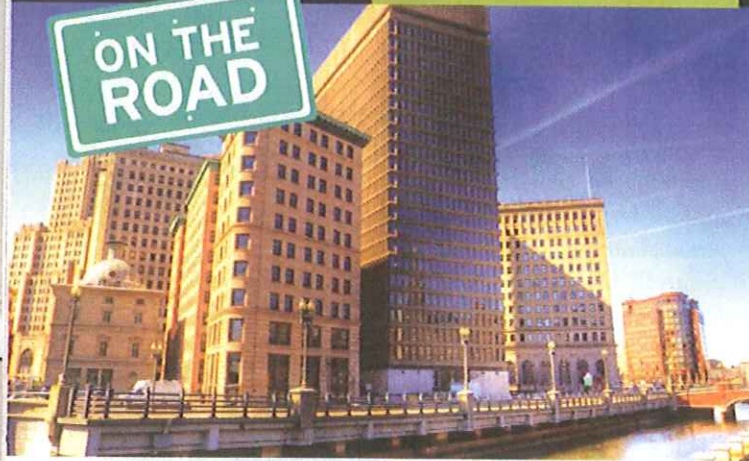


ON THE ROAD



PROVIDENCE

Much has been made of Providence's transformation in recent decades from post-industrial urban wasteland to New England's aptly monikered Renaissance City. Our own take on this modern-day Cinderella story? Well, considering an audience of high-powered sales and marketing executives is currently reading this article with thoughts of Providence-bound travel in their heads, it's clear this is a city that's finally come into its own. Let's turn the floor over to Ernest Heyward, director of S3 consulting for Velocity Technology Solutions, Inc. Since 2001, business has brought the Peekskill, N.Y. resident here more than 30 times a year.

>WHERE TO STAY

As far as Heyward's concerned, this isn't a multiple-choice question: The 86-year-old **Providence Biltmore** ably serves all of his lodging needs, and it's not hard to understand why. In addition to boasting 289 spacious, immaculately furnished guest rooms, its centralized downtown location can't be beat.

Providence Biltmore: www.providencebiltmore.com

>WHERE TO EAT

Heyward's favorite dining spots are guaranteed to make any carnivore do a dance of joy. Whether you opt for the Capital Grille or Fleming's Prime Steakhouse & Wine Bar (hopefully both, if you're in town multiple nights), you can look forward to one of the more memorable hunks of beef to grace your plate for a long time to come. But if you're trying to stay in your cardiologist's good graces, no worries: Heyward also offers a seafood recommendation, **McCormick & Schmick's**, that hits the same benchmark of quality.

Capital Grille: www.thecapitalgrille.com; 401-521-5600

Fleming's Prime Steakhouse & Wine Bar: 401-533-9000

McCormick & Schmick's Seafood Restaurant: 401-351-4500

>WHERE TO GO AFTER-HOURS

Though Heyward groups the Union Station Brewery in with his restaurant recommendations, we think it's a better fit for this category. More to the point, we can't think of a better way to cap off a long workday than by sampling a few of the excellent frothy beverages they brew on the premises.

Union Station Brewery: 401-274-2739