

APPROXIMATE TOTAL TRIP MILEAGE WILL BE **101**

CHICAGO LOOP <i>from</i> LIBERTYVILLE CIVIC CENTER			SECTION MILES	TRIP MILES
	CHURCH STREET	east	0.38	0.4
Turn left on	SECOND STREET	north	0.23	0.6
Turn right on	OAK SPRING ROAD	southeast	1.22	1.8
Turn left on	ST. MARY'S ROAD	north	0.15	2.0
Turn right on	ATKINSON ROAD	east	1.92	3.9
Turn right on	WAUKEGAN ROAD	southeast	0.87	4.8
Turn left on	NORTH SHORE BIKE PATH	east	1.67	6.4
Turn left on	ROBT. McCLORY BIKE PATH	east	0.02	6.5
Turn left on	ROBT. McCLORY BIKE PATH	north	0.31	6.8
Turn right on	BLODGETT AVENUE	east	0.63	7.4
Turn right on	BIRCH AVENUE	south	0.12	7.5
Turn left on	WASHINGTON AVENUE	east	0.04	7.6
Blend right into	MAPLE AVENUE	south	0.11	7.7
Turn left on	SCRANTON AVENUE	east	0.15	7.8
Turn right on	SUNRISE AVENUE	south	0.12	7.9
Blend right into	PROSPECT AVENUE	west	0.03	8.0
Turn left on	SUNRISE AVENUE	south	0.09	8.1
Blend right into	RAVINE AVENUE	west	0.29	8.4
Turn left on	MOFFETT ROAD	south	0.56	8.9
Continue straight on	SHERIDAN ROAD	south	0.31	9.2
Turn left on	SPRUCE AVENUE	east	0.29	9.5
CHICAGO LOOP (Continued)			SECTION MILES	TRIP MILES
Turn right on	LAKE ROAD	southeast	1.01	10.5
Turn right on	SPRING LANE	west	0.15	10.7
Turn left on	MAYFLOWER ROAD	south	0.86	11.5
Turn right on	ILLINOIS ROAD	northwest	0.63	12.2
Turn left on	WASHINGTON ROAD	south	0.17	12.3
Turn right on	RYAN PLACE	west	0.24	12.6
Turn left on	ROBT. McCLORY BIKE PATH	southeast	1.72	14.3
Turn left on	OLD ELM ROAD	east	0.03	14.3
Continue straight on	SIMONDS WAY	east	0.21	14.5
Turn left on	LEONARD WOOD NORTH AVE.	north/east	0.40	14.9
Blend right into	LEONARD WOOD EAST AVE.	south	0.19	15.1
Continue straight on	PATTEN ROAD	southeast	1.06	16.2
Continue straight on	FORT SHERIDAN AVENUE	south	0.15	16.3
Turn right on	BLOOM STREET	west	0.06	16.4
Turn left on	ST. JOHN'S AVENUE	southeast	3.27	19.7
Blend left into	LAMBERT TREE AVENUE	east	0.27	19.9
Continue straight on	SHERIDAN ROAD	east/south	3.42	23.4
Turn right on	SCOTT AVENUE	southwest	0.15	23.5
Turn left on	OLD GREEN BAY ROAD	southeast	0.43	23.9
Turn left on	TOWER ROAD	east	0.36	24.3
Turn right on	SHERIDAN ROAD	southeast	4.36	28.7
Continue straight on	RIDGE AVENUE	south	0.49	29.1
Turn left on	LINCOLN STREET	east	0.15	29.3

S. A. D. I. S. T. I. C. Training Rides

CHICAGO LOOP (Continued)

CHICAGO LOOP (Continued)			SECTION MILES	TRIP MILES
Turn right on	SHERMAN AVENUE	south	1.31	30.6
Turn left on	GREENWOOD STREET	east	0.06	30.7
Turn right on	CHICAGO AVENUE	south	1.62	32.3
Continue straight on	CLARK STREET	southeast	0.41	32.7
Turn left on	CHASE AVENUE	east	0.24	32.9
(Touhy Park on left; Clark Mega Mall on right.)				
Turn right on	ASHLAND AVENUE	south	0.58	33.5
Turn left on	PRATT AVENUE	east	0.03	33.5
Turn right on	BOSWORTH AVENUE	south	0.50	34.0
Turn left on	DEVON AVENUE	east	0.07	34.1
Turn right on	GREENVIEW AVENUE	south	0.23	34.3
Turn left on	GRANVILLE AVENUE	east	0.49	34.8
Turn right on	WINTHROP AVENUE	south	0.50	35.3
Turn left on	ARDMORE AVENUE	east	0.20	35.5
Blend right into	LAKEFRONT BICYCLE PATH	south	11.6	47.1
NAVY PIER (Rest Stop) (south to 31st St.)				
Continue back on	LAKEFRONT BICYCLE PATH	north	11.6	58.7
Blend left into	ARDMORE AVENUE	west	0.12	58.9
Turn right on	KENMORE AVENUE	north	0.49	59.3
Turn left on	GRANVILLE AVENUE	west	0.70	60.0
Turn left on	CLARK STREET	south	0.50	60.5
Blend right into	ASHLAND AVENUE	south	0.25	60.8
Turn right on	BRYN MAWR AVENUE	west	0.49	61.3

