

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

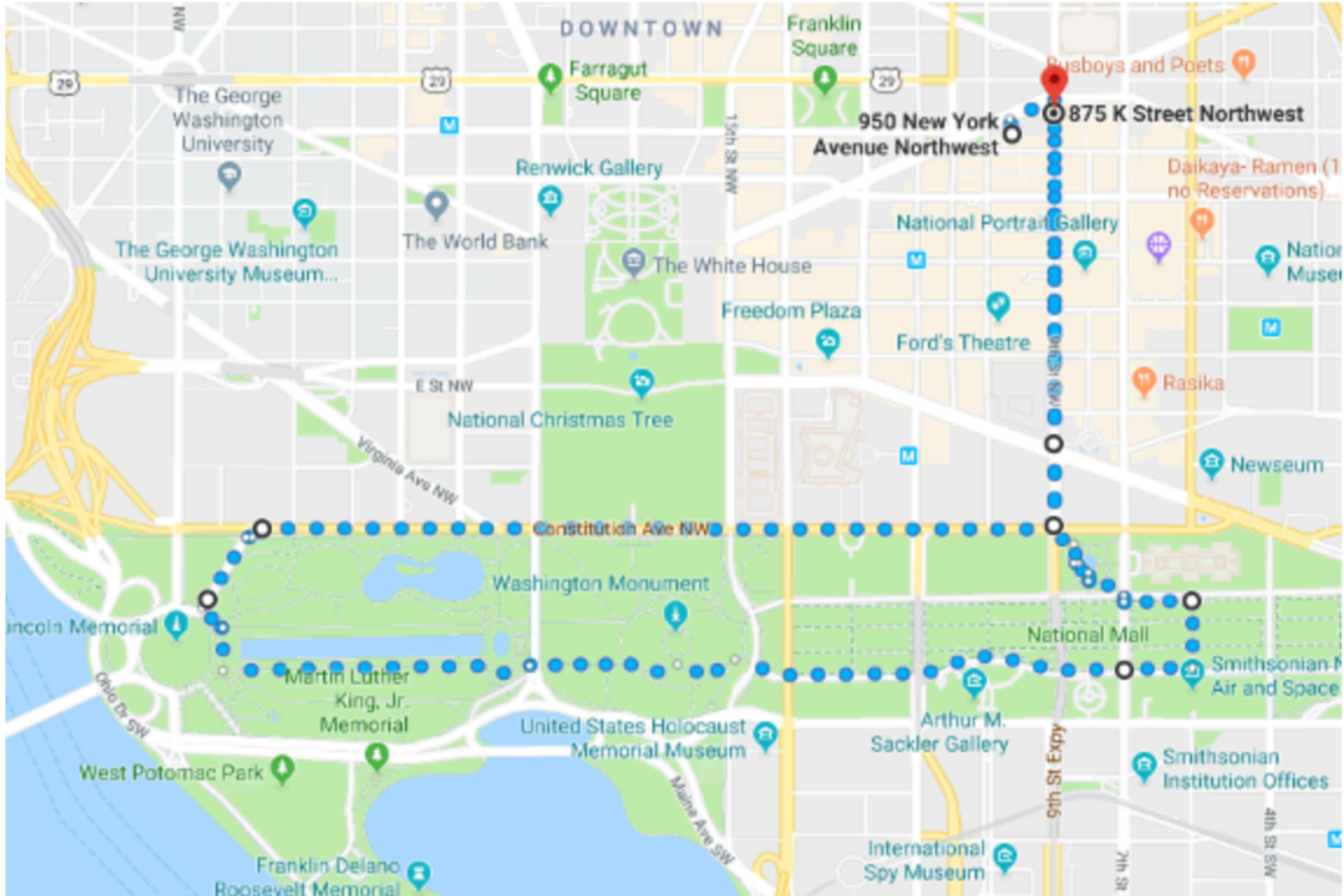
Run .6 miles to 14th Street and turn right at the next jogging path

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