



**Russian Kettlebell Challenge Instructor Certification**  
**April 22 - 24, 2016 — Raleigh, NC**  
**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 Goliath  
5621 Departure Drive, Suite 117  
Raleigh, NC 27616  
<http://crossfitgoliath.com>

Map: <https://goo.gl/maps/nlk7e>

Host: Denise Schulz, Mitchell Rosser  
Phone: 919-578-8022  
Email: [schulz976@yahoo.com](mailto:schulz976@yahoo.com) [mitchellrosser@gmail.com](mailto:mitchellrosser@gmail.com)

**Airports:**

**Raleigh-Durham International Airport (RDU)**  
2400 John Brantley Blvd, Morrisville, NC 27560  
Phone: (919) 840-2123  
Website: <http://www.rdu.com>  
Driving distance of airport to facility: 19.1 miles (21 minutes without traffic)

## Nearby Hotels:

### **Hampton Inn Raleigh-Capital Blvd North**

3621 Spring Forest Road

Raleigh, NC 27616

Phone: 919-872-7111

<http://hamptoninn3.hilton.com/en/hotels/north-carolina/hampton-inn-raleigh-capital-blvd-north-RDUHHHX/index.html>

2.9 miles (2 min) from workshop

### **Courtyard Raleigh North/Triangle Town Center**

3401 Sumner Blvd

Raleigh, NC 27616

Phone: 919-645-0088

<http://www.marriott.com/hotels/travel/rdunt-courtyard-raleigh-north-triangle-town-center/>

3.6 miles (3 min) from training facility

### **Hilton Garden Inn Raleigh Triangle Town Center**

6412 Capital Blvd

Raleigh, NC 27616

Phone: 919-876-5650

<http://hiltongardeninn3.hilton.com/en/hotels/north-carolina/hilton-garden-inn-raleigh-triangle-town-center-RDUNEGI/index.html>

4.0 miles (5 min) from training facility

### **Hilton North Raleigh/Midtown**

3415 Wake Forest Road

Raleigh, NC 27609

Phone: 919-872-2323

<http://www3.hilton.com/en/hotels/north-carolina/hilton-north-raleigh-midtown-RDUNHHF/index.html>

3.3 miles (8 min) from training facility

### **Hyatt Place North Raleigh-Midtown**

1105 Navaho Drive

Raleigh, NC 27609

Phone: 919-877-9997

<http://raleighnorth.place.hyatt.com/en/hotel/home.html>

3.3 miles (9 min) from training facility

### **Wingate by Wyndham Raleigh North**

2610 Westinghouse Blvd

Raleigh, NC 27604

Phone: 919-821-0888

<http://www.wingatehotels.com/hotels/north-carolina/raleigh/wingate-by-wyndham-raleigh/hotel-overview>

4.3 miles (9 min) from training facility

**Holiday Inn Raleigh North-Capital Blvd**

2805 Highwoods Blvd

Raleigh, NC 27604

919-872-3500

<http://www.ihg.com/holidayinn/hotels/us/en/raleigh/rducb/hoteldetail>

4.0 miles (9 min) from training facility