

## **May 2012 Vienna/Tysons Corner Russian Kettlebell Challenge Certification Hotel, Training and Travel Information**

Thank you for registering for the Russian Kettlebell Challenge Certification. 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.

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### **RKC CERTIFICATION HOTEL (SPECIAL RATE SECURED)**

We have secured a special group rate of \$99 per night for single or double rooms (not including state and local taxes or resort charges). These rates are available three days pre- and post-event, based on availability (event dates cover May 17-19).

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

**RESERVATIONS MUST BE MADE NO LATER THAN APRIL 14<sup>TH</sup>**

However, **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.



### **SHERATON PREMIERE AT TYSONS CORNER**

**\$99 plus tax for single or double rooms,  
plus applicable state and local taxes and  
resort charges per night.**

8661 LEESBURG PIKE  
VIENNA, VIRGINIA 22182  
Phone: 703-448-1234

### **Online Reservations:**

<https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1203078084&key=557CD>

### **Hotel Website:**

<http://www.sheratontysonscorner.com/>

**Phone reservations:** Call 703-448-1234 and make sure that you give them our Group Name (DRAGON DOOR PUBLICATIONS or RUSSIAN KETTLEBELL CHALLENGE) to receive our special workshop rate.



**About the Hotel:** Sheraton Premiere at Tysons Corner is an upscale hotel located just 10 minutes from Dulles Airport and just 20 minutes outside downtown Washington, D.C. Enjoy the convenience of an airport or urban hotel with the all amenities of a resort.

Our hotel totals 443 guest rooms, including 10 suites, all classically furnished with a stylish sitting area, wireless High Speed Internet Access, and the brand new Sheraton Sweet Sleeper™ Bed with white bedding and signature white duvet ensemble.

## **ACCOMMODATIONS**

All guest rooms are comfortably appointed with soothing neutral toned furnishings, window treatments, and carpeting. Other exceptional amenities include wireless High Speed Internet Access, flat-screen televisions with cable and pay per-view movies, Shine for Sheraton™ bath amenities, an alarm clock, hair dryer, mini bar, iron and ironing board, Starbucks coffee and coffeemaker, and a telephone.

All of our 433 guest rooms are furnished with one king or two double Sheraton Sweet Sleeper™ Beds with all-white bedding: soft white cotton linens, two of four hypoallergenic pillows, an upgraded, quilted white down blanket, and the signature white ensemble of duvet, insert and skirt. All guest room layouts include a comfortable sitting area.

### **Entertainment**

- 32" Flat Screen TV
- Cable TV
- In-Room Movies (Charge)

### **Bed Features**

- The Sheraton Sweet Sleeper™ Bed

### **Bathroom**

- Hairdryer
- Shine for Sheraton™ Bath Amenities

### **Office/Telecom**

- Telephone
- Alarm Clock
- Radio
- Data Port

### **Dining**

- Starbucks Coffee
- Tazo Tea
- Room Service
- Refrigerator (Upon Request)
- Coffee Maker

### **Room Features**

- Air-Conditioned Rooms
- Rollaway Beds (Upon Request)
- Connecting Rooms Available
- City View Room
- 100% Non-Smoking Guestrooms

### **Pets**

- The Sheraton Sweet Sleeper Dog Bed (Upon Request)

### **Room Amenities & Services**

- Iron/Ironing Board
- Cribs (Upon Request)
- Video Check-Out
- Wake-up Service

### **Internet Access**

- Wireless High Speed Internet Access in Guest Rooms (\$9.95 per day)

## **DINING**

*Part wine bar, part local pub, Brix and Ale serves classic comfort cuisine complemented by a boutique selection of wines, beers, and cocktails. Settle in for a warm, welcoming experience with family or friends or workout partners.*

*Room service is available for three meals a day: breakfast, from 6 a.m. to 11 a.m.; lunch, 11 a.m. to 1:30 p.m.; and dinner, 5 p.m. to 11 p.m.*

### ***Brix and Ale***

Our newly-designed restaurant and lounge is a reinterpretation of the classic pub. Enjoy traditional favorites with a modern twist, and American comfort food for breakfast, lunch and dinner.

### **Hours of Operation:**

*Breakfast Available – Weekdays: Starting at 6:30 a.m. Saturday and Sunday: Starting at 7:00 a.m.*

## **GENERAL DIRECTIONS TO THE HOTEL**

### **From Ronald Regan National Airport (DCA)**

- Take George Washington Parkway N towards Interstate 495 South Richmond.
- Take Exit 47A onto Route 7 West towards Tysons Corner.
- Turn left at the traffic light onto Westwood Center Drive.
- Turn right onto Sheraton Drive, then right again onto Ashgrove Lane.
- The hotel is ahead on the left.

