

# ARLINGTON 500 – 32 MILES



DIS      CUM

TURN	ONTO	DIS	CUM
	Start from FREMD HIGH SCHOOL		
L	ILLINOIS to Mallard	0.3	0.3
L	MALLARD to Falmore	0.3	0.6
R	FALMORE to bike path at park entrance	0.3	0.9
R	PEREGRINE PARK BIKE PATH to Euclid Ave	0.5	1.4
STR	CROSS EUCLID to Harper College perimeter road	--	1.4
R	HARPER COLLEGE PERIMETER RD to stop sign	0.5	1.9
R	EXIT to Roselle Rd (busy road)	--	1.9
L	ROSELLE RD to Central Rd	1.1	3.0
R	CENTRAL RD to Freeman Rd	2.2	5.2
R	FREEMAN Rd to Mundhank Rd	1.0	6.2
L	MUNDHANK RD to Witt Rd (cross Barrington Rd)	1.8	8.0
R	WITT RD to Penny	1.0	9.0
L	PENNY RD to rest stop	2.0	11.0
===== > SAG STOP AT PENNY ROAD PUB < =====			
L	OUT of Sag – PENNY RD to end	1.5	12.5
R	PENNY RD to Penny Rd (follow signs)	0.2	12.7
L	PENNY RD to Bateman Rd	0.5	13.2
R	BATEMAN RD to Lake Cook Rd	3.6	16.8
R	LAKE COOK RD to Meadow Hill Rd (down shift for hill after turn)	0.2	17.0
L	MEADOW HILL to Spring Creek	1.0	18.0
R	SPRING CREEK to Ridge Rd	1.0	19.0
L	RIDGE RD to MerryOaks	0.5	19.5
R	MERRYOAKS (cross Rte 14, becomes Cuba) to Hart Rd	2.5	22.0
R	HART RD (cross Rte 14) to Lake Cook Rd	1.6	23.6
L	LAKE COOK RD to Dundee	0.6	24.2
R	DUNDEE to Hillside	0.5	24.7
L	HILLSIDE to Northwest Highway	1.0	25.7
R	NORTHWEST HIGHWAY to Hillside	0.1	25.8
L	HILLSIDE to Hillcrest Dr	0.6	26.4
R	HILLCREST DR (bear left at Y) to Ela Rd	0.5	26.9
R	ELA RD to Sag at Northwest Highway	0.7	27.6
===== > SAG STOP AT WALDEN AUTO REPAIR < =====			
--	CROSS NW HWY, TURN LEFT (EAST) UP RAMP to Rte 68	0.3	27.9
R	RTE 68 to Ela Rd	0.2	28.1
L	ELA RD to Banbury	0.3	28.4
L	BANBURY to Braeburn	0.4	28.8
R	BRAEBURN to Milton	0.5	29.3
L	MILTON to Inverway	0.4	29.7
R	INVERWAY (bear right at Y) to Dewey (at bottom of hill)	1.1	30.8
R	DEWEY to Palatine Rd (busy road)	0.4	31.2
R	PALATINE RD to Firth	0.1	31.3
L	FIRTH to Durham	0.1	31.4
L	DURHAM to Plymouth Ct	0.1	31.5
R	PLYMOUTH CT to Plymouth Ct	0.1	31.6
L	PLYMOUTH CT to Appleby Rd	0.2	31.8
R	APPLEBY RD to Pheasant Trail	0.3	32.1
L	PHEASANT TRAIL to Plymouth Dr	0.2	32.3
R	PLYMOUTH DR to Clover	0.3	32.6
L	CLOVER to Belmoral Lane	0.1	32.7
R	BELMORAL LANE to Belmoral Drive	0.2	32.9
L	BELMORAL DRIVE to Roselle Rd (busy road)	0.1	33.0
R	ROSELLE RD to Illinois Ave	0.1	33.1
L	ILLINOIS AVE to Fremd High School	0.7	33.8
R	FINISH at FREMD HIGH SCHOOL	--	33.8

FOR EMERGENCY -- DIAL 911