

VISITOR GUIDE



Training, Tools, and Techniques to Win in the Federal Market

...Because There is No Second Place in Proposals!™

1. Our location

Address: Metro Park North Business Center, 7361 Calhoun Place, Suite 560, Rockville, MD 20855

Phone: 301-384-3350 **Web:** www.ostglobalsolutions.com **E-mail:** service@ostglobalsolutions.com



2. Driving directions

From DC: Take I-495 N/Maryland; exit onto I-270 N; take exit 6 for MD-28/W Montgomery Ave (0.6 mi); merge onto Nelson St (0.9 mi); turn left onto College Pkwy (0.9 mi); turn left onto MD-355 N/N Frederick Rd (0.2 mi); turn right onto E Gude Dr. (0.3 mi); turn left onto Crabbs Branch Way (0.1 mi); take the 1st right onto Calhoun Pl. Destination will be on the left.

From VA: Take the Interstate 66 to Washington; take the exit on the left onto I-495 N (10.1 mi); slight left onto I-270 Spur N (1.9 mi); merge onto I-270 N (3.2 mi); take exit 6 for MD-28/W Montgomery Ave (0.6 mi); merge onto Nelson St (0.9 mi); turn left onto College Pkwy (0.9 mi); turn left onto MD-355 N/N Frederick Rd (0.2 mi); turn right onto E Gude Dr. (0.3 mi); turn left onto Crabbs Branch Way (0.1 mi); take the 1st right onto Calhoun Pl. Destination will be on the left.

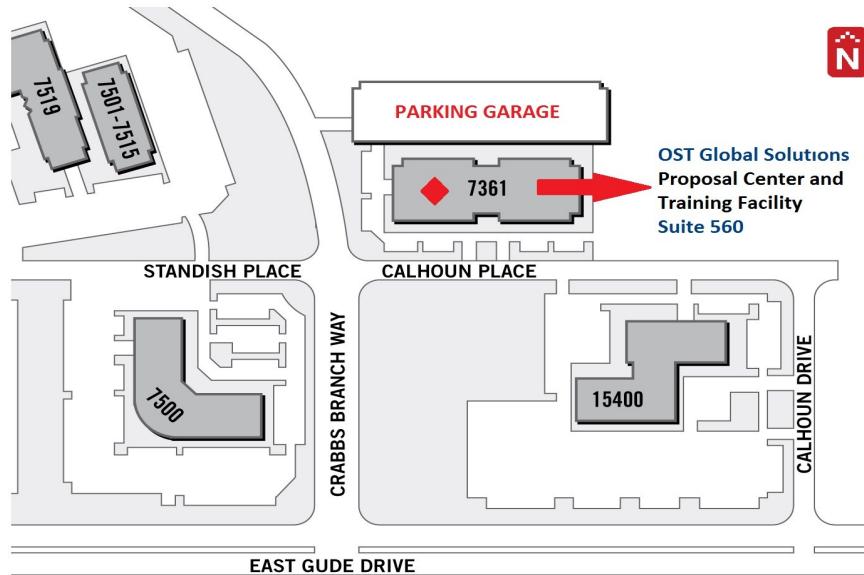
From MD North East (I-95): Head southwest on I-95 S toward Exit 35B; take exit 27 to merge onto I-495 W toward Silver Spring (9.5 mi); slight right onto I-270 N (signs for Frederick) (5.8 mi); take exit 6 for MD-28/W Montgomery Ave (0.6 mi); merge onto Nelson St (0.9 mi); turn left onto College Pkwy (0.9 mi); turn left onto MD-355 N/N Frederick Rd (0.2 mi); turn right onto E Gude Dr. (0.3 mi); turn left onto Crabbs Branch Way (0.1 mi); take the 1st right onto Calhoun Pl. Destination will be on the left.

From MD North West (I-270): Head southeast on I-270 S (14.1 mi); take exit 9A to merge onto I-370 E toward Metro Station (1.4 mi); take the Shady Grove Rd exit toward MD-355 S/Rockville (0.3 mi); turn left onto Shady Grove Rd (0.2 mi); turn right onto MD-355 S/N Frederick Rd (1.5 mi); turn left onto E Gude Dr. (0.3 mi); Turn left onto Crabbs Branch Way (0.1 mi); take the 1st right onto Calhoun Pl. Destination will be on the left.

When you arrive: Our office is located on the 5th floor of the building, on the left when leaving elevator lobby, suite 560.

3. Parking

Our facility provides abundant **free** surface and structured parking garage, which is located right next to the training facility building. NOTE: the main entrance is located on the Calhoun Place street side of the building.



