



## 27th International Conference on Biomechanics in Sport

Dear ISBS 2009 Delegates

With only 3 weeks to go until the opening ceremony for ISBS 2009 here in the University of Limerick our excitement levels are building; we hope yours are too! We have finalised the scientific programme which includes 7 keynote lectures, 5 applied sessions, >110 oral presentations and >180 poster presentations. We are also happy to announce we have over 280 delegates registered from over 32 countries around the world. The Conference Programme is now available to view online or download; to stream or download please visit the conference website ([www.isbs2009.com](http://www.isbs2009.com)) or the following link - [drop.io/isbs2009](http://drop.io/isbs2009). This includes the finalised scientific programme but also lots of information to make your time in Limerick more enjoyable; please take time to read the information prior to travelling – if you have any questions please contact us at [info@isbs2009.com](mailto:info@isbs2009.com).

We are also delighted to be in the position to offer a transfer bus service from Shannon airport to the University for those arriving on Monday 17<sup>th</sup> August. To help us plan the schedule please e-mail your flight information to [flightinfo@isbs2009.com](mailto:flightinfo@isbs2009.com); this is vitally important and we cannot guarantee a transfer for delegates who do not send us their flight information. Unfortunately, we cannot arrange transfers from other airports.

You will find important information included below related to your attendance at ISBS2009. Again, if there are any questions please e-mail us at [info@isbs2009.com](mailto:info@isbs2009.com). For urgent queries feel free to call the conference office or our travel agent at the numbers below.

Looking forward to meeting you all in Limerick

Ross Anderson & Drew Harrison

ISBS2009 Conference Chairs



Bedford House, Bedford Row, Limerick, Ireland.

**LIMERICK  
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E-mail: [inbound@limericktravel.ie](mailto:inbound@limericktravel.ie)  
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### FINAL COMMUNICATION TO DELEGATES

#### CONFERENCE DATES & VENUE

The conference will be held from 17<sup>th</sup> – 21<sup>st</sup> of August 2009 at the University of Limerick, Limerick, Ireland. CappaVilla Village Accommodation will be clearly signposted from the main entrance of the University.

#### REGISTRATION

The Registration/Information desk will open at the following times –

Monday 17 <sup>th</sup> August 2009	15.00–19.00	Tuesday 18 <sup>th</sup> August 2009	07.45–16.30
Wednesday 19 <sup>th</sup> August 2009	08.00–16.30	Thursday 20 <sup>th</sup> August 2009	08:00–10:30
Friday 21 <sup>st</sup> August 2009	08:30–14:30		

#### MEETING ROOMS

The conference sessions will be held in the Main Building of the University of Limerick (reference 1 on the attached map)

#### SOCIAL PROGRAMME

##### Welcome Reception

19.30 – 21.00 The Welcome Reception will be held in the University Concert Hall Atrium on Monday 17<sup>th</sup> August

##### Irish BBQ

19.30 – 23.00 The BBQ will be held in The Stables Bar on Wednesday, 19<sup>th</sup> August (reference 6 on the map). Please bring your ticket with you on the night.

##### Cliffs of Moher & Burren Tour

11:00 – 20:00 The tour to The Cliffs of Moher will take place on Thursday, 20<sup>th</sup> August. Coach transportation will be provided, departing from The Foundation Building at 11:15 hrs. Return to UL at 19.00hrs approx.

##### Gala Dinner: -

19.30 – midnight: The Gala Dinner will be held at The Strand Hotel, Limerick on Friday, 21<sup>st</sup> August at 20.00hrs. Coach transportation will be provided, departing from CappaVilla Village at 19.30hrs. Please bring your ticket with you on the night.

#### PARTNER SOCIAL AND TOUR PROGRAMMES

Tickets for booked social events are included in your registration pack.

09:00 – 18:00	Full Day Tour to Adare Heritage Centre and Killarney on Tuesday 18 <sup>th</sup> August
10:00 – 16:00	Limerick City Walking Tour on Wednesday 19 <sup>th</sup> August
10:00 – 15:00	Bunratty Castle and Folk Park Tour on Friday 21 <sup>st</sup> August



Bedford House, Bedford Row, Limerick, Ireland.

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### ACCOMMODATION

#### University Accommodation

CappaVilla Village, University of Limerick, Limerick Tel: + 353 (0) 61 237 500 (reference 0 on the map).

