

Route Instructions - Approximate

11:00 a.m. Sign In @ Meyering Playground Park, 7140 S. Martin Luther King Dr.	2:15 p.m. (estimated) N on Maryland to 104th st W on 104th St to Corliss N on Corliss to 103rd St W on 103rd St	5:00 p.m. (estimated) Arrive Soul Veg , 205 E 75th St Let Soul Veg Dazzle
11:30 a.m. - Ride Promptly Begins @ Meyering Playground Park, 7140 S. Martin Luther King Dr. - E on 71st St	2:30 p.m. (estimated) Arrive Pit Stop BBQ , 65 W 103rd St Slam Seitan	5:30 p.m. (estimated) W on 75th St to Michigan N on Michigan to 72nd St E on 72nd St to MLK Dr
11:40 a.m. (estimated) Arrive at Black Wok , 622 E 71st St Eat at Black Wok	3:00 p.m. (estimated) E on 103rd St to Michigan S on Michigan to 107th St E on 107th St to Indiana S on Indiana to 111th St S/E through Pullman Park to 113th St E on 113th to St. Lawrence N on St. Lawrence to 112th St W on 112th St	6:00 p.m. (estimated) End at Meyering Playground Park, 7140 S. Martin Luther King Dr.
12:10 p.m. (estimated) S on Champlain to 79th St Dismount, walk E on 79th St to Yassa		
12:25 p.m. (estimated) Arrive at Yassa , 716 E 79th St Eat at Yassa		
12:55 p.m. (estimated) W on 79th St to MLK Drive S on MLK drive to 101st St W on 101st st to Vernon S on Vernon to 103rd St E on 103rd St to Corliss S on Corliss to 104th St E on 104th St to Maryland S on Maryland	3:25 p.m. (estimated) Arrive Pullman Foundation , 11141 S Cottage Grove Learn about George Pullman	
1:35 p.m. (estimated) Arrive at Randolph Pullman Porter Msm , 10406 S Maryland Get educated on labor history	4:05 p.m. (estimated) S on Forrestville to 113th St W on 113th St to Indiana N on Indiana to 109th St W on 109th to Michigan N on Michigan to 98th St E on 98th St to Prairie N on Prairie to 93rd St E on 93rd St to St. Lawrence Follow curve of street to N St. Lawrence N on St. Lawrence to 75th St W on 75th St	

Organizers

Chicagoland Bicycle Federation

The Chicagoland Bicycle Federation, which has more than 5,000 members, was founded in 1985 to improve the bicycling environment in the seven-county Chicago region. CBF promotes bicycle safety, education, and facilities and encourages the use of the bicycle as an energy-efficient, economical and nonpolluting form of transportation and as a healthful and enjoyable form of recreation. For more information, visit www.biketraffic.org.

EarthSave Chicago

EarthSave Chicago, which promotes compassionate action for all life on earth, advocates shifting to a plant-based diet for the good of the planet, human health and animals. For more information, visit www.EarthSaveChicago.org.



Donors

The food and drink included in this ride are entirely donated. Proceeds from ticket sales help support Chicagoland Bicycle Federation and EarthSave Chicago.

Black Wok, 622 E 71st St

Yassa, 716 E 79th St

Pit Stop BBQ, 65 W 103rd St

Soul Veg, 205 E 75th St

Special Thanks

Randolph Pullman Porter Museum,
10406 S Maryland

Pullman Foundation, 11141 S Cottage Grove

What to Bring?

Please bring your helmet and your bicycle. They're required. You should also bring a full water bottle, sunscreen and sunglasses, and a sturdy U-lock and cable. Dress comfortably, and make sure your tires are fully inflated to help avoid flats. The ride is rain or shine, so bring your rain jacket and rain pants if rain is forecast.

Veggie Bike and Dine

Saturday, July 14, 2007

Start / End

Meyering Playground Park
7140 S. Martin Luther King Dr.
Chicago, IL 60619

CTA Bike Connections

Green Line

Direction: Cottage Grove / East 63rd
Exit: King Drive stop
Pedal: 9 blocks south to 7140 S. King.
(2 bikes per train car)

Bus 3: King Drive

(2 bikes on each bus rack)

Bus 71: 71st-South Shore

(2 bikes on each bus rack)

Schedules: www.transitchicago.com

Bike Transit: www.chicagobikes.org

