

Cue	Mile	Incr.	Action	Description
Breakfast				
CT-1	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-2			R	R on S. Morgan St.
CT-3	0.1	0.1	Stop	Breakfast - Morgan St. Cafe on L
CT-4				R on S. Morgan St. out of Morgan St. Café
CT-5			L	L on W. Monroe St.
CT-6	0.2	0.1	Stop	Transportation Staging Point & Bike Shop - Live Grit on L
Supported Hotel				
CT-7	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-8			R	R on S. Morgan St.
CT-9	0.4	0.4	-	[Cross I-290 Eisenhower Expy.]
CT-10			L	L on W. Harrison St.
CT-11	0.8	0.4	-	[Cross I-90/94 Kennedy Expy.]
CT-12	1.3	0.5	-	[Cross Chicago River]
CT-13	1.7	0.4	R	R on S. State St.
CT-14			L	Immediate L on E. Harrison St.
CT-15	1.9	0.2	L	L on sidewalk on west side of S. Michigan Ave.
CT-16			-	[Do not cross S. Michigan Ave.]
CT-17			Stop	Supported Hotel - Congress Plaza Hotel on L
CT-18			R	R on sidewalk on west side of S. Michigan Ave. out of hotel
CT-19			-	[Do not cross S. Michigan Ave.]
CT-20			R	R on E. Harrison St.
CT-21	2.1	0.2	R	R on S. State St.
CT-22			L	Immediate L on W. Harrison St.
CT-23	2.6	0.5	-	[Cross Chicago River]
CT-24	3.0	0.4	-	[Cross I-90/94 Kennedy Expy.]
CT-25	3.4	0.4	R	R on S. Morgan St.
CT-26	3.5	0.1	-	[Cross I-290 Eisenhower Expy.]
CT-27	3.8	0.3	L	L on W. Monroe St.
CT-28			Stop	Transportation Staging Point & Bike Shop - Live Grit on R
Parking Garage				
CT-29	0.0	0.0	R	R on W. Monroe St. out of Transportation Staging Point and bike shop
CT-30	0.2	0.2	R	R on S. Racine Ave.
CT-31	0.3	0.1	L	L on W. Madison St.
CT-32	0.5	0.2	Stop	Parking - Impark Parking Garage on L
CT-33			R	R on W. Madison St. out of parking garage
CT-34	0.7	0.2	R	R on S. Racine Ave.
CT-35	0.8	0.1	L	L on W. Monroe St.
CT-36	1.0	0.2	Stop	Transportation Staging Point & Bike Shop - Live Grit on L
CTA L Train Station - Morgan				
CT-37	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-38			L	L on S. Morgan St.
CT-39	0.4	0.4	Stop	CTA L Train Station - Morgan on R
CT-40			L	L on S. Morgan St. out of CTA L Train Station
CT-41	0.8	0.4	R	R on W. Monroe St.
CT-42			Stop	Transportation Staging Point & Bike Shop - Live Grit on R

Cue	Mile	Incr.	Action	Description
CTA L Train Station - UIC/Halsted				
CT-43	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-44			R	R on S. Morgan St.
CT-45	0.4	0.4	Stop	CTA L Train Station - UIC/Halsted on R
CT-46			L	R on S. Morgan St. out of CTA L Train Station
CT-47	0.8	0.4	L	L on W. Monroe St.
CT-48			Stop	Transportation Staging Point & Bike Shop - Live Grit on R
Amtrak and Metra Train Station - Union Station				
CT-49	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-50			R	R on S. Morgan St.
CT-51	0.4	0.4	-	[Cross I-290 Eisenhower Expy.]
CT-52			L	L on W. Harrison St.
CT-53	0.8	0.4	-	[Cross I-90/94 Kennedy Expy.]
CT-54	1.1	0.3	L	L on S. Canal St.
CT-55	1.4	0.3	L	L on W. Adams St.
CT-56	1.5	0.1	L	L on S. Clinton St.
CT-57			Stop	Amtrak and Metra Train Station - Union Station on L
CT-58			L	L on S. Clinton St. out of Union Station
CT-59	1.8	0.3	R	R on W. Harrison St.
CT-60	2.0	0.2	-	[Cross I-90/94 Kennedy Expy.]
CT-61	2.4	0.4	R	R on S. Morgan St.
CT-62	2.5	0.1	-	[Cross I-290 Eisenhower Expy.]
CT-63	2.8	0.3	L	L on W. Monroe St.
CT-64			Stop	Transportation Staging Point & Bike Shop - Live Grit on R
Metra Train Station - Ogilvie Transportation Center				
CT-65	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-66			R	R on S. Morgan St.
CT-67	0.4	0.4	-	[Cross I-290 Eisenhower Expy.]
CT-68			L	L on W. Harrison St.
CT-69	0.8	0.4	-	[Cross I-90/94 Kennedy Expy.]
CT-70	1.1	0.3	L	L on S. Canal St.
CT-71	1.6	0.5	L	L on W. Madison St.
CT-72			Stop	Metra Train Station - Ogilvie Transportation Center on R
CT-73			L	L on W. Madison St. out of Ogilvie Transportation Center
CT-74			L	L on N. Clinton St.
CT-75	2.1	0.5	-	[Cross I-90/94 Kennedy Expy.]
CT-76	2.2	0.1	R	R on W. Harrison St.
CT-77	2.7	0.5	R	R on S. Morgan St.
CT-78	2.8	0.1	-	[Cross I-290 Eisenhower Expy.]
CT-79	3.2	0.4	L	L on W. Monroe St.
CT-80			Stop	Transportation Staging Point & Bike Shop - Live Grit on R

