

## Suggested 34 Mile Training Ride

Start/

End:

REI

1466 North Halsted Street

Chicago, IL 60642

<http://www.rei.com/stores/lincoln-park.html>

Avg. speed: 15mph+

**34mi** Faster Ride

Step	Turn	Dist.	Directions
1	L	0.1	Head north on Halsted St.
2	L	1.2	Clybourn Ave.
3	L	0.4	Armitage Ave.
4	S	0.3	Continue on Cortland Ave.
5	R	2.5	North on Damen Ave.
6	L	0.1	Berteau Ave.
7	R	0.6	Lincoln Ave.
8	L	0.3	Wilson Ave.
9	L	350ft	Campbell Ave.
10	-	-	<b>Learn about Water School projects</b>
11	S	250ft	South on Campbell Ave.
12	R	350ft	Sunnyside Ave.
13	R	0.1	Maplewood Ave.
14	L	350ft	Wilson Ave.
15	R	0.3	Rockwell St.
16	L	0.3	Lawrence Ave.
17	R	0.3	California Ave.
18	L	0.1	Argle St.
19	R	7.1	Follow North Shore Channel Trail
20	L	275ft	After Golf Rd. take left toward McDaniel Ave.
21	R	1.1	McDaniel Ave.
22	S	0.3	Park Ave.
23	R	0.1	Linden Ave.
24	L	0.1	Poplar Dr.
25	S	2.6	Follow Green Bay Trail
26	R	50ft	Exit Green Bay Trail at Park Ave.
27	L	0.6	Maple St.
28	-	-	<b>Stop at Maple Street Park (water)</b>
Return			
29	L	4	Head south on Sheridan Rd.
30	S	0.3	Continue on Ridge Ave.
31	L	0.1	Central St.
32	R	0.9	Sherman Ave.
33	R	200ft	Dempster Ave.
34	L	1.1	Sherman Ave.
35	L	0.1	Oakton St.
36	R	0.5	Custer Ave.
37	R	0.2	Howard St.
38	L	1.8	Ridge Ave.
39	S	0.2	Continue on Ravenswood Ave.
40	L	150ft	Peterson Ave.
41	R	0.5	Ravenswood Ave.

42 R 0.2 Bryn Mawr Ave.  
43 S 2 Bryn Mawr turns in Damen. Continue  
straight  
44 L 1.8 Lincoln Ave.  
45 R 1.1 Racine Ave.  
46 L 0.7 Clybourn Ave.  
47 R 0.1 Halsted St.  
48 - - **Stop at REI**