



**Russian Kettlebell Instructor Re-Certification (RKC)  
June 7, 2014 – St. Paul, Minnesota  
Training, Travel and Hotel Information**

Thank you for registering for the Russian Kettlebell Re-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:**

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.mspairport.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.