

March 2012 – Reno, Nevada
Pavel & Dan John's Easy Strength Workshop
Hotel, Training Location and Travel Information

Thank you for registering for Pavel and Dan John's Easy Strength Workshop. Below you will find information on the seminar hotel (this is the only hotel we are recommending for attendees), the training facility and travel information.

DRAGON DOOR SEMINAR HOTEL (SPECIAL RATE SECURED)

We have secured a special group rate of \$99 per night for single or double rooms at the Hilton Garden Inn Reno. These rates will be extended to our attendees for three days pre- and post-event (event dates cover March 9-11).

When booking reservation at this hotel, be sure to mention that you are making your reservation for **DRAGON DOOR/EASY STRENGTH WORKSHOP** event to receive our SPECIAL RATE.

RESERVATIONS MUST BE MADE NO LATER THAN MARCH 1st

DO NOT WAIT, **make your reservation IMMEDIATELY**. Our room block is limited, so make sure that you are part of our group block in order to get this fantastic savings.



**HILTON GARDEN INN
RENO**

\$99 plus tax for single or double rooms, plus applicable state and local taxes.

9920 Double R Boulevard
Reno, Nevada, 89521
Phone: 775-412-4361

Website:

http://hiltongardeninn.hilton.com/en/gi/groups/personalized/R/RNOGIGI-DDP-20120309/index.jhtml?WT.mc_id=POG

Phone reservations: Direct dial 775-412-4361 and make sure that you give them our Group Name (DRAGON DOOR/EASY STRENGTH WORKSHOP) to receive our special rate.



About the Hotel: The Hilton Garden Inn Reno is conveniently located in the heart of South Reno's business vicinity and is convenient to the local corporations of IGT, Microsoft, Pfizer and Intuit.

The beautiful Hilton Garden Inn Reno offers relaxing accommodations, friendly service, and a comfortable atmosphere for both the Business and Leisure travelers.

To cater to the needs of today's guests, the Hilton Garden Inn Reno offers the following amenities and features:

- 100% Non-Smoking Facility
- Complimentary Wireless high-speed Internet access, offering secure PrinterOn® remote printing to the business center from the guestrooms
- Complimentary access to our Reno hotel's Business Center available 24/7
- Complimentary Parking for all guests
- Pavilion Lounge
- Same day Valet Dry Cleaning Service
- On-site Guest Laundry
- Indoor Heated pool and Whirlpool Tub
- Complimentary workout facility and in-room Stay Fit Kits®
- USA Today® newspaper each weekday morning
- Great American Grill® Restaurant Serving Breakfast and Dinner Daily
- Evening In-Room Dining Service
- Pavilion Pantry® convenience shop (Open 24 hrs)
- Meeting and banquet rooms for small to large size groups
- Hilton HHonors® Points and Miles, Frequent Traveler Program

The Hilton Garden Inn Reno boasts exceptional accommodations and hospitable service in a cozy atmosphere that awaits our Guests. Guestrooms are sure to fulfill the needs of the active executive or the leisure traveler.

- 32-inch HD LCD flat panel TV, OnDemand® movies, video games and complimentary HBO®, ESPN and CNN
- Large work desk with convenient desk-level outlets
- Herman Miller Mirra® ergonomic chairs
- Microwave and refrigerator in every room
- In-room coffee and coffee maker
- Iron and ironing board
- 2 dual-line phone with voicemail
- Clock radio with MP3 connectivity

Reno offers access to many Points of Interest within close proximity of the Hilton Garden Inn Reno:

- ❖ Lake Tahoe - 35 miles southwest
- ❖ Virginia City-Historical Site - 25 miles southeast
- ❖ Mt. Rose - 25 miles southwest
- ❖ Carson City - 23 miles south

Local Attractions near the Hilton Garden Inn Reno:

- ✓ [Downtown Riverwalk](#) - 10 miles north
- ✓ [National Automobile Museum](#) - 10 miles north
- ✓ [National Bowling Stadium](#) - 10 miles north
- ✓ [Wild Island Adventure Park](#) - 15 miles northeast
- ✓ [Summit Sierra Outdoor Shopping Mall](#) - 3 miles south
- ✓ [Meadowood Mall](#) - 5 minutes north
- ✓ [Montréux Golf & Country Club \(PGA Course\)](#) - 10 minutes west

ACCOMMODATIONS

The rooms are equipped for convenience while on the road. There's a microwave, refrigerator and coffeemaker with complimentary coffee to help you feel at home. A king size bed or two queen beds along with a comfortable, ergonomic chair, two telephones with dataport and voicemail. Electrical outlets, complimentary high-speed internet and task lighting allows you to get the job done.

