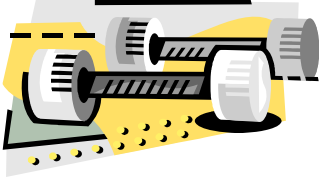


WACEC Conference: Fitness on Your Own



☀ **Fitness Center at the Hyatt**

At the Hyatt, each guest has the opportunity to enhance their stay and keep active by using Hyatt's fitness facility. The health club features free weights, exercise cycles, stair climbers and treadmills.

By Foot

☀ **Walk Along the Milwaukee Riverwalk**

The Milwaukee RiverWalk spans nearly 3 miles long the Milwaukee River through the heart of the City's Downtown. It is divided into 3 distinct sections: the Beerline RiverWalk to the north, the Downtown RiverWalk in the center, and the Third Ward RiverWalk to the south.

Walk one block north of Hyatt to Pere Marquette Park (Old World Third Street) to access Riverwalk. ADA Information: The City of Milwaukee is currently working to improve accessibility of the RiverWalk system for all to enjoy.

On the East side of the River (and South of Wells Street) is "The Fonz" (the "Happy Days" character) statute that welcomes passersby.

☀ **Walk Historic Third Ward**

The RiverWalk of the Historic Third Ward is adjacent to Downtown Milwaukee. It is a mix of residential and commercial businesses and spans the distance from the I-794 freeway to the Harbor entrance to make up the southern most portion of the system.

Built from Ipe wood, a tropical hardwood, the Third Ward RiverWalk has won several design awards since it opened, including a 2007 American Institute of Architects (AIA) Honor Award for Regional and Urban Design.

☀ **Walk to St. Joan of Arc Chapel**

(approximately 1 mile West of the Hyatt)

Marquette University - 14th & Wisconsin Ave. ☀ 414-288-7448

Walk West on Wisconsin Avenue to 14th and enter South side of campus. Originally built in the French village of Chasse during the mid 15th century, this small Gothic Chapel was brought to the U.S. in 1927 as a centerpiece to a New York Estate. In the early 1960's the estate was acquired by a Wisconsin family who donated the chapel to Marquette University. Open Monday through Saturday 10am-4pm, and Sunday 12noon-4pm. Closed when the University is closed (including all major holidays). Free tours.

☀ **Running or Jogging**

The Riverwalk or Wisconsin Avenue are routes used by many. For scenery, try the lakefront. Head East on Wells Street or Wisconsin Avenue and you'll be running or jogging along the lake within a few minutes.

☀ **Lakefront Walking Tour**

Milwaukee's downtown lakefront is home to some of the most well-recognized landmarks in the city, and the best way to see it all is with a lakefront walking tour. After all, the view over Lake Michigan is spectacular year round, and the famed architecture of the [Milwaukee Art Museum](#) has yet to detract from a photograph.

The public-access lakefront is situated in what is primarily a business district, a neighborhood called both East Town and *Juneau Town*, depending on who you're talking to. This area has seen an influx of wealthier residents making their homes among the high rises in the past two decades, however, largely due to the condo craze that has changed the face of what was recently a blighted downtown. New boutiques, chic restaurants, public art projects and walking trails are also breathing new life into the area.

<http://milwaukee.about.com/od/neighborhoods/ss/EastTownWalking.htm>

☀ **The Hank Aaron State Trail**

The Hank Aaron Trail is ideal for bicyclists, walkers, runners, and skaters, and currently provides a 7-mile continuous connection via dedicated trails and marked streets between the lakefront and Milwaukee's west end. The Trail starts at Lakeshore State Park near the Henry W. Maier Festival Grounds, winds its way through the Historic Third Ward and Menomonee River Valley, past Miller Park, and ends in Doyne Park.

By Bike

☀ **Bike Trails:** <http://www.milwaukee.gov/maps4460.htm>

☀ **Ben's Bike rentals:** <http://www.benscycle.net>

☀ **The Bikesmiths:** <http://www.thebikesmiths.com>

By Boat

☀ **Marsh-N-Stream Kayak Outings** takes small groups kayaking to locations including: Lincoln Park in Milwaukee and the Milwaukee River in downtown Milwaukee. Stable recreational kayaks are used and all locations are in Milwaukee or within a one-hour drive from the city. For more information, visit www.marshnstream.com or call 414-688-2378.

☀ **Riverwalk Boat Tours & Rentals**

Pere Marquette Park

3rd Street between State Street and Kilbourn Avenue, 414-283-9999

Ten-person, self-driven pontoon boats and variety of public river cruises - Margarita Mondays, Tiki Tuesdays, Wine Wednesdays, Thirsty Thursdays, Funky Fridays and Social Saturdays. Weekend brewery tours, private & corporate charters.

☀ **Laacke & Joys - Downtown**

1433 North Water Street

Milwaukee, WI 53202, 414-271-7878

<http://www.laackeandjoys.com/rentals.htm>

Rental Information: Canoe rentals include paddles, PFD's and a car top carrier, Kayak rentals include a paddle, paddle float, bilge pump and car top carrier. All boats must be returned 1/2 hour before close of business on date due.

Go Fly a Kite!

☀ **Gift of Wings:** On the lakefront, just north of the Art Museum is the kite rental shop, Gift of Wings. Call 273-5483 for more information. <http://www.giftsofwings.com>