### **From Dulles International Airport (IAD)**

- Take the Dulles Access Toll Road/Dulles Access Road 267 heading East for approximately 11 miles.
- Exit onto Leesburg Pike/Virginia State Route 7 towards Tysons Corner.
- Turn right at the traffic light onto Westwood Center Drive.
- Turn right onto Sheraton Drive, then right again onto Ashgrove Lane. The hotel will be on your left.

### **From North**

- From Interstate 495, take Exit 47A-Tysons Corner/Leesburg Pike/Virginia State Route 7.
- Turn left at the traffic light onto Westwood Center Drive.
- Turn right onto Sheraton Drive, then right again onto Ashgrove Lane. The hotel will be on your left.

**From Union Station, Washington, D.C.**

- Drive west on Massachusetts Avenue NE/Union Station Drive NW.
- Turn left at Columbus Circle/Massachusetts Avenue NE/Union Station Drive NW. Turn right toward Columbus Monument Drive NW.
- Turn left at Columbus Monument Drive NW, then turn right again onto 1st Street NE.
- Turn right at D Street NE.
- Turn left onto Louisiana Avenue NW.
- Turn right onto Constitution Avenue NW.
- Proceed to the ramp onto Interstate 66 W/U.S. Highway 50W.
- Take exit 66B to merge onto Leesburg Pike/Virginia State Route 7 towards Tysons Corner.
- Turn left at the traffic light onto Westwood Center Drive.
- Turn right onto Sheraton Drive, then right again onto Ashgrove Lane. Hotel will be on your left.

**From South**

- From Interstate 495, take Exit 47A-Tysons Corner/Leesburg Pike/Virginia State Route 7.
- Turn left at the traffic light onto Westwood Center Drive.
- Turn right onto Sheraton Drive, then right again onto Ashgrove Lane.
- The hotel is ahead on the left.

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## RKC KETTLEBELL INSTRUCTOR CERTIFICATION TRAINING LOCATION



### **PROSPECTS SPORTS TRAINING aka Tysons Playground**

Prospects Sports Training (also known as Tysons Playground) is a 24,000 square foot multi-sport fitness and training complex located just outside the Beltway in the Tysons Corner area ([8500B Tyco Rd, Vienna, VA 22182](http://www.prospectssportstraining.com)) in Vienna, Virginia. Our indoor complex guarantees athletes the ability to train every day of the year. The facility includes turf fields, pitching and batting cages and state of the art weight room with all the strength and conditioning equipment your athlete's needs.

This workshop will take place entirely indoors on the field turf. For those of you with sensitive knees or elbows (you will be laying on the ground for periods of time), we recommend that you bring extra padding in the form of long pants or long-sleeve shirts or sweatpants or sweatshirts.

Websites: <http://prospectssportstraining.com/> and <http://tysonsplayground.com/>



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## TRANSPORTATION/TRAVEL INFORMATION

There are many reliable ways of getting to the Sheraton Premiere at Tysons Corner. While they are closest to the Dulles International Airport (IAD), they are also very accessible from Ronald Reagan National Airport (DCA) by car, Washington Metrorail, or other public transportation. Baltimore/Washington International Airport (BWI) is a third option for flying into the area, although at a greater distance.

Guests can easily traverse the area by public bus system, taxi or sedan services, and the hotel's fleet of shuttles runs frequently on weekdays to transport government and corporate workers between the hotel and nearby offices (they do NOT provide transportation to or from the airports).

For convenience of travel in and out of D.C., they provide a hotel shuttle to and from the nearest DC Metrorail stop on weekends. Please contact the hotel directly for shuttle schedule or other information.

The hotel will offer shuttle service to and from the RKC Instructor Certification training facility each day, but it's also less than a half a mile to the facility (or approximately a 10-minute walk) for those of you that don't want to wait for a van to return, or simply would like the fresh air.

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## AIRPORTS

### DULLES INTERNATIONAL AIRPORT (IAD)

Travel Distance: Approximately 20.92 km/13.0 miles

Options for getting to and from the hotel include:

- **Taxi**
  - Fee: \$30 USD
  - Travel Time: 10 Minutes
  - About: The Dulles International Airport (IAD) is about 13 miles, and a car/taxi ride should take about 10 minutes as the Dulles Access Road is designated for airport traffic only and moves quickly. Taxi fare is approximately \$30.
  
- **Super Shuttle**
  - Fee: \$25 USD
  - Contact: (703) 416-6661

### RONALD REAGAN NATIONAL AIRPORT (DCA)

Travel Distance: Approximately 25.75 km/16.0 miles

Options for getting to and from the hotel include:

- **Metrorail**
  - Hours: 24 hours

- About: Reagan National Airport (DCA) is about 16 miles away and is accessible by Metrorail. Board the blue line at the airport heading towards Largo Town Center. Transfer at the Rosslyn stop onto the orange line heading towards Vienna/Fairfax. Disembark at the Dunn Loring Station, where you are welcome to take a taxi; fare is approximately \$15 including gratuity for one passenger.