Cue	Mile	Incr.	Action	Description
Metra Train Station - Van Buren Station				
CT-81	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-82			R	R on S. Morgan St.
CT-83	0.4	0.4	-	[Cross I-290 Eisenhower Expy.]
CT-84			L	L on W. Harrison St.
CT-85	0.8	0.4	-	[Cross I-90/94 Kennedy Expy.]
CT-86	1.3	0.5	-	[Cross Chicago River]
CT-87	1.7	0.4	R	R on S. State St.
CT-88			L	Immediate L on E. Harrison St.
CT-89	1.9	0.2	L	L on sidewalk on west side of S. Michigan Ave.
CT-90			-	[Do not cross S. Michigan Ave.]
CT-91	2.0	0.1	Stop	Metra Train Station - Van Buren Station on R
CT-92			R	Straight on sidewalk on west side of S. Michigan Ave. out of Metra Van Buren Station
CT-93			-	[Do not cross S. Michigan Ave.]
CT-94	2.2	0.2	R	R on E. Harrison St.
CT-95	2.3	0.1	R	R on S. State St.
CT-96			L	Immediate L on W. Harrison St.
CT-97	2.8	0.5	-	[Cross Chicago River]
CT-98	3.3	0.5	-	[Cross I-90/94 Kennedy Expy.]
CT-99	3.6	0.3	R	R on S. Morgan St.
CT-100	3.7	0.1	-	[Cross I-290 Eisenhower Expy.]
CT-101	4.0	0.3	L	L on W. Monroe St.
CT-102			Stop	Transportation Staging Point & Bike Shop - Live Grit on R
Metra Train Station - LaSalle Station				
CT-103	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-104			R	R on S. Morgan St.
CT-105	0.4	0.4	-	[Cross I-290 Eisenhower Expy.]
CT-106			L	L on W. Harrison St.
CT-107	0.8	0.4	-	[Cross I-90/94 Kennedy Expy.]
CT-108	1.3	0.5	-	[Cross Chicago River]
CT-109	1.4	0.1	L	L on S. Financial Pl.
CT-110	1.5	0.1	R	R up stairs before W. Congress Pkwy. onto train platform
CT-111			Stop	Metra Train Station - LaSalle Station
CT-112			L	L on S. Financial Pl. out of Metra LaSalle Train Station
CT-113	1.6	0.1	R	R on W. Harrison St.
CT-114	1.7	0.1	-	[Cross Chicago River]
CT-115	2.2	0.5	-	[Cross I-90/94 Kennedy Expy.]
CT-116	2.6	0.4	R	R on S. Morgan St.
CT-117			-	[Cross I-290 Eisenhower Expy.]
CT-118	3.0	0.4	L	L on W. Monroe St.
CT-119			Stop	Transportation Staging Point & Bike Shop - Live Grit on R
Greyhound Bus Station				
CT-120	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-121			R	R on S. Morgan St.
CT-122	0.4	0.4	-	[Cross I-290 Eisenhower Expy.]
CT-123			L	L on W. Harrison St.
CT-124	0.8	0.4	-	[Cross I-90/94 Kennedy Expy.]
CT-125	0.9	0.1	L	L into Greyhound Bus Station
CT-126			Stop	Greyhound Bus Station on L
CT-127			R	R on W. Harrison St. out of Greyhound Bus Station
CT-128	1.0	0.1	-	[Cross I-90/94 Kennedy Expy.]
CT-129	1.3	0.3	R	R on S. Morgan St.
CT-130	1.4	0.1	-	[Cross I-290 Eisenhower Expy.]
CT-131	1.8	0.4	L	L on W. Monroe St.
CT-132			Stop	Transportation Staging Point & Bike Shop - Live Grit on R

