



## **NPC JUNIOR NATIONAL CHAMPIONSHIPS**

**Rosemont, IL**

**June 14<sup>th</sup> to 17<sup>th</sup>, 2007**

### **Team FigureRX.com Resource Guide**

*All directions are from the host hotel*

#### **Supermarkets and Stores**

##### **Dominicks (open 24 Hours)**

(large supermarket)

1900 S. Cumberland Ave

Park Ridge, IL 60068

(847) 696-2360

Directions: Right on North River Road, merge onto I-190 East toward Chicago, take North Cumberland Avenue exit 79B, turn right on North Cumberland. Distance 2 miles.

##### **Target**

7000 Mannheim Rd

Rosemont, IL 60018

Hours: Weekdays 8am-10pm, Sat 8am-10pm, Sun 8am-9pm

(847) 795-1760

Directions: Right on North River Road, left on West Higgins Road, right on Mannheim Road. Distance 3 miles.

##### **Wal-Mart**

930 Mount Prospect Plaza

Mt Prospect, IL 60056

Hours: 7am to 10pm

(847) 590-0002

Directions: Right on North River Road (becomes Des Plaines River Rd), left on East Golf Rd, slight right onto Rand Road, right on Mount Prospect Plaza. Distance 8 miles.

##### **GNC**

1535 Lee Street, Suite A (The Oaks)

Des Plaines, IL 60018

Hours: Weekdays 10am-8pm, Sat 10am-6pm, Sun 11am-5pm

(847) 795-1005

Directions: Right on North River Road, left on West Higgins Road, right on Mannheim Road. Mannheim becomes Lee after curving to left, store is at corner of Lee and Oakton. Distance 4 miles.



### **Supermarkets and Stores (continued)**

#### **M•A•C Cosmetics**

5 Woodfield Shopping Center

Schaumburg, IL 60173

Hours: Mon-Sat 10am-9pm, Sun 11am-6pm

(847) 413-9033

Directions: See “Major Shopping Malls”

286 Oakbrook Center

Oak Brook, IL 60523

Hours: Mon-Sat 10am-9pm, Sun 11am-6pm

(630) 472-0508

Directions: See “Major Shopping Malls”

### **Major Shopping Malls**

#### **Woodfield Mall**

Golf Road at Route 53

5 Woodfield Shopping Center

Schaumburg, IL 60173

Web site: <http://www.shopwoodfield.com>

Hours: Mon-Sat 10am-9pm, Sun 11am-6pm

(847) 330-1537

Directions: Right on North River Road, left on West Higgins Road, Merge on I-90 West (tolls), take Arlington Heights Rd exit, merge onto S Arlington Heights Rd, left on W Algonquin Rd, slight left on Golf Rd. Distance 11 miles.

#### **Oakbrook Center Mall**

100 Oakbrook Center

Oak Brook, IL 60523

Web site: <http://www.oakbrookcenter.com>

Hours: Mon-Sat 10am-9pm, Sun 11am-6pm

(630) 573-0700

Directions: Left on North River Road, right on Balmoral Ave, merge onto I-294 S via ramp on left, merge onto I-88 W toward Aurora, take exit toward IL-83 N/ Cermak Rd, slight right onto Spring Rd, left on West 22<sup>nd</sup> St, right on IL-83 N/ Kingery Hwy, right onto Oakbrook Center. Distance 13 miles.



## **Workout Facilities**

*All recommended facilities are fully equipped; please call ahead for specific needs*

### **Willow Creek Club**

10225 W. Higgins Rd

Rosemont, IL 60018

Web site: <http://www.wccfitness.com/>

Hours: Weekdays 5:30am–10:30pm, Sat 7am-9pm, Sun 7am-6pm

Guest Fee: \$12 per person per day

Filming is possible, discuss with manager on duty

(847) 698-2582

Directions: Right on North River Road, left on West Higgins Road. Distance 2 miles.