- **Taxi**

- Fee: \$45 USD
- Travel Time: 35 Minutes
- About: Reagan National Airport (DCA) is no more than 16 miles away, and is about a 35-minute drive. One-way taxi fare is approximately \$45 for one person.

- **Super Shuttle**

- Fee: \$45 USD
- Contact: 703-416-6661; Reservation Required

## **BALTIMORE WASHINGTON INTERNATIONAL AIRPORT (BWI)**

Travel Distance: Approximately 72.42 km/45.0 miles

Options for getting to and from the hotel include:

- **Taxi**

- Fee: \$120 USD

- **Super Shuttle**

- Fee: \$50 USD
- Contact: (800) 258-3826

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## **BUS**

### **Washington Greyhound Bus Station**

Travel Distance: Approximately 16.09 km/10.0 miles

Options for getting to and from the hotel to the Bus Station include:

- **Taxi**

- Fee: \$20 USD
- Contact: (703) 534-1111

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## GETTING AROUND

### By Rental Car

- **Budget Car Rental**
  - Contact: (703) 506-1780
- **Enterprise Car Rental**
  - Contact: (703) 356-7132

### By Hotel Shuttle

- **Hotel Shuttle**
  - Fee: Complimentary
  - Hours: Our fleet of four shuttles runs from 7 a.m. to 9:30 a.m. every 15 minutes, with 4 p.m. to 8:30 p.m. pick-up on demand from nearby office buildings. Mall transportation runs hourly every day from 10 a.m. to 8 p.m. with the last pickup at 10 p.m.
  - Contact: (703) 448-1234
  - Onsite: Complimentary hotel shuttle service is provided throughout the week to and from office buildings within a three-mile radius of the hotel, including to the Tysons Corner SAIC location.

### By City Rail System

- **Dunn Loring Station**
  - Hours: 6:00 AM - 12:00 AM
  - About: Dunn Loring Station is the closest underground metro rail stop to the hotel. The station is on the Orange Line from Downtown Washington D.C. Shuttle from the hotel is available.

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Questions or concerns?

E-mail:

[rkcsupport@dragondoor.com](mailto:rkcsupport@dragondoor.com)

or call:

651-487-2180



# DRIVING DIRECTIONS via Dulles Access Road Washington Dulles International Airport (IAD) to Sheraton Premiere at Tysons Corner Hotel

**Washington Dulles  
International  
Airport (IAD)**  
1 Saarinen Circle  
Sterling, Virginia 20166  
703-572-2700

**Sheraton Premiere at  
Tysons Corner**  
8661 Leesburg Pike  
Vienna, Virginia 22182  
703-448-1234

WASHINGTON DULLES  
INTERNATIONAL  
AIRPORT (IAD)

