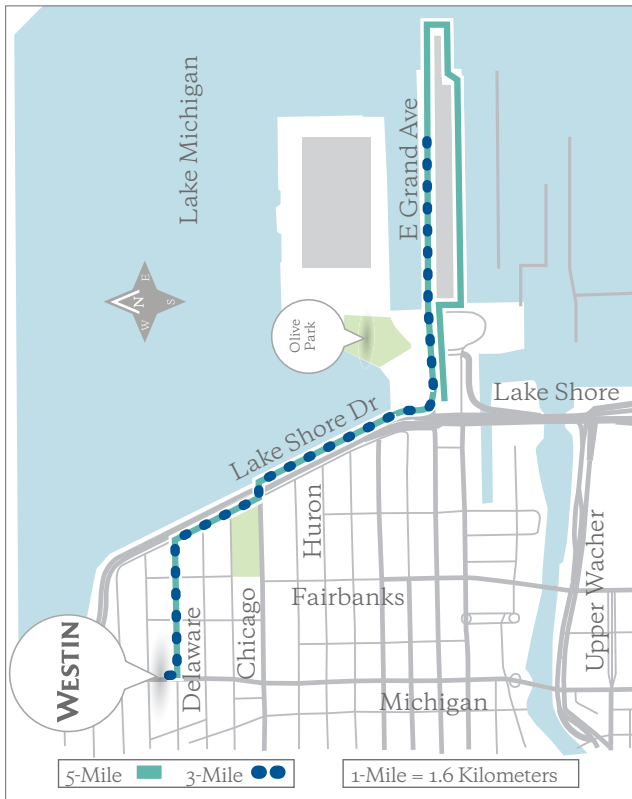


WESTIN *WORKOUT*  
RUNNING MAP

by new balance 



# The Westin Michigan Avenue

312.943.7200  
www.westin.com

## 3 mile route

1. Exit the hotel and turn left on Delaware Ave., heading east toward Lake Michigan.
2. When you reach the inner Lakeshore Dr., turn right, heading south.
3. Just before you get to Chicago Ave., you'll see a staircase leading down. Take the stairs down to the walkway.
4. Run on the walkway under Lakeshore Dr., until you reach another set of stairs.
5. Take these up, and head south on the bike path, which runs along the lake.
6. Follow the bike path to Navy Pier. Run on the sidewalk on the left side of the Pier.
7. Follow the sidewalk until it curves past the last parking garage door.
8. Turn around and follow the same route back to the hotel.

## 5 mile route

1. Follow steps 1-6 above.
2. Continue around the Pier, then cross the street, and run to Grand Ave.
3. Turn around at the "Grand Ave. Entrance," which is marked by a red "Welcome to Navy Pier" sign over the sidewalk.

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.