

# THINGS TO KNOW BEFORE YOU GO

THE  
**Workshop**  
CRN's Day of Science  
**OCT. 16, 2018**

THE  
**Conference**  
CRN's Annual Symposium for the  
Dietary Supplement Industry  
**OCT. 16–19, 2018**

Experience a  
**SEE CHANGE**  
OCT. 16–19 | RITZ-CARLTON LAGUNA NIGUEL

We're looking forward to welcoming you to The Ritz-Carlton, Laguna Niguel in Dana Point, California, for CRN's annual events! Here is some information you may find helpful as you finalize your plans. Contact Maya English ([menglish@crnusa.org](mailto:menglish@crnusa.org) / 202-204-7687) if you have any pre-event questions.

## WEATHER

The area's average temperatures this time of year range from a low of 53°F to a high of 76°F—or in other words, perfect! Keep in mind that the meeting rooms can sometimes be chilly, so bring a sweater or jacket along—layers are always a smart choice for travel and especially conferences.

## SUGGESTED ATTIRE

Attire for all sessions of *The Workshop* and *The Conference* is business casual. For evening gatherings, the fun run & walk, golf tournament, yoga, and other activities, please see descriptions that follow.

## ABOUT THE RITZ-CARLTON

The Ritz-Carlton, Laguna Niguel is the host hotel where *The Workshop* and *The Conference* sessions and social functions will take place. The address is: One Ritz Carlton Drive, Dana Point, California, 92629. You can reach the hotel by phone at 949-240-2000.

## GROUND TRANSPORTATION

Information on ground transportation is available via the websites of the airports servicing Dana Point:

- [John Wayne/Orange County Airport SNA](#) (35 minutes/23 miles)
- [Long Beach Airport LGB](#) (60 minutes/44 miles)
- [Los Angeles International Airport LAX](#) (90 minutes/63 miles)
- [San Diego Lindbergh Field Airport SAN](#) (75 minutes/67 miles)

## REGISTRATION DESK

The registration desk for *The Workshop* and *The Conference* is in The Ritz-Carlton Ballroom Foyer. Please check in at CRN's registration desk to receive your packet and name badge. Registration desk hours are:

<b>Tuesday 10/16</b>	7:30 am – 6:00 pm
<b>Wednesday 10/17</b>	7:30 am – 4:45 pm
<b>Thursday 10/18</b>	7:30 am – 12:15 pm
<b>Friday 10/19</b>	7:30 am – 10:45 am

# THINGS TO KNOW BEFORE YOU GO

## FREE GROUP ACTIVITIES

**Wednesday 10/17**      **6:45 – 7:45 am**      LOCATION: Dana Lawn

### SUNRISE YOGA *Sponsored by Swisse Wellness*



*Sign up in advance when you register online or at the registration desk and get additional details. Meet at 6:30 on Dana Lawn to check in; yoga starts at 6:45. Free yoga mat for participants. Plan on wearing a warm layer to start.*

**Thursday 10/18**      **6:30 – 7:30 am**      LOCATION: Meet in lobby to head to adjacent public park

### KYOWA HAKKO FUN RUN & WALK *Sponsored by Kyowa Hakko*



*Sign up in advance when you register online or at the registration desk and get a free t-shirt. Meet in lobby at 6:30 to head to the head to the public park adjacent to the Ritz-Carlton for the annual fun run/walk—a time-honored CRN conference tradition!*

## ADDITIONAL ACTIVITIES

**Don't forget about the exciting Thursday afternoon activities that require pre-registration!**

Limited opportunities may be available on site to join one of the Thursday afternoon activities, space permitting. Inquire at the registration desk—or contact Maya English now to ensure your spot ([menglish@crnusa.org](mailto:menglish@crnusa.org)). Once full, we will maintain a waitlist.



### Golf Tournament *Sponsored by Balchem*

\$299 includes box lunch and transportation to Monarch Beach Golf Links.

### Kayaking *Sponsored by doTERRA International*

\$149 for an excursion on the calm waters of Dana Point Harbor—a thriving Pacific marine habitat.

### Wine Tasting/Lecture *Sponsored by Polyphenolics*

\$49 for an exploration of Napa Valley wines and the chemistry behind them.

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## EVENING FUNCTIONS

Tuesday 10/16                      7:00 – 9:00 pm                      LOCATION: Dana Lawn

### HARVEST HOMECOMING RECEPTION Sponsored by Herbalife



**Be sure to wear your favorite school t-shirt/sweatshirt** and then kick back college-style for a casual evening. Enjoy craft beer tasting and other beverages along with hearty home-style fare like chili and pasta. Chat with friends and play collegiate cornhole while a coffee-house guitarist croons.