SHERATON PREMIERE  
AT TYSONS CORNER  
HOTEL

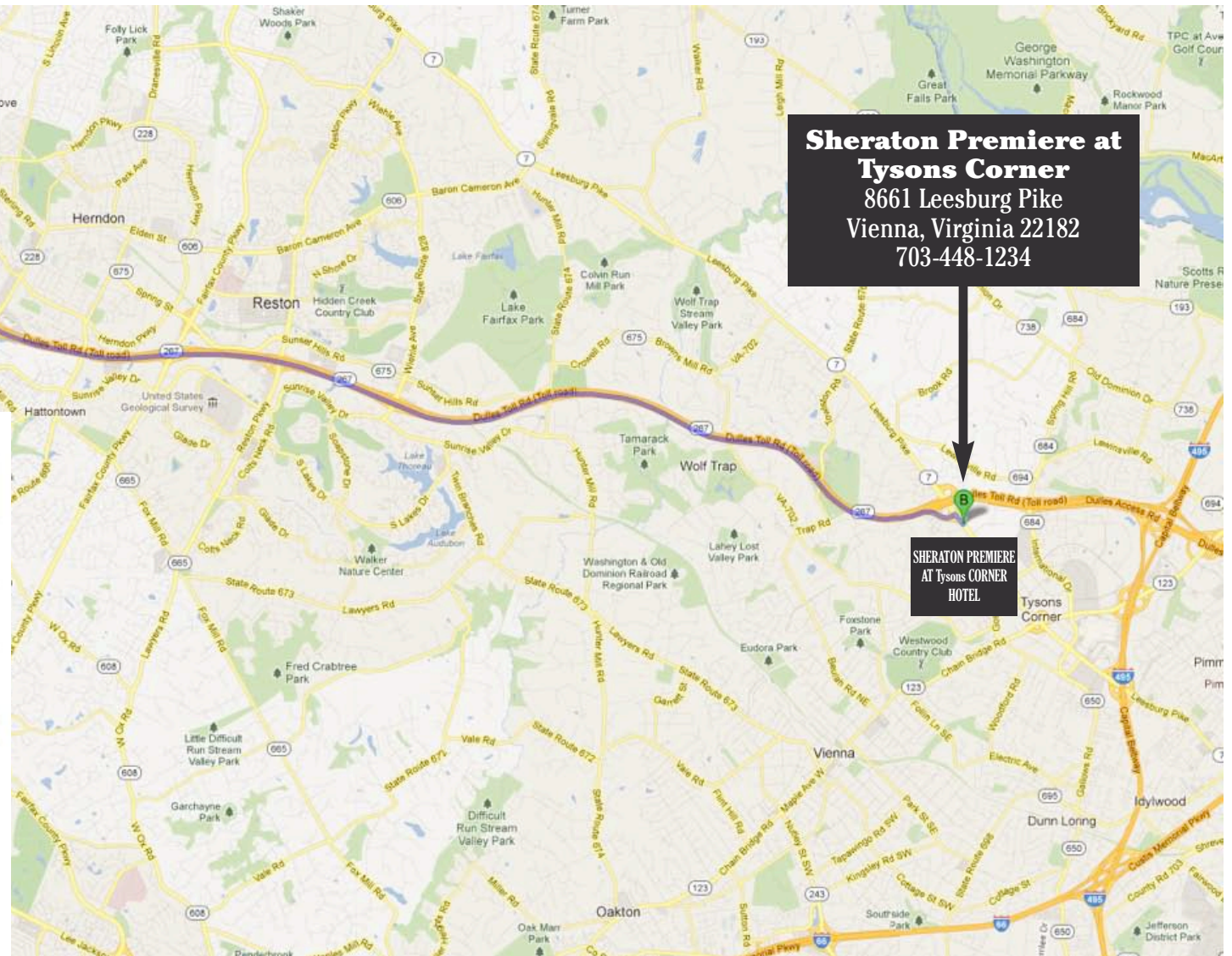
## Suggested routes

<b>Dulles Access Rd</b>	<b>12.1 mi, 12 mins</b>
	In current traffic: 13 mins
<b>VA-267 E</b>	<b>12.8 mi, 16 mins</b>
	In current traffic: 16 mins
<b>Dulles Access Rd and VA-267 E</b>	<b>13.3 mi, 21 mins</b>
	In current traffic: 22 mins

## Driving directions to 8661 Leesburg Pike, Vienna, VA 22182

This route has tolls.

- A** Terminal  
Dulles, VA 20166
- Head east on Saarinen Cir 0.3 mi
  - Continue onto Dulles Access Rd 11.1 mi
  - Take the Virginia 7 W exit toward Leesburg Toll road 0.6 mi
  - Turn right onto Leesburg Pike  
Destination will be on the right 0.1 mi
- B** 8661 Leesburg Pike  
Vienna, VA 22182



# DRIVING DIRECTIONS via George Washington Memorial Parkway Ronald Reagan Washington National Airport (DCA) to Sheraton Premiere at Tysons Corner Hotel

## Suggested routes

**George Washington Memorial Pkwy** 18.6 mi, 25 mins  
 In current traffic: 25 mins

George Washington Memorial Pkwy and Dolley Madison Blvd 16.9 mi, 26 mins  
 In current traffic: 27 mins

George Washington Memorial Pkwy and I-66 W 17.6 mi, 27 mins  
 In current traffic: 36 mins

