



## DRAGON DOOR PUBLICATIONS

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### **Certified Kettlebell-Functional Movement Screening Workout Location & Hotel Information**

Thank you for registering for the CK-FMS Certification course. Below you will find information on the training facility and the seminar hotel (this is the only hotel we are recommending for attendees).

#### **DRAGON DOOR KETTLEBELL TRAINING LOCATION**



#### **Dayton's Bluff Recreation Center**

800 Conway Ave.  
St. Paul, MN 55106  
651-793-3885

**Website:** <http://www.stpaul.gov/depts/parks/recprograms/daytonsbluff.htm>

**Directions to the Recreation Center from the airport (approximately 13 miles):** When leaving the Airport, take MN-5 East ramp towards MN-55 St. Paul/Minneapolis. Merge onto MN-5 going east. Take the MN 55 W/MN 55 E exit towards Minneapolis/Fort Snelling/Mendota Bridge. Keep right at the fork in the road and merge onto MN-55 E. Stay straight to go onto MN-110 E. MN-110 E becomes West 7Th Street. Take that to 1-35E. Take the ramp to I-35E going North. Look for the I-95 exit and merge onto I-94 going East. Continue East until the Mounds Boulevard exit (exit number 243). Turn right at the light off the exit onto Mounds Blvd (U.S. 61 South). Go one block to 3rd Street, take a left at the light onto 3rd Street. Continue up 3rd Street until you've reached Maple (just before the curve and the top of the hill) and turn right onto Maple Street. Go one block and turn right onto Conway Street and park in the upper parking lot. Before exiting your car, stop for a second, breath and then mentally prepare for the pain. Exit the car and go inside the building. Welcome, Comrades!

(OVER)

**Directions from the West (or Minneapolis) via I-94:** Take I-94 eastbound to the Mounds Boulevard exit (exit number 243). Turn right at the light off the exit onto Mounds Blvd (U.S. 61 South). Go one block to 3rd Street, take a left at the light onto 3rd Street. Continue up 3rd Street until you've reached Maple (just before the curve and the top of the hill) and turn right onto Maple Street. Go one block and turn right onto Conway Street and park in the upper parking lot.

**Directions from the East via I-94:** Take I-94 westbound and merge onto the Mounds Boulevard/U.S. 61 North exit (exit number 243). Turn right onto 3rd Street E. Continue up 3rd Street until you've reached Maple (just before the curve and the top of the hill) and turn right onto Maple Street. Go one block and turn right onto Conway Street and park in the upper parking lot.

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## **DRAGON DOOR SEMINAR HOTEL (SPECIAL RATE SECURED)**



**Holiday Inn St. Paul-RiverCentre:** <http://www.holidayinn.com/stpaulmn>  
(\$119 plus tax, CK-FMS Workshop Special Rate)  
175 W. 7<sup>th</sup> St.  
St. Paul, MN 55102  
651-225-1515 or 1-888-465-4329 (1-888-HOLIDAY)

**Rates:** Single \$119.00 - Double \$129.00 - Triple \$139.00 - Quad \$149.00

**Parking:** \$14 plus tax per day, per vehicle (not included in the room rate)

The Holiday Inn Hotel St. Paul-RiverCentre, located on West 7<sup>th</sup> Street, offers free high speed wireless internet and local phone calls and is located directly across the street from the Xcel Energy Center (<http://www.xcelenergycenter.com/>) – one of the nation's premier entertainment and sports complexes), St. Paul's RiverCentre Convention Center (<http://www.rivercentre.org/>) and is within close proximity to many bars and restaurants.

If you are planning on attending with family or friends, the Holiday Inn Hotel St. Paul-RiverCentre is just one block from the Science Museum of MN (<http://www.smm.org/>) and four blocks from the Minnesota History Center (<http://www.mnhs.org/index.htm>), Minnesota Children's Museum (<http://www.mcm.org/>) and the Ordway Center for the Performing Arts (<http://www.ordway.org/>).

The Holiday Inn St. Paul-RiverCentre will be our base hotel and the only hotel we are recommending for the upcoming seminar.

**Map and Driving Directions:** [http://maps.google.com/maps?hl=en&safe=off&client=firefox-a&rls=org.mozilla:en-US:official&hs=Gid&q=175+7th+St+W,+St+Paul,+MN+55102,+USA&um=1&ie=UTF-8&sa=X&oi=geocode\\_result&resnum=1&ct=title](http://maps.google.com/maps?hl=en&safe=off&client=firefox-a&rls=org.mozilla:en-US:official&hs=Gid&q=175+7th+St+W,+St+Paul,+MN+55102,+USA&um=1&ie=UTF-8&sa=X&oi=geocode_result&resnum=1&ct=title)

**From the North:** Take 35E South towards Saint Paul. Follow to I-94 West. Take the Marion St. exit (241A), which merges into Saint Anthony. Turn left onto Marion St. Marion will turn onto Kellogg Blvd. West. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Ave.

**From the South:** Take 35E to the Kellogg Boulevard exit (106B). Turn right onto Kellogg Boulevard. Turn right into our parking ramp, just beyond Smith Avenue.

**From the East:** Take I-94 West to the Marion Street exit. (241A). Marion turns into Saint Anthony. Turn left onto Marion Street. Marion Street turns into Kellogg Boulevard. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Avenue.

