

### 3 Mile and 5 Mile routes

- Exit behind Shorty's towards Acrisure
- Bear right at the split in the path towards Acrisure near war memorial
- RIGHT across North Shore Drive at Art Rooney Way near the Mr. Rogers statue
- RUN COUNTERCLOCKWISE around Acrisure keeping the stadium on your left
- LEFT on Reedsdale
- LEFT on North Shore Drive
- RIGHT across North Shore at traffic light at Casino Drive then left
- Continue on North Shore with Science Center on right
- Take trail straight down to Riverwalk with Acrisure on your left
- BEAR LEFT up trail back towards Shorty's just past the stairs to Acrisure and Mr. Rogers statue
- Continue on path past Shorty's to stairs/ramp on to Ft. Duquesne Bridge
- Cross Ft. Duquesne Bridge to Pt. State Park
- Follow path into park plaza and continue across plaza on right towards the Mon side of the park
- BEAR RIGHT and follow path towards and around the point
- BEAR RIGHT and continue on path along Allegheny River under the Ft. Duquesne Bridge past the Black History Murals
- **COURSE SPLITS AT 2ND SISTER BRIDGE (7th Street)**
  - 3 Mile continue here
  - 5 Mile flip to opposite side
  - 3 Mile group bear right up the ramp to the 7th Street Bridge
  - LEFT at the top of the ramp over bridge

- LEFT at light on Isabella Street
- LEFT at PNC Park on Federal Street
- LEFT at bridge, down sidewalk/ramp to the River Trail
- HARD RIGHT on River Trail towards PNC Park
- Continue on trail past Ft. Duquesne Bridge
- STOP AT STAIRS ON RIGHT and head up to Shorty's

#### **5 Mile - continue here**

- STAY LEFT at group split and continue on trail
- Stay on River Trail past Convention Center
- BEAR LEFT to continue on trail along the river
- Go under Veterans Bridge and TURN RIGHT at first trail break onto the brick walkway
- CONTINUE STRAIGHT and take 3rd LEFT at Penn Avenue
- LEFT on 16th Street Bridge
- RIGHT off bridge onto Progress Street
- RIGHT on Heinz Street at Heinz Lofts
- RIGHT on River Trail and take back past PNC Park to Shorty's.
- STOP just past Ft. Duquesne Bridge at the stairs up to Shorty's

Emergency Contact - Matt Imhof -  
412-719-4417