

# Getting some exercise at CFUnited

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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](#)