

WASHINGTON

SHERATON CRYSTAL CITY

1800 Jefferson Davis Highway

Arlington, VA 22202

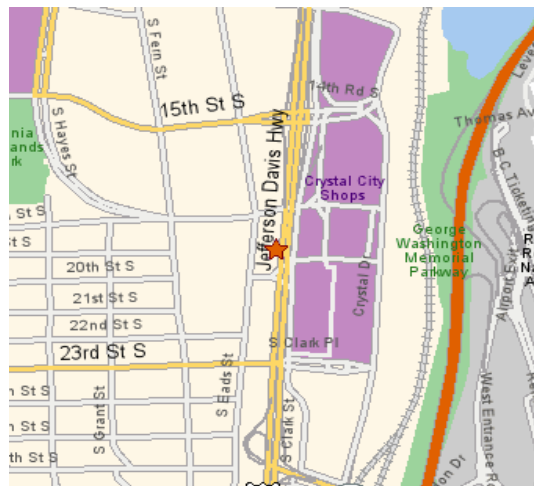
<http://www.starwood.com/sheraton>

Main Phone: 703.486.1111

Guest Fax: 703.769.3970

Handicap/Wheelchair Access:

Yes - in function area and sleeping rooms



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

Room Rate: Negotiated

We currently have a negotiated room rate of \$143-183/night - this rate does not include taxes or hotel fees.

The negotiated rate is applicable based on availability and may not be available within one month prior to the event date should all rooms at that rate be sold out. Should all rooms at that rate be sold out, you can try expedia.com, travelocity.com or hotels.com for competitive rates. To make your reservation please call the hotel directly at 703.486.1111 by April 18th and inform the hotel that you are a student with the Coaches Training Institute and that a negotiated room rate has been established.

Travel Information:

Ronald Reagan Washington National Airport - DCA

<http://www.mwaa.com/national/index.htm>

4 Miles from Airport to Hotel

8 Minute Drive Time - Hotel Parking: \$12/day non-guest, \$15/day for guest

By Metro

Regan National is linked to the METRO. Once on the Metro disembark at the Pentagon City station. The hotel offers complimentary shuttle service from Pentagon City to the hotel. Shuttles run every half hour from 6am - 11pm. Depending on the METRO runs 24 hours a day 7 days a week however the time table varies. According to the time table the METRO to service to the Hotel stop in Pentagon City runs from 10am until 2:45pm and 7:50p until 11:45p. On Fridays it runs until 1:47 am. Please note that both Blue and Yellow lines will take you to the same destination.

Dulles International Airport - IAD

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

30 Miles from Airport to Hotel

45 Minute Drive Time

By Shuttle

Super shuttle runs from Dulles International and picks up outside of baggage claim on the lower level at curb 1D or 1F.

Rates are approximately \$22 for one person one way. For service after 12am call 703.416.7884 for assistance. To return to the airport from the hotel you need to make reservations 48 hours in advance.

See next page for more information:

Restaurant Information

On-Site: Garden Court & West Court Lounge

Off-Site: Restaurants, Cafes, Fast Food within Walking Distance

Hotel Alternatives:

Crystal Gateway Marriott - 703.920.3230 - 0.1 miles

<http://www.marriott.com>

Super Shuttle - 202.296.6662

<http://www.supershuttle.com>