



**Russian Kettlebell Instructor Certification (RKC)  
June 6-8, 2014 – St. Paul, Minnesota  
Training, Travel and Hotel Information**

Thank you for registering for the Russian Kettlebell Challenge Certification. Below you will find information on the training facility, the recommended airport and a short list of recommended area hotels for those of you traveling to the area:

**CERTIFICATION LOCATION:**

**DAYTON'S BLUFF RECREATION CENTER**

800 Conway Street  
St. Paul, MN 55106

**Contact:** Dennis Armstrong  
**Phone:** 651-487-2180

**AIRPORT:**

For those of you able to accommodate your schedules, we recommend flying into the Twin Cities on Thursday 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 workshop 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 workshop is scheduled to end at 4:30 p.m.

You'll be flying into the **Minneapolis/Saint Paul International Airport (MSP)**. The Minneapolis-St. Paul International Airport is located approximately 9 miles from downtown Saint Paul.

**Website:** <http://www.msppairport.com/>

### RECOMMENDED HOTEL:

#### **HOLIDAY INN ST. PAUL DOWNTOWN**

**Approx. 1.9 miles southwest of training facility**

175 7th St. W., St. Paul, MN

**651-225-1515**

<http://www.histpaul.com/>

**Note:** Let them know you're with the "Dragon Door" group and they'll extend a special rate to you. Within walking distance of many area restaurants and nightlife. Call to confirm rates.

### OTHER AREA HOTELS:

#### **HOLIDAY INN ST. PAUL I-94-EAST (3M AREA)**

**Approx. 3 miles east of training facility**

2201 Burns Ave., St. Paul, MN

**651-731-2220**

[http://www.ihg.com/holidayinn/hotels/us/en/st-paul/mspea/hoteldetail?cm\\_mmc=GoogleMaps-hi-USEN-mspea](http://www.ihg.com/holidayinn/hotels/us/en/st-paul/mspea/hoteldetail?cm_mmc=GoogleMaps-hi-USEN-mspea)

**Note:** Currently list rate at \$126 per night on their website, but likely can be reserved for less on travel sites or hotel consolidators online. Call to confirm rates.

#### **HOTEL 340 (Boutique Hotel in Historic Building)**

**Approx. 1.4 miles southwest of training facility**

340 Cedar St., St. Paul, MN

**651-280-4120**

<http://hotel340.com/>

**Note:** Currently list rate at \$116 per night on their website, but likely can be able to be reserved for less on travel sites or hotel consolidators online. Call to confirm rates.

#### **THE ST. PAUL HOTEL**

**Approx. 1.6 miles southwest of training facility**

350 Market St., St. Paul, MN

**651-292-9292**

<https://www.saintpaulhotel.com/>

**Note:** Currently list rate at \$173 per night on their website, but likely can be reserved for less on travel sites or hotel consolidators online. Call to confirm rates.

#### **EMBASSY SUITES ST. PAUL - DOWNTOWN**

**Approx. 1.3 miles west of training facility**

175 E 10th St., St. Paul, MN

**651-225-5400**

<http://embassysuites3.hilton.com/en/hotels/minnesota/embassy-suites-st-paul-downtown-MSPSPES/index.html>

**Note:** Currently list rate at \$189 per night on their website, but likely can be reserved for less on travel sites or hotel consolidators online. Call to confirm rates.

**CROWNE PLAZA ST. PAUL - RIVERFRONT HOTEL**

**Approx. 1.4 miles southwest of training facility**

**11 Kellogg Blvd. E, St. Paul, MN**

**651-229-1900**

**<http://www.cpstpaul.com/hotel.html>**

**Note:** Appears that their hotel may be SOLD OUT for the entire weekend, but call to confirm.