Cue	Mile	Incr.	Action	Description
MegaBus Stop				
CT-133	0.0	0.0	L	L on W. Monroe St. out of Transportation Staging Point & bike shop
CT-134			R	R on S. Morgan St.
CT-135	0.4	0.4	-	[Cross I-290 Eisenhower Expy.]
CT-136			L	L on W. Harrison St.
CT-137	0.8	0.4	-	[Cross I-90/94 Kennedy Expy.]
CT-138	1.1	0.3	L	L on S. Canal St.
CT-139	1.3	0.2	R	R on sidewalk on W. Van Buren St.
CT-140			Stop	MegaBus Stop on L
CT-141			L	L on W. Van Buren St. out of MegaBus Stop
CT-142	1.4	0.1	L	L on S. Clinton St.
CT-143	1.5	0.1	R	R on W. Harrison St.
CT-144	1.8	0.3	-	[Cross I-90/94 Kennedy Expy.]
CT-145	2.1	0.3	R	R on S. Morgan St.
CT-146	2.2	0.1	-	[Cross I-290 Eisenhower Expy.]
CT-147	2.6	0.4	L	L on W. Monroe St.
CT-148			Stop	Transportation Staging Point & Bike Shop - Live Grit on R
Grocery Store				
CT-149	0.0	0.0	R	R on W. Monroe St. out of Transportation Staging Point and bike shop
CT-150	0.1	0.1	L	L on S. Aberdeen St.
CT-151	0.3	0.2	Stop	Grocery Store - Target on R
CT-152			R	R on S. Aberdeen St. out of Target
CT-153	0.5	0.2	R	R on W. Monroe St.
CT-154	0.6	0.1	Stop	Transportation Staging Point & Bike Shop - Live Grit on L
Hospital				
CT-155	0.0	0.0	R	R on W. Monroe St. out of Transportation Staging Point and bike shop
CT-156	0.2	0.2	L	L on S. Racine Ave.
CT-157	0.6	0.4	-	[Cross I-290 Eisenhower Expy.]
CT-158	0.7	0.1	R	R on W. Harrison St.
CT-159	1.2	0.5	R	R into Hospital drive
CT-160			Stop	Hospital - Rush University Medical Center on R
CT-161			L	L on W. Harrison St. out of hospital drive
CT-162	1.8	0.6	L	L on S. Racine Ave.
CT-163	1.9	0.1	-	[Cross I-290 Eisenhower Expy.]
CT-164	2.2	0.3	R	R on W. Monroe St.
CT-165	2.4	0.2	Stop	Transportation Staging Point & Bike Shop - Live Grit on L

