

COACH TRAINING EDU



IGNITE

GLOBAL GATHERING

ATTENDEE GUIDE

October 1 to 4, 2026

Sonesta Denver Downtown, Colorado

Arrive Thursday, October 1. Depart Sunday, October 4.

EVERYTHING YOU NEED TO PLAN, TRAVEL, AND ARRIVE READY

WELCOME

We are glad you are coming

For most of us, this is the first time we will be in the same room after years of training, coaching, and building this work together across screens and time zones.

This guide covers what to expect and how to prepare, from travel and lodging to dining, local exploration, and the program itself. Read it once before you book travel, then keep it close as the schedule fills in over the summer. A few details are still being finalized and are marked clearly so you know what is on the way.

Conference at a glance

DATES	October 1 to 4, 2026. Arrive Thursday the 1st, depart Sunday the 4th.
VENUE	Sonesta Denver Downtown, 1450 Glenarm Place, Denver, CO 80202
LODGING	A room at the Sonesta is included in your registration
FORMAT	Spark Talks, working sessions, and group dinners across the weekend
NEAREST AIRPORT	Denver International (DEN), about 27 miles from the hotel
DRESS	Snappy casual (jeans welcome), dressy for dinner optional

Key dates

Spark Talks	Proposals are open. We would love to hear from you.
Coming soon	Dinner sign-ups open. Watch your inbox for the date and the restaurant list. TO BE ANNOUNCED
Early August	The airfare sweet spot. Prices tend to be lowest about eight weeks out, often on a Tuesday.
Thursday, October 1	Arrival and check-in. Settle in or explore. Keynote and reception at 7pm.
Fri to Sat, Oct 2 to 3	The Ignite Global Gathering.
Sunday, October 4	Mingle and farewells until 11am. Checkout and departure.

GETTING THERE

Travel and parking

Denver is easy to reach and easy to get around once you arrive. Here is how to plan whether you are flying in or driving.

Flying

Fly into **Denver International Airport (DEN)**, about 27 miles and 30 to 40 minutes from the hotel. From the airport you have two simple options:

- **Train and shuttle.** The RTD A-Line runs from the airport to Union Station in about 37 minutes for roughly \$10. From Union Station, the free MallRide shuttle travels the length of 16th Street, and the hotel sits one block off the mall.
- **Rideshare or taxi.** Plan on 30 to 40 minutes depending on traffic, dropped right at the hotel door.

A note on airfare

Airfare tends to be lowest about eight weeks before departure, and often dips on the Tuesday of that week. For an early-October trip, that points to **early August**. It is worth setting a reminder and watching prices around then.

Driving and parking

Parking is not included with conference registration. Several parking garages and RTD lots sit within a short walk of the hotel, and you can reserve a space in advance. Two options cover most needs:

- **Staying put for the event.** The **Tremont Garage** sits very close to the Sonesta at 400 15th Street. At the time of writing it is offering about \$51 for all three days of the event. This is the best value if your car stays parked the whole time.
- **Coming and going.** If you would like in-and-out flexibility, **Union Station** offers parking at a similar price point and lets you leave and return as you please.

Rates are current at the time of writing. Reserve early, as downtown garages fill during busy weekends.

Getting around downtown

Once you are here, most of what you will want is walkable. The hotel sits one block from the 16th Street Mall and its free MallRide shuttle, which runs between Union Station and Civic Center. For anything farther, rideshare is quick, and RTD offers day passes for buses and trains.

YOUR STAY

At the Sonesta

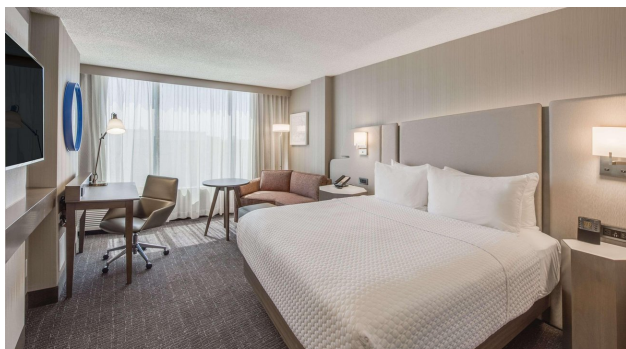
A boutique hotel in the heart of downtown, one block from the 16th Street Mall and a short walk from Union Station, Larimer Square, and the Denver Art Museum.

