



**Russian Kettlebell Instructor Certification  
September 12-14, 2014 – Gaithersburg, Maryland  
Training, Travel and Hotel Information**

Thank you for registering for the Russian Kettlebell Instructor Certification. Below you will find information on the training facility, the recommended airports and a short list of recommended area hotels for those of you traveling to the area:

TRAINING LOCATION:

**CrossFit Koncepts**

16720 Oakmont Avenue  
Gaithersburg, Maryland 20877  
Phone: 301-404-2571

Host: Michael Krivka, Senior RKC  
E-mail: [Michael.krivka@gmail.com](mailto:Michael.krivka@gmail.com)  
Website: [www.crossfitkoncepts.com](http://www.crossfitkoncepts.com)

AIRPORTS:

**Reagan National Airport (DCA)**

Note: Approx. 12 miles (30 minutes) from training facility

**Baltimore-Washington International (BWI)**

Note: Approx. 30 miles (30 minutes) from training facility

**Dulles International (IAD)**

Note: Approx. 25 miles (30 minutes) from training facility

## NEARBY HOTELS:

### **Marriott Hotels**

US Reservations: 1-888-236-2427

Note: Multiple locations minutes from training facility

### **Hilton Hotels**

US Reservations: 1-800-HILTONS

Note: Multiple locations minutes from training facility

### **Red Roof Inn Washington DC- Rockville**

16001 Shady Grove Rd

Rockville, MD 20850

Phone: 301-987-0965

Note: Approx. 1.1 miles from training facility