

Suggested 48 Mile Training Ride

Start/

End:

REI

1466 North Halsted Street

Chicago, IL 60642

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

Step	Turn	Dist.	Directions
			Avg. speed: 15mph+
		48mi	Faster Ride
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	-	-	Learn about Water School projects
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	13	Follow North Shore Channel Trail
20	-	-	Turn around at Central Ave. in Highland Park
Return			
21	L	6	Head south on Sheridan Rd.
22	R	500ft	Scott Ave.
23	L	0.3	Old Green Bay Rd.
24	L	0.2	Tower Rd.
25	R	4.3	Sheridan Rd.
26	S	0.3	Continue on Ridge Ave.
27	L	0.1	Central St.
28	R	0.9	Sherman Ave.
29	R	200ft	Dempster Ave.
30	L	1.1	Sherman Ave.
31	L	0.1	Oakton St.
32	R	0.5	Custer Ave.
33	R	0.2	Howard St.
34	L	1.8	Ridge Ave.
35	S	0.2	Continue on Ravenswood Ave.
36	L	150ft	Peterson Ave.
37	R	0.5	Ravenswood Ave.
38	R	0.2	Bryn Mawr Ave.
39	S	2	Bryn Mawr turns in Damen. Continue straight
40	L	1.8	Lincoln Ave.

41 R 1.1 Racine Ave.
42 L 0.7 Clybourn Ave.
43 R 0.1 Halsted St.
44 - - **Stop at REI**