

LOCATIONS FOR 2010 MAX MULTISPORT CHICAGO TRIATHLON TRAINING GROUP WORKOUTS

Run Workouts at Winnemac Park (aka Amundsen School)

5110 N. Damen Ave.

Chicago, IL 60625

Phone: (312) 742-5101

Email: play@chicagoparkdistrict.com

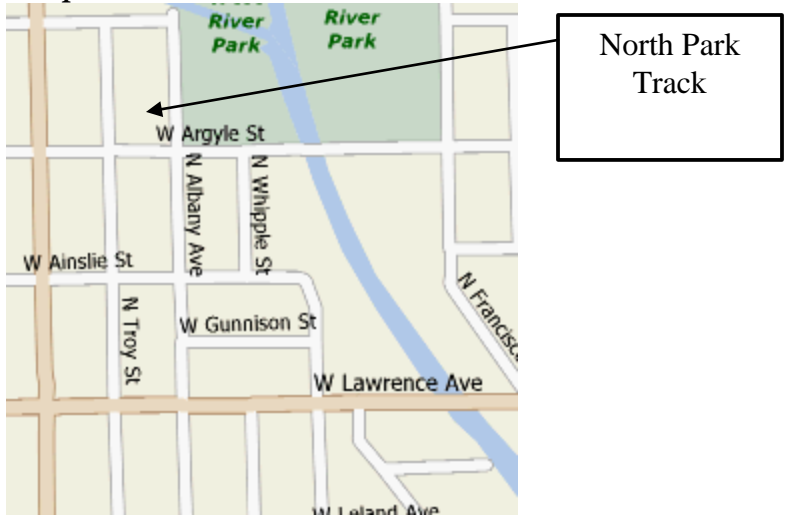
Parking: You can park in the High School lot which is near the northwest corner of North Damen Avenue and West Winona Street on the east side of the park. It is just a quick walk from the parking lot to the track. Plenty of street parking is also available.



Run Workouts:

North Park Track

This is located south of Foster and west of California near the Swedish Covenant Hospital. Parking can be tough. Either park near the west side of Francisco (runs South from Foster at the Galter Life Center or Swedish Covenant Hospital) or you can park on California and walk west over the river to the track.



Run and Brick Workout at Cricket Hill/Montrose and lakefront

Between Montrose and Wilson Avenue (just east of Lake Shore Drive)

Chicago, Illinois

Parking: There is street parking along Montrose Avenue. There are also several lots along Montrose Avenue and Simonds Drive.



Run Workout at the Totem Pole

Addison and the Lakefront Path, east of Lake Shore Drive
Chicago, Illinois

Parking: There is a lot on Addison, east of Lake Shore Drive. Street parking is also available on Recreation Drive.

