

CREATED FOR WESTIN BY

RUNNER'S WORLD MAGAZINE

THE WESTIN KIERLAND
RESORT, SPA & VILLAS
Phoenix / Scottsdale

PHOENIX / SCOTTSDALE, ARIZONA

You're in Arizona, which is great for your suntan, but not always for your running. Which brings us to running tip #1 here at Kierland: When you run outside, try to do it first thing in the morning before temps start to climb.

3-MILE ROUTE

- 1• Run from the hotel's main entrance to Greenway Rd.
- 2• Turn right on Greenway Rd. and run to the golf course underpass
- 3• Run south on 66th St./Clubgate Ave.
- 4• Follow golf course on your left as road veers east toward McDowell Mountains.
- 5• Turn right on Acoma Dr. at Kierland Loop.
- 6• Turn left onto Scottsdale Rd.
- 7• Turn left onto Kierland Loop.
- 8• Turn right on Main St. and back to Westin.

5-MILE ROUTE

- 1• Follow steps 1-6 above.
- 2• Turn right onto Kierland/Greenway-Hayden Parkway.
- 3• Turn left onto 76th St.
- 4• Turn left onto Paradise Lane.
- 5• Turn left onto Scottsdale Rd.
- 6• Turn right onto Kierland Loop.
- 7• Turn right on Main St. and back to Westin.



LOCAL RUNNING TIPS

BE SMART ABOUT IT: 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.

SHOP AND RUN WITH THE LOCALS: For running shoes, gear, road-race events, and loads of advice, contact the Runner's Den store at 602-277-4333. Or check with the Arizona Road Racers, Arizona's largest running club, at www.arizonaroadracers.com.

ALTERNATIVE RUNS TO TRY: Along with the two runs we offer from the hotel, we suggest you drive south to beautiful Papago Park, where you can run on paved and dirt trails that meander past towering red sandstone monoliths. Or drive north from the hotel to 23,000-acre Phoenix Mountain Preserve, which is crisscrossed with trails of all sorts-some technical, some flat and easy.

REWARD YOURSELF: To help soothe your muscles after a run, splash around the hotel's 900-foot "flowing river" pool, complete with waterslide, sandy beach, and volleyball court. Or if you've had it with calorie-burning for the day, try a whirlpool treatment, hang out in the sauna, or (better yet) schedule a massage.



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.