

WASHINGTON METRO

SHERATON RESTON HOTEL

11810 Sunrise Valley Drive

Reston, VA 20191

USA

<http://www.starwoodhotels.com>

Main Phone: 703.620.9000

Hotel Fax: 703.860.1594

Handicap/Wheelchair Access:

Yes, access to sleeping rooms and events space.



Hotel Note: No food or beverages are allowed into the hotel or meeting space from off of hotel premises.

Room Rate: Room Block

We currently have a negotiated room rate of \$159/night on Thursday and \$99/night on Friday and Saturday - this rate does not include taxes or hotel fees. The negotiated rate is based on a block of 10 rooms on a first come, first served basis. The cut-off date varies based on the course date. The rooms may be released 15-30 days prior to the course start date. If there are no rooms available in the block you can try www.expedia.com, www.travelocity.com or www.hotels.com for competitive rates. To make your reservation please call the hotel reservations department directly or dial 703-620-9000, tell them you are a student with The Coaches Training Institute and ask for the set CTI room block.

Travel Information

Dulles International Airport – IAD

<http://www.metwashairports.com/Dulles/>

6 miles from airport to hotel

10-15 minute drive time

By Shuttle

There is free shuttle service from the airport to the hotel. Call 703.620.9000 from a courtesy phone for pick-up and allow 15 minutes for the shuttle to arrive. For returns to the airport, the hotel shuttle runs every half hour 24 hours a day.

Restaurants:

On-Site: The Syrah Restaurant serves breakfast, lunch, and dinner every day and the Cosmopolitan Lounge serves dinner after 4p.m. every day.

Off-Site: Chili's and Charlie Chung's are within walking distance of the hotel.

Hotel Alternatives:

Hyatt Regency Reston –703.709.1234 – 1.2 miles

<http://reston.hyatt.com/hyatt/hotels/index.jsp>

Comfort Inn Dulles International Airport – 703.437.7555 – 2.6 miles

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