Those who have reserved accommodation in CappaVilla Village should go directly to the Village Reception to pick up the key to their rooms. Check in at CappaVilla Village is from 08.00hrs. The Village Office will be open daily from 08.00 – 21.00hrs. For arrivals after 21.00hrs, a member of the reception staff will be on call in the Village. Directions will be posted on the door of CappaVilla Village Reception advising all late arriving delegates to go the apartment where the receptionist is staying and they will be given assistance to check in. Please note that check out on day of departure is at 12h00 latest. Luggage can be stored at CappaVilla Village Reception, arrangements to be made with the Village Reception on the day prior to departure.

The rooms in CappaVilla have internet access points, but IT support within the villages will not be available during the conference. Internet access is also available in the Glucksman Library Building.

#### **PLEASE ADVISE LIMERICK TRAVEL IF YOU WILL BE ARRIVING AFTER 21.00HRS**

### TRANSPORTATION

On arrival transfers will be provided from Shannon Airport to the University of Limerick accommodation (Cappavilla Village); schedule to follow. Transfers will also be provided on the morning and early afternoon for departures on Saturday 22nd of August to Shannon Airport. Please check the airport transfer schedule on the conference noticeboard for departure times.

The University of Limerick is located 31km from Shannon International Airport. The cost of hiring a taxi from Shannon Airport to University of Limerick is approximately €40.00.

For those who are not arriving into Shannon Airport, a taxi to the University from Limerick City (c. 5km from the City Centre) will cost approximately €15.00.

From Shannon you can travel by bus to Limerick. Journey time from Shannon to Limerick, a distance of 26km, is about forty minutes on the bus (operates from 06.45 – midnight) while the journey time from Limerick to the University is about twenty minutes on the bus. The adult bus fare from Shannon Airport to Limerick City is €6.80 one-way and €9.70 return. There is a reduction offered to students.

There is a regular bus service between the campus and the city centre. A bus ticket costs € 1.65. From the bus stop near the Centra shop in William St. take the bus for the University or Plassey (usually a no.308 or no.302 bus).

If you are driving from Shannon Airport to the University as you leave Shannon follow signs on the dual carriageway for Limerick City **N18**. When you reach the Ennis Road Roundabout at the end of the dual carriageway, take the **N7** signposted Dublin. Take the Dublin Road out of the city and travel approx two miles to the Parkway roundabout. Go straight through at this roundabout. At the next roundabout, turn left and follow the signs for the University. *(Please note that parking outside of designated car parks will result in clamping. There is a charge of € 25.00 to have the clamp removed)*



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### **GENERAL**

#### **Climate**

Ireland has a temperate climate, resulting in relatively cool summers. The mean daily temperature in August is 15 - 20°C. It is generally quite dry in August but you may experience some rain, so come prepared!

#### **Electricity Supply**

The domestic electricity supply in Ireland is AC 230v 50 Hz. Electrical plugs are the same as those used in the UK. You are advised to purchase the appropriate adapters in advance. These are available at most airports.

#### **Banking**

There is one bank located on campus (Ulster Bank). Banking hours are from 10.00 - 16.00 every weekday. ATM machines are located in the student centre on campus. Generally, banking hours in Limerick City are 10.00 -16.00.

#### **Credit Cards**

Credit cards are widely used in Ireland and all leading credit cards are accepted.

#### **Parking facilities on campus**

There are sufficient specific signed conference parking places on campus near the conference venue and these are free of charge.

#### **Local taxi and bus service**

The taxi and bus service are convenient to use within and around Limerick.

#### **For queries on registration or accommodation prior to travelling please contact –**

Limerick Travel, Bedford Row, Limerick, Ireland

E-mail: [accom@isbs2009.com](mailto:accom@isbs2009.com)

Tel: +353 (0) 61 204432

Fax: +353 (0) 61 416336

#### **CONFERENCE CONTACT DETAILS**

e-mail the conference office at [info@isbs2009.com](mailto:info@isbs2009.com)

Phone the conference office during the conference on +353 (0) 86 060 3529

Prior to the conference the office can be contacted on +353 (0) 61 213632

The conference website is available at [www.isbs2009.com](http://www.isbs2009.com)



