

CREATED FOR WESTIN BY

# RUNNER'S WORLD MAGAZINE

## THE WESTIN LONG BEACH

### LONG BEACH, CALIFORNIA

Despite its large size, Long Beach enjoys a surprisingly cozy feel. That's because it's made up of small, diverse neighborhoods, each with its own sense of community. There's always something new on the road ahead.

#### 3-MILE ROUTE

- 1 • Leave hotel. Turn left onto Ocean Blvd.
- 2 • Turn left onto Kennebec Ave.
- 3 • Turn left onto 1st St.
- 4 • Turn left onto Cherry Ave.
- 5 • Turn right onto Ocean Blvd.
- 6 • Take Ocean Blvd. back to the Westin.

#### 5-MILE ROUTE

- 1 • Leave hotel and turn left on Ocean Blvd.
- 2 • Take Ocean Blvd. to Grand Ave.
- 3 • Cross Ocean Blvd. at Grand Ave.
- 4 • Turn left on Ocean Blvd., and head back downtown to the Westin.



### LOCAL RUNNING TIPS

**HIT THE BEACH:** The Pacific is only a mile away from the hotel. Walk there for a warmup, then start running. Just remember that it's tougher to run on soft sand than on sidewalks or asphalt. So always wear your running shoes for support, and keep to the flat, hard-packed sand near the water's edge.

**OR STAY ON THE PAVEMENT:** The paved path that follows the beach goes for about 6 miles, so you can alternate sand and pavement running to break things up, which makes the miles pass faster.

**STAY HYDRATED:** Southern California's warm, dry climate can dehydrate you in a hurry, so sip from a water bottle often during the day. While running, drink 8 ounces of water or sports drink every 15 to 20 minutes.

**TWO-LEGGED TOURS:** Off 'N Running Tours combines sightseeing and exercise by offering running excursions around the Long Beach/Los Angeles area, including runs through Beverly Hills, down Rodeo Drive, and past the homes of stars. Visit [www.offnrunningtours.com](http://www.offnrunningtours.com) for details.

**WORTH A VISIT:** For running shoes, gear, and info on all things running in Pasadena, visit Runner's High running store (two locations). 562-433-7825.

**REWARD YOURSELF:** To soothe tired muscles after your run, try taking a swim in the Westin's heated outdoor pool.



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.