

CREATED FOR WESTIN BY

# RUNNER'S WORLD MAGAZINE

## THE WESTIN SOUTHFIELD-DETROIT

### DETROIT, MICHIGAN

**D**etroit, from the French word “d’etroit” or “narrow strait,” is situated on the north bank of the Detroit River. The Motor City’s outward-spiraling network of neighborhoods and suburbs includes the gilded Grosse Pointes northeast of downtown, and Dearborn, west of downtown, home to the Ford Motor Company.



#### 3.3-MILE ROUTE

- 1 • Head south on Northwestern Highway service drive to 10 Mile Rd.
- 2 • Turn right on 10 Mile Rd.
- 3 • Turn right on Lois Lane Dr.
- 4 • Lois Lane Dr. ends at Civic Center Dr. Turn right onto Civic Center Dr.
- 5 • Turn right onto Evergreen Rd.
- 6 • Turn right on 10 Mile Rd, which leads you back to Northwestern Highway service drive and back to the Westin.

#### 5.5-MILE ROUTE

- 1 • Head south on Northwestern Highway service drive to 10 Mile Rd.
- 2 • Turn right on 10 Mile Rd.
- 3 • Turn right onto Berg Rd.
- 4 • Turn right on Civic Center Dr.
- 5 • Turn right onto Evergreen Rd.
- 6 • Turn right on 10 Mile Rd. back to Northwestern Highway service drive and back to the Westin.

### LOCAL RUNNING TIPS

**PARK RUNNING:** From downtown, run east 2-plus miles to the MacArthur Bridge. The half-mile span carries you across the river to Belle Isle Park, whose perimeter is 5.4 miles. There’s a 400-meter track at the south end and a couple of restroom and water stops in the park.

**AN OUT-OF-TOWN GEM:** A quick drive less than 20 miles north of town on I-75 takes you to the Painted Creek Trail in Rochester Hills. Here you’ll find 8 gorgeous miles of smooth, groomed dirt with a few steep, hilly offshoots if you’re looking to do some challenging repeats.

**WHERE THE RUNNERS ARE:** About 6 miles west of downtown you’ll find Detroit’s largest gaggle of runners along

Edward Hines Drive. This greenbelted bikepath starts in Dearborn and extends 20 miles to Northville, with water and restrooms every 3 to 4 miles.

**A LOVELY SPOT:** Detroit’s prettiest run is just east of downtown along the 4 miles of Lake Shore Drive through Grosse Pointe and Grosse Pointe Shores: huge mansions on one side, Lake St. Clair on the other.

**RUN WITH THE LOCALS:** Check in with the Downtown Runners for routes and times of group runs (visitors always welcome). Contacts: (248) 356-6825; [www.downtownrunners.com](http://www.downtownrunners.com).

**WORTH A VISIT:** Hanson’s Running Shops are a great source of info on local runs and workouts. Contact: [www.hansons-running.com](http://www.hansons-running.com).

WESTIN  
WORKOUT  
POWERED BY REEBOK

DISCLAIMER NOTICE: As a courtesy to our guests the above running/walking course map identifies distances and routes created by using an independent outside mapping source. This map was not created by the Hotel. The identified routes are on City public streets and ways. As the Hotel has no direct or indirect control over public areas we urge you to use common sense for your own safety and security. The Hotel in no way guarantees the safety or condition of the identified routes. Use of this map is at your own risk. Please observe all rules and posted signs and warnings, including traffic signals.