



**Russian Kettlebell Challenge Instructor Certification  
September 11- 13, 2015 — Gaithersburg, MD  
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 Koncepts**

16720 Oakmont Avenue

Gaithersburg, Maryland 20877

<http://www.crossfitkoncepts.com>

**Map:** <https://goo.gl/maps/I2hHh>

**Host:** Michael Krivka, Senior RKC

**Phone:** 301-404-2571

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

**Airports:**

**Reagan National Airport (DCA)**

Driving distance of airport to facility: 12 miles (30 minutes from training facility)

Baltimore – Washington International (BWI)

Driving distance of airport to facility: 30 miles (30 minutes from training facility)

Dulles International (IAD)

Driving distance of airport to facility: 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

Approx. 1.1 miles from training facility