

LAKE FOREST RIDE

AT	GO	ON	FOR	AT	GO	ON	FOR
0.1	St.	Shenandoah		12.2	R	London derry	
0.3	L	Alexandria		12.9	R	Riverwoods	
0.4	R	Verde		13.0	L	Duffy	
0.8	L	Alec/Jade/Kelly		15.0	L	Wilmot	
1.1	L	Greenwood		15.3	L	Telegraph	
1.2	St	Hintz		16.6	R	Old Mill	
1.4	L	Kennicott		17.3	St	Bike Trail	
2.0	R	University		17.6	St	old Mill	
2.8	R	Thornton		17.9	R	Ridge	
3.0	R	Mill creek		18.5	St	TENNYSON/CHURCHILL	
3.1	L	Greenridge		18.9	R	RIDGE	
3.4	R	Crofton/Wiedner		19.7	R	WEST PARK	
4.8	R	Bike Path (Past golf course)		19.8	L	Bike Path	
5.1	R	Checker Rd			St	WESTERN	
6.0	ST	Service Rd to Rte 83		21.3	L	NORTH R SUMMIT	
6.4	ST	Pauline		22.1	R	OLD ELM	
6.5	L	Highland Grave		22.1	L	BIKE PATH (AFTER WESTERN)	
7.7	R	Thompson		22.2	R	2nd trail Jct.	
8.2	L	Weiland		22.5	ST	MC CORMICK	
8.5	R	Aptakisic		22.5	R	WESTLEIGH	
8.6	L	Bond		22.6	L	BLUFFS EDGE	
8.9	R	Heathrow		23.2	R	Mayflower	
9.3	L	Schelter		24.2	R	Spring	
9.6	R	Knightsbridge		24.3	L	LAKE	
10.4	R	Marriott		25.0	L	ELDER PATH	
10.5	L	Bike Path			R	SPRUCE L EDGEWOOD	
11.0	R	Bike Path (Rte 22)			R	WOODLAND	
11.5	R	Oxford		25.9	L	Western (Lunch)	
11.6	R	Lincolnshire		26.3	South	Western	

L.F.R. Part II

AT	GO	ON	FOR	AT	GO	ON	FOR
26.4	L	Illinois		46.3	L	Rand Rd	
27.1	R	Wildwood		46.4	R	Wilke / Frontage	
27.3	R	Ryan		46.8	L	Raleigh	
27.4	L	Western		47.1	L	Roanoke	
27.5	R	Onwentsia		47.3	R	Verde	
28.6	R	Ahwahnee Rd		47.6	L	Alexandria	
29.1	L	Ahwahnee W		47.7	R	Shenandoah	
29.4	L	Bike Path (L at Jct. _{29.5})		48.0	St	Frontier Park	
30.5	R	Westleigh (1st Right)					
30.7	L	Ridge					
31.5	R	Everett					
34.2	L	Riverwoods (Bike Path)					
35.7	R	1/2 day Rd (Bike Path)					
36.7	L	Bike Path (x 1/2 day rd.)					
37.3	R	Marriott					
37.8	L	Barclay					
39.0	R	Asbury					
39.6	R	Deerfield (sidewalk)					
39.8	L	Commerce					
40.1	St	Parking lot / trail					
40.2	St	William					
40.5	R	Pauline					
41.4	X	Rte 83, St Service Rd					
41.8	St	Checker Dr.					
42.6	L	Checker Rd					
43.6	L	Schaeffer					
44.2	R	Pheasant TR.					
44.5	L	Wilke					
45.5	St	Wilke / Frontage (At Dundee)					