### **Cardinal Fitness**

1515 Lee Street

Des Plaines, IL 60018

Web site: <http://www.cardinalfitness.com/>

Hours: Weekdays 5am-9pm, Sat and Sun 7am-5pm

Guest Fee: \$10 per person per day, weekly passes \$25

Filming is possible, discuss with manager on duty

(847) 759-2000

Directions: Right on North River Road, left on West Higgins Road, right on Mannheim Road. Mannheim becomes Lee after curving to left. Distance 4.3 miles.

### **Bally's Total Fitness**

5444 N Cumberland Ave

Chicago, IL 60656

Web site: <http://www.ballyfitness.com/>

Hours: Weekdays 5:30am-10pm, Sat and Sun 8am-8pm

Guest Fee: \$10 per person per day

Filming must be approved in advance from 10am to 7pm on weekdays

(773) 380-8600

Directions: Right on North River Road, merge onto I-190 East toward Chicago, take Cumberland Avenue South exit 79A, merge onto North Cumberland. Distance 1.8 miles.

### **Life Time Fitness (open 24 Hours)**

900 E Higgins Road

Schaumburg, IL 60173

(847) 843-8500

Guest Fee: \$20 with member, \$30 without member (no fees accepted after 9pm)

Directions: Right on North River Road, left on West Higgins Road, left on E Touhy Ave, left on East Higgins Road. Distance 12.5 miles.



## **Restaurants**

### **Basil's Kitchen**

5500 North River Road

Rosemont, IL 60018

(847) 678-4000

Hours: 10:30am-2pm, 5pm-10pm

Directions: Left on N River Rd, inside Embassy Suites.

### **Bennigan's Grill and Tavern**

8420 W Bryn Mawr Ave

Chicago, IL, 60631

(773) 380-1010

Hours: Wed thru Sat 11am to 11pm, Sun 11am to 10pm

Directions: Right on North River Road, merge onto I-190 East toward Chicago, take Cumberland Avenue South exit 79A, merge onto North Cumberland, right on West Bryn Mawr Avenue. Distance 1.8 miles.

### **Carlucci Restaurant (Italian)**

6111 North River Road

(847) 518-0990

Hours: Weekdays 11:30am-2pm and 4pm-10pm, Sat 5pm-10pm, Sun 4:30pm-9pm

Directions: Right on North River Road. Distance 0.6 miles.

### **Chez Collette (French Bistro)**

5550 North River Road

(847) 678-4488

Hours: 6:30am – 11:30pm

Directions: Left on N River Rd, inside Sofitel.

### **Chili's Bar and Grill**

7140 Mannheim Road

(847) 298-9031

Hours: Sun-Thurs 11am-11pm, Fri and Sat 11am-Midnight

Directions: Right on North River Road, left on West Higgins Road, right on Mannheim Road. Distance 3 miles.

### **Gibson's Steakhouse**

5464 N River Road

(847) 928-9900

Hours: 11am to Midnight daily

Directions: Left on N River Rd, inside Doubletree Hotel



**Restaurants (continued)**

**Gino's East of Chicago** (deep dish pizza)

8725 W Higgins Rd  
(773) 444-2244

Hours: Mon-Thurs 11:30am-10pm, Fri 11:30am-Midnight, Sat 12pm-11pm, Sun 12pm-9pm

Directions: Right on North River Road, right on West Higgins Road. Distance 1 mile.

**Giordano's Pizza** (deep dish pizza)

9415 W Higgins Rd  
(847) 292-2600

Hours: Mon-Thurs 11am-10:30pm, Fri-Sat 11am-11:30pm, Sun Noon-10:30pm

Directions: Right on North River Road, left on West Higgins Road. Distance 0.9 miles.

**Harry Caray's Restaurant** (Italian and Steaks)

10233 W Higgins Rd  
(847) 699-1200

Hours: Mon-Thurs 5pm-10pm, Fri 11:30am-2pm, 5pm-9pm, Sat 11:30am-9pm, Sun 5-10pm

Directions: Right on North River Road, left on West Higgins Road. Distance 2 miles.

