

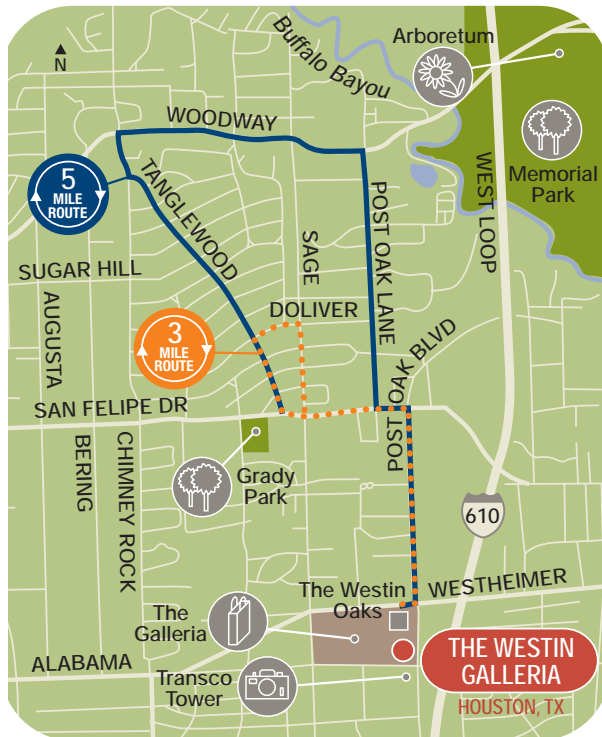
CREATED FOR WESTIN BY

RUNNER'S WORLD MAGAZINE

THE WESTIN GALLERIA
HOUSTON

HOUSTON, TEXAS

Despite Houston's occasional blast-furnace heat, this is a runner's city, thanks to an extensive, super-organized running-club network and an ever-busy race calendar. You'll have lots of running company.



3-MILE ROUTE

- 1• Leave the hotel on West Alabama.
- 2• Turn left onto Post Oak Blvd.
- 3• Turn left onto San Felipe.
- 4• Turn right onto Tanglewood Blvd. (gravel path), continuing to Doliver.
- 5• Turn right onto Doliver.
- 6• Turn right on Sage to San Felipe.
- 7• Turn left onto San Felipe.
- 8• Turn right on Post Oak Blvd. and then right on West Alabama to return to the Westin.

5-MILE ROUTE

- 1• Follow steps 1-4 above.
- 2• Continue running on Tanglewood Blvd.
- 3• Turn right onto Chimney Rock.
- 4• Turn right onto Woodway.
- 5• Turn right onto South Post Oak.
- 6• Turn left on San Felipe.
- 7• Turn right on Post Oak Blvd.
- 8• Continue on Post Oak Blvd. to West Alabama.
- 9• Turn right on West Alabama to return to the Westin.

LOCAL RUNNING TIPS

STAY HYDRATED: Research shows that even when you're slightly dehydrated, your running will suffer. So sip from a water bottle often during the day, and while running, aim for about 8 ounces of water or sports drink every 15 to 20 minutes. Also, wear sunscreen, synthetic running clothes (not cotton, which retains sweat and chafes your skin), sunglasses, and a breathable hat with a visor.

STAYING CLOSE TO HOME: If you don't have a lot of time and/or prefer to stay close to the hotel, you're in luck, as we have our very own on-site jogging track.

Quick tip: Take a bottle of sports drink with you and place it trackside for convenience. After your run, head over to our outdoor pool for a soothing, muscle-reviving swim.

WESTIN **WORKOUT**
POWERED BY Reebok

A HOUSTON FAVORITE: Runners in Houston love Memorial Park, about 4 miles east of the hotel. On a typical day, 10,000-plus runners do the flat 2.9-mile, crushed-granite perimeter loop. The forested setting has water stops at every mile and markers every half-mile. There's also a 400-meter track within the park.

WORTH A VISIT: Head for RunSport, Houston's top running specialty store and gathering place for runners. (www.runsport.com)

RUN WITH THE LOCALS: The Houston Area Road Runners Association (www.harra.org) is a top source for race and group run info, and everything else running-related in town.

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.