Your room is included

A room at the Sonesta is part of your conference registration, held within our group block. There is nothing extra to book. Check-in is 4:00 p.m. and check-out is 11:00 a.m.

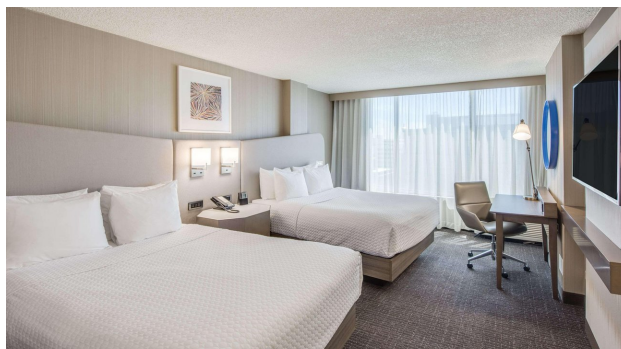
Single or split

At registration you chose between a single room and a split room. Here is what they look like.



Single room

A king room to yourself, with a work desk and seating. The simplest option if you would like quiet space to recharge between sessions and dinners.



Split room

Two queen beds shared with another attendee, which lowers the per-person cost. A good fit if you are traveling with someone or happy to room with a fellow coach.

On-site

- **The Lockwood Kitchen and Bar.** The hotel restaurant, handy for breakfast and a casual drink without leaving the building.
- **Fitness center and Wi-Fi.** A 24-hour fitness center and complimentary Wi-Fi in guest rooms.
- **Rooftop pool.** Open seasonally, so it will likely be closed during our early-October dates.
- **Luggage storage.** The front desk can hold bags after check-out if you have a later flight on Sunday.

Arriving early or late? Early check-in and late check-out can be arranged with the hotel directly and may carry a small fee. The front desk is staffed around the clock at (303) 573-1450.

DINING

Eating together

Leaving the hotel to eat together is part of the experience. Several evenings, we will gather at restaurants within walking distance, in small groups so conversation comes easily.

Group dinners

- **Small tables, walkable spots.** Attendees split into groups of roughly 8 to 12 across several nearby restaurants, all a short walk from the hotel.
- **Sign-ups are coming soon.** You will choose your restaurant for each evening once dinner sign-ups open. We will share the full list and how to reserve your seat. **TO BE ANNOUNCED**
- **What to budget.** Most selected restaurants sit in the \$20 to \$30 entrée range. Plan closer to \$40 to \$50 per person once a drink or appetizer is included.
- **A few elevated tables.** We will also offer a small number of higher-end reservations for anyone who would like a more special evening, including a reserved table with John Andrew Williams.

Local dining options

To give a feel for what you will find, here is a sample of local dining within a short walk of the hotel.

Henry's Tavern	A wide American tavern menu on the 16th Street Mall. \$20 to \$30.
The 16th Street Commons	Highly rated modern American, a couple of blocks over. \$20 to \$30.
West Saloon and Kitchen	Burgers and beer with an Old West theme, on the mall. \$20 to \$30.
Stout Street Social	A global menu in a lively downtown setting. \$20 to \$30.
5280 Burger Bar	All-natural burgers, craft beer, and ice cream, on the mall. \$20 to \$30.
The Lockwood	Seasonal American inside the Sonesta, the easiest walk of all. \$20 to \$30.
Corinne	Modern American, a notch more upscale, a short walk away. A good pick for an elevated evening.

Breakfast on Sunday

Breakfast on Friday and Saturday is provided as part of your registration. On Sunday, you are on your own before heading out. The Lockwood, inside the hotel, is the simplest start, and within a short walk you will find Snooze and the Denver Biscuit Company for a fuller breakfast, plus plenty of coffee along the 16th Street Mall.

If you have dietary needs or allergies, let us know with your dinner sign-up so we can seat you where you will be best taken care of.

EXPLORE DENVER

Make a trip of it

Come in on Thursday and leave Sunday. The hotel sits in the middle of downtown, with the mountains a short drive west.

Whether you have a free afternoon or a full extra day, there is plenty close at hand. A few favorites, sorted by how far you want to go.

Within walking distance

16th Street Mall one block. A mile-long pedestrian promenade of shops, cafés, and a free shuttle.

Union Station about half a mile. A restored landmark with dining, bars, and shops.

Larimer Square and LoDo short walk. Denver's oldest block and its liveliest district.

Dairy Block and Milk Market short walk. A lively alley and food hall tucked into LoDo.