4. Metro access

Our facility is located less than one mile from the **Shady Grove Metro station** (Red Line) providing direct access to downtown Washington, DC. From the Metro, you can use **bus 59** (6-8 minutes drive), or **walk** (30 minutes) by following the directions below:

Head southeast on Somerville Dr. toward Redland Rd (0.1 mi); turn right onto Paramount Dr. (0.2 mi); turn left onto MD-355 N/N Frederick Rd (0.5 mi); turn left onto E Gude Dr. (0.3 mi); turn left onto Crabbs Branch Way (0.1 mi); turn right onto Calhoun Pl. Destination will be on the left (249 ft).

5. Airports and airlines

Major **airports** that serve the Washington, DC metropolitan area:

| | |
|-------------------------|--------------|
| Reagan National Airport | 703-417-8000 |
| Dulles Airport | 703-661-2700 |
| BWI Airport | 410-859-7111 |

Major **airlines** that serve the Washington, DC metropolitan area:

| | | |
|--------------------|--------------|--------------------------|
| American Airlines | 800-433-7300 | www.aa.com |
| Delta Airlines | 800-221-1212 | www.delta.com |
| Frontier Airlines | 800-432-1359 | www.frontierairlines.com |
| United Airlines | 800-864-8331 | www.united.com |
| US Airways | 800-428-4322 | www.usairways.com |
| Southwest Airlines | 800-435-9792 | www.southwest.com |

6. Taxis and cab services

Commonly used cab and taxi services in the area are:

| | | |
|---------------------------|--------------|--------------------------------|
| Diamond Cab, DC | 202-387-6200 | www.dcdiamondcabs.com |
| Yellow Cab of DC | 800-221-1212 | www.dcyellowcab.com |
| Red Top Executive's Sedan | 800-296-3300 | www.redtopsedan.com |
| Montgomery Airport Sedan | 800-864-8331 | www.montgomeryairportsedan.com |

7. Where to stay

Here are few hotels that you can use during your visit:

| | | | | |
|--|-----------|--------------|--------------------------------------|---|
| Sheraton Rockville | 1.7 mi W | 888-625-5144 | www.starwoodhotels.com/sheraton | 920 King Farm Blvd, Rockville, MD 20850 |
| Comfort Inn at Shady Grove Gaithersburg | 1.7 mi NW | 866-611-6301 | www.comfortinnshadygrove.com | 16216 Frederick Rd, Gaithersburg, MD 20877 |
| Best Western Plus Rockville Hotel & | 1.9 mi SW | 877-574-2464 | www.bestwesternrockville.com | 1251 W Montgomery Ave, Rockville, MD 20850 |
| Marriott Gaithersburg Washingtonian Center | 2.4 mi W | 301-590-0044 | www.marriott.com/hotels/travel/waswg | 9751 Washingtonian Blvd, Gaithersburg, MD 20878 |

8. Where to eat

There are plenty of restaurants in the area to satisfy any taste. Here are few of them:

- **On the business center premises Standish Café**, 7529 Standish Pl Ste.106, Rockville, (301) 762-5163
- **0.3 mi SE Peter's Grill**, 519 East Gude Drive, Rockville, (301) 424-1111
- **0.5 mi NW Four Seasons**, 15850 Crabbs Branch Way # 110, Rockville, (301) 948-2610
- **0.9 mi NW Azteca Bar & Grill**, 15855 Redland Road, Rockville, (301) 926-6666
- **1.0 mi S Pho 75**, 771 Hungerford Drive, Rockville, (301) 309-8873
- **1.1 mi W Baja Fresh Mexican Grill**, 302 King Farm Blvd # 150, Rockville, (240) 683-3907
- **1.1 mi W Fontina Grille**, 801 Pleasant Drive, Rockville, (301) 947-5400
- **1.1 mi S Mama Wok & Teriyaki**, 595 Hungerford Drive, Rockville, (301) 309-6642
- **1.1 mi W Nostalgie Bistro**, 800 Pleasant Drive Suite 160, Rockville, (301) 355-4979
- **1.1 mi W Starbucks**, 403 Redland Road, Rockville, (301) 990-3150
- **1.1 mi W Yamburgers Grill**, 800 Pleasant Drive Suite 160, Rockville, (301) 355-4979
- **1.2 mi W Nagoya Sushi**, 402 King Farm Blvd # 130, Rockville, (301) 990-6778



Headquarters: 7361 Calhoun Place
Suite 560, Rockville, MD 20855

Web: www.ostglobalsolutions.com

E-mail: service@ostglobalsolutions.com

Phone: 301-384-3350

Fax: 888-502-5229

Winning Government contracts consistently does not come from luck or hope, it requires proven techniques and tools acquired through training and experience.

- Metro Washington DC full-lifecycle Business Development firm helping businesses grow organically through consulting support and training
- Track record supporting 18 out of the top 20 federal contractors, winning billions of dollars since 2005
- A proprietary set of lean and efficient business development, marketing, capture planning, and proposal preparation processes that are second to none
- Capture and proposal managers, technical writers, graphic artists, orals coaches, cost strategists, editors, subject matter experts, and other proposal talent

**We are looking forward
to seeing you!**