

## Trail Running in Chicago

1. Waterfall Glenn Country Forest Preserve. Has lots of trail running and moderate elevation changes. The runner will need a car to get to though, as it is about 30 minutes away from the city via Interstate 55 and then head south about 1 mile along Cass road. The driver will see many trails available as they approach Argonne Lab.

2. Corner of Bluff Road and Route 83 (Kingery Highway) in Lemont. This is basically the same area, but has some good hilly road running options. To get here, (again with car), take Interstate 55 south to Route 83, go about 2-3 miles and make a right (west) turn on Bluff road. About 1 mile from that turn will be a forest preserve lot and also some street parking. Trails lead away from the lots, and if a runner runs back, crosses Route 83, and heads into the subdivision, there are some pretty large hills with paved roads to run on.

3. Thatcher woods forest Preserve (Metra stops very close by for those without car). Take Metra to River Forest Train Station (Maywood stop nearby has more trains, and is usable for get to the woods). Once there, cross Lake Street and head north along Thatcher St, following the river. Every few hundred feet you will see some trails leading into the woods. This is a small woods and most of the trails congregate together, so no one need worry about getting lost. Very flat, and only about 3-4 miles (Guesstimate) of total trails to run on, but nice.