## Driving directions to 8661 Leesburg Pike, Vienna, VA 22182

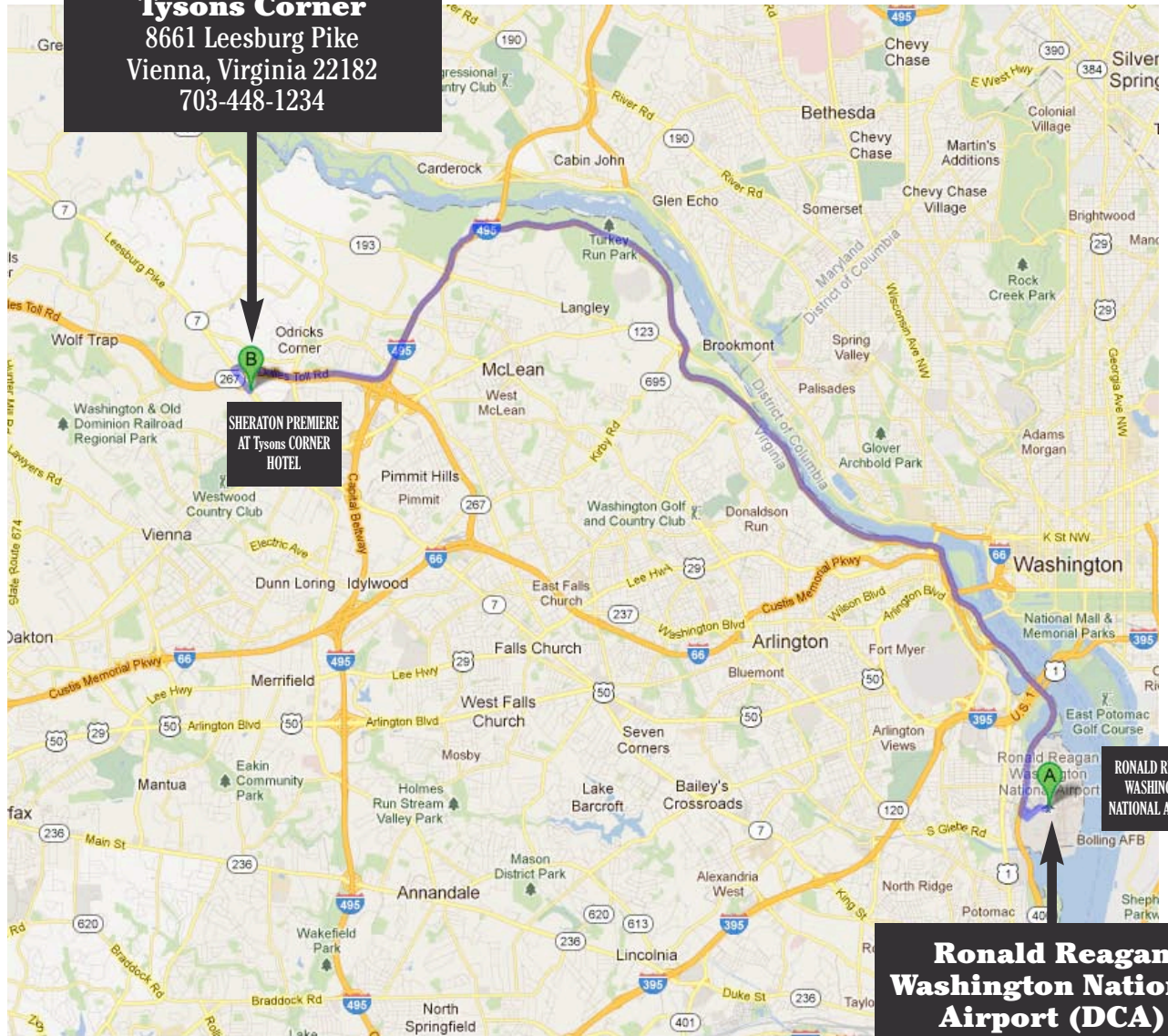
This route has tolls.

**A Ronald Reagan Washington National Airport**  
 1 Aviation Circle  
 Arlington, Virginia

1. Head southwest 0.3 mi
2. Turn right toward Aviation Cir 0.1 mi
3. Take the 1st right onto Aviation Cir 259 ft
4. Take the 1st right to stay on Aviation Cir 472 ft
5. Take the GW Pkwy N ramp to I-395/ Washington 472 ft
6. Merge onto George Washington Memorial Pkwy  
 Passing through District of Columbia  
 Entering Virginia 12.4 mi
7. Keep left at the fork, follow signs for I-495 S and merge onto I-495 3.1 mi
8. Take exit 45A to merge onto VA-267 W toward Dulles Airport  
 Partial toll road 1.8 mi
9. Take the exit toward VA-7 E/Leesburg Pike  
 Partial toll road 0.3 mi
10. Turn left onto VA-7 E/Leesburg Pike  
 Destination will be on the right 0.4 mi

**B 8661 Leesburg Pike**  
 Vienna, VA 22182

**Sheraton Premiere at Tysons Corner**  
 8661 Leesburg Pike  
 Vienna, Virginia 22182  
 703-448-1234



**SHERATON PREMIERE AT TYSONS CORNER HOTEL**

**RONALD REAGAN WASHINGTON NATIONAL AIRPORT**

**Ronald Reagan Washington National Airport (DCA)**  
 1 Aviation Circle  
 Arlington, Virginia  
 703-417-8000

# DRIVING DIRECTIONS via I-95 S and I-495 Baltimore/Washington International Thurgood Marshall Airport (BWI) to Sheraton Premiere at Tysons Corner Hotel

