

CREATED FOR WESTIN BY

# RUNNER'S

WORLD  
MAGAZINE

# THE WESTIN INDIANAPOLIS

## INDIANAPOLIS, INDIANA

Indianapolis is home to the National Track and Field Hall of Fame Museum. Downtown Indy is delightfully runnable, too, thanks to the new below-street-level Canal Walk, which stretches for 10 scenic blocks.

### 3-MILE ROUTE

- 1• Exit hotel and turn left to Washington St.
- 2• Cross Washington to the north side of the street and turn left
- 3• Continue on Washington past the Eiteljorg Museum of Western and Indian Art, Victory Field, across the White River bridge, and past the Indianapolis Zoo. This is about one mile
- 4• Turn right on White River Pkwy./West Dr.
- 5• Turn right on New York St. Follow this back across White River, past IUPUI Track and Field Stadium, IUPUI Natatorium, and most of the IUPUI campus. This leg is over a mile
- 6• Turn right on West St.
- 7• Turn left on Washington St. and return to the Westin

### 5-MILE ROUTE

- 1• Follow steps 1-6 above
- 2• Turn left on Ohio St. to the Indianapolis Water Company Canal (approx. 1/2 block)
- 3• Run north on the Canal path until it makes a "U" and crosses to the other side of the Canal at 10th St.



- 4• Run south and return to Ohio St.
- 5• Run west on Ohio St. to West St.
- 6• Turn left on West St.
- 7• Turn left on Washington St. and return to the Westin

## LOCAL RUNNING TIPS

**HEAD FOR THE RIVER:** The White River runs right along the western edge of downtown with some of the city's best running. A popular route is 5-mile Zoo Loop, which starts and finishes at the corner of Capitol and Washington Streets. From there, head west to the Indianapolis Zoo (1 mile), then north along White River Parkway. Take a right on 10th Street and continue past Canal Overlook and around Monument Circle.

**VOTED MOST POPULAR:** The hotspot for Indianapolis runners is massive Eagle Creek Park, a quick drive northwest on I-65 from downtown. From the parking lot, you can do paved and certified 3-, 5-, 8-, and 10-K courses. Branching off these measured courses are natural-surface trails that pass open meadows and through forestland.

**THE RIPPLE EFFECT:** A few minutes' drive northeast of downtown is Broad Ripple Park, where you can pick up the Central Canal Tow Path, a scenic, tree-lined, well-maintained trail that's always popular with runners. From the park, head south to 30th Street and turn around for a lovely 7-miler.

**SHOP AND RUN WITH THE LOCALS:** Check with the Indy Runners club ([www.indyrunners.org](http://www.indyrunners.org)), or visit The Running Store at one of its two locations ([www.erunningcompany.com](http://www.erunningcompany.com)), including one near Broad Ripple Park, another good place to run.

WESTIN **WORKOUT**  
powered by Reebok