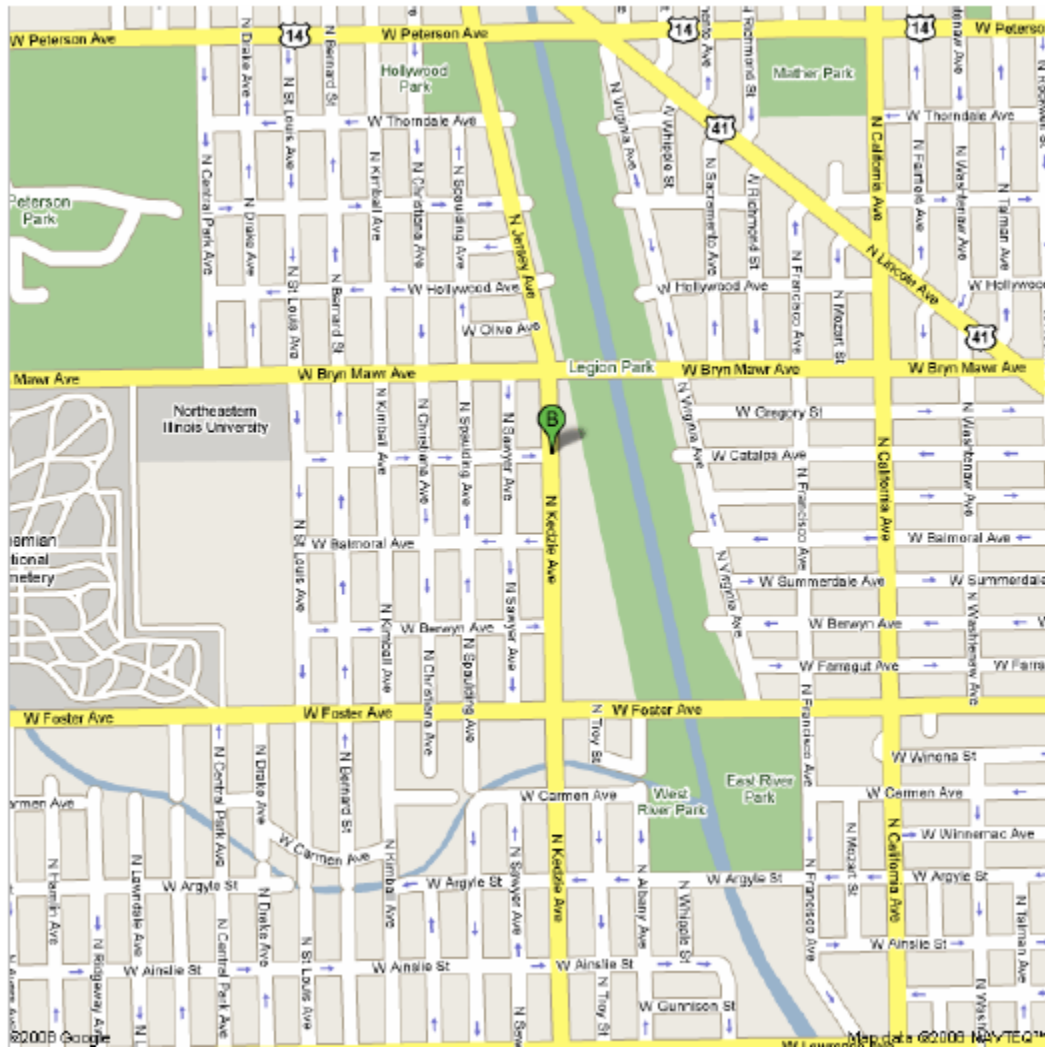


Swim Workouts at North Side College Prep High School

5501 North Kedzie Ave.

Chicago, Illinois 60625

Parking: There is plenty of parking in the school lot. Walk through main door, tell them you are with MMC and you are going to pool.



Swim Workout at Ohio Street Beach/ Olive Park

400 North Lakeshore Drive
Chicago, Illinois

Parking: Parking is tight at Ohio Street Beach. There are a few two hour meters west of Lake Shore Drive on Ohio, Ontario, Huron, etc. There are also a few pay lots on those streets. Parking at Navy Pier is also a possibility.



Brick/Bike Workouts at Northerly Island

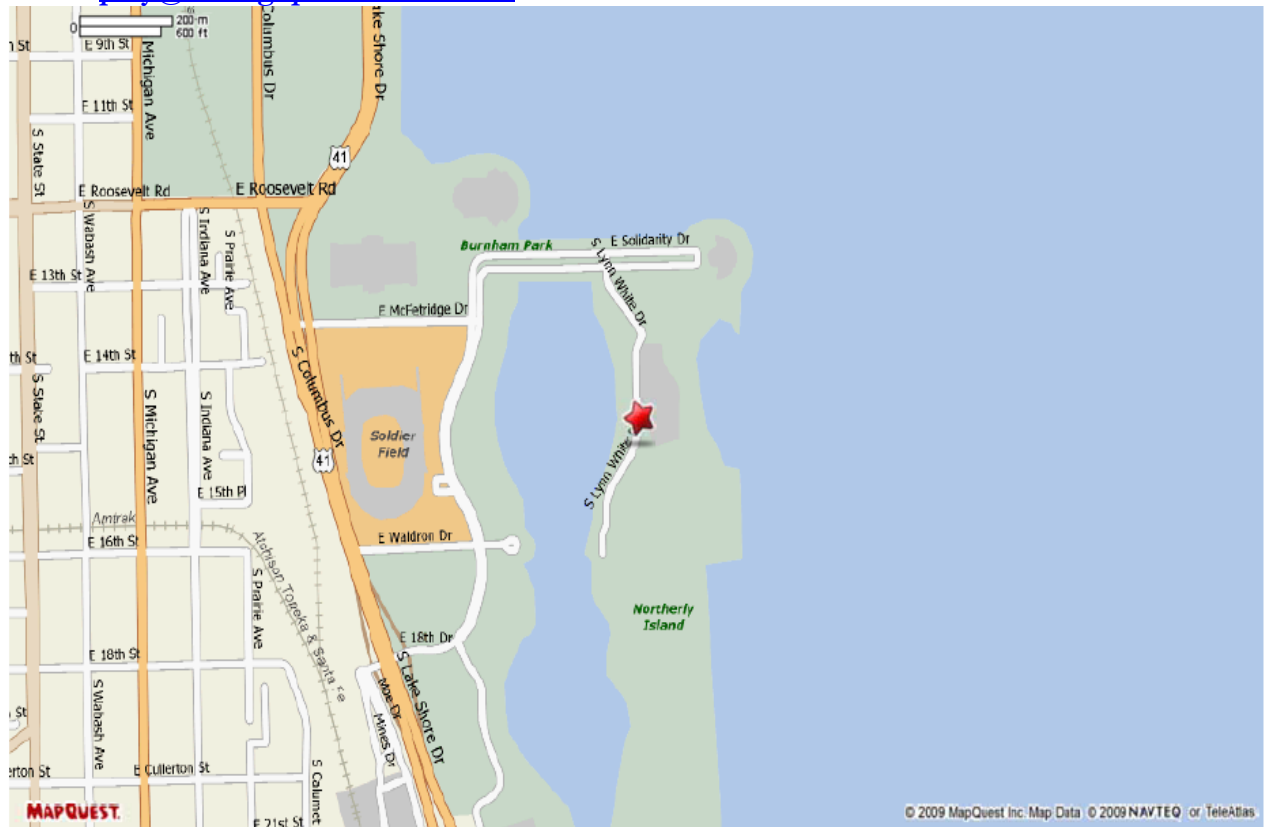
1400 S. Lynn White Dr.

