



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 include Starved Rock and Moraine Hills. 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.

There are some walks which require a sign-up (phone call to the leader) to attend and these are noted on the schedule. **However, we recommend that you call the leader for every walk so that we can let you know of any last minute changes or cancellations.** Please note that after a few walks we will get together for lunch which is optional.

## **2010 SCHEDULE**

January 1	Holiday City Walk Leader: Kathy Kearney/Marilyn Curren	5 miles
February 7	Fullersburg Woods Leader: Ron Gattone	7 miles
March 7	Blackwell Forest Preserve Leaders: Kathy Kearney/Marilyn Curren	6 miles
April 11	Morraine Hills Leaders: Mary Kohout/Ron Gattone	7 miles
May 2	Highland Park ( <b>sign-up mandatory</b> ) Leader: Maryann Roberts	7 miles
June 6	McDowell Grove Leaders: Mary Kohout/Ron Gattone	7 miles
July 11	Fox River Trail Leader: Kathy Kearney	6 miles
August 1	Big Bend Forest Preserve Leader: Liz Wells	8 miles
September 12	Herrick Lake Leaders: Mary Kohout/Ron Gattone	6 miles
October 24	Starved Rock State Park ( <b>sign-up mandatory</b> ) Leader: Liz Wells	8 miles
November 7	Bemis Woods Leaders: Kathy Kearney/Marilyn Curren	7 miles
December 5	Botanic Gardens ( <b>sign-up mandatory</b> ) Leader: Maryann Roberts	8 miles

## ***DIRECTIONS***

**City Holiday Walk:** We will meet at the front entrance to the Harold Washington Library, 400 S. State St. (at Congress) at 10:00 am. We will walk along State Street, Millennium Park and the Magnificent Mile (Michigan Ave. north past Water Tower Place to Oak Street) to view the holiday decorations. We may stop at a nearby restaurant for lunch and then walk back to our cars or El stop.

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

**Blackwell Forest Preserves:** Located in Warrenville Road on Butterfield Rd. Take I-88 west to Rt. 53 and head north to Butterfield Rd. Go west on Butterfield past Arrowhead Golf Course and Herrick Lake. Entrance is on the right ¼ mile west of Winfield Rd. Meet in parking lot on the right.

**Morraine Hills:** I-290/Rt. 53 north to Route 12. North to Rt.176 and go left (west to River Rd. (3.4 miles; right on River Road to the entrance. We will meet at the last parking lot which is called Northern Woods

**Highland Park:** Take 294 north (Tri-State) to Deerfield Rd. Go east for 5 miles (Deerfield turns into Central as you reach Highland Park). Stay on Central and make a left on Sheridan Rd. (north) Make a right on Park Ave. (east) Park on the street or in the public lot on your right. Free parking on Sundays.

**McDowell Forest Preserves:** Take I-88 west to Winfield Rd. Go left on Winfield Rd. to Diehl Rd. (less than ½ mile). Go right on Diehl Rd. to a little over a mile to Raymond Dr. Go left on Raymond about 3/10 of a mile to the entrance of McDowell Grove on the left. There is a traffic light at this intersection. Park in the first parking lot over the bridge.

**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.

**Big Bend Forest Preserve:** Rt.94 north to Dempster; go east to Potter (Wendys and nursery on corner). Left to Golf, left to East River Road, left to Big Bend. Parking lot on right. We will walk 4 miles to the Nature Center and walk back to the parking lot.

**Herrick Lake:** Located in Wheaton. From the east: I-88 west to Rt. 53 and head north to Butterfield Rd. Go west on Butterfield to Herrick Road. Take a left at Herrick Rd. to entrance on the left.

**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 desk at 10:00. We will have lunch at a local restaurant following the walk, which is optional.

**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.

**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:**

<b>Marilyn Curren</b>	<b>708-386-5402/312-218-6930 (c)</b>
<b>Ron Gattone</b>	<b>630-740-1758 (c)</b>
<b>Kathy Kearney</b>	<b>630-627-3787/630-935-3787 (c)</b>
<b>Mary Kohout</b>	<b>630-690-2897/630-779-9369 (c)</b>
<b>Maryann Roberts</b>	<b>847-579-4816/630-347-1824 (c)</b>
<b>Liz Wells</b>	<b>312-255-9942</b>

Visit us on our website at [www.chicagowalkers.org](http://www.chicagowalkers.org)