

Please use either the **Online Start Box (OSB)** or **Physical Start Box (PSB)** to register and complete the event. Do **NOT** mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

MAPS AND DIRECTIONS HEREIN MAY ONLY BE USED IN CONJUNCTION WITH A SIGNED AMERICAN VOLKSSPORT ASSOCIATION ATHLETIC WAIVER. ALL OTHER USES ARE PROHIBITED.

Gold Coast Walk, Chicago, Illinois

Start point:

HI Chicago, The J. Ira and Nicki Harris Family Hostel at 24 E Ida B Wells Dr (formerly Congress Parkway), Chicago, IL

Directions to start point:

Drive: Near Ida B. Wells/Congress (500 S) and Wabash Ave (50 E)

Parking: There are 3 parking garages within 1 block of the hostel.

Train: see metrarail.com – 1 mile from Union Station, 1.2 miles from Ogilvie Transportation

CTA (Chicago Transit Authority): see transitchicago.com. Closest stop is Harold Washington Library/State & Van Buren.

TRAIL: Paved walkways. The trail is 10 kilometers (6.2 miles); a shorter trail (5k) is available. The degree of difficulty is a 1B. Wheelchairs and baby strollers may experience some difficulty on the trails. There are stairs on the 5K but they can be bypassed (see 6A/B). Restrooms and water are available at the start point and throughout the walk.

AFTER YOUR WALK, please be sure to log back into the OSB system to "finish/complete" your online registration after completing the walk. The OSB system does not deduct any walking fee from your Event Bank until you have submitted walk completion info including the date the event was walked; the distance walked; and the selection of applicable special programs you're participating in. (Nevertheless, a fee of \$2 for a downloaded pdf is deducted from your Event Bank when the pdf is downloaded. Later, any pdf fee is credited back to your Event Bank when you submit the walk completion info as a paying-for-credit walker. Note, however, that the \$2 coupon for the downloaded pdf will expire in 60 days).

Special Programs

Great Lakes, Great Fun, Great Fitness, Great Friendships

Gold Coast 5k: Walk on Michigan Ave.

Gold Coast 10k: Walk on Michigan Ave and along Lake Michigan. Cross Ontario Street, Erie Street, Huron Street and Superior Street.

Walking with America's Veterans

Gold Coast 5k only if you follow the "Riverwalk" directions at 6A: The Vietnam Veterans Memorial is a war memorial in Chicago at 330 Chicago Riverwalk. It features a rectangular fountain basin and stone wall inscribed with the names of those who died during the Vietnam War.

Walking the United States - 50 States

Walking the USA A-Z

IN CASE OF EMERGENCIES CALL 911

GOLD COAST 5K
CHICAGO, ILLINOIS

Hostelling International, 24 E Ida B. Wells Dr (formerly Congress Parkway), Chicago, IL
312 360-0300

1. Exit Hostel on Ida B. Wells/Congress.
2. LEFT to Michigan Avenue. Cross Michigan to East side.
3. LEFT (North) on Michigan.
4. Continue North on Michigan to the Chicago River, passing the Art Institute of Chicago and Millennium Park.
7. LEFT on Lake Street to LaSalle Street. As you walk along the street, note the commemorative historic plaques mounted on the building walls.
8. Turn RIGHT on LaSalle Street crossing Wacker Drive. Continue straight (South) on LaSalle to Jackson.

Make a quick RIGHT into the park at Madison, then LEFT to pass Cloud Gate (the Bean), and the Millennium Park Monument before returning to Michigan Avenue. RIGHT on Michigan Ave to exit the park.

You are walking through the heart of Chicago's government and financial district, passing the State of Illinois Building, City Hall, and a number of Chicago Landmarks. If the buildings are open, stop to view the Art Deco lobbies:

One LaSalle Street

Roanoke Building and Tower – 1 S. LaSalle

Rookery Building – LaSalle and Adams

Federal Reserve – LaSalle and Jackson (Money Museum at the Federal Reserve, free M-F)

5. At the Chicago River (Wacker Drive), turn LEFT, cross Michigan Ave, turn RIGHT and cross Wacker Drive.

****At this point the 5k and 10K walks split****

6. A. If you wish to walk along the Riverwalk, turn LEFT and go down the stairs marked "Chicago Riverwalk". At the bottom of the stairs, go straight to follow the Riverwalk to Lake Street – the bridges are marked with street names. You will pass the Viet Nam Memorial at Wabash. Before the Lake Street Bridge turn LEFT to walk up the stairs to Lake Street.

B. If you wish to bypass the Riverwalk and walk along Wacker Drive, turn LEFT on Wacker Drive as it curves to Lake Street.

9. LEFT on Jackson (Route 66) to State Street. At Dearborn Ave is the John C. Kluczynski Federal Building and Loop Station Post Office.
10. RIGHT on State Street to Ida B. Wells Dr/Congress Parkway.
11. LEFT on Ida B. Wells Dr/Congress Parkway to the Hostel start point.

GOLD COAST 10K
CHICAGO, ILLINOIS

Hostelling International, 24 E Ida B. Wells Drive (formerly Congress Parkway), Chicago, IL
312-360-0300

1. Exit Hostel on Ida B. Wells/Congress.
2. LEFT to Michigan Avenue. Cross Michigan to East side.
3. LEFT (North) on Michigan.
4. Continue North on Michigan to the Chicago River, passing the Art Institute of Chicago and Millennium Park.

Make a quick RIGHT into the park at Madison, then LEFT to pass Cloud Gate (the Bean), and the Millennium Park Monument before returning to Michigan Avenue. RIGHT on Michigan Ave to exit the park.
5. At the Chicago River (Wacker Drive), turn LEFT, cross Michigan Ave, turn RIGHT and cross Wacker Drive.

****At this point the 5k and 10K walks split****
6. Continue on Michigan Ave. to Oak Street/E. Lakeshore Dr. (almost a mile). Michigan Ave. becomes Lakeshore Dr. at Oak Street (Lake Michigan is on your right). (3K)
7. Continue on Lakeshore Dr. to Goethe (Chicago landmark plaque on corner).
8. LEFT on Goethe two blocks to Astor. Children's Park on left.
9. RIGHT on Astor to North Avenue.

At the corner of Astor and Schiller is the James Charnley House, designed by Louis Sullivan and Frank Lloyd Wright.
10. LEFT on North Avenue past the Archbishop of Chicago's residence 2 blocks to N. Dearborn Parkway.
11. RIGHT at N. Dearborn Pkwy taking the sidewalk into the park and up to the Lincoln statue.
12. Turn around to return to North Ave. (5K)

The Chicago History Museum, closed Mondays, is a nice place to stop for restrooms and refreshments at the café. To get to the entrance, turn RIGHT on North Ave, and RIGHT again on Clark St.
13. LEFT at North Avenue to N. State Pkwy.
14. RIGHT on N. State Pkwy for approximately 10 blocks.

The original Playboy Mansion is at 1340 N. State Pkwy.
15. LEFT on Superior to Michigan Ave (visit Holy Name Cathedral).
16. RIGHT on Michigan Ave.
17. RIGHT on Wacker Drive after crossing the Chicago River. (8K)
18. LEFT on State St. to Ida B. Wells/Congress Parkway.
19. LEFT on Ida B. Wells/Congress returning to Hostel startpoint.