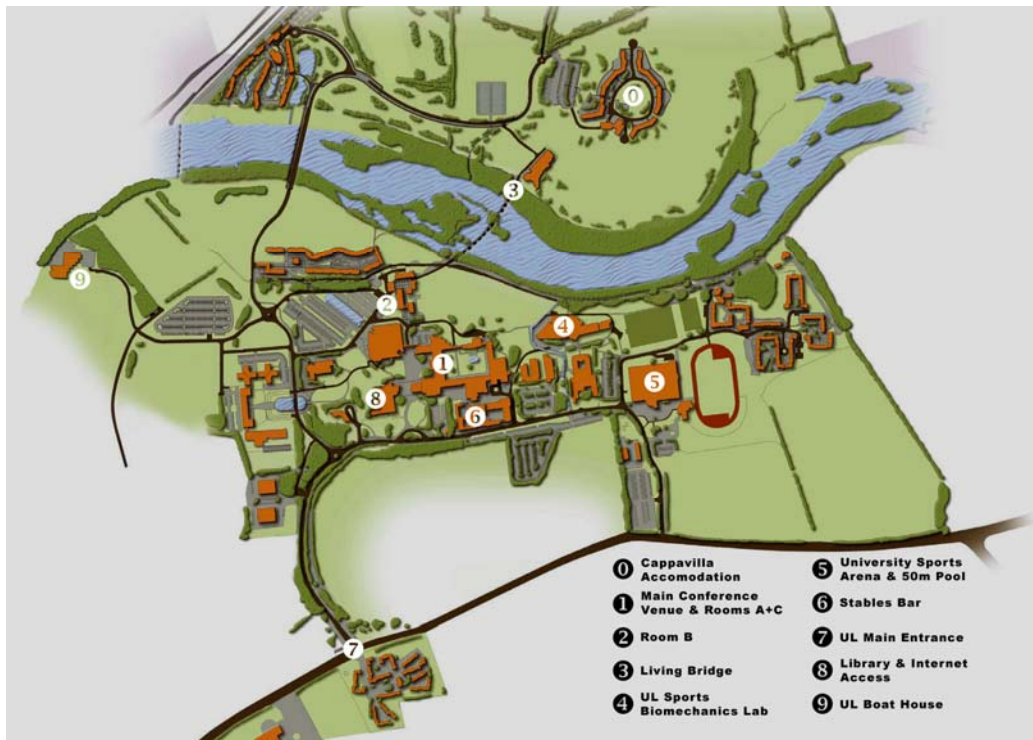
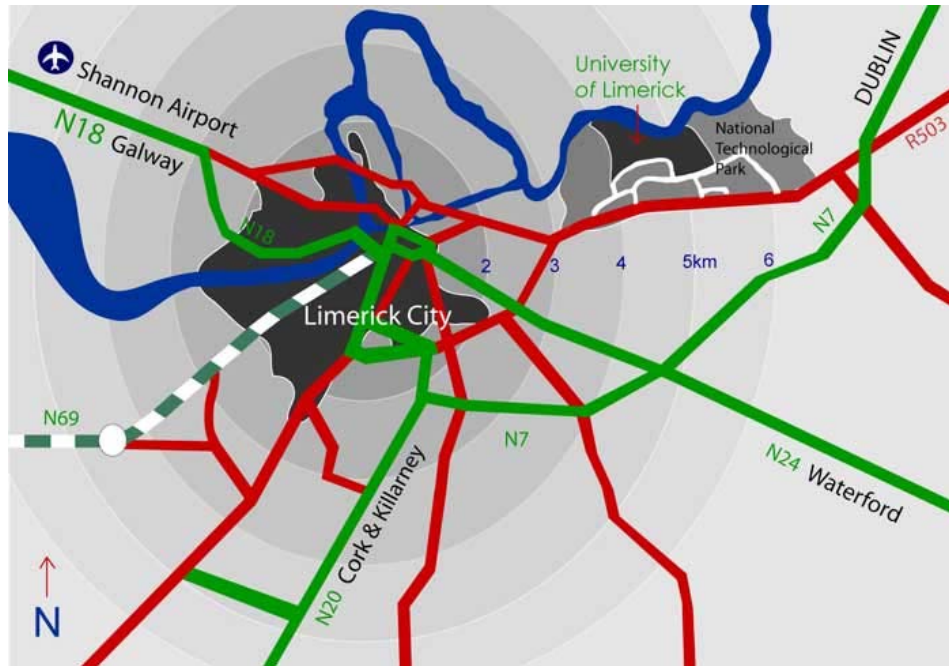
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