Wednesday 10/17                      6:00 – 7:30 pm                      LOCATION: Terrace Salon and Balcony

### MAGICAL MASQUERADE RECEPTION Sponsored by Jamieson Wellness and Watson Inc.



Don your dressier “resort evening” attire as the base to “prop yourself” further in a mysterious disguise as you circulate to a sultry jazz trio. Savor great conversation among colleagues over charbroiled oysters on the half-shell and passed hors d’oeuvres—don’t miss the signature cocktail, the “French 75.” The dine-around immediately follows this event.

## DINE-AROUND — PLAN AHEAD AND MAKE RESERVATIONS

Dine at the resort, or take a complimentary shuttle to nearby Laguna Beach and explore one of its many popular restaurants. See the last page for a list of local restaurants or visit the web/CRN’s app to click through to the locations. **Reservations are recommended both at Ritz-Carlton restaurants and downtown.** Shuttle will run in a continuous loop from the Ritz-Carlton to downtown Laguna Beach between 7:00—10:00 pm.

Thursday 10/18                      7:00 – 10:00 pm                      LOCATION: Monarch Pool Terrace

### BOARDWALK CARNIVAL NIGHT Dinner sponsored by the U.S. Pharmacopeial Convention (USP)



An evening of classic carnival fun calls for casual attire once again as you join in the festivities and try your skills on the ring toss, high strikes and other carnival games—prizes will be awarded. Learn what your future holds with a tarot card reading. Smile big as you capture memories of the evening in an old-fashioned photo booth and take the stage to sing your favorite karaoke song! Tasty twists on fun street foods comprise a delicious buffet dinner and no carnival is complete without a funnel cake and all the toppings!

## WE LOOK FORWARD TO SEEING YOU IN LAGUNA!

Please contact Maya English ([menglish@crnusa.org](mailto:menglish@crnusa.org) / 202-204-7687) if you have any pre-event questions.

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## Local Restaurants

### **enoSTEAK** – The Ritz-Carlton, Laguna Niguel

(949) 240-2000 -Resort Casual/ Semi-Dressy  
Our intimate steakhouse features only the highest quality ingredients and a vast selection of fine wines. Tuesday-Sunday Dinner 5:00pm – 10:00pm

### **Alessa** – 234 Forest Avenue, Laguna Beach, CA

(949) 497-8222 Semi-Dressy/ Casual Attire  
New Italian hot spot in downtown Laguna Beach. Prosciutto and Mozzarella Bar. Sunday-Thursday 11.00a-10.00p; Friday-Saturday 11.00a-12.00p

### **Broadway** – 328 Glenneyre Street, Laguna Beach, CA

(949) 715-8234 Semi-Dressy Attire/Trendy Attire  
Modern American cuisine with a seasonal menu using locally sourced ingredients. Sun-Thurs 5pm-10pm; Fri-Sat 5.00pm-11pm; Brunch Sunday 11am-2pm

### **Brussels Bistro** – 222 Forest Ave. Laguna Beach, CA

(949) 376-7955 Casual Attire  
European bistro with the flavors of France and Belgian. Specializing in steamed mussels, croquettes and world famous Belgian fries.

### **Chart House** – 34442 Green Lantern, Dana Point, CA

(949) 493-1183 Semi-Dressy/Casual Attire  
Seafood, steak, salad bar and sweeping views over Dana Point Harbor. Monday-Friday 4.30p-9.30p; Saturday-Sunday 4.30p-10.00p

### **Javier's** – 7832 East Coast Hwy, Newport Beach, CA

(949) 494-1239 Casual/Semi-Dressy/Trendy Attire  
The trendy spot. Upscale traditional Mexican cuisine. Lively atmosphere. Monday-Thursday 11.30a-10p; Friday 11.30a-11p; Sat 11a-11.00p; Sun 8a-10p

### **Jimmy's American Tavern** - 25001 Dana Point Harbor Dr. Dana Point, CA

(949) 388-8900 Trendy Dress/Casual Attire  
Creative regional American comfort food and beverages in a coastal relaxed setting. Sunday-Thursday 11 a-10p Friday-Saturday 11a-12a

### **Las Brisas** – 361 Cliff Drive, Laguna Beach, CA

(949) 497-5434 Casual/Semi-Dressy Attire  
Seafood specialties from the Mexican Riviera overlooking Main Beach. Lunch: Mon-Fri 11a-3.30p; Sat 11.30a-3.30p. Dinner: Mon-Thursday 5p-10p; Friday 5-11pm; Sat 4.3p-11pm; Sun 4.30-10pm; Sunday Brunch 9a-3pm

### **The Loft** – 30801 South Coast Highway, Laguna Beach, CA

(949) 715 6420 Casual Semi Dressy  
Located in the Montage Resort. Features stunning panoramic views, the perfect backdrop for enjoying a creative American cuisine. Daily 6.00a-10.00p

### **Luciana's** – 24312 Del Prado, Dana Point, CA

(949) 661-6500 Casual/Semi-Dressy Attire  
Reminiscent of the owner's Italian Inn in Tuscany with an authentic menu. Sunday-Thursday 5.30p-9.00p; Friday-Saturday 5.30p-10.00p

### **Okura Robata Grill and Sushi Bar** – 858 S. Coast Hwy, Laguna Beach, CA

(949) 793-4320 Casual Attire  
Fusion of Japanese and Californian cuisine with modern and elegant Asian Décor.

