

# CONRAD®

WASHINGTON DC

## 3 Mile Run



**Exit the Conrad and make a right**

**Run to 9th Street (the first light) & cross to the far side of the street**

**Turn right on 9th Street and run .8 of a mile to the Natural History Museum**

**Cross over to the left side of the street and use the corridor between the 9th Street tunnel & the Natural History Museum**

**Turn right after entering the National Mall and run to 4th Street**

**Turn right at the next jogging path**

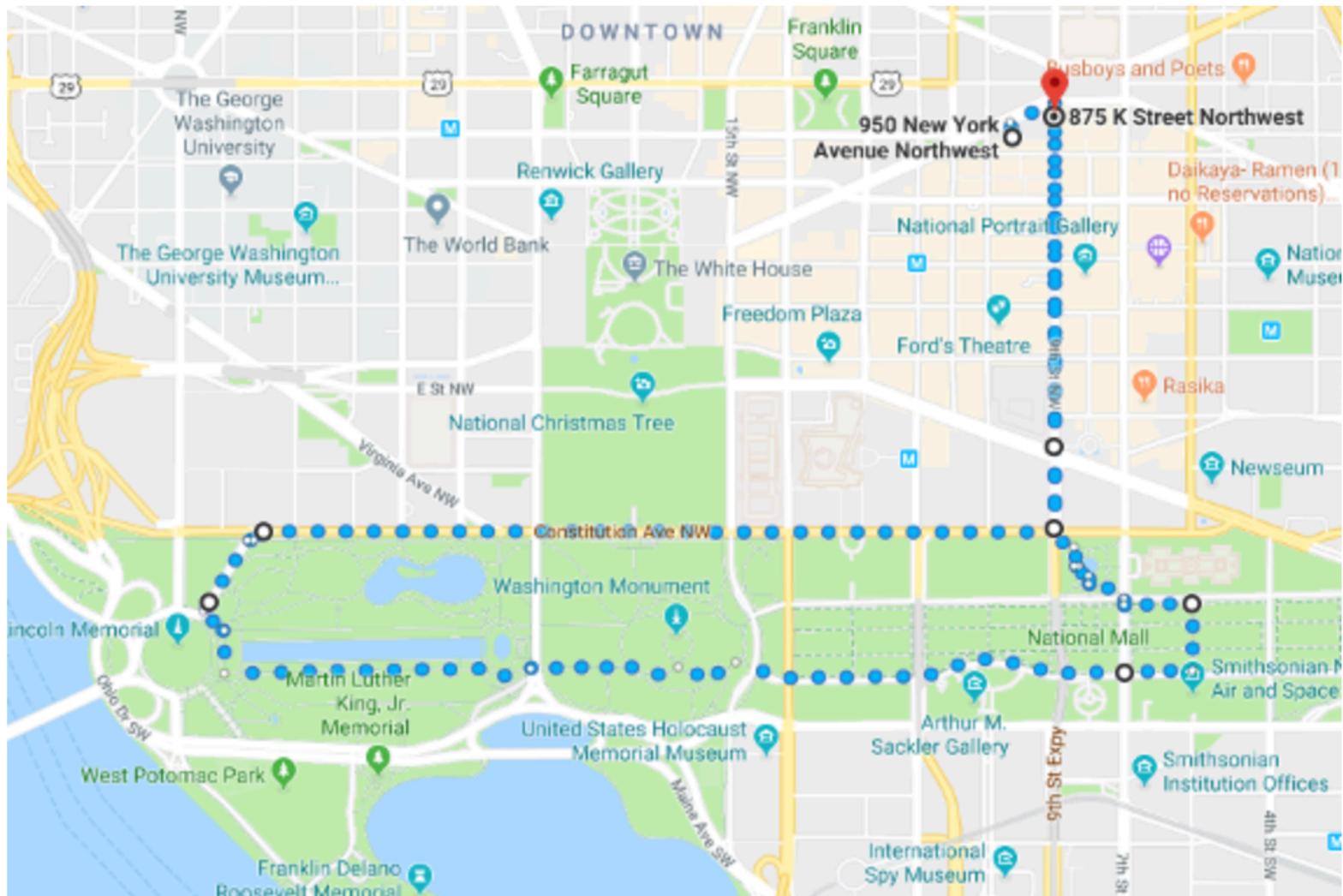
**Run .6 miles to 14th Street and turn right at the next jogging path**

**Run to 9th Street and turn left**

**Run .8 of a mile to New York Avenue**

**Turn left onto New York Avenue the Conrad is on your left**

# 5 Mile Run



**Right out of the hotel**

**Right on 9th Street**

**Right on Constitution Avenue towards Lincoln Memorial**

**Right on 9th Street left on New York Avenue to Conrad Hotel**