

CREATED FOR WESTIN BY

# RUNNER'S WORLD MAGAZINE

THE WESTIN POINSETT  
GREENVILLE

## GREENVILLE, SOUTH CAROLINA

**G**reenville takes great care to maintain its system of 39 runner-friendly parks. Better still, some of these parks are connected by the scenic Reedy River Corridor Trail, which you can pick up very close to the hotel.



### 3-MILE ROUTE

- 1 • Leave the hotel and head south on Main St.
- 2 • Turn right on River St., which becomes Richardson St., and then Townes St.
- 3 • Turn right on Stone Ave.
- 4 • Turn right on N. Main St. and back to the Westin.

### 5-MILE ROUTE

- 1 • Leave the hotel and head south on Main St.
- 2 • Turn left. Cross Liberty Bridge to Camperdown Way.
- 3 • Turn right onto Cleveland St., then right onto Jones Ave.
- 4 • Turn right onto Augusta.
- 5 • Turn right onto Church St.
- 6 • Turn right onto Crescent Ave.
- 7 • Turn left onto McDaniel Ave.
- 8 • Turn left on the path that runs along Reedy River.
- 9 • Continue on the path, past the Governor's School for the Arts. Turn right onto University St.
- 10 • Turn right onto August St., then right onto Main St., which will bring you back to the Westin.

## LOCAL RUNNING TIPS

**STAY HYDRATED:** Especially on hot days, consistent fluid intake is essential to replace water lost through sweating and breathing. While running, take in 8 ounces of water or sports drink every 15 to 20 minutes.

**FOLLOW THE TRAIL:** The Reedy River trail is the place to run in Greenville, as it connects nearby Cleveland Park and Falls Park, which feature an array of landscaped gardens, nature trails, scenic overlooks, picnic areas, even the ruins of an old mill.

**CITY DETOUR:** From Falls Park it's a short jaunt to Greenville's main business district. In warmer months, Greenville features countless open-air concerts.

**TWO-WHEELED TOURING:** When your run is done for the day but you still want to burn some calories, look into a downtown bicycle tour that takes in the sights (see the concierge for details).

**WORTH A VISIT:** For running shoes, apparel, and accessories, head over to Fleet Feet Sports ([www.fleetfeetgreenville.com](http://www.fleetfeetgreenville.com)). And if you're looking for training partners while you're in town, this is the place to go, as the store hosts several group runs during the week.

**RUN WITH THE LOCALS:** To get info on the local running scene, including low-key races that may be happening during your stay, check with the Greenville Track Club at [www.greenvilletrackclub.com](http://www.greenvilletrackclub.com).

WESTIN **WORKOUT**  
powered by Reebok

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.