

| AT | GO | FOR | | |
|------|--|------|------|---|
| 0.0 | =08:10= S on Lakefront Trail | 14.8 | 23.9 | =10:05= S on Wolf Lake Blvd 0.3 |
| 14.8 | =09:10= L (E) on 71st | 1.4 | 24.2 | bear R (S) toward park exit 0.1 |
| 16.2 | R (SE) on S Shore | 0.1 | 24.3 | L (E) at T on 130th 0.0 |
| 16.2 | L (SE) on Lake Shore | 1.9 | 24.4 | R (S) at end on Ave N 0.6 |
| 18.1 | L (SE) on Ewing, cross bridge | 0.5 | 25.0 | R (W) on 135th 0.1 |
| 18.7 | E on 95th, continue on Grilly | 0.2 | 25.0 | L (S) on Ave O 0.3 |
| 18.8 | L (E) at T on Foreman, follow S, W | 0.8 | 25.3 | cross Burnham Ave bridge 1.5 |
| 19.7 | L (S) at T on Grilly, bear R (W) on 100th | 0.5 | 26.8 | at bottom, exit R, make 180° turn N 0.2 |
| 20.1 | L (SW) at end, cross under tracks | 0.1 | 27.0 | L (NW) on State 0.5 |
| 20.2 | L (SE) under Skyway on Burnham Greenway | 0.6 | 27.5 | =10:20= L (S) on Burnham Greenway 4.7 |
| 20.8 | =09:35= at light, cross Indianapolis Blvd, continue S onto path | 1.0 | 32.2 | =10:40= R (S) on Roy 0.0 |
| 21.8 | continue into forest preserve | 1.2 | 32.2 | L (W) on 181st 0.2 |
| 23.0 | L (E) on TINY path into woods (if you get to Ave O, you've gone too far) | 0.0 | 32.5 | R (S) on Henry 0.7 |
| 23.1 | R (S) onto Wolf Lake Blvd (unmarked) | 0.6 | 33.2 | L (SE) at Ridge on Burnham Greenway 0.5 |
| 23.6 | L (E) at T on Veterans | 0.1 | 33.7 | continue (E) at end on Fisher 0.5 |
| 23.7 | R (S) at end on Wolf Lake Blvd | 0.2 | 34.2 | R (S) on Calumet/bike path 1.0 |
| 23.9 | =09:50= REST STOP | | 35.2 | R (W) on Superior 0.3 |
| | | | 35.6 | L (S) on Indiana Parkway 0.1 |
| | | | 35.7 | =10:55= THREE FLOYDS |
| | | | | 9750 Indiana Parkway, (219) 922-3565 |

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|------|---|------|------|--|
| 35.7 | N on Indiana Parkway | 0.1 | | |
| 35.8 | R (E) at end on Superior | 0.3 | | |
| 36.1 | L (N) at T on Calumet | | | |
| | *to Chicago* | 1.0 | | *to Flossmoor* 0.2 |
| 37.1 | L (W) on Fisher | 0.5 | 36.3 | L (W) on 45th = Glenwood Lansing, becomes Main in IL 5.9 |
| 37.6 | R (N) on Monon Trail | 4.3 | | |
| 41.9 | L(N) on Erie Lackawanna Trail | 0.0 | 42.2 | bear L (W) on Chicago Hts Glenwood 0.3 |
| 41.9 | R (E) on Douglas | 0.3 | 42.5 | R (N) at T on 187th, follow W 2.1 |
| 42.2 | L (N) on Sohl, becomes Johnson | 2.1 | 44.6 | L (S) at T on Dixie 0.5 |
| 44.3 | L (W) on 138th | 0.2 | 45.1 | R (W) on Flossmoor 0.7 |
| 44.5 | R (N) at end on Hohman, merges with Sheffield | 1.2 | 45.8 | R (NE) on Sterling 0.1 |
| 45.7 | L (W) at 129th on Wolf Lake Trail | 2.5 | 45.9 | FLOSSMOOR STATION |
| 48.2 | L (W) on 112th | 0.3 | | 1035 Sterling Ave, (708) 957-2739 |
| 48.5 | R (N) on Burnham Greenway | 1.1 | | Metra 1.4:10 4:49 5:54 6:53 7..11:52 |
| 49.6 | cross Indianapolis Blvd, continue NW | 0.6 | | |
| 50.2 | R (N) on Ewing | 1.3 | | |
| 51.5 | R (NE) on Lake Shore | 3.4 | | |
| 54.9 | R (N) onto sidewalk = Lakefront Trail | 14.8 | | |
| 69.7 | CLOCK TOWER | | | |

Rules for Our Rides

Bicycles are vehicles—traffic laws that apply to motorists apply to bicyclists.

1. Riding in a group offers no additional protection over riding individually. Use the same caution that you would when riding alone.
2. Ride in a **STRAIGHT LINE** as far to the right as practicable. Please don't duck in behind parked cars.
3. Be predictable. Try to avoid sudden stops. Remember that someone is right behind you. If you drop something, pull off and wait for a safe time to go back and get it.
4. Never ride more than two abreast- -single file is often the only safe option on narrow or busy streets.
5. Be alert for overtaking cars and cyclists and allow them room to pass when practicable.
6. If someone calls out "**CAR BACK**", there is a car approaching from the rear. This is a signal to ride single-file and as far right as practicable so traffic can pass safely.
7. Stop for **ALL RED** stoplights- it's OK for the group to be spread out a bit—we'll come back together eventually. If you're stopped and going straight, please don't block the turn lane.
8. Do not call out "clear" when crossing intersections, as conditions may change quickly in city traffic.
9. Signal your intentions verbally and with hand signals when turning, changing lanes, passing, slowing, and stopping.
10. Use hand signals to point out hazards or obstacles in the road (i.e., glass, potholes, car doors about to open into traffic). Hand signals are preferable to verbal signals, as voices often are not clearly heard in traffic.
11. Make all left turns as if you are driving a car—if you can't (or won't) do this, then you must walk your bike through the intersection via pedestrian crosswalks.
12. Get completely out of traffic flow whenever stopping for repairs or rest.
13. If you need repairs, accept help if offered. This gets everyone going as quickly as possible.
14. Do not use a cell phone while riding. Cycling requires two hands and your complete attention. In case of emergency, get out of the flow of traffic to stop and use your phone.
15. Let someone know if you leave the ride.
16. Have fun.

Application for Membership

Please read this carefully and sign up to join!

I, for myself and for any minor on whose behalf I sign this membership application, agree that:

- 1) Bicycling is a potentially hazardous activity and that accidents can occur from negligence or carelessness;
- 2) Ride leaders' maps and/or written directions are provided for my convenience only and not to guarantee a safe route or trip; and
- 3) I voluntarily participate in club events and assume all risks associated with participation therein, including but not limited to injury, falls, contact with other participants, weather, traffic, and road conditions; all such risks being known and understood by me.

Name

Address

Mobile Phone

Email

Emergency Contact

Emergency Phone

Annual Dues: ___ Individual \$20 ___ Family \$25

I heard about CCC from:

I would like to help with:

___ Rides ___ Social ___ Web Site

___ Communication ___ Meetings

Signature (of parent or guardian if applicant is under 18)

Date

Make checks payable to Chicago Cycling Club and mail to:

Chicago Cycling Club
P.O. Box 1178
Chicago, IL 60690-1178