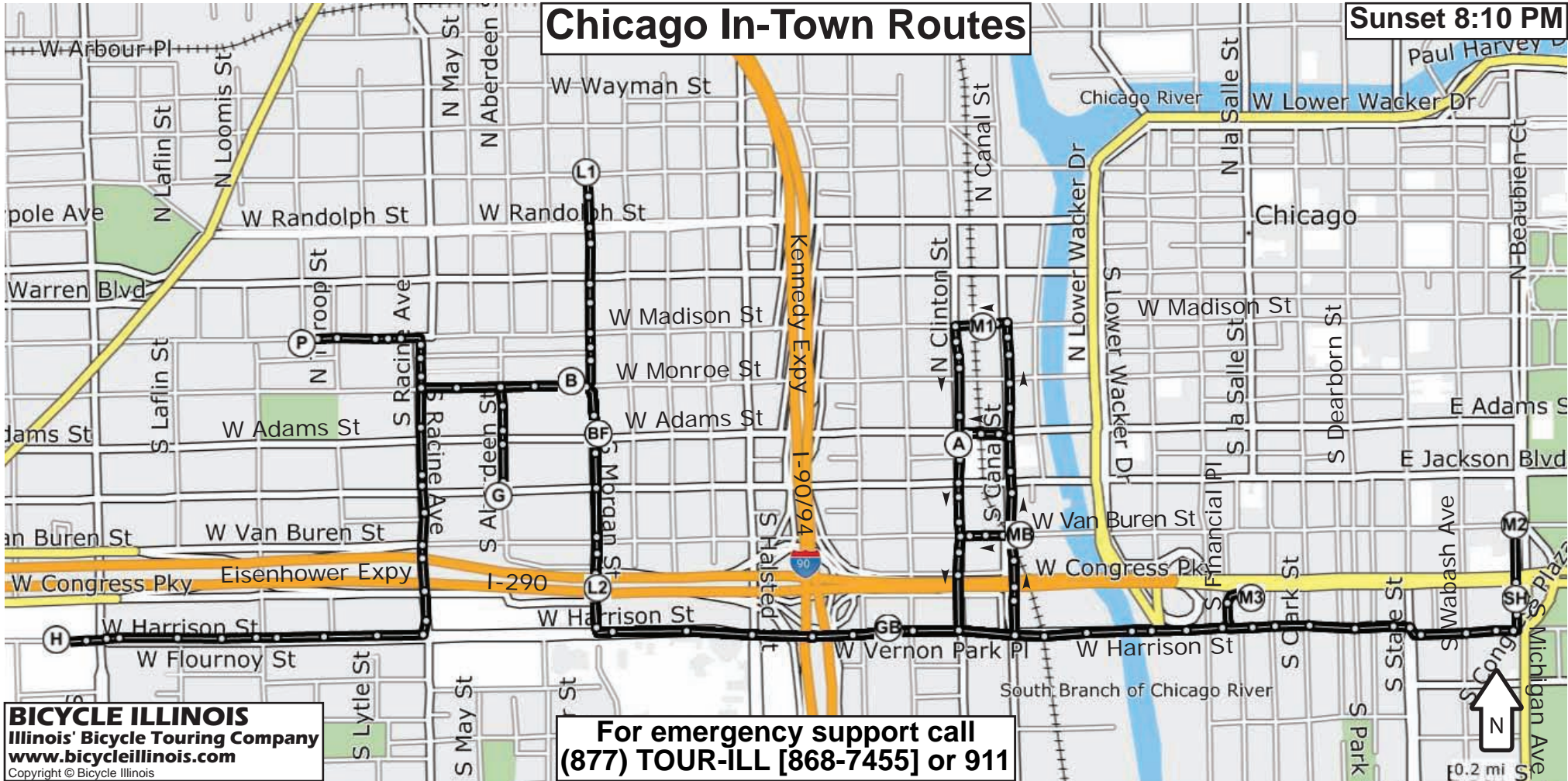
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B. Transportation Staging Point & Bike Shop
Live Grit Triathlon Store
 1010 W. Monroe St.
 (312) 436-2400
 Hours:
 - Mon. - Fri. 11:00 am - 7:00 pm
 - Sat. 7:30 am - 6:00 pm (open special)
 - Sun. 11:00 pm - 5:00 pm
BR. Breakfast
Morgan St. Cafe
 111 S. Morgan St.
 (312) 850-0234
 Hours: opens special at 7:00 am

SH. Supported Hotel
Congress Plaza Hotel
 520 S. Michigan Ave.
 (312) 427-3800
 Check in time: 3:00 pm
P. Parking Garage
Impark Parking Garage
 1301 W. Madison St.
 (312) 226-0174
 Hours: 5:00 am - midnight
 Price: \$10.00 per weekend day, \$14.00 per weekday

CTA L Train Stations
 (888) YOUR-CTA (968-7282)
 Bicycles are allowed except weekdays from 7:00 am - 9:00 am & 4:00 pm - 6:00 pm
 Price: \$2.25
L1. Morgan Station
 958 W. Lake St.
 Green & Pink lines
L2. UIC/Halsted Station
 430 S. Halsted St.
 Blue line

A. Amtrak Train Station & Metra train Station Union Station
 225 South Canal St.
Amtrak: (800) USA-RAIL (872-7245)
Metra: (312) 322-4269
 Hours: 5:30 am - midnight
M. Metra Train Stations
 (312) 836-7000
M1. Ogilvie Transportation Center
 500 W. Madison St.
M2. Van Buren St. Station
 132 E. Van Buren St.
M3. LaSalle Station
 414 S. LaSalle St.

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Chicago Transit Authority
 (888) YOUR-CTA (968-7282)
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GB. Greyhound Bus Station
 630 W. Harrison St.
 (800) 231-2222 fares & schedules
 (312) 408-5821
 Hours: Open 24 hours
MB. MegaBus Stop
 530 W. Van Buren St.
 (877) 462-6342

G. Grocery Store
Target
 1101 W. Jackson Blvd.
 (312) 279-3340
 Hours: 8:00 am - 11:00 pm
H. Hospital
Rush University Medical Center
 1650 W. Harrison St.
 (312) 942-5000

STAFF CELL PHONES: Rob Layton (312) 342-5514 | Ryan Bybee (309) 678-7937 | **RIDE INFORMATION AND UPDATES:** (206) 339-3766