- Indoor Pool and Hot Tub
- Fridge, Microwave & Coffeemaker in Every Room
- 24hr Pavilion Pantry Stocked with Snacks, Drinks & Everything you Forgot
- Located Ten Minutes from Downtown Reno

HOTEL SERVICES & AMENITIES

Complimentary Airport shuttle available Monday-Friday 5am-10pm, Saturday 9am-5pm, Sunday 10am-6pm.

- | | |
|----------------------------------|-----------------------------|
| ◆ 24 hr Pavilion Pantry Market | ◆ Laundry/Valet Service |
| ◆ Automated Teller (ATM) | ◆ Lounge |
| ◆ Baggage Storage | ◆ Luggage Hold |
| ◆ Bar Area | ◆ Multi-Lingual Staff |
| ◆ Coin Laundry | ◆ On-Site Convenience Store |
| ◆ Elevators | ◆ Room Service |
| ◆ Gift Shop | ◆ Safety Deposit Box |
| ◆ Guest Activity/Recreation Desk | |

DINING

A freshly prepared breakfast is offered daily in the Great American Grill® restaurant, and lunch and dinner are also available.

The Pavilion Pantry® convenience mart offers sundries, an assortment of beverages and ready-to-cook meals bound for the in-room microwave oven or refrigerator.

Beverages are served in the cozy Pavilion Lounge and select properties also offer a full bar.

Hours of operation: *Great American Grill: 6:30 a.m.-9:00 p.m., 7 days a week.*

DRAGON DOOR KETTLEBELL TRAINING LOCATION



SOUTH RENO ATHLETIC CLUB

9393 Gateway Drive
Reno, NV 89521-8910
775-853-4050

The workshop will take place at the South Reno Athletic Club. One of the largest full-service fitness club and spas in Northern Nevada. They offer a broad list of amenities, a welcoming atmosphere and the facility can be described as nothing less than amazing. Whether you are just getting started or a serious athlete, your experience at "South RAC" will be both results-oriented and enjoyable.

Located less than one mile from the workshop hotel, the Hilton Garden Inn Reno. Please see the driving/walking directions later in this packet.

Website: <http://www.southrac.com/>

TRAVEL/AIRPORT INFORMATION

You will fly into the Reno-Tahoe International Airport, which is located approximately 6 miles or a 10- to 15-minute drive from both the South Reno Athletic Club and our base hotel, the Hilton Garden Inn Reno.

TRANSPORTATION INFORMATION

The Hilton Garden Inn Reno offers complimentary airport shuttle service between the hours of 5 a.m.-10 p.m. Monday through Friday; 9 a.m.-5 p.m. Saturday and 10 a.m.-6 p.m. Sunday. Contact the hotel directly at 775-850-9700 when you arrive at the Reno-Tahoe International Airport to arrange your pickup. Approximate arrival time for the shuttle is 15 minutes.

For those of you that will not have your own transportation, the hotel shuttle MAY be available for rides to the South Reno Athletic Club, based on availability (their first priority is their airport shuttle service). Inquire at the hotel lobby to check availability and arrange a ride. Walking and driving directions are included in this packet.

RENTAL CARS

Reno-Tahoe International Airport provides convenient access to nine different rental car agencies. All nine rental car counters are located in Baggage Claim. Alamo, Avis, Budget, Dollar, Enterprise, Hertz, National, and Thrifty vehicles are located just outside Baggage Claim in the Parking Structure. Advantage vehicles are located off airport. A complimentary shuttle service to their location can be met just outside the D Doors located North of Baggage Claim.

	800-777-5500	www.advantage.com
	877-222-9075	www.alamo.com
	800-230-4898	www.avis.com
	800-527-0700	www.budget.com
	800-800-3665	www.dollar.com
	800-261-7331	www.enterprise.com
	800-654-3131	www.hertz.com
	877-222-9058	www.nationalcar.com
	800-847-4389	www.thrifty.com

TAXIS & LIMOUSINES

Reno-Tahoe International Airport is conveniently located in downtown Reno. The Airport is within a 10- to 15-minute cab or limo ride of all the major hotels in the area.

Taxi and limousine services are provided by the following companies and are available to customers on-site. The passenger waiting area for taxis and limousines is located outside of the D Doors located North of Baggage Claim.

Taxi Service

All Star Taxi	(775) 832-2596	www.taxitahoe.com
Anytime Taxi	(530) 414-4187	www.anytimetaxi.net
Capital Cab	(775) 885-0300	
Fast Taxi	(530) 583-6699	(Trips to California Only)
High Sierra Taxi	(530) 559-8872	www.highsierrataxi.com
Lakeshore Taxi	(530) 544-3600	www.lakeshoretaxi.com
Reno-Sparks Cab	(775) 333-3333	
Truckee River Taxi	(530) 386-3935	www.TruckeeRiverTaxi.com
Whittlesea Checker Taxi	(775) 322-2222	www.bell-limo.com
Yellow Cab of Reno	(775) 355-5555	

PUBLIC TRANSPORTATION

Getting to and from **Reno-Tahoe International Airport** by bus is easy too.

