



**Russian Kettlebell Challenge Instructor Certification  
October 21-23, 2016 — Alexandria, VA  
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:**

**Dynamic Sport Performance**

113 S. Columbus St.  
Alexandria, VA 22314

<http://www.kettlebellstronginva.com>

**Map:** <https://goo.gl/maps/pFqAj5YUEik>

**Contact:** Darius Gilbert

**Email:** [dariusg65@gmail.com](mailto:dariusg65@gmail.com)

**Phone:** (703) 209-8696

**Airport:**

**Ronald Reagan Washington National Airport (DCA)**

Arlington, VA 22202

Website: <http://www.flyreagan.com/dca/reagan-national-airport>

Driving distance of airport to facility: 3 miles

**Nearby Hotels:**

**Embassy Suites**

1900 Diagonal Rd. Alexandria, VA 22314

Phone: 703-684-5900

<http://embassysuites3.hilton.com/en/hotels/virginia/embassy-suites-by-hilton-alexandria-old-town-WASOTES/index.html>

**Distance from facility:** Approx. 2 miles or a 5-minute drive without traffic

**Courtyard Marriott Alexandria Old Town**

2700 Eisenhower Ave. Alexandria, VA 22314

Phone: 703-329-2323

<http://www.marriott.com/hotels/travel/wasal-courtyard-alexandria-old-town-southwest/>

**Distance from facility:** Approx. 2 miles or a 5-minute drive without traffic