



The Chicago Walkers Long Distance Club is open to all ages and all levels of fitness. We meet on the first Sunday of every month at 10:00 A.M. with a few exceptions. We walk at various locations in Chicago and suburbs including many forest preserves. In addition we included Starved Rock as a “destination” walk. The length of the walks will vary from 5 to 8 miles. It is important to note these walks are non-competitive and everyone is encouraged to walk at their own pace.

It has been decided that **EVERY WALK WILL REQUIRE A SIGN-UP WITH THE WALK LEADER. YOU MUST NOTIFY THE WALK LEADER BY PHONE IF YOU PLAN TO ATTEND!!!!** Please note the phone numbers at the end of this flyer. We will get together for lunch after some walks which is optional.

2012 SCHEDULE

January 1	Holiday City Walk (sign-up is mandatory) Leader: Liz Wells	5 miles
February 5	Fullersburg Woods/Dean's Farm (sign-up mandatory) Leader: Ron Gattone	7 miles
March 4	Bemis Woods (sign-up mandatory) Leader: Kathy Kearney	6 miles
April 1	Hyde Park (sign-up mandatory) Leader: Ron Gattone	6 miles
May 6	Prairie Path, Wheaton (sign-up mandatory) Leader: Ron Gattone	6 miles
June 3	Chicago River Walk (sign-up mandatory) Leader: Marilyn Curren	6 miles
July 1	Prairie Path/Elmhurst (sign-up mandatory) Leader: Mary Kohout	6 miles
August	To Be Announced (sign-up mandatory) Leader: Joe Steffen	miles
September 2	Fox River Trail (sign-up mandatory) Leader: Kathy Kearney	7 miles
October 21	Starved Rock State Park (sign-up mandatory) Leader: Liz Wells	8 miles
November 4	Waterfall Glen (sign-up mandatory) Leader: Kathy Kearney	6 miles
December 2	Botanic Gardens (sign-up mandatory) Leader: Ron Gattone	8 miles

DIRECTIONS

City Holiday Walk: We will meet at the Palmer House Hotel (17 E. Monroe) in the southwest lobby (on the 2nd floor near the escalator) at 10:00 am. We will walk a bit around the loop, into Millennium Park (weather permitting) and up the Magnificent Mile (Michigan Ave. north past Water Tower Place to Delaware) to see some architectural sights and to view holiday decorations. Those who want may join us for lunch at the end of the official walk. **SPACE IS LIMITED TO 25 PEOPLE. CONTACT LIZ TO SIGN UP AND TO TELL HER IF YOU WILL BE JOINING THE GROUP FOR LUNCH.**

Fullersburg Woods: Located in Oak Brook on Spring Road. Route 83 to 31st St., go east to Spring and turn south about 1-1/2 miles. Entrance is on the left. Meet in parking lot.

Bemis Woods: Located on the north side of Ogden Ave. just west of Wolf Rd. in LaGrange. Turn in the preserves and stay straight and we will meet in the parking lot at 10:00 A.M.

Hyde Park: We will meet at the front entrance of the Museum of Science and Industry at 10:00 AM which is at 55th St. and Lake Shore Drive. There is free parking on the street or for about \$7.00 you may park in the museum garage. We will walk 3.5 miles and return to the museum. You may bail out here or continue on for another 3.5 miles. We will have lunch after the walk which is optional.

Prairie Path/Wheaton: We will meet on the corner of Carlton and Liberty. You can take 290 west to Roosevelt and continue going west for about 7 miles to Carlton, turn right to Liberty.

Chicago River: We will meet at the northeast corner of State & Wacker and walk along the Chicago River.

Prairie Path in Elmhurst: Meet outside Roberto's Restaurant – take Roosevelt Rd. west to Rt. 83, right at St. Charles Rd. and right at Spring Rd. to Prairie Path (about 3 more blocks). Restaurant address is 483 Spring Rd. We will walk west approximately 3 miles and return to our starting point.

We will be joining the Windy City Explorers this month; date and location will be announced 2-3 weeks beforehand.

Fox River Trail: We will meet at the entrance of the Mill Race Inn in Geneva which is located west on Roosevelt Rd. Park your car in the lot east of the river across the street from the restaurant. We will walk to Batavia and back.

Starved Rock: Route 80 west to exit #81 (Rt. 178) and take it south 3 miles and follow signs. We will meet at the hotel main registration desk at 10:00. Those who want may join us for lunch at a local restaurant following the walk. **SPACE IS LIMITED TO 25 PEOPLE. CONTACT LIZ TO SIGN UP AND TO TELL HER IF YOU WILL BE JOINING THE GROUP FOR LUNCH.**

Waterfall Glen: Take 355 south to I-55 north. Exit at Cass Ave. Proceed south to preserve which is right after Northgate Road. Entrance is on the right and we will meet in the parking lot at 10:00 AM.

Botanic Gardens: Located in Northfield. From the west suburbs – take 294 to Willow. Go east to Forest Preserve Way (5.8 miles), then turn left to Tower Rd. (about 1 mile) and go left to the parking lot on the left. From the city – take 94 to Willow. Go east to Forest Preserve Way, then turn left to Tower Rd. and go left to the parking lot on the left.

Hike Leaders:

Marilyn Curren	708-386-5402/312-218-6930 (c)
Ron Gattone	630-740-1758 (c)
Kathy Kearney	630-627-3787/630-935-3787 (c)
Mary Kohout	630-690-2897/630-779-9369 (c)
Joe Steffen	708-386-1342/698-650-4414 (c)
Liz Wells	312-255-9942(w)/312-451-1854(c)

Visit us on our website at www.chicagowalkers.org