

5K

For a mid-week rejuvenator, join us Wednesday morning at 6am for a non-competitive run or walk along the Loring Greenway through Loring Park (~1 mile round trip), and if you wish, continuing on to Cedar Lake and the Lake of the Isles along the Kenilworth Trail multipurpose path (~3-4 miles out-and-back or 6.5 miles for the full loop course <https://www.hyatt.com/hyatt/images/hotels/miarm/miamijog.pdf>). We will leave right from the hotel at the same time and people can go as far or as short as they want, and there will be refreshments for everyone back at the start. No registration necessary, just show up and have fun!

Created by **athletic-minded traveler** for **STAY FIT AT HYATT**

HYATT REGENCY MINNEAPOLIS
Start / Finish approx. 6.5 miles

Route for Hyatt Regency Minneapolis
(Numbers on the map indicate miles)

1. Exit the front doors, head R along Nicollet & R at Grant St
2. Continue straight through Loring Park, across the lake & across the I-94/Lyndale Ave pedestrian bridge
3. Immediately turn L, & follow the sidewalk R along Vineland
4. Continue west along Kenwood Pkwy, picking up the bike path on the R where I-394 parallels Kenwood (around mile 1.5)
5. The path heads south; at the second street-crossing turn L & leave the path (although the path continues south for miles)
6. Follow Dean Pkwy to Lake of the Isles & turn L
7. Follow the shoreline perimeter path to its far north point
8. Turn L at the "H" intersection, quick R & quick L onto Logan
9. Turn L at Douglas, then hard R on Kenwood & return to Hyatt

HYATT REGENCY MINNEAPOLIS
ON NICOLLET MALL
(612) 370-1234

*Disclaimer: The attached running/walking course identifies distances and routes and was created by an independent mapping source (the "Creator"). This map was not created by the Hotel. It is provided as a courtesy to our guests. The identified routes are on public streets and ways. As the Hotel and Creator have no direct or indirect control over public areas, we urge you to use common sense for your own safety and security. The Hotel and Creator in no way guarantee the safety or condition of the identified routes. Please observe all rules and posted signs and warnings, including traffic signals.

1. We do not recommend that you jog alone or jog at night.
2. Always carry identification.
3. Please be careful around intersections and roadways.
4. You are jogging at your own risk. Just as you may be careful in a familiar area, you should be more careful in an unfamiliar area. Be aware of your surroundings at all times and keep alert. The Hotel and Creator accept no responsibility for any guest who chooses to jog.
5. Auto and pedestrian traffic is least congested between 10 am and 3 pm.