

AT	GO	FOR		
0.0	=08:10= S on Lakefront Trail	14.8	24.3	L (E) at T on 130th 0.0
14.8	=09:10= L (E) on 71st	1.4	24.4	R (S) at end on Ave N 0.6
16.2	R (SE) on S Shore	0.1	25.0	R (W) on 135th 0.1
16.2	L (SE) on Lake Shore	1.9	25.0	L (S) on Ave O 0.3
18.1	L (SE) on Ewing, cross bridge	0.5	25.3	cross Burnham Ave bridge 1.5
18.7	E on 95th, continue on Grilly	0.2	26.8	at bottom, exit R, make 180° turn N 0.2
18.8	L (E) at T on Foreman, follow S, W	0.8	27.0	L (NW) on State 0.5
19.7	L (S) at T on Grilly, bear R (W) on 100th	0.5	27.5	=10:20= L (S) on Burnham Greenway 4.7
20.1	L (SW) at end, cross under tracks	0.1	32.2	=10:40= R (S) on Roy 0.0
20.2	L (SE) under Skyway on Burnham Greenway	0.6	32.2	L (W) on 181st 0.2
20.8	=09:35= at light, cross Indianapolis Blvd, continue S onto path	1.0	32.5	R (S) on Henry 0.7
21.8	continue into forest preserve	1.2	33.2	L (SE) at Ridge on Burnham Greenway 0.5
23.0	L (E) on TINY path into woods (if you get to Ave O, you've gone too far)	0.0	33.7	continue (E) at end on Fisher 0.5
23.1	R (S) onto Wolf Lake Blvd (unmarked)	0.6	34.2	R (S) on Calumet/bike path 1.0
23.6	L (E) at T on Veterans	0.1	35.2	R (W) on Superior 0.3
23.7	R (S) at end on Wolf Lake Blvd	0.2	35.6	L (S) on Indiana Parkway 0.1
23.9	=09:50= REST STOP		35.7	=10:55= THREE FLOYDS
23.9	=10:05= S on Wolf Lake Blvd	0.3		9750 Indiana Parkway, (219) 922-3565
24.2	bear R (S) toward park exit	0.1	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 0.2
			36.3	L (W) on 45th = Glenwood Lansing, 5.9

	becomes Main in IL		49.6	L (W) at T on 179th 0.2
42.2	bear L (W) on Chicago Hts Glenwood	0.3	49.8	R (W) at T to stay on 179th (unmarked) 0.3
42.5	R (N) at T on 187th, continue W	2.1	50.1	R (N) on Cicero 1.6
44.6	L (S) at T on Dixie	0.5	51.7	L (W) on 167th 0.1
45.1	R (W) on Flossmoor	0.7	51.8	R (N) at Midlothian Reservoir sign 0.0
45.8	R (NE) on Sterling	0.1	51.8	L (W) on blue path 0.9
45.9	FLOSSMOOR STATION		52.7	Cross Central, R (N) on path 0.5
	1035 Sterling Ave, (708) 957-2739		53.2	Continue N on purple path, follow W 1.5
	Metra 1.4:10 4:49 6:00 6:53		54.7	Cross 159th, continue N on green path, follow W, then N 1.6
45.9	N on Sterling	0.2	56.3	Cross 151st, CROSS OAK PARK AVE, continue NW on red path 0.6
46.1	L (E) on Wallace	0.2	56.9	R (NE) to stay on red path, follow NW 1.0
46.3	R (N) on Bruce	0.3	57.9	Cross 143rd, cross Harlem, continue NW on red path, R (N) to follow 2.0
46.6	L (W) at T on Heather	0.2	59.9	L (NW) on white path 0.2
46.8	Continue on Chayes Park Dr	0.3	60.1	Cross 76th, cross 131st, continue NW on path, follow N 0.2
47.1	R (N) at end on Sacramento	0.1	60.3	Cross Sequoia, continue on path 1.2
47.2	L (W) into park on Willow	0.1	61.5	L (W) on side path, continue on Squire 0.1
47.3	R (N) on Elliot/Robin	0.1	61.6	Continue (W) on 121st 0.3
47.4	L (W) on Matthew	0.2	61.9	R (N) on 80th 0.3
47.6	R (N) on Kedzie	0.1	62.2	L (W) on IL-83/College/Cal Sag Rd 0.7
47.7	L (W) on 183rd	1.3		
49.0	R on Soleri, L (NW) at end on 181st	0.3		
49.3	L (W) to stay on 181st	0.1		
49.4	R (N) at T on Kostner	0.2		

62.9	R (N) on Cal-Sag Trail, follow W	2.8	80.9	R (E) at T on Cermak	0.1
65.7	sharp L (E) on Cal-Sag Trail	0.1	81.0	L (N) on East	2.6
65.8	L (N) on 104th/Willow Springs	3.2	83.6	R (E) on Lake	0.3
69.0	L (W) on Archer	0.1	83.9	L (N) on Ridgeland	0.9
69.1	R (N) on Colonel/Willow, follow E	0.1	84.8	Dogleg R (E) then L (N) at Division	0.5
69.2	IMPERIAL OAK		85.3	Cross North Ave, L (W) down alley	0.1
	501 Willow Blvd, (708) 330-5096		85.4	R (N) on Narragansett	1.2
69.2	W on Willow, follow N	0.1	86.6	R (E) on Wrightwood	2.0
69.3	L (E) on Archer	0.1	88.6	Dogleg L (N) then R (E) at Cicero	0.5
69.4	L (N) on Willow Springs	3.8	89.1	Dogleg R (S) then L (E) at Kostner	1.5
73.2	R (NE) on Plainfield	1.8	90.6	Around Logan Sq, R (N) on Kedzie	1.1
75.0	L (N) at T on East	1.4	91.7	REVOLUTION	
76.3	R (E) on Ogden	0.1		3340 N Kedzie Ave, (773) 588-2267	
76.4	L (N) on Dubois	0.1	91.7	N on Kedzie	0.3
76.5	R (NE) on Burlington	0.7	92.0	R on Addison	1.3
77.3	L (N) on Prairie	0.0	93.3	WEST LAKEVIEW	
	BNSF 1:06 3:06 5:06 7:06 9:06			2156 W Addison St, (773) 525-1916	
77.3	R (NE) on Brookfield	0.6	93.3	E on Addison	1.7
77.9	L (N) at end on Woodside	0.1	95.0	L (N) on Halsted, continue on	0.6
78.0	R (E) at end on Parkview, cross 1st Ave	0.3		Broadway, then Clarendon	
78.3	R (E) on Forest	0.4	95.6	R (E) on Irving Park	0.3
78.7	L (N) on Longcommon, follow arrows	1.3	95.9	Continue at end on Lakefront Trail	0.2
80.0	Continue on Riverside	0.9	96.1	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.