

chicago athlete

MAGAZINE

Go Long!
9 Seriously Tough
ENDURANCE EVENTS
in Chicago's Backyard

**ULTRA
DISTANCE**
Life on the Athletic Fringe

**Turn and
COUGH**
Medical Direction from
Ironman Wisconsin's Top Doc



Visit Chicago's Architectural Past ON TWO WHEELS

Every month, Big Shoulders Realty hosts a free narrated bicycle tour of a different Chicago Community Area. Tours focus on the architecture and history of the buildings and neighborhoods, and this month, the group will venture to the Lower West Side, an area that includes the neighborhoods of Pilsen and Heart of Chicago. In addition to an older and architecturally interesting housing stock, the Lower West Side also includes grand treasures by the biggest luminaries of Chicago architecture. Some of the scheduled stops will include visits to the Daniel Burnham designed Fisk Power Plant, the Pond and Pond designed Gad's Hill Center, the William Carbys Zimmerman designed Dvorak Park Fieldhouse

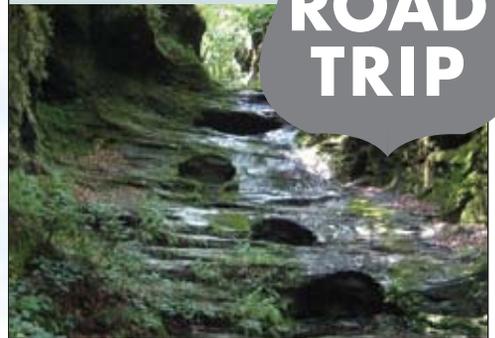
and the Schmidt and Garden designed Schoenhofen Brewery. Tours are at a casual pace, between 14 and 18 miles, 3 to 4 hours in length and open to all levels of rider.

Big Shoulders Realty is a local real estate brokerage and cycling and historical preservation advocates. Lee Diamond is co-owner of Big Shoulders and researches, authors, narrates and leads all of the company's tours. The rides are presented in partnership and with the assistance of the Active Transportation Alliance, theChainlink.org and the Chicago Cycling Club.

For more information, visit www.bigshouldersrealty.com

Little Grand Canyon

ROAD
TRIP



**LITTLE GRAND CANYON,
SHAWNEE NATIONAL FOREST**
(near Murphysboro, IL)
6 Hour Car Drive from Chicago

In an area known for natural beauty, Shawnee National Forest's Little Grand Canyon stands out as a uniquely beautiful and challenging destination for outdoor-minded Chicagoans.

Though running and biking are not encouraged (or allowed), lest you plunge down the steep path, the winding hiking trail may still prove to be an endurance event as you descend and climb slick and steep grades that require attention to footing and mobility. Additionally, the trail is home to various critters and plants that travelers may want to be wary of. Poison Ivy and poisonous snakes call the canyon home and the area has been known to flood, so watch the weather report before undertaking this adventure.

But if steep grades and the small possibility of a snake encounter don't scare you away, you will be in for one of the most terrific natural experiences that Illinois has to offer. The views of the box canyon and surrounding bluffs are impressive to say the least. Seasonal waterfalls grace the canyon floor and colorful cliffs make this natural landscape a welcome get-away for city-dwellers. Named a "hike of the day" by Backpacker magazine, the Little Grand Canyon is a perfect summer treat and perfect on training recovery days for Chicago athletes.