Chicago, IL 60605

Phone: 312-745-2910

Take Lake Shore Drive/Highway 41 to the 18th Street Exit. Follow signs to Adler Planetarium and Burnham Harbor. (parking either at Shedd Aquarium for \$ or Soldier Field Parking). Or you can park for free at 31st street and then bike north to it. Website also says free parking at Northerly Island visitors center if no event going on. Meet at the service drive just past Charter One stuff to the left.

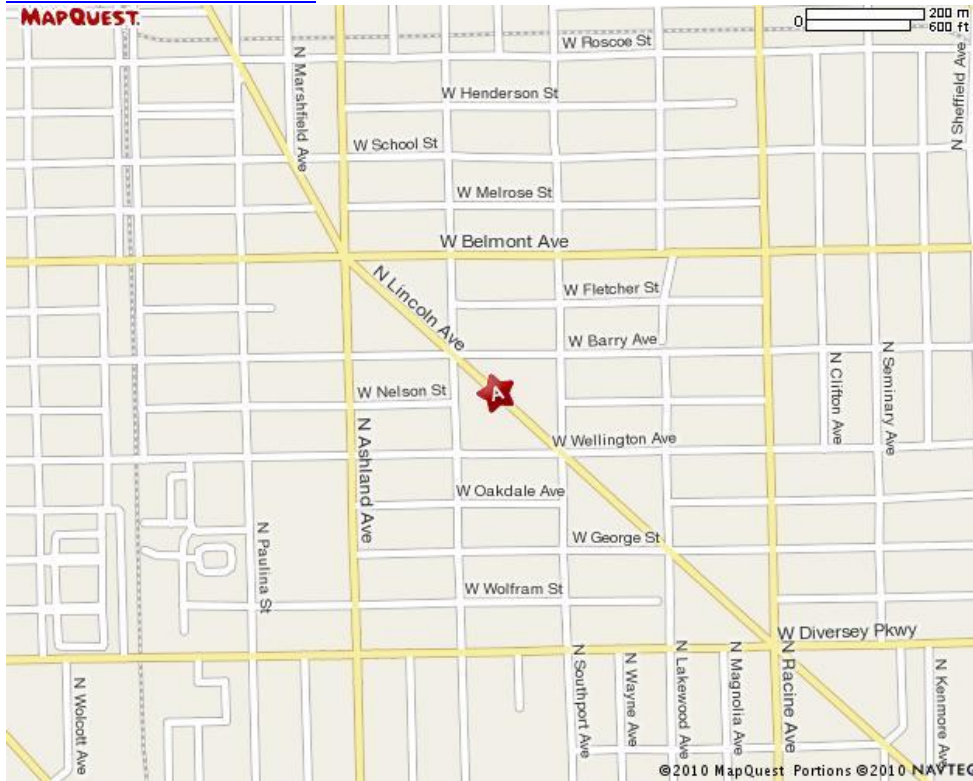
Email: play@chicagoparkdistrict.com



Universal Sole

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Element Multisport -2754 N Clybourn Ave, Chicago, IL (in the Costco Shopping Complex)