**Maria's Mexican Restaurant**

9440 W Foster Ave  
Chicago, IL 60656  
(773) 992-2288

Hours: Daily 10am-3pm, 5pm-Midnight

Directions: Left on North River Road, right on West Foster Ave. Distance 0.6 miles.

**Nick's Fishmarket** (Hawaiian seafood)

10275 West Higgins Rd.  
Rosemont, IL 60018  
(847) 298-8200

Hours: Mon-Sat 5pm-10pm, Sun 5pm-9pm

Directions: Right on North River Road, left on West Higgins Road. Distance 2 miles.

**O'H American Grill**

Hyatt Regency O'Hare  
Hours: 6am to 10pm daily  
Directions: On Site



### **Restaurants (continued)**

#### **Outback Steakhouse**

8101 W. Higgins Road  
Chicago IL 60631  
(773) 380-0818

Hours: Mon-Thurs 4pm-10:30pm, Fri 4pm-11:30pm, Sat 3pm-11:30pm, Sun 3pm-10pm

Directions: Right on North River Road, merge onto I-190 East toward Chicago, take North Cumberland Avenue exit 79B, right on North Cumberland, right on W Higgins Rd. Distance 2.3 miles.

#### **Panera Bread**

39 South Northwest Highway  
Park Ridge, IL 60068  
(847) 696-1880

Hours: Weekdays 6am-10pm, Sat and Sun 6am-9pm

Directions: Right on North River Road, right on E Devon Ave, left on S Dee Rd, right on W Touhy Ave, slight right on South Northwest Highway. Distance 4 miles.

#### **Ram Restaurant and Brewery**

9520 Higgins Road  
(847) 692-4426

Hours: Thurs to Sat 11am-2am, Sun 11am-Midnight

Directions: Right on North River Road, left on West Higgins Road. Distance 1 mile.

### **Late Night Dining**

#### **The Bamboo Room**

616 East Golf Road  
Schaumburg, IL  
(847) 592-5959

Hours: Friday 8pm-3am, Saturday 7pm-3am

Directions: Right on N River Rd, left on W Higgins Rd, Merge onto I-90 West, take Arlington Heights Rd exit, merge onto S Arlington Heights Rd, left on W Algonquin Rd, slight left onto Golf Rd. Distance 13 miles.



**Late Night Dining (continued)**

**Café Ba-Ba-Reeba**

2024 N Halsted (1/2 block North of Armitage)  
Chicago, IL 60614  
(773) 935-5000

Hours: Mon-Thurs 4pm-10pm, Fri 5pm-Midnight, Sat 12pm-Midnight, Sun 12pm-10pm

Directions: Right on North River Road, merge onto I-190 East toward Chicago, take North Avenue exit 48B, left on W North Ave, left on N Halsted St. Distance 14 miles.

**Chili's Bar and Grill**

7140 Mannheim Road  
(847) 298-9031

Hours: Sun-Thurs 11am-11pm, Fri and Sat 11am-Midnight

Directions: Right on North River Road, left on West Higgins Road, right on Mannheim Road. Distance 3 miles.

**Firefly**

3335 N Halsted Street  
Chicago, IL 60657  
(773) 525-2505

Hours: Wed-Sat 5:30pm-1:30am, Sun 5:30pm-Midnight

Directions: Right on North River Road, merge onto I-190 East toward Chicago, take California Avenue exit 46A, slight right on North California Ave, left on W Diversey Ave, left on N Halsted St. Distance 13 miles.

**Maria's Mexican Restaurant**

9440 W Foster Ave  
Chicago, IL 60656  
(773) 992-2288

Hours: Daily 10am-3pm, 5pm-Midnight

Directions: Left on North River Road, right on West Foster Ave. Distance 0.6 miles.

**Ram Restaurant and Brewery**

9520 Higgins Road  
(847) 692-4426

Hours: Thurs to Sat 11am-2am, Sun 11am-Midnight

Directions: Right on North River Road, left on West Higgins Road. Distance 1 mile.