CHICAGO LOOP (Continued)

CHICAGO LOOP (Continued)			SECTION MILES	TRIP MILES
Blend left into	DAMEN AVENUE	south	0.09	61.4
Turn right on	BOWMANVILLE AVENUE	southwest	0.54	61.9
Turn right on	BERWYN AVENUE	west	0.82	62.7
(CAUTION crossing California Avenue - No Light)				
Continue straight	(Cross grassy area to bike path.)	west	0.05	62.8
Turn right on	LEGION PARK BIKE PATH	north	0.38	63.2
Turn left on	BRYN MAWR AVENUE	west	1.93	65.1
(Follow North Branch Bike Route Signs.)				
Turn right on	KENTON AVENUE	north	0.11	65.2
Turn left on	KERCHEVAL AVENUE	northwest	0.24	65.4
Turn left on	FOREST GLEN AVENUE	southwest	0.29	65.7
Turn right on	LAS CASAS AVENUE	northwest	0.11	65.8
Blend right into	CLIFFORD AVENUE	northeast	0.07	65.9
Turn left on	LANSING AVENUE	northwest	0.30	66.2
Blend right into	LEADER AVENUE	northeast	0.39	66.6
(CAUTION crossing Caldwell Avenue)				
Turn left on	LEOTI AVENUE	northwest	0.50	67.1
Turn right on	SPOKANE AVENUE	northeast	0.03	67.1
Turn left on	DEVON AVENUE	west	0.36	67.5
Blend right into	NORTH BRANCH BIKE PATH	west	1.25	68.7
Stay right on	NORTH BRANCH BIKE PATH	northwest	0.96	69.7
Turn left on	HARTS ROAD	southwest	0.02	69.7
Turn right on	RIVERSIDE DRIVE	northeast	0.03	69.8

S. A. D. I. S. T. I. C. Training Rides

CHICAGO LOOP (Continued)

			SECTION	TRIP
			MILES	MILES
Blend left into	NORTH BRANCH BIKE PATH	northeast	0.13	69.9
Cross over / left on	TOUHY AVENUE N. Sidewalk	west	0.04	69.9
Turn right on	NORTH BRANCH BIKE PATH	north	2.56	72.5
Cross over / right on	DEMPSTER ST. N. Sidewalk	east	0.16	72.6
Turn left on	NORTH BRANCH BIKE PATH	north	4.85	77.5
Turn left on	NORTH BRANCH FEEDER	north	0.46	78.0
Continue straight on	NORTHFIELD ROAD	northwest	0.54	78.5
Continue straight on	OLD WILLOW ROAD	north	0.34	78.8
Turn right on	HAPP ROAD	northwest	1.47	80.3
Turn left on	SUNSET RIDGE ROAD	south	0.17	80.5
Turn right on	VOLTZ ROAD	west	0.89	81.4
Turn right on	GRANT ROAD	north	0.75	82.1
Turn left on	LEE ROAD	south	0.26	82.4
Turn right on	WALTERS AVENUE	west	0.86	83.2
Turn right on	MEADOW ROAD	northwest	0.30	83.5
Turn left on	CHERRY LANE	west	0.15	83.7
Turn right on	CEDAR LANE	north	0.15	83.8
Turn left on	CRABTREE LANE	west	0.95	84.8
Turn left on	CRABTREE LANE	west	0.05	84.8
Turn right on	PFINGSTEN ROAD	north	0.13	85.0
Turn left on	DUNDEE ROAD	west	0.13	85.1
Turn right on	HAZELWOOD AVENUE	north	0.06	85.2
Turn left on	HELEN DRIVE	northwest	0.19	85.3

CHICAGO LOOP (Continued)

			SECTION	TRIP
			MILES	MILES
Turn left on	HARBOR LANE	west	0.08	85.4
Turn right on	ANTHONY TRAIL	north	0.33	85.8
Turn left on	COMMERCIAL AVENUE	west	0.49	86.2
Turn left on	HUEHL ROAD	south	0.07	86.3
Turn right on	HARRIS DRIVE	west	0.24	86.6
Turn left on	LABURNUN DRIVE	south	0.03	86.6
Turn right on	BERNAY DRIVE	west	0.17	86.8
Blend left into	VERSAILLES DRIVE	south	0.05	86.8
Turn right on	SUNSET LANE	west	0.52	87.3
Turn left on	COMMERCIAL AVENUE	southwest	0.04	87.4
Turn right on	SANDERS ROAD	northwest	0.07	87.4
Turn left on	FORESTVIEW DRIVE	west	0.77	88.2
Turn right on	PORTWINE ROAD	north	1.91	90.1
Turn left into	RIVERWOODS RD. BIKE PATH	northwest	2.94	93.1
Blend left into	RIVERWOODS ROAD	north	0.58	93.6
Turn left on	EVERETT ROAD	west	1.01	94.6
Blend right into	ST. MARY'S ROAD	north	3.81	98.5
Turn left on	OLD ROCKLAND ROAD	southwest	1.11	99.6
Turn right on	FOURTH AVENUE	north	0.64	100.2
Turn left on	CHURCH STREET	west	0.15	100.4
Option: Loop Again or Return				
Turn right on	SECOND STREET	north	0.23	
Continue straight on	CHURCH STREET	west	0.38	100.7