book](#)

[Detailed Schedule \(with invited and short oral presenters\)](#)

[Invited Speakers](#)

[Conference FAQ](#)

Health and Safety Policies

ICAR is committed to providing a safe, productive, and welcoming environment. While we are excited to gather again in-person, we recognize that COVID is still a risk. All participants, including, but not limited to, attendees, speakers, sponsors, volunteers, ICAR staff, service providers, and others are expected to abide by policies in effect for the event. We will continue to monitor and update safety precautions for ICAR2022 regularly and coordinate with national, state, and local public health agencies, and the hotels/venues hosting ICAR2022.

Mask Policy

On March 12, 2022, Seattle lifted its indoor mask mandate and the [CDC launched new guidance regarding COVID-19 Community Levels](#). Masks are not required in most public indoor venues including the conference hotel. However, masks are still required on all public transportation, including buses, taxis and ride share services, and some private businesses may still require masks. ICAR will continue to follow local and venue guidelines. ICAR encourages you to do what is right for your individual circumstances. We realize that many individuals will still choose to continue to wear masks. Please be respectful of everyone's individual choices.

Vaccination Status

Starting March 1, 2022, Seattle will no longer require proof of full vaccination or a negative COVID test to enter certain indoor and outdoor events and establishments which includes the Renaissance Seattle Hotel. ICAR staff will not require or check vaccination status at registration. However, please note that if you are traveling from outside the United States, you must comply with U.S. travel restrictions which are still in place for international visitors. Please note that proof of COVID vaccination or a negative test is still required at restaurants, bars, indoor recreational venues, and outdoor events with more than 500 people, so please plan accordingly.

Social Distancing

ICAR will provide socially distanced seating and adjust event space set-up as possible to allow individuals who wish to physically distance while in sessions to do so comfortably. Hand sanitation stations will be placed throughout the hotel and ICAR staff will ensure plenty of sanitizer is on-hand for attendees' use.

ICAR urges attendees to be respectful of their fellow attendees' comfort level. Please be thoughtful about preferences for hugs, handshakes, elbow bumps or simple waves; leave seats open between each other where and as space allows; and accommodate colleagues' personal space preferences. There will be stickers onsite for attendees to place on their badges to make it easier to identify fellow attendees' comfort levels: **green = hugs/handshakes ok, yellow = elbow or fist bumps, red = distance please.**

Hotel's "Commitment to Clean"

The Renaissance Seattle Hotel is following Marriott's "Commitment to Clean", which includes enhancements to standard cleaning efforts – enhanced public space cleaning, electrostatic spraying, and reduced contact with guests by eliminating housekeeping services unless stay is longer than 7 days. Conferences will have fewer touch points such as water stations, instead of pitchers on tables and frequently changing utensils for buffet service. Click here to view full details: <https://whattoexpect.marriott.com/seasm>

COVID Testing

Please reference King County COVID-19 testing for testing sites. The closest testing site to the Renaissance Seattle Hotel is at the Washington State Convention Center (705 Pike St, Seattle, WA 98101), just four blocks down 6th street from the Hotel (5 minute walk). Curative provides testing services Monday-Friday from 10:00am to 6:00pm and administers rapid and PCR tests with turnaround time of 1 to 2 days for results. Walk-ins accepted or appointments may be scheduled. There is no out-of-pocket cost for the test, and it is available for both insured and uninsured; but insured must still provide insurance information. **For more information or to schedule an appointment:** <https://book.curative.com/search#9/47.6068/-122.3305>

Conference Meals

Continental breakfast will be provided Tuesday through Friday in the Courtyard Foyer. There will also be morning and afternoon breaks each day. Light food and beverages will be provided on Tuesday, March 22 at Poster Session 1. Lunch will be provided on Wednesday, March 23 during Poster Session 2. Other than Wednesday, attendees are responsible for their own lunch, but there are numerous restaurants within close walking distance to the hotel.

Networking Events

Looking for just a little more time to discuss the latest in your field, network with fellow colleagues or meet new colleagues? Consider the following events:

- **Speed Networking** - Monday, March 21 from 11:15 am - 11:45 am (Via Virtual Platform)
- **Women in Science Roundtable** - Monday, March 21 from 12:00 pm - 1:45 pm (Madison Ballroom, 2nd floor) *This event is at capacity, so please contact info@isaricar.com if you would like to be added to the waitlist.*
- **Opening Reception** - Monday, March 21 from 5:30 pm - 6:30 pm (Madison Ballroom, 2nd floor) Connect with colleagues and friends over hors d'oeuvres and drinks.
- **PechaKucha Competition** - Tuesday, March 22 from 11:00 am - 12:00 pm (Courtyard Ballroom)
- **Career Development Interactive Workshop** - Friday, March 25 from 8:30 am - 9:30 am (Courtyard Ballroom)
- **Closing Dinner Event** - Thursday, March 24 from 7:00 pm - 9:00 pm (Columbia Tower, *located 2 blocks from the hotel*)

The **Meeting Hub** is also available at any time via the virtual platform where you can schedule a video chat with fellow attendees.

Virtual Platform

All registered attendees (virtual and onsite) will have access to the virtual platform. On Monday, March 21 you will receive an email with your log-in details to access the virtual platform. Please ensure you use the latest version of Chrome to access the virtual platform. When you log-in to the platform, be sure to update your time zone in your attendee profile to ensure that you are viewing the accurate schedule times for your location! Once logged in, you can view all the posters, chat with poster presenters, access live sessions, and schedule video chats with fellow attendees. Don't forget to join the Speed Networking session on Monday, March 21 at 11:15 AM PT!

All content will be accessible on the virtual platform for registered attendees through April 25, 2022.

View [Conference FAQ](#) on our website for additional information and tips.

Social Media – Be Sociable – Share!

NEW THIS YEAR! We are crowdsourcing our Conference photos, so all onsite attendees are encouraged to share their best photos from the Conference (sessions and networking events) using **#liveICAR2022**. Please do not include any presentation content in the background of your photos.

Getting Around

Once you have arrived in Seattle, getting around is easy. The hotel is close to two Light Link Rail stops: Pioneer Square Station and University Street Station (both about 5 blocks from the hotel). You can purchase an ORCA card which can be used on streetcars, light rail, buses, and more. Note that they do not work on Washington State Ferries or the Seattle Center Monorail). ORCA cards cost \$5; load an all-day regional transit pass onto an ORCA card for \$8.

[Click Here for more info on Getting Around in Seattle](#)

Things to See and Do

Many of Seattle's top visitor attractions are centrally located, including the Pike Place Market, Pioneer Square, Seattle Art Museum, Seattle Symphony, ferries, world-class restaurants, shopping, and a historic theatre district. Three national parks lie within a two-hour drive of Seattle and the city is a gateway to the San Juan Islands, Olympic Peninsula, Washington Wine Country, and British Columbia.

Below are just some of Seattle's local attractions and activities. Be sure to also visit: <https://www.visitseattle.org/> for even more options to see and do as you enjoy your stay.

- Pike Place Market: <http://www.pikeplacemarket.org/>
- Space Needle: <https://www.spaceneedle.com/>
- Museum of Pop Culture- MoPop: <http://www.mopop.org>
- Seattle Aquarium: <https://www.seattleaquarium.org/>
- Seattle Center: <http://www.seattlecenter.com/>

We look forward to seeing everyone next week in Seattle.
SAFE TRAVELS!
