














I cut down **3 lbs** of body fat per week by obeying this **1 Golden Rule...**

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Total Time: 1 hour 2 minutes Total Distance: 53.28 miles

A: Christus Victor Lutheran Chr: 1045 S Arlington Heights Rd, Elk Grove Vlg, IL 60007, (847) 437-2666

	1: Start out going NORTH on S ARLINGTON HEIGHTS RD/GROVE MALL toward ELK GROVE TOWN CTR.	0.2 mi
	2: Turn LEFT onto BIESTERFIELD RD.	1.2 mi
	3: Merge onto I-290 E via the ramp on the LEFT toward CHICAGO.	2.3 mi
	4: Keep LEFT to take I-355 S via EXIT 7 toward JOLIET.	3.1 mi
	5: Keep LEFT at the fork to go on I-355 S/VETERANS MEMORIAL TOLLWAY (Portions toll).	16.9 mi
	6: Take the I-55 S exit toward ST LOUIS/JOLIET ROAD.	0.3 mi
	7: Take the SOUTH JOLIET RD exit on the LEFT.	0.4 mi
	8: Merge onto I-55 S via the exit on the LEFT toward ST LOUIS.	27.7 mi
	9: Take EXIT 241 toward WILMINGTON.	0.3 mi
	10: Turn RIGHT onto N RIVER RD/CR-44. Continue to follow N RIVER RD.	0.9 mi
	11: End at 24621 N River Rd Wilmington, IL 60481	

B: Des Plaines Fish & Wildlife Ar: 24621 N River Rd, Wilmington, IL 60481, (815) 423-5326

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