**From the West:** Take I-94 East to Marion Street/Kellogg Blvd./State Capitol exit (241A). Merge onto Concordia Avenue. Take a right onto Kellogg Boulevard. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Avenue.

**From the Airport:** Leaving the airport, stay to the left side of the road, and follow "to Saint Paul" on Highway 5. Highway 5 turns into West 7th Street. Follow West 7th Street for approximately 5 miles. Turn left onto Chestnut Street. Go one block and turn right onto Smith Avenue. Go one block and turn right onto Kellogg Boulevard. Take an immediate right into our parking ramp.

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## **TRAVEL/AIRPORT INFORMATION**

For those of you able to accommodate your schedules, we recommend flying into the Twin Cities on Wednesday and leaving town on Monday, that way you will be able to get settled in when you arrive and also relax and clean up after the Certification on Sunday (there are no showers available at the training center, so if you leave from there, you may have an uncomfortable flight or drive home). The Certification is scheduled to end at 4:30 p.m.

You'll be flying into the Minneapolis/Saint Paul International Airport (<http://www.mspairport.com/MSP/>). The Minneapolis-St. Paul International Airport (MSP) is located approximately 9 miles from downtown Saint Paul.

As a hub, the Twin Cities benefits from non-stop service to nearly 130 domestic destinations, nine Canadian cities, four European cities, two Asian cities and 10 destinations in Mexico, the Caribbean and Latin America. MSP offers more non-stop service than many other U.S. cities with larger populations.

Travelers have their choice of major domestic airlines including America West, American, Continental, Delta, Frontier, Trans World Airlines, United and US Airways.

With 12 domestic airlines, three international and four regional airlines, travelers can connect to every major city in six continents. Arriving and departing flights of seven charter airlines also keep the Lindbergh and Humphrey Terminals buzzing.

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## TRANSPORTATION INFORMATION

The Holiday Inn RiverCentre does NOT have a shuttle from the airport, but there is an Airport Super Shuttle (\$14 one way and \$23 round-trip; costs are approximate and may vary slightly), which you can find at the Shuttle & Taxi area. Advance reservations can be made online at [www.supershuttle.com](http://www.supershuttle.com) or by calling 1-800-BLUE-VAN (1-800-258-3826).

**The Hotel offers shuttle service in a 3.0 mile radius around the St. Paul downtown area and will be made available for drop-offs and pickups to and from the training location throughout the weekend**, so a rental car is only necessary if you plan on arriving in the Twin Cities early or leaving late and are interested in doing some sightseeing, shopping or exploring of the Twin Cities. Information about shuttle times, pickup and drop-off locations will be available in the hotel lobby area upon your arrival.

Airport Shuttle service is available in the Transportation Center at MSP in the Lindbergh Terminal building. Follow the signs located in the baggage claim area.

**SuperShuttle:** 800-258-3826 / <http://www.supershuttle.com>

**Car Rentals:** Car rental companies have phone banks on the Baggage Claim Level opposite carousels 2, 5 and 10. Rental car counters are located in the new parking and rental car facility called the Hub Building or on the lower level of the Blue and Red parking ramps. The Hub Tram takes passengers to and from the Hub Building to the Lindbergh Terminal. The free tram is located on the Tunnel Level. Information is courtesy of the Metropolitan Airports Commission.

**Taxis:** Cab and Taxi service is available from MSP. From the Lindbergh Terminal building, follow signs to the Tunnel level and go up one level. Downtown Saint Paul is 10 miles, and fares average \$18. Cab and taxi service for people with disabilities is available on the Baggage Claim Level. Taxis are readily available throughout the city also, although it is often easiest to get a cab at one of our many hotels. You'll find Saint Paulites to be very friendly and any store, attraction or restaurant would be happy to contact a taxi company for you.

**Airport Taxi:** 952.928.0000 / <http://www.taxicabusa.com>



Serving the Minneapolis/  
St. Paul Metro Area

**The least expensive method for reaching the hotel from the airport is to take the local bus service:**

**Metro Transit Bus:** Catch the Route 54 at the Lindbergh Terminal, which you'll find in the Airport Transit Plaza (follow signs throughout the airport). Take Route 54 (the buses destination should be listed as "St. Paul", not "Mall of Amer.") which leaves from Gate 4. The cost is \$1.75 (\$2.25 during rush hour – 6 a.m.-9 a.m. or 3 p.m.-6:30 p.m.). Take the Route 54 bus to W. 7<sup>th</sup> Street and Chestnut. Get off at the Chestnut exit and walk one block in the same direction the bus continues to head on West 7<sup>th</sup> Street to the corner of W. 7<sup>th</sup> and Kellogg, where you'll find the Holiday Inn.

## **PREMIUM SERVICES**

Chauffeured transportation services for groups of all sizes with luxury sedans, limousines, limo coaches and luxury vans. On-site coordination of meet/greet, shuttles, tours and large group activity with tenured, uniformed staff:

**Eclipse Transportation:** 651.293.1111 / <http://www.eclipsecars.com>

**Corporate Car and Coach:** 651.696.9029 / <http://www.corpcarandcoach.com>

**Premier Transportation:** 800.899.RIDE / <http://www.premiertrans.com>

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Questions or concerns?

E-mail [support@dragondoor.com](mailto:support@dragondoor.com)  
or call 651-487-2180