City Bus service is provided by **RTC Ride** between the airport and downtown Reno. The **city bus** pick-up and drop-off location is at the north end of the center curb, outside of Baggage Claim. Please follow the directional signs posted. Bus Route 19, which includes a stop at the **Reno-Tahoe International Airport**, operates Monday through Friday.

The bus schedule to and from the airport, is posted at the bus stop, as well as in baggage claim, adjacent to the Regional Information Booth. Airport guests interested in specific route information can contact RTC Customer Service for assistance at (775) 348-RIDE (7 days a week from 7:00 am to 7:00 pm) or visit their website at www.rtcwashoe.com.

The **Reno-Tahoe International Airport** is also serviced by **RTC Access**, a paratransit service that provides door-to-door, pre-scheduled transportation for people with disabilities who meet the eligibility criteria.

RTC Ride and RTC Intercity	(775) 348-7433	www.rtcwashoe.com
RTC Access	(775) 348-0477	www.rtcwashoe.com
Eastern Sierra Transit Authority (CREST)	(800) 922-1930 (760) 872-1901	www.easternsierratransitauthority.com
Modoc Transportation Agency (Sage Stage)	(530) 233-6410	www.sagestage.com

DRIVING DIRECTIONS

AIRPORT TO HILTON GARDEN INN RENO

From Reno-Tahoe International Airport (RNO) to the Hilton Garden Inn Reno via US 395:

- ❖ Head north out of the airport toward **Pilot Way**. 0.3 miles
- ❖ Slight left at **Pilot Way**. 456 feet
- ❖ Continue straight onto **East Plumb Lane**. 0.1 miles
- ❖ Turn left to merge onto **US 395 South** toward **Carson City**. 4.8 miles
- ❖ Take **Exit 60** for **South Meadows Parkway**. 0.3 miles
- ❖ Turn left onto **South Meadows Parkway**. 0.5 miles
- ❖ Turn left onto **Double R Boulevard**. 489 feet
- ❖ **Arrive at Hilton Garden Inn Reno (on your right).** **Total: 6.3 miles 12 minutes**
- ❖ **9920 Double R Boulevard, Reno, NV 89521**

From Reno-Tahoe International Airport (RNO) to the Hilton Garden Inn Reno via NV-430S:

- ❖ Head north out of the airport toward **Pilot Way**. 0.3 miles
- ❖ Slight left at **Pilot Way**. 456 feet
- ❖ Continue straight onto **East Plumb Lane**. 0.1 miles
- ❖ Turn left to merge onto **US 395 South** toward **Carson City**. 1.5 miles
- ❖ Take **Exit 63** for **South Virginia Street**. 0.5 miles
- ❖ Turn left onto **NV-430 South/US 395 BUS South/South Virginia**. 3.0 miles
- ❖ Turn left onto **NV-430 South/South Meadows Parkway**. 0.6 miles
- ❖ Turn left onto **Double R Boulevard**. 489 feet
- ❖ **Arrive at Hilton Garden Inn Reno (on your right).** **Total: 6.2 miles 17 minutes**
- ❖ **9920 Double R Boulevard, Reno, NV 89521**

From Reno-Tahoe International Airport (RNO) to the Hilton Garden Inn Reno via Double R Blvd.:

- ❖ Head north out of the airport toward **Pilot Way**. 0.3 miles
- ❖ Slight left at **Pilot Way**. 456 feet
- ❖ Take the 1st left onto **Terminal Way**. 0.9 miles
- ❖ **Terminal Way** turns left and becomes **Gentry Way**. 0.2 miles
- ❖ Turn right onto **Neil Road**. 0.1 miles
- ❖ Turn left onto **East Moana Lane**. 1.3 miles
- ❖ Continue onto **Airway Drive**. 0.8 miles
- ❖ Continue onto **Double R Boulevard**. 2.2 miles
- ❖ Turn right onto **South Meadows Parkway**. 0.2 miles
- ❖ Make a U-turn at **Gateway Drive**. 0.2 miles
- ❖ Turn left onto **Double R Boulevard**. 489 feet
- ❖ **Arrive at Hilton Garden Inn Reno (on your right).** **Total: 6.3 miles 17 minutes**
- ❖ **9920 Double R Boulevard, Reno, NV 89521**

