

DG-CPT-F	CAPUTOS Fast		
45 mi. RT	Clyde	+1.5	
43 mi. RT	McCollum to Caputos	23.2	
	Remington Option	-0.4	
	Caputos to McCollum	19.7	
	Clyde	+0.9	

Dist.	Go dir	on Street	for
From CLYDE:			
-	- NE	Washington at Clyde	
-	L W	59 Ridgewood 61 Springside	
>3.13	L W	71st to Cambridge [add 1.45 mi]	

From McCOLLUM:			
0.00	L W	tower to 67th xMain	0.61
0.61	L S	Dunhum	0.28
0.99	R W	71st ---	0.69
1.68	L S	Cambridge >R:W	0.09
1.77	L S	Woodward x75th path?	1.43
3.20	R W	x83rd 83rd path on L:S	0.22
3.42	str W	over I-355	0.27
3.69	L S	path E:L side of Janes	0.10
3.79	L W	xJanes (to Sussex)	0.01
3.80	str W	Sussex=Sheffield ---	0.40
4.20	L S	Whitehall ---	0.07
4.27	R SW	Cambridge	0.40
4.67	L S	Pinecrest	0.32
4.99	R W	Liberty ---	0.24
5.23	L S	Ashbury ---	0.13
5.36	R W	Charlestown >L:S=Winston	0.96
6.32	str S	xBoughton =Falconridge	0.39
6.71	R S	Malibu ---	0.12
6.83	R W	Rockhurst	0.11
6.94	L S	2nd path ---	0.31
7.25	R W	Northridge	0.07
7.32	str W	xRt.53 =Lee ---	0.49

19.12	R N	GoldenMeadow	0.33
19.45	L W	GoldenSunset >~R:NW ---	0.36
19.81	L W	Norwood	0.08
19.89	R N	VanDyke x127th	0.83
20.72	R E	PrairieGrove	0.31
21.03	L N	HeritageMdws x119 >R:E	1.27
22.30	str E	(at O) =Champion	0.16
22.46	L N	Marathon (short or +0.14)	0.06
22.52	R E	Preakness (optional) >L:N	0.26
22.78	R E	Marathon	0.04
22.82	L N	sidewalk before Rt.59	0.13
22.95	L W	drive to ACE >R:N x111	0.29
23.24	- -	Caputo's	-
http://favoriterun.com/122042 & /122562			
~		FAST RETURN from CAPUTO'S:	
0.00	- S	drive x111th >L:E	0.29
0.29	R S	sidewalk along Rt.59 w.side	0.13
0.42	R W	Marathon (short or +0.14)	0.04
0.46	L S	Preakness (optional) >R:W	0.26
0.72	L S	Marathon ---	0.06
0.78	R W	Champion	0.16
0.94	W N	(at O) =Champion ---	0.90
1.84	R N	248th St. x111th	1.46
3.30	R E	103rd xRt.59 ---	1.99
5.29	L N	Book	0.16
5.45	R E	Grommon ---	0.50
5.95	L N	Falkner ---	0.53
6.48	R E	ConanDoyle	0.24
6.72	L N	Gateshead x95th xP/N Rd	1.97
8.69	L N	Modaff >L	0.70
9.39	R E	87th xWashington ---	1.04
10.43	L N	Path ---	0.90
11.33	R E	Bailey x NaperBlvd	1.29
12.62	L N	Wherli x 75th	0.91

7.81	L	S	Delaware ---	0.29
8.10	R	W	Briarcliff xSchmidt	1.61
8.17	L	S	Canterbury [Opt. 0.37 less]	0.61
8.78	R	W	LilyCache	0.23
9.01	L	S	Schmidt	0.88
9.89	R	W	Remington xVets	1.66
11.55	R	W	115th xWeber	0.57
12.12	L	S	Stonebridge	0.05
12.17	R	W	Glenside >L:S --- below****	
9.71	L	S	Lindsey ---	0.66
10.37	R	W	LilyCache xVet's xWeber	1.53
11.90	str	S	x111th park path ^bridge	0.29
12.19	L	S	path out to	0.03
12.22	R	W	Parkside	0.05
12.27	L	S	Harvest x115 =Stonebridge	0.27
12.54	R	W	Glenside >L:S --- ****	0.85
13.39	R	W	Scarlet	0.06
13.45	L	S	Lenox ---	0.12
13.57	**R	W	Arlington	0.12
13.69	L	S	Madison ---	0.04
13.73	R	W	Rodeo	0.18
13.91	L	S	Kings	0.77
14.68	R	W	Harrison >~L:SW=Jefferson	0.52
15.20	R	W	127th	0.60
15.80	L	S	Essington	0.19
15.99	R	W	school parking lot >L:S	0.12
16.11	R	W	(over grass to:) path ~	0.70
16.81	str	W	xStellar ~ >L:S to 1st xStr.	0.27
17.08	str	S	NaperPlainfield (on road)	0.23
17.31	L	E	Marina /-- -\	0.07
17.38	R	S	Lakepoint	0.04
17.42	R	W	Lakeshore >L:S ---	0.50
17.92	R	W	135th xNpv. ^river xRt.69	1.20
19.12	R	N	GoldenMeadow	0.33

Opt:	SunVal	OldCol	Tglw.	Timb.	Gr.Tr.	+1.2
13.53	R	E	Hobson			1.77
15.30	L	N	Double Eagle			0.63
15.93	R	E	no name			0.06
15.99	R	S	Main (jog)			0.03
16.02	L	E	Woodridge x Rt.53			0.14
16.16	L	N	Marshall >R:E =63rd			1.08
17.24	L	N	Walnut			0.15
17.39	R	E	Jackson under I-355			0.25
17.64	R	E	Lee			0.15
17.79	L	NE	Hobson x Belmont =59th			0.66
18.45	R	S	Pershing			0.25
18.70	L	E	61st			0.68
19.38	L	N	Ringwood >R:E ---			0.35
19.73	R	S	Dunham			0.04
19.77	L	E	59th x Main			0.67
20.44	R	S	Washington			0.18
20.62	~	~	CLYDE START LOCATION	~		

Return to McCollum:

13.53	R	E	Hobson xRt.53 >path	2.27
15.80	R	S	DuPage ---	0.34
16.14	L	E	71st ---	0.57
16.71	L	N	path underDrive >R:E ---	0.42
17.13	str	E	Concord ---	0.24
17.37	R	E	Danbury xCtr =71st ^I-355	0.44
17.81	L	N	Providence >R:E ---	0.16
17.97	L	N	Woodward (jogL)	0.06
18.03	R	E	Cambridge	0.03
18.06	L	N	Concord ---	0.85
18.91	L	N	Dunham	0.16
19.07	R	E	67th St. (NOT Place) xMain	0.54
19.61	R	S	into the park	0.06
19.67	-	-	McCollum Start Location	

<http://favoriterun.com/122551> & [/122244](http://favoriterun.com/122244)