

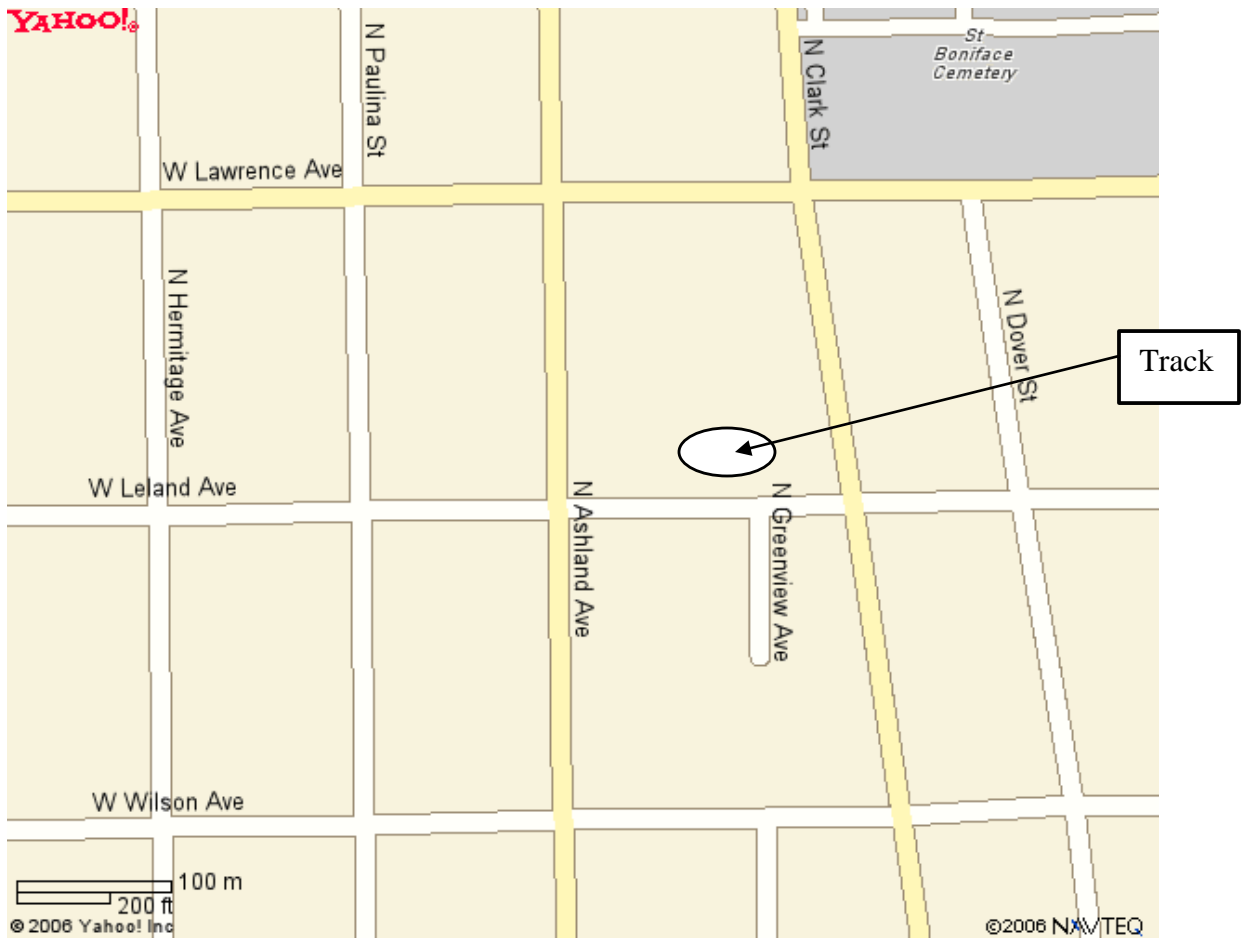
**LOCATIONS FOR 2010 MAX MULTISPORT CHICAGO ROCK AND ROLL HALF  
MARATHON TRAINING GROUP WORKOUTS**

**Run Workouts at Chase Park**

4701 North Ashland Avenue

Chicago, Illinois

Parking: Street parking is available along Ashland Avenue and Leland Avenue



**Run Workouts at Winnemac Park (aka Amundsen School)**

5110 N. Damen Ave.

Chicago, IL 60625

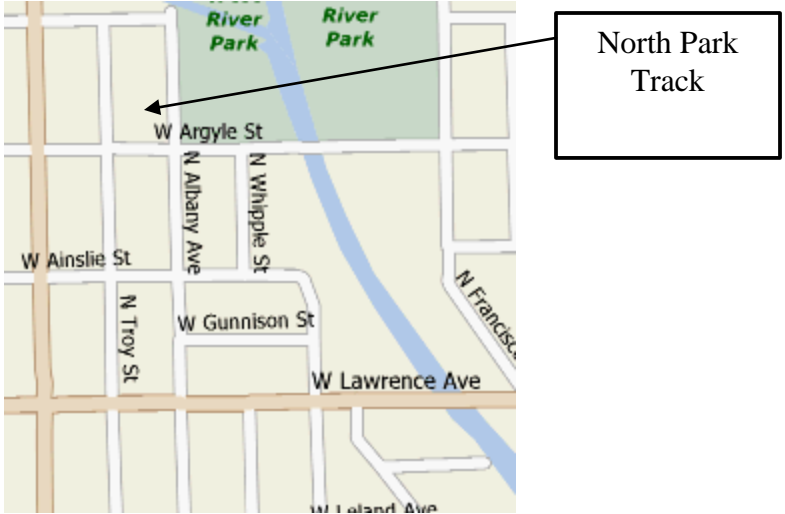
Phone: (312) 742-5101

Email: [play@chicagoparkdistrict.com](mailto: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**



**Hill Run Workouts 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.



★ Lincoln Park  
2045 N Lincoln Park W  
Chicago, IL 60614



Grant  
Park  
Statue  
Meet at  
top

**Universal Sole**

3052 North Lincoln, Chicago, IL 60657 (773) 868-0893

[www.universalsole.com](http://www.universalsole.com)

