

CREATED FOR WESTIN BY

RUNNER'S

WORLD
MAGAZINE

THE WESTIN TABOR CENTER Denver

DENVER, COLORADO

With 300 sunny days annually, Denver is a year-round runner's city—a mile-high mountain metropolis stuffed with pristine parks, surrounded by a couple of hundred miles of paved paths and natural surface trails to trod.



3-MILE ROUTE

- 1• Turn left from Lawrence onto 16th St. Mall.
- 2• Cross Broadway to escalators.
- 3• Go up stairs, across plaza toward Capital.
- 4• Cross Colfax/Lincoln and run up stairs to Capital.
- 5• Clockwise lap around Capital.
- 6• Take stairs to your left to 14th/Lincoln.
- 7• Turn right on 14th.
- 8• Turn right on Bannock.
- 9• Turn left on Colfax.
- 10• Cross Speer and go down ramp to creek.
- 11• Follow path NW.
- 12• After Lawrence St. bridge, veer right and exit path.
- 13• Go up left ramp, turn right on Larimer.
- 14• Right on 17th to the Westin.

5-MILE ROUTE

- 1• Follow steps 1-10 from 3-mile route.
- 2• Follow path SE.
- 3• Turnaround at Broadway bridge.
- 4• Follow path NW.
- 5• Follow steps 12-14 from 3-mile route.

LOCAL RUNNING TIPS

PARK RUNNING: The largest of Denver's parks is City Park on the east side of downtown, where you'll find the city's splendid zoo, the Museum of Nature and Science and a golf course—with lots of paths and open greenspaces, including the half-mile path around Ferril Lake.

MORE PARK RUNNING: Closer to downtown at its southeast corner is flower-gardened and oak-shaded Washington Park. It's accessible via the Cherry Creek Bike Path and teeming with runners. Here you can run the dirt surface 2.6-mile perimeter path past historic homes, and/or the 2.3-mile paved interior loop past small lakes.

stream along the west edge of downtown. It's mainly flat with more inclines the farther south you go. Starting at Confluence Park in the city's northwest corner, the Cherry Creek Greenbelt Path runs through several parks (water and restrooms) 12.8 miles south to Cherry Creek State Park in suburban Englewood.

RUN WITH THE LOCALS: Rocky Mountain Road Runners offers a diverse weekly run menu that's open to visitors (www.rmrr.org). Runner's Edge of the Rockies club (www.runnersedgeoftherockies.com) meets for training runs every Saturday morning, rain or shine (or snow), and out-of-town guests are always welcome.

WORTH A VISIT: For gear and info on all things running in Denver, visit the Runners Roost downtown. (303) 759-8455; runnersroost.com.



TRY THIS RUNNING PATH: The most accessible from downtown is the paved Cherry Creek Greenbelt Path, a virtual runner's freeway that follows its namesake