

Preparation

A warm-up is an essential part of exercise, increasing your blood circulation and enhancing your body's ability to perform. A pre-run warm-up entails low-impact exercise along with gentle stretching.

A cooldown is also important to your body's recovery. Allow your heart rate to return to its resting state by walking for three to four minutes after you run.

1919 Briar Oaks Lane
Houston, Texas 77027
+1 713 840 7600
stregis.com/houston

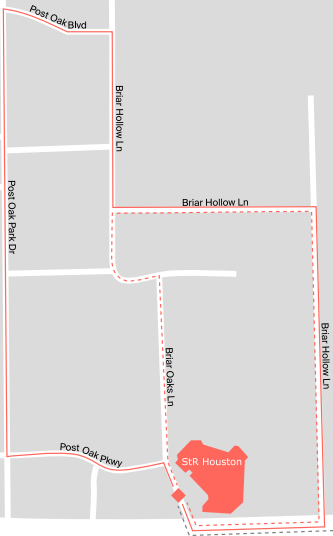


Running Map

St. Regis does not patrol or control running courses and, accordingly, assumes no responsibility for the safety of persons using it. Runners participate at their own risk. You are advised to use the running courses during daylight hours only and to use reasonable and prudent efforts to ensure your personal security.

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ST REGIS
HOUSTON



1.2-Mile course



0.2 mi right out of hotel on Briar Oaks Ln.
 276 ft. left on Post Oak Place Dr.
 0.2 mi right on Briar Hollow Lane
 0.1 mi left on Post Oak Blvd.
 0.5 mi left on Post Oak Park Dr.
 0.2 mi left on Post Oak Parkway
 Arrive at The Remington's entrance.

1.6-Mile course



157 ft. left out of hotel on Briar Oaks Ln.
 0.1 mi left on San Felipe St.
 0.3 mi left on E. Briar Hollow Ln.
 0.2 mi left on S. Briar Hollow Ln.
 0.2 mi right on Briar Hollow Lane
 0.1 mi left on Post Oak Blvd.
 0.5 mi left on Post Oak Park Dr.
 0.2 mi left on Post Oak Parkway
 Arrive at The Remington's entrance.

2.3-Mile course



157 ft. left out of hotel on Briar Oaks Ln.
 0.5 mi left on San Felipe St.
 0.3 mi left on Willowick Road
 0.9 mi left on Inverness Road;
 Inverness turns into West Lane
 205 ft. right on Willowick Road
 0.5 mi right on San Felipe St.
 157 ft. right on San Felipe St.
 Arrive at the hotel's main entrance.

