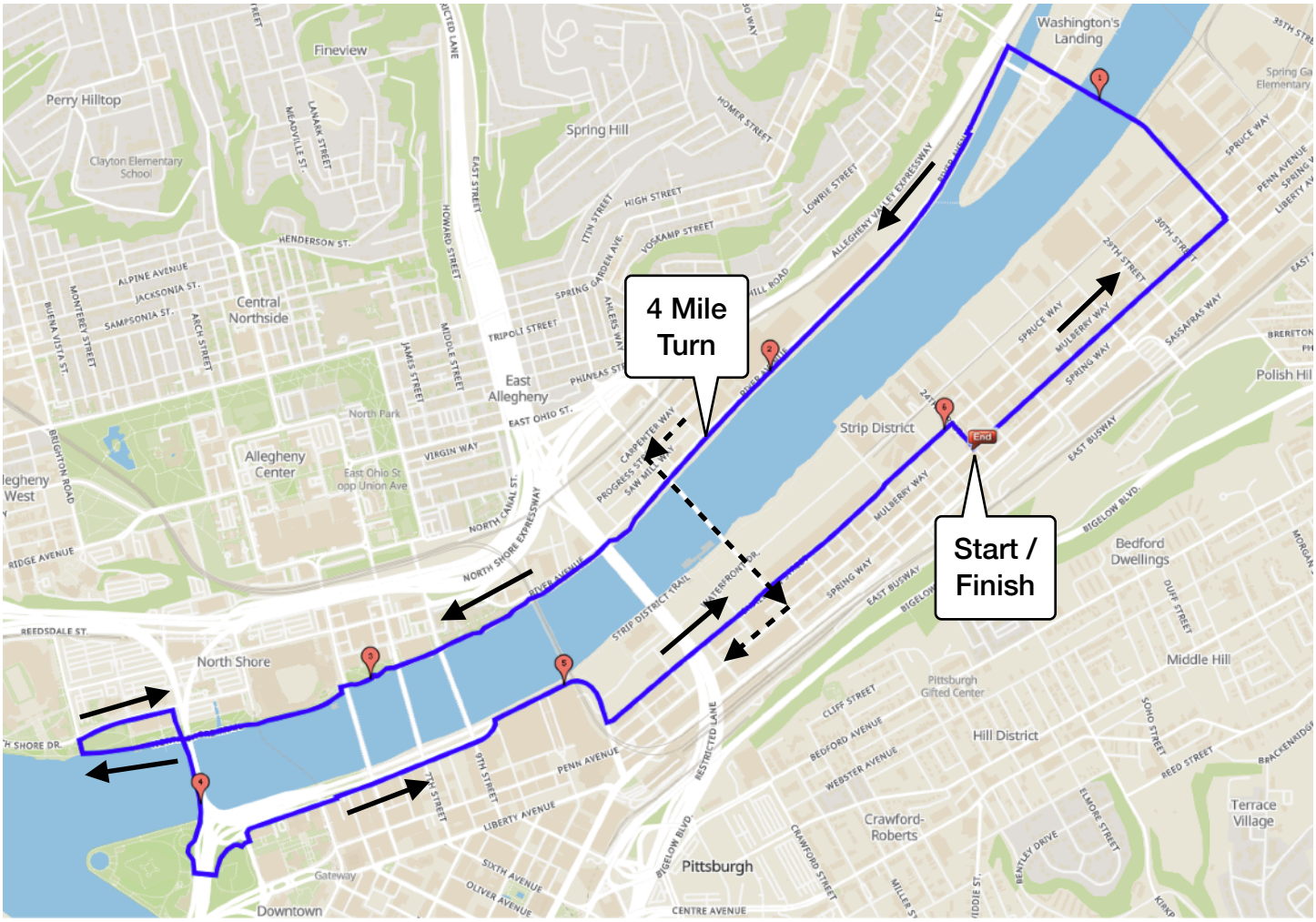

6 Miles	4 Miles
Left on Penn Ave	Left on Penn Ave
Left on 31st St Bridge	Left on 31st St Bridge
Left on River Ave	Left on River Ave
Bear left to trail	Bear left to trail
Right up steps at Fred Rogers Memorial	Right on Heinz St
Right on North Shore Dr	Left on Progress St
Right on Ft Duquesne Bridge	Left on 16th St Bridge
Left through Arch and stay left	Right on Penn Ave
Bear left to Ft Duquesne Blvd	Right on 12th St
Bear right on 11th St	Right on Smallman St
Left on Smallman St	Right on 24th St
Right on 24th St	Return to start

6 Miles	4 Miles
Return to start	