



Maxfitness Marathon Training Program – 2011 Mile Marker Descriptions

For Saturday workouts follow the column on the right which gives mileage from the statue on Midway Plaisance.

Running North/South	Description Going North	Additional	From Statue
Mile 0.0/18.0	South Shore Cultural Center		
Mile 0.5/17.5	South Shore Golf Course		
Mile 1.0/17.0	Jackson Park Harbor	Near La Rabida Hospital	
Mile 1.5/16.5	63 rd Street Beach House		
Mile 2.0/16.0	Lake Shore Drive(LSD) and 59th		
Mile 2.5/15.5	57th Street Beach House	One Mile from Statue	1.0
Mile 3.0/15.0	North of The Point (55 th Street)		1.5
Mile 3.5/14.5	Lake Front Path and 48 th (South of the Green House Bathroom)	1st Available Bathroom (Bath)	2.0
Mile 4.0/14.0	47 th Street Overpass – Top of Hill		2.5
Mile 4.5/13.5	South of Basketball Courts – Green House - Bathroom	2nd Bath	3.0
Mile 5.0/13.0	39 th Street – Near 39 th Street Parking lot		3.5
Mile 5.5/12.5	Bottom of Hill Around 35 th		4.0
Mile 6.0/12.0	31 st Street – Near Skateboard Park		4.5
Mile 6.5/11.5	31 st Street Parking lot		5.0
Mile 7.0/11.0	Near Fireman’s Memorial	4 th Bath (Inside)	5.5
Mile 7.5/10.5	End of McCormick Place		6.0
Mile 8.0/10.0	Soldier Field		6.5
Mile 8.5/9.5	Curve at the Shedd of Aquarium	Museum Campus	7.0
Mile 9.0/9.0	South of Buckingham Fountain		7.5
Mile 9.5/8.5	Chicago Yacht Club – (Monroe Harbor)	Fleet Feet Stop	8.0
Mile 10.0/8.0	South of Lower Lake Shore Drive Bridge		8.5
Mile 10.5/7.5	Navy Pier		9.0
Mile 11.0/7.0	North of Ohio Street		9.5
Mile 11.5/6.5	Oak Street Beach – Near Bistro		10.0
Mile 12.0/6.0	Before Chess Pavilion		10.5
Mile 12.5/5.5	North Avenue Beach House	5 th Bath/FF	11.0
Mile 13.0/5.0	Fullerton Avenue		11.5