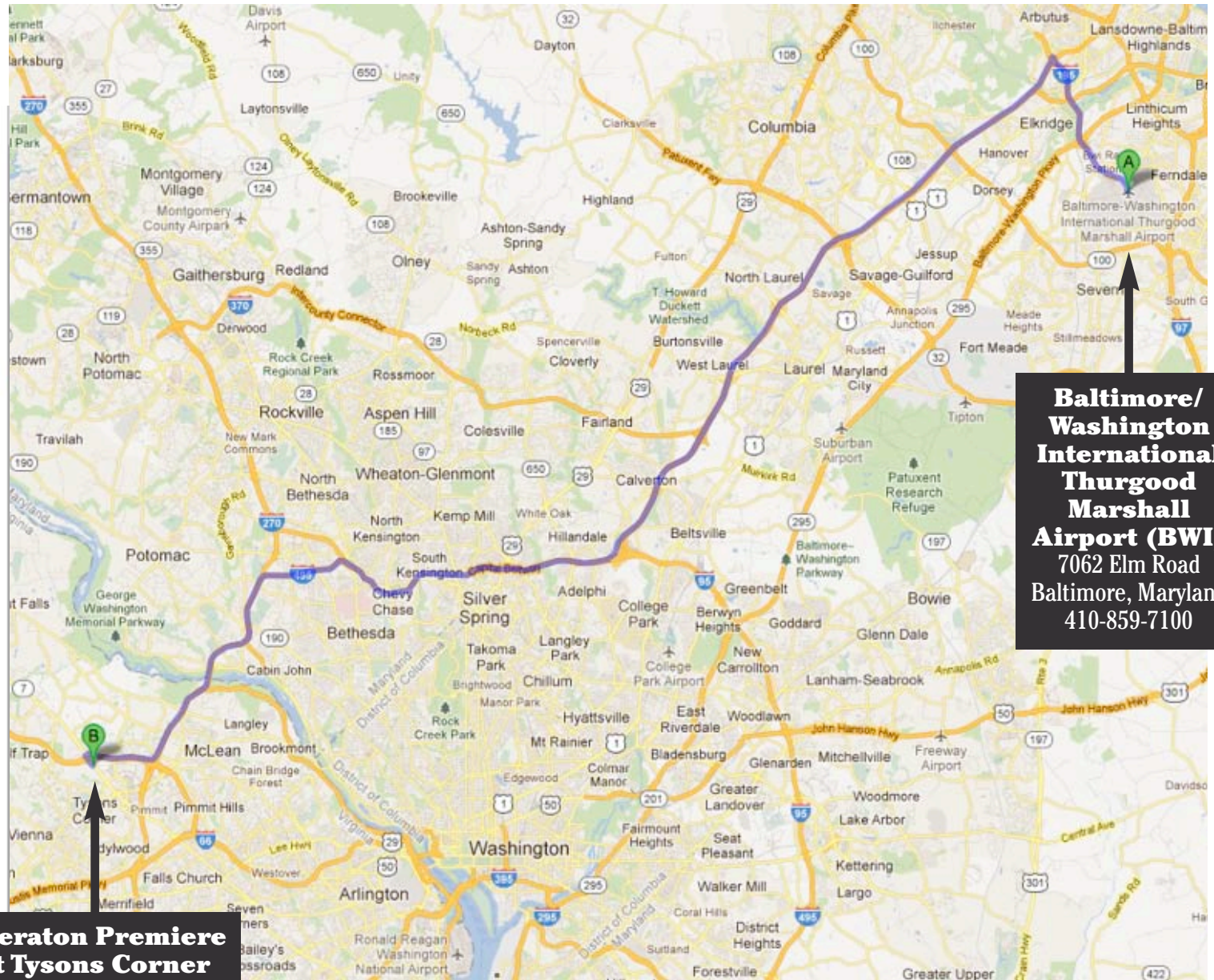
Suggested routes

<b>I-95 S and I-495</b>	<b>46.3 mi, 53 mins</b>
● In current traffic: 53 mins	
US-29 S/Columbia Pike and I-495	48.1 mi, 56 mins
● In current traffic: 56 mins	
MD-295 S and I-495	46.0 mi, 58 mins
● In current traffic: 58 mins	

**Driving directions to 8661 Leesburg Pike, Vienna, VA 22182**

This route has tolls.

- A** Baltimore/Washington International Thurgood Marshall Airport  
7062 Elm Road  
Baltimore, Maryland
- 1. Head northeast
- 0.7 mi
- 2. Continue straight onto I-195 W
- 4.1 mi
- 3. Take the exit onto I-95 S
- 20.0 mi
- 4. Take exit 27 for I-495 W toward Silver Spring
- 0.9 mi
- 5. Merge onto I-495  
Entering Virginia
- 18.1 mi
- 6. Take exit 45A to merge onto VA-267 W toward Dulles Airport  
Partial toll road
- 1.8 mi
- 7. Take the exit toward VA-7 E/Leesburg Pike  
Partial toll road
- 0.3 mi
- 8. Turn left onto VA-7 E/Leesburg Pike  
Destination will be on the right
- 0.4 mi
- B** 8661 Leesburg Pike  
Vienna, VA 22182