### **Mastro's Ocean Club** – 8112 East Coast Highway, Newport Beach, CA

(949) 376-6990 Semi-Dressy Attire  
Trendy upscale seafood and steak house experience. Most extensive seafood menu in the area. Live piano music nightly. Lounge Open: 4.00p-1.00a  
Dinner served Sun-Thurs 5pm-10pm; Fri-Sat 5pm-11pm

### **Nick's** – 440 South Coast Hwy, Laguna Beach CA

(949) 376 8595 Casual Attire  
American comfort food with flair, crave-able bar snacks, plus unique cocktails  
Mon-Wed 11a-10p; Tues-Fri 11a-12a; Sat- 7:30a-12a; Sun 7:30a-10p

### **Raya** – The Ritz-Carlton, Laguna Niguel

(949) 240-2000 Resort Casual  
Pan-Latin Coastal Cuisine with Chef Richard Sandoval's signature Latin flavors overlooking awe-inspiring ocean views. Breakfast 7-11:30 am, Lunch 11:30a-2pm; Dinner 6- 9 pm; Sunday Brunch 10am- 2:00pm

### **Ristorante Rumari** – 1826 South Coast Highway, Laguna Beach, Ca.

(949)-494-0400 Casual/Semi-Dressy/Trendy Attire  
Traditional Southern Italian Cuisine. Family owned with a warm décor that transforms you back to Italy. Sunday thru Thursday 5pm to 9:30pm  
Friday and Saturday 5pm to 10:30pm.

### **Selanne Steak Tavern** – 1464 S Coast Hwy, Laguna Beach, CA

(949) 715-9881 Semi-Dressy Attire  
Unique contemporary American steakhouse offers a formal steakhouse, wine loft and wine library within a beautiful neighborhood tavern.  
Tues-Thurs 5pm -11pm; Fri- Sat 5pm- 12am; Sun 5pm-11pm

### **South of Nicks** – 110 N. El Camino Real, San Clemente, CA

(949) 481-4545 Casual/ Semi-Dressy Attire  
Trendy fresh and flavorful authentic Mexican cuisine served with warm hospitality. Mon-Wed, Sun-11am-10pm; Thurs 11am-11pm; Fri-Sat 11am-12a

### **Splashes** – 1555 South Coast Highway, Laguna Beach, CA

(949) 497-4477 Casual/Semi-Dressy Attire  
Spectacular beachfront view serving Mediterranean cuisine inside the Surf & Sand Hotel. Sunday-Thursday 7.00a-10.00p; Friday-Saturday 7.00a-11.00p

### **Bourbon Steak** – One Monarch Beach Resort, Dana Point, CA

(949) 234-3200 Casual/Semi-Dressy Attire  
Contemporary, Modern seasonal take on the classic steakhouse. Award winning Chef Michael Mina inside The Monarch Beach Resort. Mon-Thurs 6-9p; Fri-Sat 5.30p-10p; Sun 6-9pm

### **Studio** – 30801 South Coast Highway, Laguna Beach, CA

(949) 715-6420 Resort Casual/Semi-Dressy Attire  
The signature restaurant at the Montage Resort serves French cuisine in a Craftsman-inspired cottage with ocean panoramas. Tuesday-Sunday 5.00p-10.00p.

### **Tortilla Republic** – 480 South Coast Highway Laguna Beach, CA

(949) 393-4888 Casual Attire  
Modern Mexican with a French twist. Ocean views, modern décor and specialty margarita's.  
Mon 5-10p; Tues-Fri 11a-10p; Sat-Sun 10a-11p

### **Trevor's at the Track** – 26701 Verdugo St. San Juan Capistrano, Ca.

(949) 493-9593 Casual Attire  
Locally sourced, Internationally inspired. Trackside tavern, patio bar.  
Tuesday-Thursday 11am -10pm, Friday & Saturday 11am-11pm, Sunday 10am-9pm.

### **230 Forest Avenue** – 230 Forest Avenue, Laguna Beach, CA

(949) 494-2545 Casual/Semi-Dressy/Trendy Attire  
Innovative street-front bistro in the heart of downtown Laguna. This IS California cuisine. Lunch 11.00am Dinner 5.00pm

### **370 Common** – 370 Glenneyre St, Laguna Beach, CA

(949) 494-8686 Casual/Semi-Dressy/Trendy Attire  
This hip haven is known for inventive American cuisine and craft cocktail list.  
Bar opens nightly 4:30pm; Sun-Mon 5-9pm, Tues-Thurs 5-10pm, Fri-Sat – 5-11pm