

Getting some exercise at CFUnited

Posted At : July 19, 2009 12:54 PM | Posted By : Liz Frederick

Related Categories: attendees, travel, hotel, community

Whether you feel like playing Tennis, Golf, Racket Ball, or going for a swim, the Lansdowne Resort helps keep you in shape for the week.

Lets say you just want to enjoy a walk near the Potomac. Or jog. Or run.

We've created a path on WalkJogRun.net with the trail details that the Lansdowne Resort has provided.

WalkJogRun.net was created by Adam Howitt, one of our own community members. Follow Adam on Twitter @earnshavian

[Lansdowne WalkJogRun Trail](#)