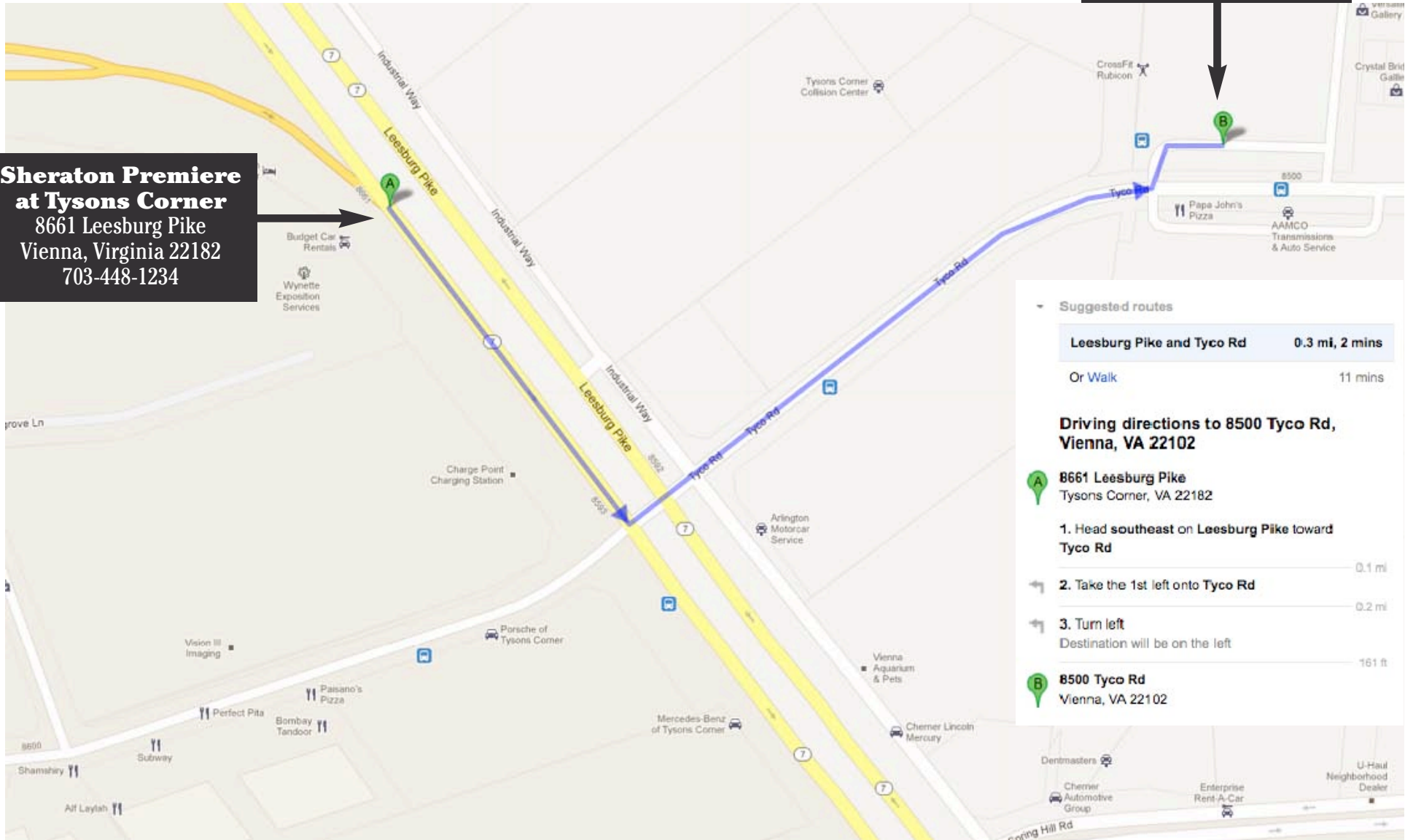
**Baltimore/Washington International Thurgood Marshall Airport (BWI)**  
7062 Elm Road  
Baltimore, Maryland  
410-859-7100

