

# The Russian Kettlebell Challenge Certification Program

## Slangerup Athletic- and Cultural Centre

### May 4 — May 6, 2007

Friday: 9:30 a.m.-12:30 p.m. & 1:30 p.m.-5:30 p.m.  
Saturday: 9:00 a.m.-12:30 p.m. & 1:30 p.m.-5:30 p.m.  
Sunday: 9:00 a.m.-12:30 p.m. & 1:30 p.m.-4:30 p.m.

#### TRAINING LOCATION

The RKC certification is held at Slangerup Athletic- and Cultural Centre:

**Slangerup Idræts- og Kulturcenter**
















Idrætsvej 3-5



3550 Slangerup

<http://www.slangerupkomm.dk/sw4261.asp>

Showers are available at the facility.

#### Route from Copenhagen Airport:

Direction	Route	Distance	Description	Time
			Follow <b>Terminalgade</b>	00:00
			Turn Left at <b>Ellehammersvej</b> about 100 m	00:00
		<b>100 m</b>	Turn Left at <b>Ellehammersvej</b> about 300 m	00:01
		<b>400 m</b>	Follow the 1st road in <b>Roundabout</b> about 50 m	00:01
	E20	<b>400 m</b>	Follow <b>Access E20 towards Odense</b> about 700 m	00:02
	E20	<b>1.2 km</b>	Follow <b>Motorway E20</b> about 13.7 km	00:10
	E47/E55	<b>14.9 km</b>	Exit the road at <b>Motorway E47/E55 nord</b> about 1.1 km	00:11
	E47/E55	<b>16 km</b>	Follow <b>Motorway E47/E55</b> about 12.3 km	00:19
	16	<b>28.3 km</b>	Exit the road at <b>Motorway 16 north towards Hillerød</b> about 300 m	00:19
	16	<b>28.6 km</b>	Continue straight ahead at <b>Motorway 16</b> about 11 km	00:26
	16	<b>39.6 km</b>	Continue straight ahead at <b>Exit nr. 10</b> about 300 m	00:26
	207	<b>39.9 km</b>	Turn Left at <b>Bistrupvej</b> about 500 m	00:27
	207	<b>40.4 km</b>	Continue straight ahead at <b>Slangerupvej</b> about 700 m	00:27
	207	<b>41 km</b>	Follow the 1st road in <b>Roundabout</b> about 70 m	00:28
	207	<b>41.1 km</b>	Follow <b>Slangerupvej</b> about 9.1 km	00:35
	207	<b>50 km</b>	Continue straight ahead at <b>Frederikssundsvej</b> about 900 m	00:36
		<b>51 km</b>	Turn Right at <b>Københavnsvej</b> about 2.6 km	00:39
		<b>54 km</b>	Follow the 1st road in <b>Roundabout</b> about 40 m	00:39

Direction	Route	Distance	Description	Time
		54 km	Follow <b>Brobæksgade</b> about 200 m	00:39
		54 km	Continue straight ahead at <b>Kongensgade</b> about 600 m	00:40
		54 km	Turn Left at <b>M P Jensens Vej</b> about 600 m	00:41
		55 km	Turn Left at <b>Jordhøjvej</b> about 80 m	00:41
		55 km	Turn Left at <b>Ukendt vejnavn</b> about 70 m	00:41
		55 km	Turn Left at <b>Idrætsvej</b> about 7 m	00:41

#### Arriving from other directions:

<http://www.krak.dk/>

Select "English"

#### Public transportation from Copenhagen Airport:

- RE train from Copenhagen Airport to Copenhagen Central Station.
- Change at the central station and take the S-train (H) or (H+) direction Farum Station.
- Taxi from Farum Station is app. 15 min. to training facility.

Travel time app. 1 h 15 min.

#### Arriving from other directions:

<http://www.rejseplanen.dk/>

Select "English"

#### Hotel

For the activities outside the actual course we have chosen Farum Park Hotel situated 15 km from our training facilities. For participants who choose to lodge at the hotel we have secured a special rate. When calling to make your reservation, make sure that you identify yourself as a "kettlebell workshop 4-6 may" registrant and ask for our special rate. Complimentary breakfast is included in the room.

Room rates:







Single DKK 750 pr. night, breakfast included.

Double DKK 950 pr night, breakfast included.

Extra bed in room (1 pr. room only) DKK 250 pr. night, breakfast included.

[http://www.farumpark.dk/dafar/konference\\_hotel.htm](http://www.farumpark.dk/dafar/konference_hotel.htm)

#### Route from Copenhagen Airport:

Direction	Route	Distance	Description	Time
			Follow <b>Terminalgade</b>	00:00
			Turn Left at <b>Ellehammersvej</b> about 100 m	00:00
		100 m	Turn Left at <b>Ellehammersvej</b> about 300 m	00:01
		400 m	Follow the 1 <sup>st</sup> road in <b>Roundabout</b> about 50 m	00:01
	E20	400 m	Follow <b>access E20 towards Odense</b> about 700 m	00:02
	E20	1.2 km	Follow <b>Motorway E20</b> about 13.7 km	00:10
	E47/E55	14.9 km	Exit the road at <b>Motorway E47/E55 north</b> about 1.1 km	00:11
	E47/E55	16 km	Follow <b>Motorway E47/E55</b> about 12.3 km	00:19

Direction	Route	Distance	Description	Time
	16	28.3 km	Exit the road at <b>Motorway 16 north towards Hillerød</b> about 300 m	00:19
	16	28.6 km	Continue straight ahead at <b>Motorway 16</b> about 9.8 km	00:26
	16	38.4 km	Continue straight ahead at <b>exit nr. 9 mod Farum C</b> about 800 m	00:26
		39.2 km	Continue straight ahead at <b>Paltholmvej</b> about 900 m	00:27
		40.1 km	Turn Left at <b>Gammelgårdsvej</b> about 200 m	00:27
		40.3 km	Follow the 1st road in <b>Roundabout</b> about 20 m	00:27
		40.3 km	Follow <b>Ryttergårdsvej</b> about 1.1 km	00:29
		41.4 km	Turn Right at <b>Farum Park</b> about 200 m	00:29

#### Public transportation from Copenhagen Airport:

- RE train from Copenhagen Airport to Copenhagen Central Station.
- Change at the central station and take the S-train (H) or (H+) direction Farum Station.
- Taxi from Farum Station to Farum Park Hotel is app. 5 min.

Travel time: app. 1 hour

#### Shuttle service between hotel and training facility

Every morning and afternoon, we will provide free transportation between Farum Park Hotel and the training facility.

#### Travel planning

For those choosing to lodge at the hotel, we recommend arriving the night before (Thursday May 3). This will give you time to settle in and to attend the “meet and greet” party in our hospitality suite. All instructors will be present and you will have a chance to get to know some of the people you will be spending the following three days with. Those not lodging at the hotel are of course also invited to attend the party.

#### Information

For further information we can be contacted at [registration@kettlebells.dk](mailto:registration@kettlebells.dk) or directly at +45 30 27 77 49/+45 61 70 10 09