AIRPORT TO SOUTH RENO ATHLETIC CLUB

From Reno-Tahoe International Airport (RNO) to South Reno Athletic Club via US 395:

- ❖ Head north out of the airport toward **Pilot Way**. 0.3 miles
- ❖ Slight left at **Pilot Way**. 456 feet
- ❖ Continue straight onto **East Plumb Lane**. 0.1 miles
- ❖ Turn left to merge onto **US 395 South** toward **Carson City**. 3.9 miles
- ❖ Take **Exit 61** for **South Virginia Street**. 0.4 miles
- ❖ Turn left onto **South Virginia Street**. 0.2 miles
- ❖ Take the 1st right onto **East Patriot Boulevard**. 0.2 miles
- ❖ Take the 1st right on **Bluestone Drive/Portman Avenue** (follow Portman) 0.2 miles
- ❖ Continue straight onto **Offenhauser Drive**. 0.4 miles
- ❖ Continue onto **Gateway Drive**. 0.3 miles
- ❖ **Arrive at South Reno Athletic Club (on your right).** **Total: 6.1 miles 12 minutes**
- ❖ **9393 Gateway Drive, Reno, NV 89521**

From Reno-Tahoe International Airport (RNO) to the Hilton Garden Inn Reno via Double R Blvd.:

- ❖ Head north out of the airport toward **Pilot Way**. 0.3 miles
- ❖ Slight left at **Pilot Way**. 456 feet
- ❖ Take the 1st left onto **Terminal Way**. 0.9 miles
- ❖ **Terminal Way** turns left and becomes **Gentry Way**. 0.2 miles
- ❖ Turn right onto **Neil Road**. 0.1 miles
- ❖ Turn left onto **East Moana Lane**. 1.3 miles
- ❖ Continue onto **Airway Drive**. 0.8 miles
- ❖ Continue onto **Double R. Boulevard**. 1.3 miles
- ❖ Turn right onto **Prototype Drive**. 0.6 miles
- ❖ Turn right onto **Gateway Drive**. 0.2 miles
- ❖ **Arrive at South Reno Athletic Club (on your right).** **Total: 5.8 miles 15 minutes**
- ❖ **9393 Gateway Drive, Reno, NV 89521**

From Reno-Tahoe International Airport (RNO) to the Hilton Garden Inn Reno via S. Virginia St.:

- ❖ Head north out of the airport toward **Pilot Way**. 0.3 miles
- ❖ Slight left at **Pilot Way**. 456 feet
- ❖ Continue straight onto **East Plumb Lane**. 0.1 miles
- ❖ Turn left to merge onto **US-395 South** toward **Carson City**. 1.5 miles
- ❖ Take **Exit 63** for **South Virginia Street**. 0.5 miles
- ❖ Turn left onto **South Virginia Street**. 2.0 miles
- ❖ Turn left onto **East Patriotic Boulevard**. 0.2 miles
- ❖ Take the 1st right onto **Bluestone Drive/Portman Avenue** (follow Portman) 0.2 miles
- ❖ Continue straight onto **Offenhauser Drive**. 0.4 miles
- ❖ Continue onto **Gateway Drive**. 0.3 miles
- ❖ **Arrive at South Reno Athletic Club (on your right).** **Total: 5.5 miles 15 minutes**
- ❖ **9393 Gateway Drive, Reno, NV 89521**

HOTEL TO SOUTH RENO ATHLETIC CLUB

From Hilton Garden Inn Reno to South Reno Athletic Club via Gateway Drive:

- ❖ Head northwest on **Double R Boulevard**. 0.1 miles
- ❖ Take the 1st left toward **Gateway Drive**. 0.1 miles
- ❖ Turn right onto Gateway Drive. 0.5 miles
- ❖ **Arrive at South Reno Athletic Club (on your left) Total: 0.7 miles 3 minutes (drive)**
- ❖ **9393 Gateway Drive, Reno, NV 89521 Total: 0.7 miles 15 minute (walk)**

From Hilton Garden Inn Reno to South Reno Athletic Club via Double R. Boulevard:

- ❖ Head northwest on **Double R Boulevard** toward **Sandhill Road**. 0.4 miles
- ❖ Turn left onto **Sandhill Road**. 0.1 miles
- ❖ Turn left onto **Prototype Drive**. 407 feet
- ❖ Turn the 1st right onto Gateway Drive. 0.2 miles
- ❖ **Arrive at South Reno Athletic Club (on your left) Total: 0.8 miles 3 minutes (drive)**
- ❖ **9393 Gateway Drive, Reno, NV 89521 Total: 0.8 miles 16 minute (walk)**

Questions or concerns?

E-mail support@dragondoor.com
or call 651-487-2180