**Sheraton Premiere at Tysons Corner**  
8661 Leesburg Pike  
Vienna, Virginia 22182  
703-448-1234

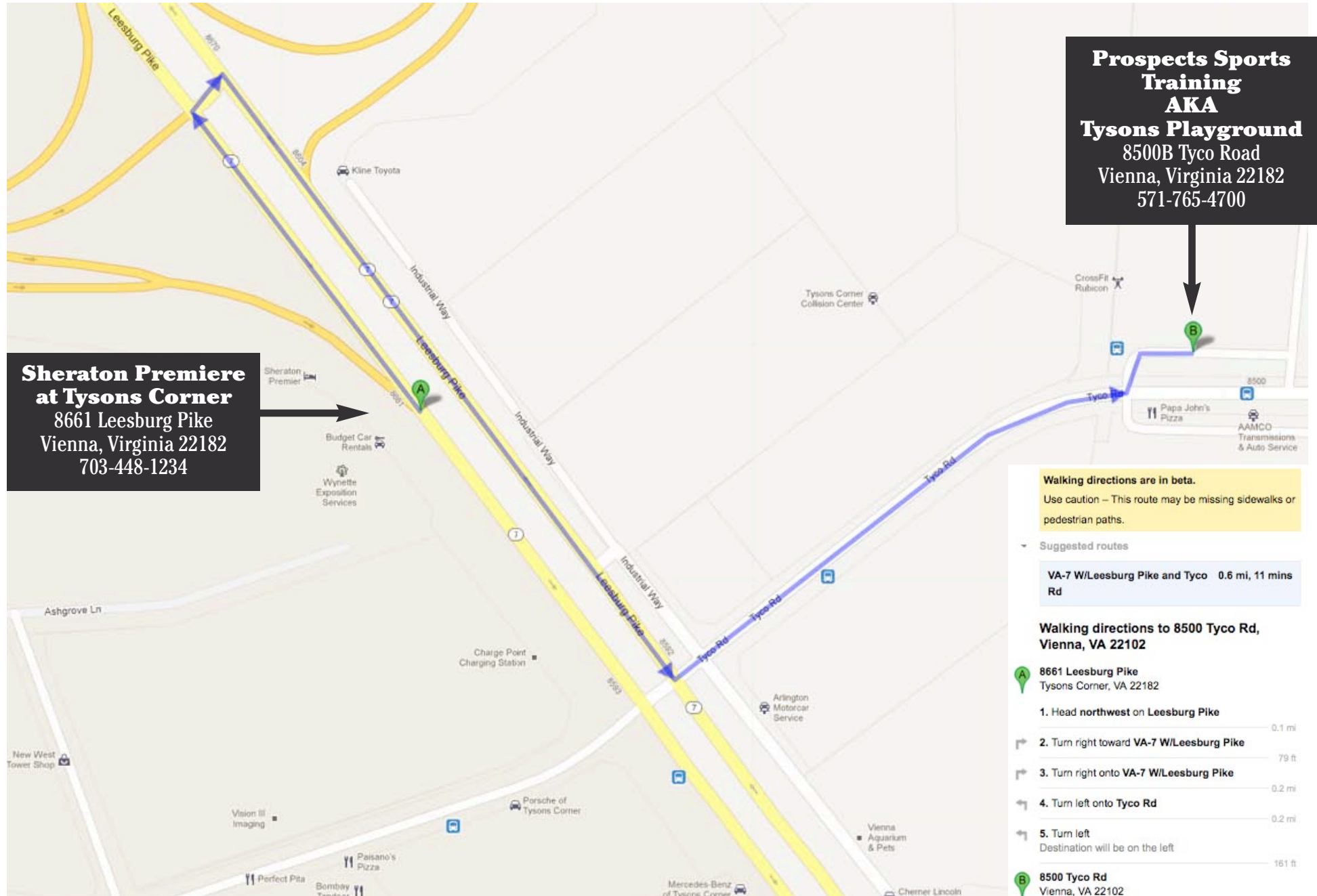
**DRIVING DIRECTIONS** via Leesburg Pike and Tyco Road  
**Sheraton Premiere at Tysons Corner Hotel**  
**to Prospects Sports Training/Tysons Playground**

**Prospects Sports  
Training  
AKA  
Tysons Playground**  
8500B Tyco Road  
Vienna, Virginia 22182  
571-765-4700

**Sheraton Premiere  
at Tysons Corner**  
8661 Leesburg Pike  
Vienna, Virginia 22182  
703-448-1234



**WALKING DIRECTIONS via VA-7 W/Leesburg Pike and Tyco Road  
Sheraton Premiere at Tysons Corner Hotel  
to Prospects Sports Training/Tysons Playground**



**Sheraton Premiere  
at Tysons Corner**  
8661 Leesburg Pike  
Vienna, Virginia 22182  
703-448-1234

**Prospects Sports  
Training  
AKA  
Tysons Playground**  
8500B Tyco Road  
Vienna, Virginia 22182  
571-765-4700

Walking directions are in beta.  
Use caution – This route may be missing sidewalks or pedestrian paths.

Suggested routes  
**VA-7 W/Leesburg Pike and Tyco Rd** 0.6 mi, 11 mins

Walking directions to 8500 Tyco Rd,  
Vienna, VA 22102

- A** 8661 Leesburg Pike  
Tysons Corner, VA 22182
- 1. Head northwest on Leesburg Pike 0.1 mi
- 2. Turn right toward VA-7 W/Leesburg Pike 79 ft
- 3. Turn right onto VA-7 W/Leesburg Pike 0.2 mi
- 4. Turn left onto Tyco Rd 0.2 mi
- 5. Turn left  
Destination will be on the left 161 ft
- B** 8500 Tyco Rd  
Vienna, VA 22102