



**Russian Kettlebell Challenge Instructor Certification  
July 2016 — Houston, TX  
Training, Travel, and Hotel Information**

**Thank you for registering for the Russian Kettlebell Challenge (RKC) Instructor Certification Workshop. Below you will find information about the training facility, the recommended airport(s), and a short list of recommended area hotels for those traveling to the area.**

**Training Location:**

CrossFit West Houston  
8716 Longpoint Rd #213, Houston, TX 77055  
<http://www.crossfitwesthouston.com>

**Map:** <https://goo.gl/maps/k2ys1>

**Host Contact:** Rob or Sandra Exline  
**Phone:** 713-467-1450  
**Email:** [rob@crossfitwesthouston.com](mailto:rob@crossfitwesthouston.com)

**Airports:**

**Houston George Bush Intercontinental Airport (IAH)**  
2800 North Terminal Road, Houston, TX 77032  
(281) 230-3100  
Website: <http://www.fly2houston.com/>  
Driving distance of airport to facility: 27 miles (31 minutes without traffic)

## **Nearby Hotels:**

### **The Westin Houston - Memorial City**

945 Gessner Rd Houston TX 77024

(281) 501-4300

<http://www.westinhoustonmemorialcity.com>

(4.8 miles from workshop)

### **Four Points by Sheraton Houston Hotel**

10655 Katy Freeway Houston, TX

(281) 501-4600

<http://www.fourpointshoustonwest.com>

(5.4 miles from workshop)

### **Crowne Plaza Houston Galleria**

7611 Katy Freeway, Houston, TX 77024

713-680-2222

<http://www.ihg.com/crowneplaza/hotels/us/en/houston/houtg/hoteldetail>

(3.5 miles from workshop)

## **Additional Recommended Hotels:**

Hilton Garden Inn Houston NW America Plaza

Sheraton Houston West Hotel

La Quinta Inn and Suites Houston Galleria