

Created for Westin by

# RUNNER'S

WORLD magazine



### 3-MILE ROUTE:

**1.** From the Westin, turn right along Glebe Road North. In about 1/2 mile, you'll cross a bridge over Route 66. **2.** After crossing Route 66, turn right onto the path marked by a green sign that says "Bike Route." **3.** Turn right again, and go west on the Martha Custis Trail. There are mile markers along the trail. When you get to the first mile marker, you've gone about .75 miles. **4.** After the .5 mile marker, before a long downhill, a footbridge crosses over the path. Turn around here and retrace your steps back to the Westin.

### 5-MILE ROUTE:

**1.** Follow steps 1-3 above. Continue along the Martha Custis Trail until it reaches a pedestrian stop sign. Turn right.  
**2.** Turn left onto the Washington & Old Dominion (W&OD) Trail.  
**3.** At the Wilson Boulevard bridge, turn around and head back to the Westin.

WESTIN **WALKOUT**<sup>®</sup>

POWERED BY **Reebok** 

**Disclaimer Notice** As a courtesy to our guests the attached 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.