Denver Art Museum about 0.7 miles. Bold architecture and a deep collection.

Tattered Cover Bookstore on the mall. Denver's beloved independent bookseller.

Civic Center and the Capitol short walk. The gold-domed State Capitol and downtown's central park.

Coors Field short walk. A classic downtown ballpark in LoDo.

A short ride away

Meow Wolf Convergence Station. An immersive, four-story art experience.

RiNo Art District. Murals, breweries, and galleries.

Denver Museum of Nature and Science. In City Park, with mountain views.

Denver Botanic Gardens. 24 acres of themed gardens.

Denver Zoo. Also in City Park, a quick rideshare from downtown.

Molly Brown House Museum. The historic Capitol Hill home of the "unsinkable" Titanic survivor.

Day trips to the mountains

Red Rocks Park and Amphitheatre about 30 minutes. Dramatic rock formations and a world-famous venue you can walk anytime.

Boulder about 40 minutes. Pearl Street, the Flatirons, and a strong dining scene. Reachable by bus from Union Station.

Idaho Springs about 40 minutes. A historic mining town off I-70, good for a mountain pie and a hot-springs soak.

Golden and Georgetown 30 to 60 minutes. Historic mountain towns. The Georgetown Loop Railroad runs through late October.

Garden of the Gods about 1.5 hours. Towering red-rock formations beneath Pikes Peak in Colorado Springs.

Rocky Mountain National Park 1.5 to 2 hours. Alpine lakes and Trail Ridge Road via Estes Park. Timed-entry reservations apply into late October, so plan ahead.

An October note

Early fall is one of the best times to visit.

Expect warm afternoons, cool evenings, and aspens turning gold in the high country. Pack layers either way.

If you only have an hour, walk from the hotel to Union Station for a coffee or a drink under the great hall, then stroll back along the 16th Street Mall.

For a taste of Colorado, the LoDo and RiNo districts are full of local breweries and rooftop patios, many within a short walk or quick ride of the hotel.

THE PROGRAM

Spark Talks and Breakout Sessions

Days of focused talks and working sessions led by Coach Training EDU trainers and invited guests, built around the work of growing a coaching practice.

The full schedule and topics will be published as proposals come in over the summer. Expect a mix of Spark Talks, practical sessions, and time set aside to connect with people you have only met on a screen.

Call for Spark Talk proposals

A Spark Talk is a short, focused talk on a topic that helps coaches build skill, credibility, or a practice. If you have something to share, we want to hear it.

Submit yours through the [Spark Talk proposal form](#).

Connecting with one another

This gathering is as much about the people as the sessions. We are building in time between talks and over meals to meet, compare notes, and put faces to names. Come ready to say hello. The coach sitting next to you may become a referral partner, a collaborator, or a friend.

Share the weekend

Bring your phone. There will be moments and corners of Denver worth capturing. Tag your posts so we can find them and share them with the wider community. A conference hashtag will be included with your final details.

What to wear

Conference dress is snappy casual. In Denver, just about anything goes, from jeans and cowboy boots to a dressy suit or dress. Snappy casual is usually a step up from everyday wear but less formal than traditional business casual. Dress well, but comfortably, and bring your own style and flair. Denver weather in early October can swing from warm afternoons to cool nights, so bring layers and a light jacket.

BEFORE YOU GO

Practical notes

A few things worth knowing before you pack.

Altitude

Denver sits at 5,280 feet. The thinner air can catch first-time visitors off guard. Drink more water than usual, go easy on alcohol the first day, and use sunscreen even when it is cool.

Weather

Early October is usually mild, with afternoons in the upper 60s and evenings near 40 degrees. A light jacket and layers will cover most days.

Staying connected

Wi-Fi is complimentary in guest rooms, and the hotel has a business center if you need to print or work between sessions.

What to pack

- Snappy-casual clothing for sessions
- Comfortable shoes for a walkable downtown
- Layers and a light jacket for cool evenings
- A refillable water bottle for the altitude
- Sunscreen and lip balm for the dry, high-altitude air

Good to know

- Denver is a walkable, easy-to-navigate downtown
- Standard U.S. tipping applies at restaurants, 18 to 20 percent
- ATMs and pharmacies are within a block or two of the hotel

Questions and access needs

Let us know about dietary needs, accessibility requirements, or anything else that will make your time easier. Email support@coachtrainingedu.com and we will help.

We look forward to seeing you in Denver.

Watch your inbox over the summer as dinner sign-ups, the schedule, and final details arrive.